

POWER NEWS

Sept 21, 2023

IMPORTANT DATES:

Sept 21 – No practice due to Taylor HS home meet

Sept 27 – T30, during your regular practice time

Sept 30 – All equipment should be purchased by this date; see website for list

*October 6 – Blue/Yellow meet at Taylor, **parents welcome***

October 6 – Team dinner after the meet. Place TBD.

October 14 & 15 – October Open at LSST

USA SWIMMING REGISTRATION – 2023-24 Season

- If you are a **returning swimmer** on the competitive team, you will be invoiced for **\$70** for a Premium Athlete registration. Returning Shark School swimmers are Flex Athletes at **\$20**. Invoices will go out tomorrow, Sept 15th. PFL will register swimmers in bulk, please do not do this yourself.
- If you are **new to the team**, you must create a parent account with USAS and register your swimmer individually. New links have been generated and are on linked on the Registration tab on our website.

GULF SWIMMING REGISTRATION – 2023-24 Season

- **Returning swimmers** – we will invoice your account for **\$30 for Premium Athlete** registration. **Flex Athletes (Shark School)** will be invoiced **\$10**. Invoices will go out at the end of September. PFL will register swimmers in bulk, please do not do this yourself or you will be paying twice.
- **New swimmers** – you can pay the Gulf fees when you register with USAS.

T30 – Wednesday, Sept 27

The T30 is a timed, 30-minute freestyle swim set. If performed at an honest, maximum effort and at an even pace, the set indicates the anaerobic threshold speed and lactate level for most swimmers. In other words, performance on the T30 gives the coaches a pretty good understanding of how the swimmer's body responds to prolonged athletic effort. *For the swimmer performing a T30, slow and steady wins the race.*

- **Thunder** – during regular practice time; swimmers will count for each other
- **Lightning** – during regular practice time; **Parents, please attend to help count**
- **Rain** – will swim a T15 during regular practice time; **Parents, please help count**

OCTOBER MEET ENTRIES

Entries have been submitted to the host team, LSST.

NOVEMBER MEET ENTRIES

We will begin taking entries for the November Open meet, also at LSST, next week.