

**POWER NEWS**  
**March 1, 2024**

**IMPORTANT DATES:**

**March 1 – Lightning & Rain practice only; 5:30 PM to 7 PM. Thunder at the champs meet.**

**March 1 – March 3 – 13&Over Gulf Champs meet. Hosted by SSAN at CyFair HS.**

**March 4 – Fun Week begins**

**March 11, 12, 14 – Spring Break Practice; No Shark School, No Swim Up**

**March 18 – Regular evening practice resumes**

**March 22 – Senior Recognition Banquet at The Golf Club at Cinco Ranch**

**GULF 13& OVER CHAMPIONSHIPS:** March 1 to 3, 2024 HOSTED BY Swim Streamline at Northampton (SSAN) at CyFair ISD Natatorium; 12550 B Windfern Road; Houston, TX 77064

**Seating:** There will be NO family SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing.

**Circle In: Swimmers must circle in for distance events. Arrive no later than 4:30 PM on Friday and 7:15 AM on Saturday & Sunday**

**Meet Information went out under separate cover.**

**WE STILL HAVE MANY SPOTS OPEN FOR TIMING. THIS IS YOUR ONLY VOLUNTEER REQUIREMENT. PLEASE TAKE A**

**TURN:** <https://www.signupgenius.com/go/5080E4BAAAE22A0FE3-48222057-13andup>



### [13 And Up Champs Meet](#)

Please review the available slots below and click on the button to sign up.  
Thank you!

[www.signupgenius.com](http://www.signupgenius.com)

### **FIRST WEEK OF MARCH – FUN WEEK!!**

In recognition of the hard work our swimmers have done getting ready for the champs meets, the week of March 4th will be FUN WEEK. There will be a half hour warmup followed by directed games, team building exercises, and cooperative play. Thunder swimmers from 4:30 PM to 6:00 PM (Thunder 3 get there when you can, this is an informal week). Lightning from 6:15 to 7:30 PM. Rain from 6:15 to 7:30 PM M/W/F.

### **SPRING BREAK PRACTICE**

Practice on M/T/W only. 12&Unders 8 AM to 9 AM; 13 & Up 9 AM to 10 AM. Rain on M/W only. There will be no Shark School or Swim Up during Spring Break.

**SENIOR RECOGNITION BANQUET – The Golf Club at Cinco Ranch, Friday March 22 at 6 PM**

We will have detailed information on cost and RSVPs soon. Please send in pics for the slide show!

**\*\*\*Don't forget to bring water to practice. Or Gatorade if preferred. No disposable bottles please, it's too easy to pick up the wrong one. LABEL EVERYTHING\*\*\***