

MONDAY MEMO FEBRUARY 18TH

Practice Changes: Times remain the same this week however, **NO LOCKER ROOMS** on **Tues 2/19** and **Thurs 2/21**. Come dressed and leave in your suit, the only restrooms will be those by the front entrance.

The new schedule will only affect Gold, Platinum, and Silver. It will come out in a separate email and goes into effect next week.

Lessons Cancelled: Due to the locker room situation we will **not** have lessons this week.

Congratulations: Please congratulate Nick Neste for qualifying for Silver State and State. It was a matter of cut and paste which removed him from last week's list. I apologize, Nick you definitely earned every race!

Fitness Passes to Mesa: As we go into the New Year and a new semester the Rec Center is offering passes for our parents, \$104 for the semester. You will need to purchase a non-athlete USA Swimming membership to be covered under the Dolphins. How easy and affordable is this? You can work out while your swimmer is in the pool, no excuses! For approximately \$20 per month! Come on Mom & Dad, you're expecting your kids to be fit, here's your chance to set the example.

Equipment & Apparel: There will be an order put in at the end of February before the team takes a break. This order will include, practice/team suits & caps, shirts, sweats, and fins. Many of you have asked about fins and we do need to stock pile our current inventory. If you would like your own fins or if you have old fins you have grown out of this is the time to trade those and get new.

Team silicon caps are now available for \$10 in black or red. Latex team caps are \$4.

Coach Terri does have goggles for \$10 in children's sizes and mirrored for summer.

Forms will be available on the Yahoo Groups, web site and at the pool by Tues. 2/19. A catalogue is available at the pool to look at suits and goggles.

Spring Break: During the week of spring break the Bronze and Silver groups will take a break. The Gold & Platinum groups will be having double practices. The morning will be 7-9am or 8-10am then the afternoon will be 4-6pm. More details to come.

The week before spring break the Bronze and Silver will be doing some fun activities for team building, getting to know their team mates out of the water. We have rock climbing, bowling, and disc golf on the agenda! I will have final dates and times by the end of this week.