



**More Than Just Swimming...**

**Senior II:** Mon-Fri 3:15pm-5pm  
**Senior I:** Mon-Fri 3:15pm-4:45pm  
**Gold:** Mon-Fri 4:30pm-6pm  
**Silver:** Mon-Thu 5:15-6:30pm Fri 5-6pm  
**Bronze:** Mon-Thu 6-7pm  
**Blue:** Mon / Tue / Thur 6-7pm

**No Practice on Monday February 15<sup>th</sup> in observance of Presidents Day!**

**UPCOMING MEET:**

**Our next available swim meet will be the weekend of February 26-28<sup>th</sup> an email will be sent once we have complete meet information and online registration is available! Championship dates are listed as well!**

**Results From The Storm Meet!!**



Congrats to Nicholas Snyder (left) who achieved a New State Time in the 50 Backstroke!

Spencer Anderson (back right) achieved his first Senior State Time in the 50 Free as well as getting a few bonus times.

Sora Takahashi (front right) achieved a New State Time in the 200 Breaststroke!



**Full Meet Results Attached To This Email!**

**Taking Ownership Of Your Swimming:**

**Show up-** be consistent, be ready and prepared!

**Be Aware-** follow instructions, keep up on team emails, listen to your coaches!

**Rest & Recovery-** take rest when you need it, get good sleep, eat right, drink plenty of fluids!

**Be A Good Teammate-** be a friend, listen to each other, hold each other accountable!

**Control Your Emotions-** the pool is a place to let go of everything else, don't bring your troubles here!

**Go To Work-** be the best you can be today, try to be better than yesterday, last week, last month, etc.

**February 2021**