

CREATURE WEEKLY UPDATE

PRACTICE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr+MSG+MSS+ MSR 3-5:15p Elem G+S+SSR 5:30-7p	Sr+MSG+MSS 3- 5:15p Elem G+S 5:30- 7p SSR 5:30-6:30p	MS+HS (Make Up) 5:30-6:45a Sr+MSG+MSS+ MSR 3-5:15a Elem G+S+SSR 5:30-7p	Sr+MSG+MSS 3- 5:15p Elem G+S 5:30- 7p SSR 5:30-6:30p	Sr+MSG+MSS 3-5:15a Elem G 3:45- 5:15	Sr+MSG+MSS+ MSR 7-9:15a Elem G+S 9- 10:30a	OFF

○ Schedule Notes

- All Practices are at Castle HS
- We are back to normal practice times this week.
- Middle School and HS have a make up practice on Wednesday from 5:30-6:45am.

JEFF'S CORNER

○ Time to Refocus

- I hope that everyone had a wonderful Thanksgiving!
- The week of Thanksgiving is always a great time to visit with family and take a little break from the regular routine.
- It was so great to have Mikaela's wall dedication and a fun time at Turonis afterwards on Tuesday.
- We were able to put in some good work during the week for those who were able to come practices.
- We now have 2 weeks until the Franklin Meet and it is time to refocus on progressing towards our goals.
- We are getting close to the halfway point of our season and now is the time to put in some really good work that will benefit us at the end of our season.
- We have done really well so far and we want to keep that momentum going!
- So let's focus on working hard and getting better!

HAPPY BIRTHDAY!

- ◎ Happy Birthday this week to:
- ◎ Stephanie Panayides Tuesday 11/30

MOVE UPS LAST WEEK

- Congratulations to our swimmers who made moves to new groups last week!
- Moved from Elementary Silver 3 to Silver 2
 - Miah Dillingham
 - Asher Kline
 - Henry Mruk

AZZIP PIZZA FUNDRAISER

HELP US RAISE SOME DOUGH!

We are teaming up with Azzip Pizza in the Pot of Dough Fundraiser. From September - November, any time you visit Azzip, 5% will come back to us!

All you have to do is scan our barcode or use the code online. Keytags are also available.

Every visit will also give us chances at the \$10,000 Grand Prize drawing!

Supporting: **Newburgh Sea
Creatures**



Online Code: 401065



**POT OF
DOUGH**
FUNDRAISER



SCREENSHOT THIS TO USE IN-STORE.

More info at azzippizza.com/we-give-azip