

# PA TIMES

## October 2022

### Recap of the Liz Kazeck Invite

100 of our swimmers spent the weekend at Lake Highland Prep participating in the 2022 Liz Kazeck Invite. Not only did we have countless great swims, but it was also the first meet of the Fall season where we truly had beautiful weather all weekend long! Many best times, new FLAGs cuts, and great memories were made this weekend. Congratulations to all all competed!

A special shout out to our two high points winners this weekend: Grace Goodman won the 9-10 year old girls division and Mason Marco took home 1<sup>st</sup> for the 13-14 year old boys division. Winning the high point means that their overall score (based off points scored from each of their individual races) was the highest out of all swimmers in their same age/gender division. Congrats to you both!!!!

### Upcoming PA meets

Oct 30*	Blue Dolphins (Oviedo)	Stars & Stripes, Red, and White
Nov 11-13	Patriot Aquatics	ALL Swimmers
Dec 1-4	Rosen Aquatic Center (I-Drive)	Blue & Gold
Dec 7-10	Jr Nationals (Location TBA)	Sr Qualifiers

2023 meet schedule coming soon... FL swimming just released the schedule, so we are picking meets for our team to attend.

\*Please note that the BD meet at the end of the month is a SUNDAY ONLY EVENT on October 30. If you signed up and that no longer works for your family's schedule, please make sure you go in and decline the meet so your swimmer is not entered.

### Upcoming LBHS meet

Lake Brantley will be hosting the 2022 4A District 3 Championships on October 22<sup>nd</sup> to kick off the FHSAA State Series! For this reason, there will be NO PRACTICE Saturday, Oct 22<sup>nd</sup> for Blue & Gold groups.

# PA TIMES

October 2022

## **Halloween Party**

We sent out an official invite late last week, but we wanted to include it again here. If you have never attended our Halloween party, you are in for a real treat! Hope to see you there!

You are officially invited to our annual Halloween Party on October 27th from 5:30-6:30 PM! This party will take place at the Lake Brantley Aquatic Center pool. We encourage all age-group swimmers to come in their best Halloween costume to participate in the costume contest! We will also be doing our traditional apple bobbing contest and candy dash. Please make sure your child brings their bathing suit (or they wear a suit under their costume) for the water activities after the costume contest.

\*ALL Age-Group practices are canceled this night (Stars & Stripes, Red, White, Blue, & Gold) so that all members can participate in the party!\*

## **LBHS Hall of Fame**

We wanted to take a second to mention the 2022 LBHS Hall of Fame that took place a couple weekends ago. This is something LBHS does every year to induct individuals who have been instrumental in creating an extraordinary athletic tradition at Lake Brantley High School. This year we had three individual members and one state championship team inducted into the Hall of Fame. All three of those individuals and many swimmers on the state championship team were a part of the Patriot Aquatics.

Jo Dee Lake – 4x State Champion, SR National Competitor

Jose Hernandez – 2x State Champion, State Championship Team member, attended UF for swimming

Matt Tomlinson – 1x State Champion, State Championship Team member, attended UF for swimming

1988 Girls Swim Team – State Championship Team

CONGRATULATIONS!

## **Team Merchandise – Order Update/Holiday Order**

The team merchandise order placed in September is currently in production and we expect all items around the end of the month. We did want to make you aware that the American Flag trucker hats are on backorder. If you purchased the American Flag Trucker Hat, those won't be in until later November

# PA TIMES

## October 2022

time frame. This WILL NOT affect any other items since it is from a different vendor than our shirts, hoodies, etc. Once we have items from the September order in the office and ready for pick up, we will send out an email. Please be on the lookout for that around the last week of October.

Also, we will be doing one last merchandise order for 2022 for any items you might have missed purchasing or for holiday gifts! That order form will be sent out around the end of October and will only be open for a quick window of time so that we can get those items in production and delivered in time for the holidays!

### **LBHS Football Games**

Friday, 10/14

Friday, 10/28

During these games, access to our parking lot is through the Sand Lake Rd entrance will be blocked off by 5 PM. Please DO NOT try to access the pool through the Sand Lake Rd entrance on these nights, they will not let you in. On these evenings, we will open the back gate (from Brantley Harbor) for drop off/pick up. The back gate will be opened at 4:30 PM. When you enter the Brantley Harbor neighborhood, you will drive straight back and turn left at the dead end into the lower gravel lot to access the campus. Please be aware that parking may be limited when you arrive for practice. We encourage you to drop off/pick up your swimmers on these practice nights.

### **NEW REQUIREMENT - Team Suits/Team Caps**

We are now going to require team suits and team swim caps for swim meets. There will be three options for team suits: the Patriot suit on the team store, a plain NAVY suit, or a red/white/blue suit. If your swimmer is wearing a tech suit (already owned or new purchase), we will not require a specific color as we know how expensive those are. Another new requirement for all female swimmers will be wearing a PA cap for swim meets. Wearing a swim cap will be optional for male swimmers, but if they do wear a cap it must be the PA cap. During practice hours swimmers can wear any cap (different colors, logos, etc.) but for swim meets it must be a PA cap. Thanks for your understanding on these new requirements. We are making this a requirement so that we can show up to swim meets looking like a TEAM!!

# PA TIMES

October 2022

## Cooler Weather

As we head into the cooler weather of the fall and winter, we wanted to share with you some tips on your child swimming in the fall and winter. The Lake Brantley Aquatic Center heating system keeps the pool at 82 degrees, no matter what the outside temperature is. The swimmers will be comfortable in the water during practice, and we recommend bringing extra towels, a jacket, and a parka (if you have one) after practice to dry-off and change into warm clothing. Parkas can be purchased in the team store which is open 24/7 for purchases and ordered directly through All American Swim Store. We recommend sizing up 1-2 sizes so your swimmer can use their parka for quite a while. The Team Store link can be found on our website in the NEWS section. Please note: Parkas are NOT a team requirement.