



### **PRACTICE UPDATES**

**Last day of Fall Session is Dec. 21<sup>st</sup>**

**Holiday Training Camp  
Info. on Page 13  
(December 22 - January 5)**



### **Team Travel Trip**

Don't miss the FUN!

When: January 18 - 20

Where: Ft. Myers (FGCU)

Hotel: Embassy Suites

(King Suite - \$119, Double Suite \$129)

Swim meet info. online...Sign-Up NOW!

Questions regarding hotel please email  
Susan Taulbee at [staulbee@verizon.net](mailto:staulbee@verizon.net)

### **WINTER SESSION January 7<sup>th</sup> - March 30<sup>th</sup>**

#### **Practice Schedule**

#### **Interbay Pool**

##### Dolphin Group -

4:00 - 4:30 OR 5:00 - 5:30

Monday, Wednesday and Thursday  
(Choose ONE practice time)

9:30 - 10:00 Saturday

##### Age Group I -

4:30 - 5:30 Monday - Friday

8:30 - 9:30 Saturday

#### **Palma Ceia Pool**

##### Dolphin Group -

4:00 - 4:30 Monday, Wednesday & Thursday

9:30 - 10:00 Saturday @ Interbay Pool

##### Age Group I -

4:30 - 5:30 Monday - Friday

8:30 - 9:30 Saturday @ Interbay Pool

##### Age Group II -

5:00 - 7:00 Monday & Wednesday (Dryland)

5:30 - 7:00 Tuesday & Thursday

4:30 - 6:00 Friday

8:00 - 10:00 Saturday @ Interbay Pool

##### Junior Team -

5:00 - 7:30 Monday & Wednesday (Dryland)

5:30 - 7:30 Tuesday & Thursday

4:30 - 6:00 Friday

8:00 - 10:00 Saturday @ Interbay Pool

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## TEAM EVENTS

Metropolitan Ministries  
Now - December 14<sup>th</sup>

Thank you to all the families who  
have already donated!!!



Competition Schedule & Team Events is  
listed on website homepage  
or click on "Meet/Events."

**Merry Christmas & Happy New  
Year to all of our STAT Families!**



Save the Date.....

Annual Awards Banquet/Beach Day  
May 11<sup>th</sup> (Tentative)  
at Pass-a-Grille Beach  
Hurley Pavilion

**A FUN day in the sun!**

## New Short Course Records

### **6 & Under Girls**

### **Ashlin Cannella**

**25 Free 18.55**

**50 Free 44.04**

**50 Back 51.50**

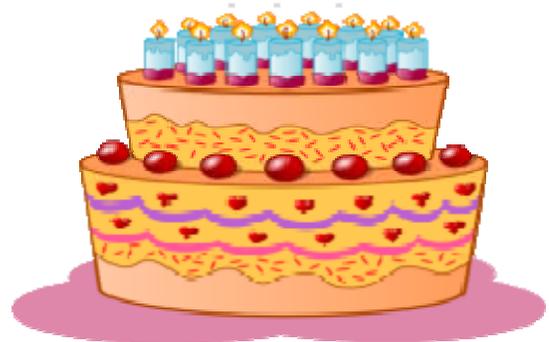
### **Elsie delaCruz**

**25 Fly 21.69**

## ***STAT BIRTHDAYS!!!***

Miles Taulbee	December 1
Jackson Renninger	December 5
Amelia Bell	December 6
Bradley Blanton	December 9
Devin Vitello	December 9
Nathan Santiago	December 10
August Stukenborg	December 10
Sloan Holloman	December 12
Drake Barkett	December 13
Maggie Ely	December 13
Dawson Geller	December 17
Annalise Piscioti	December 19
Millay Kral	December 21
Hyatt Criser	December 22
Chris Perno	December 26
Benjamin Hochberg	December 27
Pyeper Swims	December 28
Jackie Hochberg	December 29

## **HAPPY BIRTHDAY!!!**



## **Swim Fees**

**It's nearing the end of the year and many families have dues to pay due to swim meets, merchandise, etc. PLEASE log-in to check your current balance. Thank you!**

**PLEASE** log-in to your swim account weekly to check your balance.

- Fees are due by the 10th of each month.
- A \$10.00 Late Fee will be added to your account if fees are not paid by the 15th of each month.
- It is **IMPORTANT** to always log-in to your account weekly to check your current invoice for swim fees, meet fees, equipment/merchandise, etc.
- If you ever have a question about your invoices, please let us know.

## **CREDIT CARDS**

1. Login into our team website - [www.statswimming.com](http://www.statswimming.com)
2. Click on **MY ACCOUNT** - Look for **SET UP AUTO PAY** - click on it
3. Look for **Current Payment Method** (click on gray box or arrow) and select **Automatically charge CREDIT CARD**
4. Finally click **Edit** to the right of the gray box and enter your Credit Card info. (We will not be able to see your credit card info....All information is secure).

\*Amount Per Transaction Fee = \$2.00 + Percent Per Transaction Fee = 3.25%

\*Must give a 30 day notice to cancel credit card payments if you plan on not swimming any longer. No refunds - will receive a credit in your account.

**Refer a New Swimmer** - Each family you refer you earn \$25 off your next session dues (friend must commit to session). The new swimmer will also get \$25 off their next session dues as well. (Session = 3 month fee)

**Purchasing a City of Tampa Rec Card** – All STAT swimmers (at city pool) are required to purchase a City of Tampa Rec Card. Each card is \$15 and can be attained from the lifeguards. STAT covers most of the fees associated with pool rentals, but each member must take care of purchasing a Rec Card.

## **Website Email/Password**

If you are having trouble logging into the website or ever need your password and/or email address updated, please let us know. We are always here to assist you in any way we can.

**\*Please make sure to verify your email and add your cell phone # (SMS) under "My Account" too.....you will then receive any texts/emails we send from our Smartphones.**

## **STAT Team Magnet**

If you have not received your **FREE** team magnet or need a new one, please feel free to ask Coach Todd or Tammy. We want you to drive around town and show your team spirit!

## **STAT Bling Shirts / Male Polos**

Swim Mom's -- If you are interested in purchasing a "STAT Bling Shirt" please email Susan Taulbee at [staulbee@verizon.net](mailto:staulbee@verizon.net) to let her know what size and color you would like. The "Bling Shirts" are \$35.00 and your check should be payable to STAT. This is what most of the mom's will wear to swim meets, etc.

STAT Male Nike Polos available for \$40.00. If interested please email Coach Todd or Tammy.

## **STAT Reminders**

Please make sure your child always has their swim equipment when they come and leave every swim practice. All swimmers should have their swim equipment every day at swim practice. Any time you need to purchase equipment or merchandise please let us know.

## **Diversity & Outreach Program**

This program helps families who are on free/reduced lunch. If you are or know someone who is and wants to join our program, please contact us and we can give you more details.

**Mission:** To educate and engage youth and families from multi-cultural, ethnic and underrepresented socio-economic backgrounds, through the development and implementation of innovative programs.

# **DECEMBER SWIMMERS OF THE MONTH**

Each month we choose 4 - 7 swimmer's that have shown great leadership, good work ethic, are respectful and courteous, and just an all around great child. Swimmers will receive a STAT Swimmer of the Month T-shirt and a STAT water bottle.

## **SPONSORED BY:**



## **DOLPHIN GROUP**



**Lucy Minor**  
**Palma Ceia Pool**

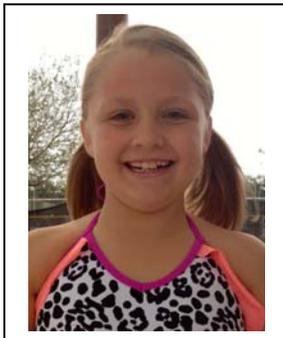
**Lucy** is a great girl that comes to swimming and has fun! With her fun she also works on what her coaches ask her to do. She has improved a lot since she has begun swimming with STAT. Way to go Lucy!

## **AGE GROUP I**



**Ashlin Cannella**  
**Palma Ceia Pool**

**Ashlin** has improved on her swimming in many ways. Her focus, technique and drive to work hard is allowing this young girl to improve on all her strokes. Ashlin just broke 3 STAT records at this past swim meet. Awesome job Ashlin!



**Katelyn Hawkins**  
**Interbay Pool**

**Katelyn** joined STAT this fall and has made great strides in her swimming. The coaches are proud of Katelyn's hard work and positive attitude every time she walks on the deck. Due to Katelyn's hard work she just got moved up to Age Group I.



**Sunny Rowe**  
**Interbay Pool**

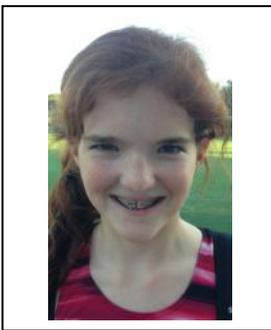
**Sunny** started swimming STAT this fall and has made big improvements. Her strokes have improved tremendously due to her working hard. Sunny always has a smile on her face and never complains. Keep up the great work!

## AGE GROUP II



**Annabelle** has been working to improve on her technique and speed. The coaches have seen many improvements in her commitment, dedication, and many other areas. Way to go!

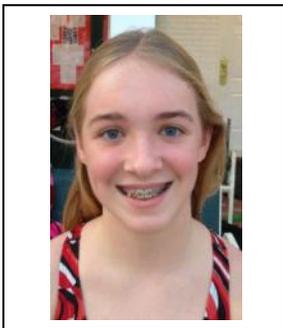
**Annabelle John - Palma Ceia Pool**



**Julia** joined our team this summer and is showing a lot of improvement on her strokes. She comes to practice always happy and shows her teammates how much fun you can have when you work hard. With her continued dedication to the sport we see some great things happening for Julia.

**Julia Smith - Palma Ceia Pool**

## JUNIOR TEAM



**Laura** is working hard this season in every practice. She always comes to practice ready to improve and have fun with her friends. The coaches have seen Laura's focus and drive to be her best when she's in the water. We are excited to see her motivated to race.

**Laura Thompson - Palma Ceia Pool**



# **COACH'S CORNER**

## **THE BENEFITS OF PERI-WORKOUT NUTRITION**

**By: G. John Mullen**

From my experience, breakfast is the most commonly abused meal for many swimmers, unfortunately this isn't the only important or abused meal for swimmers. In fact, of all the athletes I work with, swimmers take the crown for the worst [diet](#)! This may be hard to believe as many people feel swimmers have well-defined bodies, often tricking many coaches and parents. This allows many swimmers to feel excess empty calories are the key for a [proper diet](#), neglecting all other macro- and micronutrients.

Feeding is not the only factor for sports [nutrition](#)!

In fact, simply consuming excess calories might be contributing to fatigue, sickness, limited [lean body mass](#) (muscle), delayed motor learning. The goal of any nutritional program for athletes is to enhance strength, energy during workouts/competition, speed recovery, and prevent illness. The more muscle, the higher capacity for force production. The more energy, the more the athlete can work. The faster the athlete recovers, the sooner they are fresh for their workout/competition. The less an athlete is sick, the harder and more frequently they can train. The quicker they learn a movement, the faster they are able to improve technique and horizontal velocity.

Peri-Workout (around workout) nutrition is essential to improve these facets, since the time before and after a workout can either enhance or reduce the [rewards](#) of hard work performed in the pool.

Follow these guidelines for optimal peri-workout nutrition. But, before we discuss an ideal peri-workout meal, let's consider the typical peri-workout nutrition for an afternoon workout.

### **Typical Peri-Workout Nutrition**

Rush out of class and head to practice, stop at a fast food restaurant and chow down a few burgers or perhaps you are healthy and grab a sub. Hop in the pool and sip on a Gatorade throughout a gruelling two hour workout. Hop out of the pool, exhausted, but find an apple or piece of small fruit to snack on in between swim practice and dry-land. Finish up dry-land, exhausted, fatigued, and starving. Drive home and eat a typical dinner, spaghetti, butter and toast, with a side salad.

Now, this peri-workout nutrition looks adequate from a distance, but simply put, it lacks many requirements for swimming optimization. In fact, slamming a meal a few minutes prior to practice and neglecting protein requirements after practice are likely inhibiting success! Peri-workout nutrition starts a few hours prior to practice, as even the fastest acting nutrients take time to process. takes time to digest. For this, it is essential to look at nutrition into five facets: pre-workout 1, pre-workout 2, workout, post-workout 1, and post-workout 2.

### **Pre-Workout 1 (2-3 Hours Prior to Exercise)**

30 - 40 grams of a slow digesting carbohydrate (low on the [glycemic index](#)) like whole-wheat bread, yams, wild rice, beans, red potatoes and/or fruits to provide long lasting energy for the competition.

30 - 50 grams of a lean protein like chicken breast or fish. Basically, a protein that's low in saturated fats.

20 - 30 grams of a fibrous carbohydrate source like a salad to increase blood flow and oxygen to the muscles.

### **Pre-Workout 2 (30 Minutes Prior to Exercise)**

30 - 40 grams of a fast digesting protein like whey isolate supplement. Take this meal as a liquid and not an actual whole food meal because a whole food meal won't get digested and utilized fast enough.

20 - 40 grams of a slow digesting carbohydrate like an Apple (low to medium Glycemic Index (GI)).

2 - 5 grams Branched Chained Amino Acids (BCAA's) (recommended for post-pubescent athletes). This will likely enhance lean body mass (muscle) after training.

5 grams of pure Creatine Monohydrate (recommended for post-pubescent athletes). This supplement may enhance power production and likely improves bone mineral density.

2 - 5 grams of Beta Alanine (BA) to likely boost intensity of workout (recommended for post-pubescent athletes).

### **Workout**

High carbohydrate (moderate to high GI) for exercise longer than one hour snack low in fat is beneficial like a gel pack.

### **Post-Workout 1 (Immediately after Exercise)**

1 g/kg of body weight of moderate to high glycemic index carbohydrate, like a fast acting recovery aide. This includes a banana, orange, or recovery drink.

20 grams of protein like a whey isolate supplement.

### **Post-workout 2 (60 Minutes after Exercise)**

30 - 50 grams of moderate to high glycemic index carbohydrate, not in supplement form.

20 grams of lean protein like chicken breast or fish. Basically, a protein that's low in saturated fats.

This program may seem labor intensive, but the noted benefits are worth the extra time. Plus, any routine seems impossible from a distance, but simply perform this routine for a month and you be enjoying the benefits.

For implementation, consider adding a couple of these items to your current peri-workout nutrition program. Remember, your training will never result in maximal benefits if you are not giving yourself the fuel necessary for success! Start making the necessary changes for success, don't skimp on the gas to fuel your body.

# SWIMMING NUTRITIONAL PROGRAM

By: G. John Mullen

BREAKFAST and peri-workout nutrition are two elements that only play a fraction in sports nutrition. Swimmers are busy, yet many sports nutritional programs require detailed note keeping and tracking. Unfortunately, many swimmers are too exhausted to perform the requested tracking.

Tracking calories is also inefficient for many reasons.

First, people lie about the calories they consume. These errors in estimations may or may not be purposeful, nonetheless they occur. Lichtman 1992 found 224 obese subjects underestimated calories by half and found energy expenditure estimates were slightly lower than actuality. However, those seeking [weight loss](#) aren't the only culprits of underestimating calories.

Backstrand 2007 determined registered dietitians underestimated by 200-600 calories in common foods (lasagna, hamburger with onion rings, etc.). If registered dietitians are not able to estimate calories, how can the regular person or a teenage athlete?

For this reason, counting calories is unlikely beneficial. Moreover, most swimmers (except those seeking weight loss or weight gain) should not worry and expend mental energy on calorie counting. Instead, a system of massive health food consumption will maximize energy, health, and force production.

Many swimmers use practice to build their swimming capacity. To build swimming capacity, many swimmers use intense [training programs](#) to break down and build-up muscles. As Dr. Berardi, recognized sports nutritionist, "You want to destroy what your body is today so you can make it better tomorrow." Unfortunately, an inadequate diet impairs swimming capacity and a swimmer's ability to perform. This is mainly from swimmers being simultaneously overfed and undernourished.

## How To Eat

Carbohydrates are the main sugars which provide the body energy during difficult workouts. Swimmers are typically lean creatures and capable of handling carbohydrates. Moreover, the body's ability to handle carbohydrates dramatically increases after workout.

For this reason, it was suggested to consume carbohydrates during and after exercise ([see Peri-workout nutrition](#)). However, the ability to handle carbohydrates continues for a few hours after working out. A few hours after workout I recommend eating a well-balanced diet of 30g protein, 40g carbs, 30g fat. This provides a balanced diet, make sure you obtain sufficient good fats.

Then, for the rest of the day, you would just eat protein, fruits and vegetables, and good fats. Unfortunately, this diet restricts the typical simple carbohydrates over consumed by swimmers, except for the short window around workouts.

Nutrition and sports is necessary, but the overall goal is to improve health and sport. This alteration in nutritional intake helps do essentially four things: (1) improve athletic performance; (2) improve health; (3) improve body composition, and (4) develop lasting habits.

Other nutritional programs may impair health and [recovery](#). The best nutrition program is one which covers all four of the aforementioned items, for the short-term sports improvement, and long-term life enhancement.

Now, this is all fine and dandy, but how can busy parents or time-deprived college swimmers implement these suggestions? Here are a few quick suggestions for improving your swimming nutrition program.

## **Breakfast**

This meal was discussed in detail in a previous post ([Is not eating before practice slowing you down?](#)). Simply put, eat protein, veggies, and fruit for breakfast.

## **Dinner Meals**

Most dinners are typically complete with protein and veggies (which are unfortunately absent the rest of the day). However, many meals are incomplete as they lack whole grains, fiber, healthy fats, and healthy desserts!

A well-rounded diet should include

- Whole grain: bread, pasta, wild rice, oats, quinoa, etc.
- High fiber legumes (beans and lentils)
- Lean protein: chicken, fish, grass-fed beef, turkey, tofu
- Tons of veggies
- Good fats: avocado, olive oil, coconut oil
- Healthy dessert: fruit, smoothie

## **Lunch**

Now lunch is a different story, as many consume lunch in a cafeteria or restaurant, which provide meals unfit for high performance athletes. However, lunch should not vary much from dinner. In fact, having the same meal for lunch for dinner is a simple, effective strategy (simply cook twice as much food). If this is not an option, try to find a high-protein stir-fry with a ton of veggies and whole grain rice and fruit. Simply put, a low protein, meat sandwich on white bread doesn't do a body good!

## **Snacks**

Most snacks include high sugar and processed carbohydrates. This combination impairs energy levels and recovery for workout. Instead, try consuming a better snack like a shake consisting of fruits, veggies, protein powder, and healthy fats.

Another option is Greek yogurt or cottage cheese with frozen fruit, mixed nuts, and protein powder.

One last idea, veggies and hummus dip (see below for homemade recipe), with a few hard-boiled eggs on the side.

These options provide complete, healthy snacks for a healthy swimming nutrition program.

### Homemade Hummus Dip

#### **Ingredients**

- 4 -- 8oz cans of cooked chickpeas
- 6-8 garlic cloves
- 2 tbsp tahini paste
- salt to taste
- cayenne to taste
- lemon juice of 1 lg lemon
- 1 cup extra virgin olive oil
- 1 cup warm to hot water

#### **Directions**

Drain chickpeas. Puree chickpeas with garlic, tahini paste and olive oil. If mixture seems tight or too thick, add small amount of hot water to bring about a smoother consistency. Adjust flavor with salt, cayenne and lemon juice. Serve with veggies or whole-grain bread.

## More Veggies

Veggies are the injury prevention of nutrition, as everyone comprehends the importance, but neglects it. This is because many view veggies as a boring iceberg salad sprinkled in a tub of ranch dressing.

Instead, try a spinach salad with fruit, mixed nuts, olive oil, avocado, and whatever else you wish! These salads can provide a lot of flavor to the commonly consider bland salad.

Also, if you are not eating steamed veggies, you are missing the boat! Steam your veggies with a simple spicy marinara sauce for a simple, delicious veggie option.

## Summary

Now this program may be a complete overhaul to your current nutritional plan, but simple adjustments can result in massive improvements. Just remember, to make one adjustment at a time and keep in mind the benefits associated with these adjustments.

Also, based on the volume of training (singles, doubles, triples) carbohydrate intake should fluctuate. For example, the more you are training, the more starchy (bread, rice, etc.) one should consume. So, make adjustments accordingly and enhance your swimming through nutrition today!

## JUICING AND PERFORMANCE

By: Dan McCarthy

A recent New York Times article ([Looking for Fitness in a Glass of Juice](#), Reynolds) [confirmed](#) that a number of Olympic medalists benefitted from juice at the 2012 London Games; more specifically, Beetroot juice and Tart Cherry juice. The research on both is only a year old, but the findings seem to be positive for these natural and healthy foods.

Beetroot juice comes from the purplish-red root of the beet and has been described as sweet by some, but earthy by others. Research done with cyclists and runners has shown an increase in velocity and in time to exhaustion after drinking Beetroot juice. It seems as if the Beetroot juice enhances the movement of oxygen and blood to the muscles and stimulates the muscles to make good use of the enhanced supply of oxygen. Beetroot juice seems to be most effective when it is part of an athlete's daily diet, specifically 500 ml per day (about 16 ounces). Drinking one glass of Beetroot juice on a whim before practice apparently will not make a difference.

While Beetroot juice may improve your training performance, Tart Cherry juice is more effective in combatting muscle pain from intense training. Research done with individuals participating in [acute](#) strength training and marathon running has shown a decrease in the amount of pain reported by those drinking 8-12 ounces of Tart Cherry juice twice a day in the weeks preceding their training or competitive event. The natural ingredients in Tart Cherry juice have a combination of anti-inflammatory properties and a host of anti-oxidants.

As with many natural and [healthy products](#) which are best used in their most basic form, the supplement industry has tried to capitalize on their popularity with powders and capsules full of who-knows-what. Only be satisfied with the 100% natural juice versions of Tart Cherries and Beetroots. Additionally, more is not better, especially in the case of Beetroot juice. Nitrate, found in Beetroot juice, has been linked to cancer in exceptionally large doses. Both juices can be found at stores like Trader Joe's and Whole Foods.

# 7 THINGS SUCCESSFUL SWIMMERS DO DIFFERENTLY

By: Olivier Poirier-Leroy

WHY do some swimmers have a hard time achieving success while other swimmers seem to effortlessly enjoy wild and never-ending success?

Generally the first two answers tabled are talent and genetics. However, possessing these two attributes alone will not constitute an elite swimmer. Sure, they will always get by for a few years on these two characteristics, but it isn't long before that isn't enough. And before long, these promising young athletes are reflected upon as "flashes in the pan."

Those at the top of the podium approach their sport different than the rest. Here are 7 ways that successful swimmers are doing it differently:

**1. Ownership.** I used to compete against a swimmer who loved playing the "blame game." If his results weren't as good as they should or could have been, we would all be barraged upon with a litany of excuses. Whether it was goggles filling up with water, a bad night's rest, or he was racing with a workout suit, he'd pawn off his lousy competition performance on outside influences and bad luck so that he wouldn't have to own up to them. Pawning off failures by making excuses for them removes accountability. Successful swimmers own their awesome performances and their not so good ones too.

**2. Use Failure as Fuel.** Failure may as well be another 4-letter word. You can see it in the pained faces of swimmers who come up just short at the end of a race. Successful swimmers, once the initial sting of defeat has receded, are able to see past failure. Instead of having it demoralize them, they use it as the catalyst for massive positive change. Those moments of disappointment provide important -- albeit sometimes painful -- lessons that will help pave the way to achievement. Remember, failure only becomes fatal when you give up and do not heed the lessons it provides.

**3. Surround Themselves with Like-Minded Athletes.** The expression "you are a product of your environment" is just as relevant when applied to the swimmers and people you associate yourself with. As much as we like to believe that other people have no influence on our lives, in the words of esteemed John Donne, "No man is an island entire of itself." The actions and behaviors of the people you surround yourself will rub off on you, whether you immediately realize it or not. Good news, however, is that this goes both ways -- negative people will bring you down just as well as positive people will bring you up.

**4. Plan.** Successful swimmers know exactly where they are going. They have a concrete, visceral goal in the horizon, and they aren't afraid to put together a plan to make it happen. This means breaking it down step-by-step, and setting out what directly relates to achieving their goal. Faster start? Check. Shave ? second off the turns? Noted. Improving ankle flexibility? Put it on the to-do list. Don't be afraid to take your goal, break it apart to its smallest pieces and then slowly put it back together.

**5. Execution.** Of course, having a plan and all of the motivation in the world does nothing without the follow-through. Top echelon swimmers don't wait for the perfect moment, they don't wait until they "feel like it" and they don't wait until the beginning of next season to start [hauling](#) ass towards their goals. Start today, [start now](#).

**6. Cross the Line Between Excellence & Perfection.** Whenever a swimmer tells me that they are "perfectionists" my first thought is, "you never [complete](#) anything, ever." Perfectionists are great at making plans, of concocting great and earth-shattering goals, but incredibly terrible at completing them. Why?

Because they've set impossible standards, they are dooming themselves to failure from the outset. Their high expectations will never be met because "perfect" is an illusion. There will never be a perfect time. You will never feel perfect. The only "perfect" time to act is this one, right now. Success doesn't come to perfectionists -- it comes to the swimmers who show up and get things done.

**7. Embrace Hard Work.** In an era where instant gratification is expected from everything we do, it can be very easy to dismiss the idea of hard work. Whenever a really tough set gets scrawled up on the chalkboard, the elite swimmer won't groan and moan. Their steely eyes will narrow and they will be the first in the pool to tackle it. Why is that? Are they gluttons for punishment? Not at all. They welcome those hard sets because they know that is what will separate them from the athlete in the lane next to them. While others are bowing out or not giving their best effort, the successful swimmer smiles gleefully as he or she powers through the sets that no one else is willing to do.

## ~Age Group II & Junior Team Holiday Training Camp~

**Cost - \$25.00 (Includes Movie)**

<u>at North Shore Pool (Morning)</u>	<u>at Interbay Pool (Afternoon)</u>
Saturday, Dec. 22 8 - 10 AM	
Monday, Dec. 24 8 - 10 AM	Monday, Dec. 24 No PM Practice
Tuesday, Dec. 25 No Practice	Tuesday, Dec. 25 NO Practice
Wednesday, Dec. 26 8 - 10 AM	Wednesday, Dec. 26 4 - 6 PM
Thursday, Dec. 27 NO AM Practice	Thursday, Dec. 27 3:30 - 6 PM
Friday, Dec. 28 8 - 10 AM	Friday, Dec. 28 3:30 - 6 PM
Saturday, Dec. 29 8 - 10 AM	
Monday, Dec. 31 8 - 10 AM	Monday, Dec. 31 No PM Practice
Tuesday, Jan. 1 No Practice	Tuesday, Jan. 1 No Practice
Wednesday, Jan. 2 10 - 12 PM	<b>*Wednesday, Jan. 2 Movie</b>
Thursday, Jan 3 No AM Practice	Thursday, Jan. 3 3:30 - 6 PM
Friday, Jan. 4 8 - 10 AM	Friday, Jan. 4 3:30 - 6 PM
Saturday, Jan. 5 8 - 10 AM	<b>*Movie Info. Coming Soon!</b>

## \*\*Age Group I Holiday Training Camp\*\*

**Cost - FREE!**

<u>AT INTERBAY POOL</u>
Wednesday, Jan. 2 4:00 - 5:30 PM
Thursday, Jan. 3 4:00 - 5:30 PM
Friday, Jan. 4 4:00 - 5:30 PM
Saturday, Jan. 5 8:30 - 9:30 AM

## \*\*Dolphin Group Holiday Training Camp\*\*

**Cost - FREE!**

<u>AT INTERBAY POOL</u>
Wednesday, Jan. 2 4:00 - 4:30 PM
Thursday, Jan. 3 4:00 - 4:30 PM
Friday, Jan. 4 4:00 - 4:30 PM
Saturday, Jan. 5 9:30 - 10:00 AM

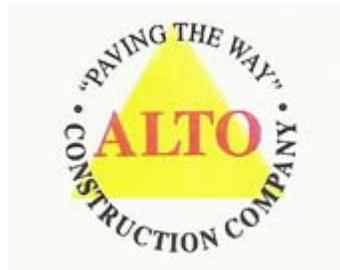
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## Platinum Sponsors

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The Taulbee Family

**Carlin Construction Inc.**



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## Gold Sponsors

The Weigner Family



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## Bronze Sponsors

Hill Ward Henderson PA

