

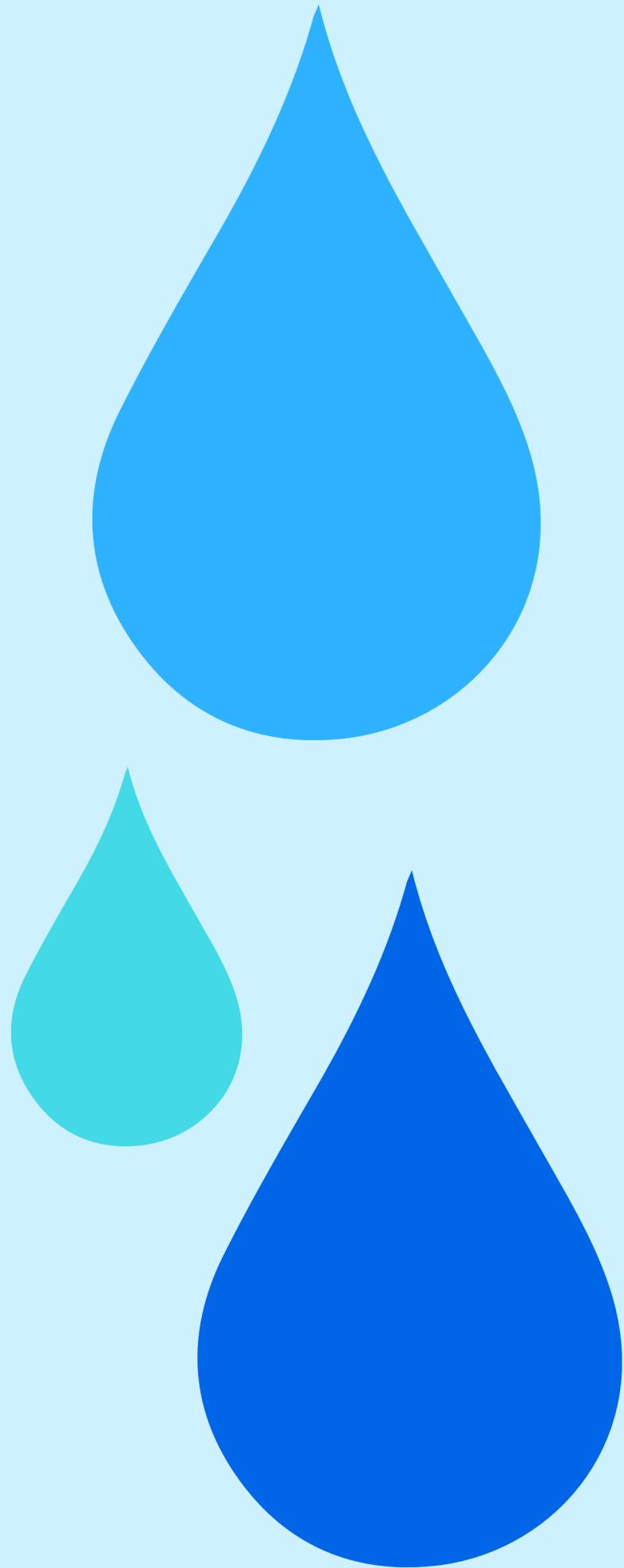
## **FINAL SUMMER 2018 WEEKLY NEWS: AUGUST 2-21**

Parents,

Medal Madness is this weekend, which will be our last swim meet of the Summer Season. Beginning Sunday, August 5, we will take a two week break from swimming. We will begin our Fall Season on Tuesday, August 21. We encourage your swimmers to take this time to relax and reset their bodies and minds. It's important to take time away from training periodically so that your swimmers come back refreshed and ready to swim. Training constantly without rest can lead to overtraining, burning out, and losing interest in the sport.

All group changes will take effect the day we return (August 21). If you need to review your swimmer's schedule, please visit our homepage and click on the button, "2018-2019 Practice Schedule." You will receive an email in the coming week with registration instructions for the Fall. Any questions regarding group placement should be directed to [rodrigo@planoswimming.org](mailto:rodrigo@planoswimming.org), but will only be considered after you have registered your swimmer.

You should all receive an email from your swimmer's Fall coach before we return from our break. This email will give you details about the group, introduce your coach, and give you a list of necessary equipment for the group.



# Summer Splash Bash

Don't forget to register for our Welcome Back Splash Bash at Jack Carter Pool on August 26. COPS swimmers can play for free while adults and siblings pay only \$10. We will provide food and have exclusive access to the facility that evening. Don't miss out on the fun! To register, visit our homepage, scroll down to "Team Functions," and click on, "Splash Bash."

## Medal Madness

Please review the warm-up schedule for Medal Madness this weekend. As a reminder, Friday's session will run in the afternoon, while Saturday's session will be held in the morning. Please arrive 10-15 minutes prior to warm-up to ensure your swimmer is in the water on time.

**Friday, 8/3 - 3:00 PM warm-up**

**Saturday, 8/4 - 7:30 AM warm-up**

We want to wish you all the best of luck getting back to school and can't wait to see you all when we return.

See you all at the pool!

