

SCAT Weekly FYI: (EARLY EDITION)

Schedule: May 29 – June 4

Mon: No Practice-- Happy Memorial Day!

Tues-Fri: Normal Practices Times

Sat: Sr/Pre-Senior Practice 8:00-10:00 a.m.

Important Dates/Deadlines:

1. Memorial Day Weekend: No Practice Fri May 26th -Mon May 29th.
2. Ted Walker Invite Entry Deadline is THIS Weds, May 31.
3. Sr/Pre-Sr Sat morning practice 8-10:00.
4. SCAT Team Rummage Sale June 2-4th. See flier in your box for more info.
5. TEAM Eugene Entry Deadline is THIS Sun, June 4th.

Swimmer Corner:

“Mental toughness is something you can train- the more you work at it, the tougher you will become, and so will the results.” -Olivier Poirier-Leroy

****Parent Corner:**

June is almost here! Please take note, the first day of summer (June 15th) our practice schedule will change to SUMMER HOURS. Check the new practice hours on our team website under the “Schedules” tab—then click on “Long Course Practice Schedule”.

Thank you to Coach KayLee for helping coach our team this winter and spring. KayLee will still be around the pool as Ms. Pool Director, so make sure to say hi!

Parents: Please ensure your swimmer brings a water bottle to workouts every day! Hydration is essential for your athlete to continue to train and lead a healthy lifestyle.

Bridge Athletics Dryland for our Sr/Pre-Sr group is a go. If you have committed—your swimmer should receive an initialization email Friday May 26th—please check and once received, have them set-up their profile/download the app so we can start this week.

Saturday practices for Sr/Pre-Sr, 8-10:00 a.m. **June 3 & 17**. Mark your Calendars!

Parents—if you have a question for a coach please send an email or set up an appointment.

See you at the pool! Coach Sasha scat.coachsasha@gmail.com