

SCAT Weekly FYI:

Schedule: Nov 21 – Nov 27

Mon- Weds Normal Times

Thurs and Friday No Practice—Happy Thanksgiving!

Important Dates/Deadlines:

1. Thanksgiving Weekend: Practice Weds (23rd) normal time; no practice Th-Fri.
2. TEAM Eugene Meet, Echo Hollow Pool, Dec 9-11.
3. Mini-meet Weds Dec 14th 5:00-6:00 p.m. (Novice and Beginners)
4. SCAT Christmas Party Thurs Dec 22 4:00-5:30 (more details TBA)
5. Christmas Break No Practice Fri Dec 23 – Mon Dec 26th & Mon Jan 2.
6. CAT Open Jan 6-8 (look for entry sign-ups this week)

Swimmer Corner:

You **CAN** swim **Fast** when you are tired—

it just depends on how much **you** are **willing**

to **push** yourself out of **your** comfort **zone**!

**Parent Corner:

Congrats SCAT swimmers at the Salem Open. It was our first time to this meet—the pool is 10 lanes, not too crowded and the meet ran efficiently. Consider going to this meet next year —we will most likely be going back! Our streamlines and under-waters are looking better, keep working hard SCAT!

OSI has posted the NW Age Group Regionals Time Quals for March—check it out! Once on OSI website, select Competition Tab, then Time Standards, then 2017 NWAG Regionals.

If your swimmer is interested in swimming in college—you and he/she can check out this helpful website: www.lookforit.com Plug in their best times and view a color coded dashboard comparison of all US Colleges with their times. There are links to specific colleges, detailed cost analysis and “what if” analysis of potential college choices. This is a great reality check for swimmers and helps to set future goals. Have them click on “I’m an Athlete” to register and get started today.

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