

SCAT Weekly FYI:

Schedule: Nov 28 – Dec 4

All Practices Normal Times

Important Dates/Deadlines:

1. CAT Open Entry Deadline Fri., Dec. 9
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

Swimmer Corner:

We hope you all had a great Thanksgiving weekend and are ready to hit the pool. Please come prepared to give your best and YOUR focus this week will be to attack your walls –do not slow down as you approach each wall!

**Parent Corner:

MORE Team T-shirts are in! If you did not receive your original order or if you would like additional shirts for say a Christmas present, then contact Jason Trichler: jtrichler1@gmail.com

Locker Room behavior has been much better. Let's work together to keep the kids at a 15 minute limit in the showers and locker rooms. That is sufficient time to get dressed after their workout.

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