

# SCAT Weekly FYI:

## **Schedule: Nov 7 – Nov 13**

Mon. – Thurs Normal Practice    Friday NO PRACTICE- Holiday

## **Important Dates/Deadlines:**

1. Top 5 Honorees Picture Monday 3:30
2. Novice Mtg this Thursday 4:45-5:15 and Beginner Mtg at 6:00
3. Entry Deadline is Sunday Nov 13<sup>th</sup>. TEAM Winter Open 14&U (Eugene, Dec 9-11)
4. High School Swimming starts Monday Nov. 14<sup>th</sup>
5. Mini-Meet Weds Nov 16<sup>th</sup> 5:00-6:00 (for Novice and Beginners)
6. Salem Open (Kroc Center) November 19-20.

## **Swimmer Corner:**

### **Priorities**

### **Convenience**

Priorities over convenience. Is it convenient to swim early morning practices? Is it convenient to put yourself to bed early on weekend nights? Is it convenient to pack healthy REAL food for lunch? Is it convenient to make every afternoon practice with a positive mindset?

NO—it's not convenient and yet if being successful is a priority, if reaching your goals are important, then no matter how inconvenient – you MUST make priorities happen.

## **\*\*Parent Corner:**

Welcome our two new Assistant Coaches for Novice and Beginner Groups: Coach KayLee Kocher (our one and only Pool Director) and Coach Lyndsey Rheil. We are excited to have them join our team. Please make them feel welcome and extend a hello!

**Thank you to ALL of you who helped make our home meet a success!** We worked as a team and looked like a cohesive team with our team shirts. We are off to a strong start!

High School starts next week—we will be sharing the pool with NB High School. Be prepared for a very busy and full pool for 12+ weeks.

Equipment Bag Storage: Please share with your swimmer their equipment bags must be **IN** the SCAT cubbies and are not allowed on TOP of the cubbies. 3-4 swimmers can share a cubby.

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](mailto:scat.coachsasha@gmail.com)