

# SCAT Weekly FYI:

## **Schedule: Oct 10 – Oct 16**

All practices are normal times.

## **Important Dates/Deadlines:**

1. Please order your equipment and bring it to practices by Oct. 15<sup>th</sup>.
2. Seniors- early out Friday, 5:00 p.m. if you are working concessions!
3. Aqua-thon is Weds Oct 19<sup>th</sup> 3:30-5:30 (no dryland that day)
4. WSC Meet, Springfield, OR Oct 21-23.
5. SCAT Open (Home meet) Nov. 4-6<sup>th</sup>

## **Swimmer Corner:**

*It's important YOU come up with your OWN definition of success. Be clear*

*In your mind why YOU get up each morning,*

*why YOU practice each day*

*and what YOU are going to do to be better than yesterday.*

This is our last week with total attention to technique, body position, posturing, alignment and breath-timing. Let's start practices with a positive mindset. It's FLY week!

Aqua-thon is in less than 3 weeks—please work on raising money. Your goal is to raise \$150 each. Let's Go SCAT!

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

Please turn in your October payment this week in the blue box. If you have questions, contact Eva Varga, our membership director: [eva\\_varga@me.com](mailto:eva_varga@me.com)

**Aqua-Thon in 1.5 Weeks:** This is our team fundraiser—if you do not have a packet as of yet, please contact Kassandra Shepherd ([kssndral@aol.com](mailto:kssndral@aol.com)) for a packet and info on how our Fundraiser works. Our goal is to raise \$150 per swimmer—let's do this team!

If you drop your swimmer off early for their swim practice, they have two options: sit quietly on the blue benches alongside the kiddie pool OR sit quietly in the stands.

Our home meet is in 4 weeks—please mark your calendars. We want our all our swimmers to compete and have our families have fun hosting other teams in our pool.

Let's make this a season with EXCELLENCE as our foundation.

See you at the pool!

Coach Sasha [scat.coachsasha@gmail.com](mailto:scat.coachsasha@gmail.com)