

SCAT Weekly FYI:

Schedule: Oct 3 – Oct 9

M-Th swim practices are normal times. **NO PRACTICE FRIDAY Oct. 7th**.

Important Dates/Deadlines:

1. Please order your equipment and bring it to practices by Oct. 15th.
2. No PRACTICE this Friday, Oct. 7th—take the opportunity to cross train!
3. Aqua-thon is Weds Oct 19th 3:30-5:30 (no dryland that day)
4. WSC Meet, Springfield, OR Oct 21-23.
5. SCAT Open (Home meet) Nov. 4-6th

Swimmer Corner:

“The same boiling water that softens the potato hardens the egg. It’s about what YOU are MADE of, not the circumstances.” –Unknown

Week 3 already! Remember these first 4 weeks we are paying attention to technique, body position, posturing, alignment and breath-timing. Keep your focus.

Aqua-thon is in less than 3 weeks—please work on raising money. You are responsible to raise \$150 each. Let’s Go SCAT!

****Parent Corner:**

The time has come to say good-bye to Coach Amy. Her last practice will be this Thursday, Oct. 6th. Please make sure to say good-bye and thank her for her time and contributions to SCAT.

Please have your swimmer return their (and your forms) this week! If we do not have record of your forms you will receive a reminder in your SCAT box. Please be responsible and do not delay this process any further.

Aqua-Thon in 2 Weeks: This is our team fundraiser—if you do not have a packet as of yet, please contact Cassandra Shepherd (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 coaching staff cannot babysit your child while we are coaching on deck.

Let’s make this a season with EXCELLENCE as our foundation. See you at the pool!

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