

Hi All,

Hope you all had a nice weekend! Below is our practice schedule for the week:

Monday: 4:15 - 5:45 PM Swim ; 5:45 - 6:15 PM Dryland

Wednesday: 6:00 PM Dryland ; Swim 6:30 - 8:00 PM

Thursday: 6:30 - 8:00 PM

Sunday: 7:30 - 9:00 AM

Unless otherwise noted in my newsletters each week, we will always have dryland on Monday & Wednesday's.

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A few reminders below for the Monday's when we are at NCC:

- No food or drink on the pool deck outside of a plastic water bottle.
- No food or drink in the locker rooms.
- Parents who watch workout from the stands are asked to put their garbage in the garbage bins and to clean up after any siblings watching practice.
- Siblings watching practice must be supervised at all times and are not to run around at NCC.
- Swimmers utilizing locker rooms are reminded that use of the locker room for changing is a **privilege**, not a right, and proper behavior in locker rooms is expected. **This is true at all of our facilities.**
- Parents must park in marked parking spots only. **There is no idling on the roadway near the entrance to NCC.**

These reminders will be enforced, so please make it a point to follow the rules of the facility.

I will be sending out the preliminary entry report for Thanksgiving Invite this week as well. The meet is Friday 11/21 - Saturday 11/22. If your plans have changed from what you originally put on your athletes JotForm, please let me know as soon as possible.

Thank you,
Natalie