

Highlights:

1 - The SWAC end of season party will be held the evening of Friday, February 26th in the CB South cafeteria. Watch email for additional details.

2 - We will be decorating t-shirts as a team (similar to the poster-making held earlier in the season) this Friday (January 29). See email sent previously for details.

3 - North division girls and boys champs (B-champs) as well as league (A) champs are MA accepted.

4 - There is no SWAC practice TODAY Wednesday, January 27.

5 - This is the last week of practice for most SWAC swimmers. A champs attendees who also swim for CBST (as well as other CBST swimmers) should follow the practice schedule on the CBST website for next week. A champs attendees who swim for SWAC only have received an email with practice times/location for next week. If your swimmer is a SWAC-only A champs attendee and you have not received this message, please email me and I'll get you that information.

6 - SWAC swimmers are invited back on February 10th to participate in the annual swim-a-thon. See previous emails for details and visit the website for the flyer and a pledge form.

Reminders:

7 - The following SWAC senior swimmers (high school and older) have swum in 3 or more SWAC dual meets this season. THANK YOU ALL! If you believe I've omitted a swimmer who should be on this list please let me know. These swimmers should plan to attend the SWAC party on 2/26 to receive their thank-you gift and community service letter.

Glidden, Amanda G
Halner, Kristina M*
Harrison, Kevin
Riemenschneider, Rachel L*
Schmidt, Kelsey L*
Strohmeier, Jennifer R*
Yoffee, Elicia
Krawczyk, Ryan T
Roth, Ali E*
Rusciolelli, Dean M*
Speese, David P*
Chen, Michael
Mrozinski, Sydney*
Speese, Robert P*
Wong, Courtney K*
Khayt, Ilan*

Nickerson, Stephanie N*
Slysh, Andrew R*
Slysh, Daniel M*
Troy, Ryan

\*denotes US swimmer (not relevant for this purpose)

8 - Remember to check your bags for lost and found items. Also look in the equipment room for any lost items.

9 - Be sure to get any outstanding payments in ASAP and...make sure you sign (and otherwise properly fill out) your checks.

10 - There is no SWAC practice on the following dates. If you do not make a note of these dates now and cannot find them later, the calendar on the website is a good place to check for this info.

January 27

February 4

11 - The **diving well** is **off limits** during meets and practice. Also, the **ice machine** on deck is **off limits**. This ice is mainly for use by coaches to make ice packs in the event of an injury on deck. No swimmer at any time should touch the machine - this includes opening it and eating (yuck - lots of dirty hands in there) or throwing the ice. The ice machine is also not a refrigerator - please don't put your water bottles or food items in it. This is an expensive piece of equipment - make sure your children aren't responsible for damaging it.