

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) on Friday, January 29. Watch email for additional details on this as well.

2 - Approaching deadline:

Individual champs sign-up - Wednesday, 1/20 [TODAY] (See emails dated 1/8 through today for details.)

3 - There is no SWAC practice this Wednesday, January 20 (TODAY).

4 - Remember to check you bags for lost and found items. Also look in the equipment room for any lost items. In particular, boys who attended last Saturday's meet, check your SWAC sweatshirts. Someone went home with the wrong one. The one they should have is a YL with a rip by the hood. If you have this one, let me know and we'll get it exchanged for yours.

5 - Practice continues through division champs on 1/30 for anyone attending only division (B) champs or anyone not attending champs at all. Practice continues through league (A) champs for A champs attendees.

6 - SWAC swimmers are invited back on February 10th to participate in the annual swim-a-thon. See previous email for details and watch for an additional message soon.

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)

Reminders:

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

9 - 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 20, 27

February 4

10 - The final invitational of the season (Last Chance at Upper Merion) will be held on SATURDAY, January 23. Details of this meet can currently be viewed by following the link on our website (invitationals page). Such details are also on our bulletin board. Sign-up for this meet is now closed. All attendees have been emailed with timing assignments and a special note about champs for Last Chance attendees.

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.