

Northwest
Recreation
Center

Important Dates

Friday, October 13th

Stroke Clinic

- During practice, we will spend half of our time watching videos and learning swimming techniques in a classroom setting.
- The second half we will be working on drills in the pool.
- Meet us in the fish tank at 5PM.

Friday, October 22

Dry Land

- No swimming this day.
- Please come to practice with tennis shoes, gym clothes, and water.

Wednesday, October 27

Game Day

We will spend the last 10 min of practice playing games to celebrate a month of hard work.

Friday, October 29

- No Practice. There is a pool rental this night, so there will not be lane space available.

Keep your eyes out for information on our annual Halloween Carnival!

Jr. Panthers Swim Team Newsletter

October 2017

Hey, JR Panthers!

Let's remember to keep up the good work. Our meets start up again in November, so we will keep focusing on improving our technique and times at practice this month.

WATER POLO

If you are looking for more involvement in swimming at Northwest, come check out our team! Practices are every Friday from 6:00-7:00pm, year round. The first practice is FREE... So, bring friends!

Coming Soon! The newsletter will be available electronically! It will be at <http://slco.org/northwest/swim-team/Jr-Panther-Swim-Team/> on the right-hand side as a PDF file. So if you lose your newsletter or miss practice when they come out, check the website.

Parents, please also make sure that your email address is in our system at the front desk. This helps us get a hold of you in case of meet changes or cancellations.

SWIMMERS OF THE MONTH: This month, Jr. Panther's featured swimmers of the month are Isaac and Emila. Isaac is a trooper: he pushes through sets and never gives up. Emila has been doing a good job of being a leader in her lane this month and listening to her coaches. Remember that swimmers of the month are rewarded with their choice of candy.