

Thank you all who traveled to Cedar Falls this week and cheered on our Cougars! It was a crazy afternoon, but our girls had great swims once again. Results will be put on the website as soon as we can (I need to get them from Ivan first).

This week we have a dual meet against CR Wash - It will be a good one and you do not want to miss it! Help us be loud and make some noise at Wash on Tuesday night.

It is Homecoming week, so schedules will be a little crazy and that is because we want to make sure the girls do not miss on any of the Homecoming festivities this week while we still get what we need to get done in the pool.

Parents: Please help us on NOT scheduling makeup and hair appointments during practice times.

Little Hawk Invitational - Athletes participating at the meet will be notified on Thursday afternoon. If you are not participating at the meet, follow the practice schedule for Saturday AM.

Tomorrow night will be the last day to order fan shirts and avoid shipping charges. The shirts will be shipped to Kennedy and will be handed out to the kids & families. Orders made after tomorrow night will not be part of the deal and you will have to pay shipping and it will be shipped to your house directly. Note: If in a few weeks you need more shirts for family and friends you will still be able to order from them.

KollegeTown UA orders should be coming in soon and I am hoping we will see those items this week.

Week 6 - Homecoming Week -

Monday

Varsity - 5:30-7AM Dryland + Swim & 3:30-5:45PM-Swim

Diving 5:30-7AM

JV - 4:45-5:45PM Dryland & 5:45-7:15PM Swim

Tuesday

Varsity - 5:30-7AM Swim

Varsity - 3:30-4:30 PM Swim at Kennedy -

Varsity - 5:15 walk on deck at Wash - 5:30PM - warmup #2

Diving & JV - 4:45PM - walk on deck at Wash Pool - warmup @ 5PM

Meet starts @6PM

Wednesday

JV - 5:15-7AM - Swim & 3:30-4:30PM Dryland

Varsity - 5:30-7AM - Dryland + Swim & 3:30-4:45 Swim

Diving - 3:30-4:45PM

Homecoming Parade 5:30PM

Thursday

Varsity - 5:30-7AM Swim & 3:30-5:45 Swim

JV - 5:30-7PM Swim
Diving - 5:30-7AM
FB Game 7PM

Friday

Xavier has early out on Friday and they will follow regular Varsity & JV schedule
Varsity - 5:30-7AM Dryland + Swim & 1:45-3:15PM Swim
JV- 5-6:45AM Swim & Dryland -1:45-3PM
Diving - 1:45-3PM
Homecoming Dance 7:30PM

Saturday

Divers participating at Little Hawk Invite :
Van leaves 6AM
Diving Warmup 7AM
Diving Starts 8:30AM

Varsity swimmers participating at the Little Hawk invite 6:45-8AM Swim
Everyone else practice- 7:45-9:45AM Swim
Load Bus 9:50AM
Bus leaves 10AM
Warmup: 11AM
Swim meet starts : 12PM

Away Meet Food Needed: [CLICK HERE TO SIGN UP](#)
9/11/18 Washington HS

Cougar Invite Food Needed: [CLICK HERE TO SIGN UP](#)
9/22/18 at Kennedy High School

On another note, if your athlete is going to miss practice, it would be best if you contact Coach Ivan directly. You can e-mail him at ivan.elcoach@gmail.com.

Stephanie Cory - Women's Swim/Dive Team Parent
Coach Ivan Sanchez - Head Coach