



11/17/25 - 11/22/25

Announcements

- Make sure to congratulate Brendan Martinez if you see him this week! Brendan officially signed with Loyola New Orleans to swim collegiately!
- We will be resending the Thanksgiving and Christmas calendar as there were a few date discrepancies due to issues with the coaches calendar.
- We have one week left to sign up for our Winter Champ meets! Entries are due for the Southern Senior Champs, Senior Champs, and Age group Champs meets by November 23rd!
 - Please reach out to Coach James, Francesco or Collin if you have any questions
 - Feel free to ask before or after practice this week at the pool as well!

8 Week Challenge Update - Coach Francesco

Six weeks down, two to go!

Blue Team is still cruising in first place, with White drafting right behind. Red Team... it's time to kick in that turbo boost for the final stretch! 🚀🔥

This week, our swimmers voted for the "No Excuses Challenge":

- 🔍 Don't skip breakfast
- 😴 Sleep at least 8 hours
- 🧘♂️ Stretch every day
- 🕒 Show up on time and prepared
- 💪 Stay positive under pressure

Let's finish these last two weeks strong!

UPCOMING EVENTS

- December 5-7 Age Group Champs/Southern Senior
 - Location Age Group Champs - Texas A&M
 - Location Southern Senior - Conroe ISD Natatorium
 - Registration Deadline - November 24th
- Gulf Senior Champs Dec. 12th - 14th
 - Location - 4 possible sites (most likely Galena Park ISD Natatorium)
 - Registration Deadline November 24th
- Gulf Fall Champs - Decemebr 19th - 21st
 - Location - 6 possible sites (most likely Friendswood HS)
 - Registration Deadline - December 1st

Oakbrook West

- Normal practice everyday including Saturday.

Laporte HS

- Normal scheduled practice all week.

Clear Brook HS

- Reminder that we are back at Clear Brook!
- Normal scheduled practice this week.

November 17th - November 22nd, 2025