

## Fighting Fish

### Weekly Update

03 November 2008

#### ANC

Congrats to all swimmers who swam this past weekend in the All Nations Cup. We had a great turnout and lots and lots of PBs. Results will be sent out and posted to the web site as soon as they are given to us. If you picked up an extra suit or shirt (several went missing) please send it to practice or send to the SACAC office for re-distribution. Coach Helen has picked up a few shirts, pair of ff crocs, a ff swim cap and a water bottle. Please see her if you have lost these items.

#### Santa Claus

**Only 2 1/2 days left to register for the Santa Claus Swim Meet.** Entries close at noon on Wednesday. This is our largest meet hosted by Fighting Fish and all swimmers are expected to participate. Meet is over the long Thanksgiving weekend - 29 & 30 November.

Register on Direct Athletics using your ID and password sent earlier this year. Each swimmer can register for a maximum of 4 events. Relays will be decided by the coaches. Age is the swimmer's age as of Jan 1, 2008. Questions or problems, contact Stephanie Guilfoyle at [FightingFish@sacac.com](mailto:FightingFish@sacac.com)

#### Team Suits

Please check your new Fighting Fish swim suit. Several suits have the star logo coming off. If your logo is coming off, please return the suit **this week** and they will be fixed. You can return your suit to Judy Haensly or Stephanie Guilfoyle, or to the SACAC office. Stephanie and Judy are on the pool deck most afternoons. All suits must be handed in by **4pm on Friday**. **There will be only one repair before the Santa Claus Meet.**

If you purchased a swim bag this year and your name has come off your swim bag you can return it this week as well.

**PLEASE mark your child's name on the tag of the suit, so that I can return the suit to you.**

If you have any questions, you can email Judy Haensly at [jandj@starhub.net.sg](mailto:jandj@starhub.net.sg).

#### Nov 14th Practice

Friday, Nov 14th is a Teacher Work Day at SAS and there is no school. We will have Fighting Fish practice, but **all** squads will practice 3 - 4:30 at the EP. There will be no late session on the 14th.

#### Long Course

November Long Course (Woodlands Pool) dates are Nov 11, 13, 18. These sessions are open to Junior, Intermediate and Development squads only. On these dates Pre, Mini and Junior squads will have regularly scheduled practice. There will be NO Intermediate and Development squad practice at SAS - only at Woodlands pool. Please register with Phil in SACAC at [sacac@sas.edu.sg](mailto:sacac@sas.edu.sg) to reserve your spot (limited to 42 swimmers). For future planning - December dates have been cancelled!

#### Baby Shower

Coach Louise is expecting her first baby in December and Coach Joe is expecting his 2nd in Nov. We will be holding a "Swimming Baby Shower" for the 2 coaches on Nov 14th. We will have a regular workout, then end with a baby themed game the last few minutes of practice, and have cake with the coaches after practice. All swimmers and parents are invited to attend. Shhhh...it's a surprise!