

**Fighting Fish  
Weekly Update**

**20 October, 2008**

**Time Trials**

Thanks to all the volunteers and coaches who made the Time Trials run so smoothly. The results are attached. Any questions you had about the meet should be directed to Stephanie Guilfoyle at [sacac@fightngfish.com](mailto:sacac@fightngfish.com)

**All Nations Cup**

Final entries and relay teams for the All Nations Cup on 01-02 Nov are attached.

**New Schedule**

Please remember that our new schedule takes effect **WEDNESDAY**. Schedule is attached. For any swimmer attending the 3 - 4:05 session T, Th at the HS pool - swimmers need to be picked up **promptly** at 4:00 from the HS pool. The HS team uses the pool after that and we need to clear the area. Anyone not picked up promptly will be taken to the MS locker room (down the hall from the HS locker room) where he/she can be met. Swimmers taking the activity bus will be taken to the MS locker room where they can change and walk to the bus.

**Woodlands Pool**

We will be utilizing the Woodlands Pool in the upcoming weeks. Attached is the listing of swimmers who have signed up. You need to register with Phil in SACAC in order to attend ([sacac@sas.edu.sg](mailto:sacac@sas.edu.sg)). A bus will collect the swimmers from the HS steps at 3:55 and return them at 5:55. There is no fee for this program.

On days where Woodlands Pool is offered (22 & 29 October), there will be NO Development and Intermediate squad training at SAS. All other squad levels will have training as usual. All swimmers attending the ANC are encouraged to attend the Woodlands Pool training on the October dates.