

January bubble

Happy New Year to everyone!

Registration

The New Year means only one thing.... you need to renew your USMS membership if you want to continue to swim at our workout groups. Please, if you have not already sent in your renewal form do so! If you can find the one that was sent to you, go on our web site and pick one up and send it in this week!!

Meets:

The workout group challenge meet!

The workout group challenge meet will be at Lakewood High School this January 28!

This is our annual fun/relay meet. Only rule change from last year is that you will only be allowed to enter each event ONCE. That means if you swim men's or women's only relay you cannot swim a mixed relay in the same event.

The coaches should be talking to you about signing up for this meet.

Workout groups: news

Orange

We need an Orange Pool coordinator. If your interested in the job please contact me at danielcox@usms.org and I can explain what the job is and what the benefits are.

Lakewood:

James Hlavaty (one of the coaches) is a new father (again) to Abigail Hlavaty born on Dec 27! Congrats Jim and Laura! Only 17 more years and she can join OHIO!

Big thanks to Judi Norton for taking the time last Sunday to film anyone who came to Lakewood's Practice! I got filmed and...well.....let's just say I have my work cut out for me!

Note:

If any workout coordinator or coach would like information to go out to the club in this monthly newsletter just send it to me the last week of the each month.

Good luck to all the workout groups at the Lakewood Meet!

See you at the pool!

Dan

