



10/24/16

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### **Meet vs Plano West/ Wednesday October 26th**

Our meet is now an **AWAY** meet this week.

All swimmers need to be at the PAC **promptly** at 4:45pm to board the bus for West. Warm up is at 5:15pm.

Clark and Vines students who are morning swimmers— If you are concerned about getting to the pool in time for the bus departure, **PLEASE SPEAK to Coach Nelms personally** to discuss an early release from your 7th period class.

Meet Location:  
Tom Muehlenbeck Recreation Center  
5801 West Parker Rd.  
Plano

Meet starts at 6:00pm

Please come cheer on your swimmer dressed in maroon.  
We want to flood the west wolf pack pool with maroon to show our support!!

This is a dual meet and also senior night for West.  
Parents, this meet will be a longer one than usual so please remember to send food with your swimmer.  
Please ask your swimmer to text you when they leave the pool so you know when to pick them up at the PAC on Wednesday evening.

### **Postponed Parent/ Swimmer Dinner**

Our parent/ swimmer dinner scheduled for this week is postponed until further notice.

## **FUNdraising Dinner Night**

Our team is embarking on a FUNdraising event.

We are asking you to save the date ( Tuesday November 15th) and share it with your family and friends. Please, help out your team by letting others know. Share the "ad" on social media, email your family and neighbors .... whatever works for you!

Please join your fellow team mates and their family and help us earn some money for the TEAM!

## **Meal Order Forms**

Your swimmer is required to fill out the form so we know what to order your swimmer for either the TISCA meet or the Dallas Cup meet.

It is due to Coach Damon by November 4th

## **PSHS Swim/Dive Team Meal Order Form / Potbelly**

SWIMMER/DIVER NAME: \_\_\_\_\_

MOBILE NUMBER: \_\_\_\_\_

Varsity JV (circle one)

**SANDWICH OPTION (select one)**

Turkey      Wreck      Tuna Salad      Mediterranean

Turkey comes with Swiss cheese Wreck comes with salami, roast beef, turkey, ham & Swiss cheese.

Tuna Salad comes with tuna and Swiss cheese. Mediterranean is the "Veggie" with hummus, feta, artichoke hearts, cucumber and roasted red peppers.

Mediterranean is the veggie option with hummus, feta, artichoke hearts, cucumber and roasted red pepper

**BREAD OPTION (circle one)**

Regular      Multigrain      Wheat

**TOPPINGS (circle all that apply)**

Everything      NO Add'l Toppings      Cucumber      Seasonings  
Mayo      Mustard      Lettuce      Tomato      Oil

NOTES: \_\_\_\_\_

1. Select "Sandwich Option"
2. Select your "Bread" option
3. Select "Toppings" option.

Do NOT add toppings that are not already on the list above.  
**ALL Meal Forms are DUE to Coach Damon**

### **Upcoming Events**

Varsity/ JV Meet at West on Wednesday October 26th  
Dallas Cup Swim Meet- Friday November 11th  
TISCA Swim Meet- Friday November 18th

Michelle