

GIVE THANKS TO HIS HOLY NAME – PSALM 30:4

JFD THANKSGIVING BREAK

Regularly-scheduled Wednesday QO Team end at 6:30 pm

Clinic/Lessons end at 6:00 pm

No practices at GP Wednesday thru Sunday.

Regular schedule resumes on Monday, Nov 27th.

If you are normally scheduled to swim during these days off, you can register for one of the practice options below by using the following link: <https://goo.gl/forms/TitwWb3wjGYwvuo92>

Unless otherwise noted, all bonus practices are always held at the Quince Orchard pool.

No lessons are offered during this break.

Please Register for the practices that you wish to attend using the Bonus Practice/makeup register button on JFDolphins.com

Bonus Practice Options

Wednesday

- 1:30-3:00 Team Practice & 200 Fly
 - 3:00-5:00 Normal Practices, 200 Fly, Dryland until 5:45, & then Pizza Hut
 - 5:00-6:30 Normal Practices, 200 Fly & then Pizza Hut
- *Please let us know if you are coming at your regular or a different time.
- 6:00-8:00 Clinic practices cancelled. Come early or Schedule a make-up**
- 6:30-8:00 Team practices cancelled. Come early or Schedule a make-up**

Thursday

HAPPY THANKSGIVING!!!

NO PRACTICES!

Friday

- 10:00-12:00 Team / Stealth Team
- 10:00-11:00 Clinic
- 11:00-12:00 Clinic
- 5:00-7:00 Team / Stealth Team
- 5:00-6:00 Clinic
- 6:00-7:00 Clinic

Saturday

- 8:00-10:00 Team / Stealth Team
- 9:00-10:00 Clinic
- 10:00-11:00 Clinic
- 5:00-6:30 Team / Stealth Team

Sunday

- 8:00-10:00 Team / Stealth Team (No PM practices on Sunday afternoon.)





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JFD THANKSGIVING TRADITIONS

Please RSVP by Wednesday 11/23 by emailing JFDschedules@gmail.com

Wednesday

___ 6:00-8:00

Pizza Hut when your group finishes. Transportation is never the responsibility of JFD. Parents, organize your carpools now!!!



All Team swimmers are requested to bring a few 3 x 5 cards with a teammate's name written neatly at the top and why you are thankful for him/her.

Friday

___ 12:15

Lunch at Chick-Fil-A in Kentlands



___ 1:15-3:00

Loading & Sorting all the canned and other donated goods from JFD House and driving to the Lord's Table & stocking shelves (At St. Martin's Church on Rt. 355, just north of Gaithersburg High School)



Saturday

___ 6:45-9:00

Annual Christmas Decorating party at the JFD house along with Cookie decorating, smore's, and the hit movie Elf



THANKSGIVING WITH THE LORD'S TABLE

(A local soup kitchen at St. Martin's Church)

The Lord's Table has asked us to collect the following:

Any dry drink mix: iced tea, lemonade etc.; Canned soups: cream of mushroom, chicken tomato, chicken noodle, beef, vegetable, or chowder; Canned vegetables: tomatoes, any kind, corn, whole or creamed, green beans, peas, or mixed vegetables.

If it is easier for you, cash, or checks made out to JFD, LLC with "The Lord's Table" written on the memo line can be handed to Coaches Flaherty or English.

Please place in the designated box at the pool.



"Sing praise to the Lord, you his faithful ones, and give thanks to his holy name." Psalm 30:4

JFD and The Lord's Table have had an ongoing relationship since 1984. Since then, JFD has helped by setting up, serving the guests, cleaning up, donating and sorting goods, and wrapping gifts. Our swimmers have mingled with guests and put on a fundraiser (exceeding \$5,000 dollars over two years) to purchase the new ovens that are now feeding 40-60 guests per day.

The Lord's Table is more than a place to get a warm nourishing meal. It is where, to the extent possible, people are called to live responsible lives and are given the support, encouragement, and practical help to make these changes possible. It is slow, difficult work, but lives are being changed, and you can be part of it.

These opportunities have not only served those who frequent the Lord's Table but us as well. We have grown in our understanding of how difficult life is for many, how successful our parents have been in providing for us, and how blessed we are.

This is a ministry JFD has been a part of for over 30 years, deriving pleasure in working directly where we see the ongoing results of our labors combined with many others in the community.

George Washington in his 1789 Thanksgiving Proclamation

"Whereas it is the duty of all Nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor . . . I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be . . ."

CLARIFYING NOTES

HELP US IN PROVIDING BONUS / MAKE UP PRACTICES TO OUR OVER 900 SWIMMERS BY FOLLOWING OUR POLICIES.

If you are normally scheduled to swim during these days off 11/23-11/26, you can register for one of the practice options below by using the following link:

<https://goo.gl/forms/TitwWb3wjGYwvuo92>

The availability to sign up for Thanksgiving Break bonus practices will be taken down a day before the scheduled bonus practice to ensure we will have enough coaches.

All requests for JFD Thanksgiving Break Traditions should be sent to jfdschedules@gmail.com. The office staff does not work past Wednesday 1 pm. Please ensure all RSVPs are submitted prior to that date & time.

Wed, Nov 22rd

GP: No practice

QO: All Lessons & Clinic practices on normal schedule 4:00-6:00

Team Practices on normal schedule 3:00-6:30

Some of our coaches would appreciate this time off, so please be kind enough to let us know if you are coming or not in the text of an email or by returning this form by email to office ASAP. Note that we even have a 1:30-3:00 option.

Annual 200-meter Fly Challenge

All competitive swimmers are encouraged to try. If our young ones make 100, or even 50, that will be fine. The goal is mental and physical toughness, not necessarily a great swim. "Retired" swimmers are invited. Adults who have not trained in years attempting 200-fly is quite a spectator event. We would rather have you arrive late / leave early than miss this big event, so please write in any time that will fit. Note that we even have a 1:30-3:00 option.

Thanksgiving cards

All Team swimmers are requested to bring a few 3 x 5 cards with a teammate's name printed neatly at the top and why you are thankful for him/her. Please put some thought into these cards so that your fellow teammates receive some very heartfelt sentiments. Even if you cannot be there, please leave your cards with Coaches Joe Flaherty or Shannon English.

Donations of canned goods

Even if you cannot attend the canned good sorting, please leave a donation at the QO pool or the JFD House. The Lord's Table usually has plenty of volunteers, so you can sign up for this. However, please plan on a ride taking you home at 3:00pm if you are not needed. You must be at least 14 years old to serve meals. Mature kids who take direction well can sort the food. Please see "Thanksgiving with The Lord's Table" for further info.

We need volunteers to take donated money to a local grocery store to purchase groceries and deliver to St. Martin's by 2:00 on Friday.

200 Meter Butterfly Challenge

Wednesday, 11/22/17

RSVP to jfdschedules@gmail.com to be part of this.

A JFD Thanksgiving Tradition!

Warm up, 200 fly, and then normal practice options:

1. 1:30 - 3:00 for those who prefer early
2. 3:00 - 5:00 & dryland till 5:45, then Pizza Hut
3. 5:00 - 6:30 then Pizza Hut

A cherished part of the JFD Thanksgiving is for each swimmer to write a few 3 x 5 cards with a teammate's name big at the top and why you are thankful for them, as well as some aspect of JFD that you are thankful for. Turn these cards into your coach

To encourage all swimmers to participate in this confidence-building event, due to many families' travel plans, we are consolidating all practices at QO. No practice at GP.

All JFD lessons, clinic, and team practices will end by 6:30.



PLEASE JOIN US FOR THE ANNUAL
**JFD CHRISTMAS
TREE DECORATING PARTY**

**SATURDAY, NOV 25, 2017 @ 6:45-9:00PM
AT THE JFD HOUSE AT 16512 ROUNDABOUT DR.
GAITHERSBURG, MD 20878.**

**WE WILL DECORATE THE TREE, WATCH "ELF," HAVE
HOT CHOCOLATE AND COOKIES, AND BRING IN THE
HOLIDAY SEASON.**

RSVP to jfdschedules@gmail.com by Monday, Nov 20th.

Parents, your help is always needed and appreciated.
Please contact Coach Shannon English
in the JFD office at 301-916-1852 to offer help.