



GIVE THANKS TO HIS HOLY NAME – PSALM 30:4

JFD THANKSGIVING BREAK

**Regularly scheduled Wednesday QO Team ends at 6:30 pm
Clinic/Lessons end at 6:00pm. No practices at GP Wed thru Sun**

Regular schedule resumes on Monday, Nov 28

If you are normally scheduled to swim during these days off, you can register for one of the practice options by using the Google Form sign up link in the email.

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

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

Bonus Practice Options

Wednesday

- 2 - 3 PM Early Team Practice including 200 Fly
- 3 - 6:30 PM Normal Practices, including 200 Fly & Water polo
- 6:40 - 8 PM Smores in the JFD back yard. Dress warmly!

Thursday

HAPPY THANKSGIVING!!! NO PRACTICES!

9-11 am 13&Older Team Practice – (Tentative – will only hold if enough swimmers sign up)

Friday

- | | | | |
|---------------|------|------------|--------|
| 9 – 10:30 AM | Team | 9 – 10 AM | Clinic |
| 10:30 – 12 PM | Team | 10 – 11 AM | Clinic |
| | | 11 – 12 PM | Clinic |

2:00 PM Meet in the JFD driveway to load canned goods

2:15 PM Meet at The Lord’s Table to unload and sort

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|-------------|------|----------|--------|
| 5 – 6:30 PM | Team | 5 – 6 PM | Clinic |
|-------------|------|----------|--------|

Saturday

- | | | | |
|---------------|------|------------|--------|
| 9 – 10:30 AM | Team | 9 – 10 AM | Clinic |
| 10:30 – 12 PM | Team | 10 – 11 AM | Clinic |
| | | 11 – 12 PM | Clinic |
| 5 – 6:30 PM | Team | 5 – 6 PM | Clinic |

Sunday

- | | | | |
|-------------|------|----------|--------|
| 8 – 9:30 AM | Team | 8 – 9 AM | Clinic |
|-------------|------|----------|--------|

JFD THANKSGIVING TRADITIONS

May it be a very profound Thanksgiving as we contemplate and are grateful to God for all the ways that He has blessed JFD the past many years



Loading & sorting all the canned and other donated goods at The Lord's Table. Their new location is Epworth United Methodist Church at 9008 Rosemont Dr Gaithersburg 20877 (right off 355 just north of Shady Grove) Enter from Rosemont drive use old brown door...last door on the left. Joe's cell is 240-506-6646. Please do not use it for other occasions

200 Yard 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 achieved by doing what you have never done before; 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 200 fly, so please sign up for any time that will fit.

The Wednesday just before Thanksgiving: Warm up, 200 fly, and then normal practice options:

2:00 - 3:00 for those who prefer an early heat

3:00 - 5:00

5:00 - 6:30

6:40 - 8:00 Smores in the JFD back yard at 6:40; Dress warmly as this is an outdoor only event

Thanksgiving cards for teammates

Each swimmer is asked to NEATLY write some 3x5 cards with a teammate you are thankful for written neatly at the top, and why you are thankful they are on the team in a short phrase, or very long on several cards if you prefer. Cards will be read out at the smore event or handed out at practice. Write some cards even if you cannot attend.

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 11/23-11/27, you can register for one of the practice options below by using the following link:

<https://forms.gle/5hRDK2nUR1W9TVKt5>

The availability to sign up for Thanksgiving Break bonus practices will be taken down when it is full, or the day before the scheduled bonus practice to ensure we will have enough coaches.