



THANKSGIVING WEEKEND PRACTICES

REGULAR PRACTICE SCHEDULE ON

WEDNESDAY, FRIDAY, SATURDAY & SUNDAY

WITH AN ADDED 2:00PM TEAM BONUS PRACTICE ON

WEDNESDAY 11/25 (SEE INFO BELOW)

THURSDAY 11/26 PRACTICES ARE CANCELED

If you are a regularly scheduled swimmer and will NOT be attending your regular practice time over the holiday weekend, please let us know ASAP by emailing jfdschedules@gmail.com. This will open some valuable spots for your teammates

To schedule a make-up during the holiday weekend, please email your make up request to jfdschedules@gmail.com

For those who would like to schedule an extra practice during the holiday weekend or sign up for the Wednesday 11/24 2:00PM Team Bonus practice Please email jfdschedules@gmail.com
(\$26 for 1 hour \$32 for 1.5/2)

Wednesday

2:00 Extra Team Bonus 200 Fly time trial practice (you must sign up for this practice)
3:00-8:00 Normal practice schedule including the 200 FLY Time Trial (100 for younger swimmers)

Thursday

**NO PRACTICES – ENJOY TIME WITH YOUR FAMILY
HAPPY THANKSGIVING!!! GRATITUDE IS NOT UNDER QUARANTINE**

GIVE THANKS TO HIS HOLY NAME – PSALM 30:4

In a unique way, while this has certainly been a hard year, this may be an outstanding Thanksgiving in that we may now be more aware of how much God has blessed us in recent years.



JFD THANKSGIVING TRADITIONS

200 Butterfly Challenge

Thanksgiving week Annual 200-meter Fly Challenge

All competitive swimmers are encouraged to try this challenge.

For our younger swimmers the challenge may be 100 fly, or even 50 fly for the first attempt – some new, hard achievement to celebrate!! 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.

Each practice time will host a variation of 20 minute warm up 200, 100 or 50 (age pending) fly time trial and conclude with sprint sets.

TEAMMATES YOU ARE THANKFUL FOR

Adjusting this cherished JFD tradition, we are asking each of you to send an email to joefdolphins@gmail.com with a teammates’ first and last name at the top and a statement or two as to why you are thankful for them.