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MARK YOUR CALENDERS...

November 13: - BLAST Officials Training (@ Peet)

November 22: - ICE Meet deadline

November 27-30: - Holiday Practice Schedule (see below)

UPDATES:

- **Coe Meet/Speedo Midwest:** Another great weekend of BLAST swimming in Cedar Rapids and Iowa City- congrats to all who attended these meets!
- **TEAM PICTURES:** We had a huge showing last Thursday night. Thank you to all who participated! If you were not able to attend, you can collect your team shirt from your coach at Peet. Accounts will be billed for the team shirt on Dec 1.
- **HOLIDAY PRACTICE SCHEDULE ****ALL @ PEET****:**
 - **WED 11/27** - **ELITE/SENIOR**-7:30-9:30am; **GOLD**-8-9:30am; **SILVER/BRONZE/FOCUS**-9:30-10:30am; **AG3**-12:30-1:30pm
 - **THURS 11/28** - **NO PRACTICES** - HAPPY THANKSGIVING!
 - **FRI 11/29** - **ELITE/SENIOR**-7:30-9:30am; **GOLD**-8-9:30am; **SILVER/BRONZE/FOCUS**-9:30-10:30am
 - **SAT 11/30** - **Normal Practices (Elite 7:30-10:30am/Senior 8-10:30am/Focus 9-10:30am)**

Next Board Meeting: November 20, 2019 @ 7:30pm at Redfern, Mason, Larsen & Moore Law Offices

Special thanks to...

Give Back to BLAST Parents: Tom & Andrea Arenholz, Beth & Mike Bobeldyk, Stephanie & Dylan Boecker, Danielle & Erik Bonzer, Tracie and Rick Bremner, Adam & Theresa Butler (Dethlfs), Jamie & Wayne Castle, Craig & Sarah Clark, Anna & Neil Caughron, Kurt & Jessi Dralle, Andrew & Marj Easter, Laura & Kyle Engelhardt, Sandra & Kevin Flikkema, Tricia & Daren Frericks, Heather & Mason Fromm, Carey & Robert Fry, Ginger & Jeremy L'Heureux, Dustin & Amanda Lau, Erin & Dan McGrane, Traci & Mike Mallaro, TJ & Tera Norton, Sara & Eric O'Brien, Vinod Phuke, Allison & Michael Plunkett, Don & Lorelei Redfern, Evelina and Ibrahim Sabanagic, Lori & Mark Shockley, Jennifer and John Stevenson, Lindsay & Adam Varney, Laura & Ryan Wilson, Jacob & Sunshine Lin (Yang), Dave & Stacy Mason. ***Please contact Traci Mallaro @ mallarot@hotmail.com if you want to join!***

John Deere 'Power for Good Parents': Sarah Cox, Sarah Clark, Tom Arenholz, Andrew Easter, Allison Plunkett, Bradley Sponseller, & Jian Lin

Nestle 'Dollars for Doers': Jeff Reynolds