

ELKO SWIM TEAM UPDATES

November 7, 2023



FRIDAY, NOVEMBER 10 There will be ***NO PRACTICE***. Bronze group is welcome to attend this Saturday's practice from 9 to 9:45 am.

WEDNESDAY NOVEMBER 22 thru SATURDAY NOVEMBER 25: There will be ***NO PRACTICE*** for travel and enjoying the Thanksgiving holiday.

HEADS UP!

We will be providing additional information in the upcoming month, but this is notification the Elko Swimming Pool will be closed for maintenance work from December 16 through January 28. The EST Board is looking for a location to host dryland training to keep our swimmers exercising during this shutdown, and as soon as we have a schedule and any adjustments to rates, it will be announced.

UPCOMING MEETS:

November 9-12: *Nevada State Champs, Henderson, Nevada*

EST had 9 swimmers qualify for State Champs! Fingers crossed for EST record-breaking times, and many personal records this coming weekend!

November 17-19: *Thanksgiving Invite, Boise, Idaho*

All registrations are submitted – good luck to our swimmers!

- Please keep in mind we NEED volunteers to time at away meets. EST is required to have timers and parents/family will have to step up to fill this role. It requires little, minimal training to do it, you will learn about the strokes the more you watch, and generally it is more interesting than sitting around waiting for events...
 - Time spent timing is credited toward your volunteer hours.