



October 2008 Refrigerator Reminders



Fall Meets:

October 11-12: SDS 12&Under Invitational

October 17-19: PVS October Open

October 25-26: Senior Invitational Tri-meet at Madeira

November 1: Pumpkin Patch mini meet

November 14-16: MOR travel meet - Raleigh NC (deadline to sign up for MOR meet is October 15)

November 21-23: Swim & Rock

“many hands make light work”

lend yours to make Swim & Rock a success

Complete and return the volunteer form to

Sheila Costin (scostin@cochranowen.com)

We're more than just swimming:

October 26: Hayride at Krop's Crops

An annual favorite. Pumpkins, hot dogs, cider, and SPOOKY

STORIES!

HOLD THE DATES

2009 Spring Training Trip—Plantation, FL

April 3 or 4 through April 10

Check the SDS Website

www.seadevils.org

for more details