



November 2007 Refrigerator Reminders



DON'T END UP IN THE POOL ALONE!!!



High school swim practices start this month. Check the SDS website for associated changes to pool and practice schedules.

Fall Meets (check the SDS website for entry due dates):



**November 9-11: MOR Invitational (Raleigh, NC)
November 10: Pumpkin patch mini-meet (includes Stroke and Turn clinic for parents!)**



November 16-18: Swim & Rock

**“many hands make light work”
lend yours to make Swim & Rock a success**



Contact

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**November 29-December 2: U.S. Nationals
November 29-December 2: Holiday Champs**

**December 6-9: Tom Dolan Invitational
December 8: Mitten Tree Invitational
December 13-16: Sport Fair Winter Classic**

**Check the SDS Website
www.seadevils.org
for more details**