



# 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](http://www.seadevils.org)**

**for more details**