



# November 2008 Refrigerator Reminders



## **WRITE YOURSELF A NOTE!!!**

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

**Team directories are available from your coach.**

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

**November 14-16: MOR Invitational (Raleigh, NC)**

**November 21-23: Swim & Rock**

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

**For Volunteer Opportunities Contact  
Sheila Costin ([sheila\\_costin@yahoo.com](mailto:sheila_costin@yahoo.com))**

**For Hospitality Donations Contact  
Dave Essig ([dave.essig@gmail.com](mailto:dave.essig@gmail.com))**

**December 4-6: U.S. Nationals**

**December 4-7: Tom Dolan Invitational**

**December 6-7: Christmas Champs**

**December 6: Mitten Tree Invitational**

**December 11-13: U.S. Junior Nationals**

**December 12-14: Sport Fair Winter Classic**

**December 12-14: Turkey Claus Showdown**

**Check the SDS Website  
[www.seadevils.org](http://www.seadevils.org)  
for more details**