

NADADORES Team

NOV/DEC
2008

Nads!NEWS

2009 New Elected

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NEWS FROM YOUR GO!NADS COMMITTEE



Happy Holidays ! We are organizing a Holiday Party scheduled for December 14th 2008. Mark the date down in your calendar ! An invitation email will follow!



HOLIDAYS BREAK ! Swim practice will be suspended from Dec-21st until Jan 6th 2009 due to the Holidays Season.



UPCOMING MEETS !
• **DEC 6 & 7 // Coral Springs Holiday Classic**
See our website for registration details @ www.nadadores.org



Don't forget to register/renew your USMS membership for 2009!!!! For details visit www.usms.org

Swim Schedule @ HADLEY POOL

- **TUESDAYS 7:30PM—9:00 PM**
- **THURSDAYS 7:30PM—9:00 PM**
- **SATURDAYS 10:00AM—12:00PM**
- **SUNDAY Ocean Swim 11:00 AM @ 12 Street—South Beach**

Nads Corner: Lane Etiquette

Do's & Don'ts

- **DO** take the empty lane / **DON'T** join someone in another lane 'cause you have issues with the lane that is free
- **DO** determine your pace and join similar swimmers / **DON'T** get in lanes with people who are lazy and clueless
- **DO** wait to enter if someone is approaching the wall / **DON'T** jump on top of them as they approach or leave the wall
- **DO** pay attention to where you are in the lane and circle swim almost always / **DON'T** ever assume someone is splitting the lane (crash!)
- **DO** allow faster swimmers to lead / **DON'T** push off in front of someone who is turning
- **DO** move to the side of the lane when stopped / **DON'T** stand at the end of the pool or in the middle of the lane
- **DO** move quickly towards the far side after touching the wall / **DON'T** ignore the other people in your lane
- **DO** help someone struggling with their equipment / **DON'T** borrow a lane mate's equipment without asking