

Gifts for St. Jude's

Every year at our Christmas Party, the Barracudas collect gifts for St. Jude's. This year they have requested gifts for teenagers; below are some suggestions for you.

Blank Journals / Pens
Jewelry Kits / Craft Kits
Models: Cars, planes, etc
Nail polish sets
Magazine subscriptions
Books
Video games: Wii, Playstation 2, Game cube
Extra controllers for game systems
Handheld video games: Gameboy Advanced, Nintendo DS, PSP
Plug and Play games
Headphones
Memory Sticks
Portable DVD players
DVD's : PG and PG13 (no R)
CD's
Board Games
Word search/crossword/Sudoku puzzle books
Playing cards
Gift cards : Target, Wal-Mart, Michaels, Best Buy, Toys r us, Kmart, etc.

We will be collecting the gifts at our Christmas Party on Dec. 19, or you may bring them unwrapped to the pools (Kingsport or Freedom Hall) on Wednesday, Thursday, or Friday of that week.

Speaking of Christmas Party....

Our party this year will be at Beef O'Brady's on December 19. We have reserved the back room from 2-5pm where we can hang out and eat. You can order off the menu individually, and they will add a 15% gratuity to your check. We hope you can come, and of course bring your family! See you there!!

Don't Forget!!

Remember that all of Winter Training, beginning on Dec. 18, will be held at Milligan College. You can get directions and detailed training times for your practice group on the website. You will need to get your equipment bags out of Freedom Hall Pool by Dec. 17 as it will be closed after that. We will be back in Freedom Hall Pool for practice on Jan. 4.

Merry Christmas and Happy Holidays to all the Viscious Fishes!

For Your Calendar

- **Dec. 3-5** **USAS Nationals, Federal Way, WA**
- **Dec. 4-6** **NAC Invitational, Nashville, TN**
- **Dec. 6** **Candy Cane Meet, Kingsport, TN**
- **Dec. 10-12** **Junior Nationals, Columbus, OH**
- **Jan. 15-17** **Pilot Meet, Knoxville, TN**
- **Jan. 30-31** **Polar Bear Meet, Johnson City, TN**

Personalized Swim Caps!

We have an opportunity to order personalized swim caps through Swim and Tri. You can see the caps on the BSC portal of their website. They are just like the free BSC caps you received with your registration, but you can add a name in either blue or white. In order to take advantage of this, we as a club need to have an order of at least 20 caps; and each individual must order at least 2 caps at a time with the same name. The caps are silicone and are \$12 each plus tax. To order, go onto Swim and Tri website through our website portal, and place your order. You will prepay, but your card will not be charged until the required 20 have been ordered. Swim and Tri will keep the team order open until enough caps have been ordered. If you have any questions about ordering these, please email Shelly Richard at shellyrichard2003@yahoo.com.