Hello Senior 1 Team,

I hope everyone had a great weekend and enjoyed the weather!

Here are some updates and reminders:

**Practice schedule:**

Please remember morning practices start this Thursday 4/14 5:30-6:45 AM at the AC. These are important for our swimmers, not only for their swim, but to learn time management so let’s do our best to help them in getting there!

Please be sure to check the [practice page](https://www.teamunify.com/team/gsfcst/page/competitive-group-pages/fc-senior) for our practice schedule, it will always be updated with any last-minute changes as well. Thank you!

No practice Monday 4/25.

**Meets:**

If you have not done so already, please send me the OPT-IN form as soon as possible. I have attached it to this email.

[FCST April Invite 4/22-24](https://www.teamunify.com/team/gsfcst/page/calendar#/team-events/upcoming/1349431) – Final day for changes will be Monday 4/11 at 8 PM. Thank you! Check the meet page for entries.

**Other News:**

Please make sure swimmers are showing up with water to practice as the weather warms up. Thank you!

Looking forward to seeing everyone this week! Thank you!

Coach Karim

“Consistency is striving for greatness”

Lead Senior 1 and Blue 1A

Strength and Conditioning Coordinator