Pre-Senior 1 Weekly Email

Week of 11/1 – 11/5

Hello Pre-Senior 1 Families!

Another Regular week ahead of us! We are preparing for our next meet in about two weeks. Please check the entries attached to this email. If you are missing from the entries, please email me ASAP as entries will be due this week.

Pre-Senior 1 is still looking for a parent representative. If you are interested in being our parent rep, please contact our Parent Coordinator, Jasmine by email (shookyean@gmail.com). They will be able to get you started.

Important Dates:

- November 12-14th – FCST/TWST/FLEET Tri-Meet at FBISD Aquatics Practice Facility
- November 15th - USA Swimming & FCST Teammate Building/ Education - Click Here for More Information – There is a Zoom Link for everyone to use on the event page. Please join us since we will not have practice the day after the meet!

Practice Schedule:

Pre-Senior 1

All practices are at Settler's Park (SP) unless noted otherwise
Yellow highlight denotes a change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 1 - Nov 6	6:15-8:00pm	6:15-8:00pm	6:15-8:00pm	6:15-8:00pm	6:15-7:45pm	9:15 - 10:45 am
Nov 8 - Nov 13	6:15-8:00pm	6:15-8:00pm	6:15-8:00pm	6:15-8:00pm	SWIM MEET	SWIM MEET
Nov 15 - Nov 20	No Practice	6:15-8:00pm	6:15-8:00pm	6:15-8:00pm	6:15-7:45pm	9:30-11:00am
Nov 22 - Nov 27	TBA	TBA	TBA	No Practice	TBA	TBA

Announcements:

- FCST Team Newsletter: CLICK HERE for the team newsletter. We will continue to attach the team newsletter to the group emails. Please review for team wide information.
- PRACTICE SCHEDULE. Check the Pre-Senior page for First Colony regularly.
- Congratulations to our Swimmer of the Month for September: Sarah Ollarves

Thank you always for your support and, as always, it is an honor to be selected to serve you!

Coach Jerome