Hello White and Red families! We are back! I am very excited to see everyone again, and I hope that you all had a fantastic week. This week we will get back into the swing of things and gear up for our long course season. I know that for many of you this will be your first longcourse season and then for some I will see you after the summer. If you have any questions about longcourse just let me know and I would be happy to answer after practice.

White Group Schedule:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Mar 21-26 | 4:15-5:15 PM @ 7M | No Practice  | 4:15-5:15 PM @ 7M | No Practice  | No Practice. ALL FCST coaches at clinic | No Practice. Happy Weekend!  |
| Mar 28-April 2 | No Practice. ALL FCST coaches at clinic | 4:15-5:15 PM @ 7M (make up for Monday)  | 4:15-5:15 PM @ 7M | No Practice  | 4:15-5:15 PM @ 7M  | No Practice. Happy Weekend!  |
| April 4-9 | 4:15-5:15 PM @ 7M  | No Practice  | 4:15-5:15 PM @ 7M  | No Practice  | 4:15-5:15 PM @ 7M  | No Practice. Happy Weekend!  |

Red Group Schedule:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Mar 21-26 | No Practice  | 4:15-5:15 PM @ 7M  | No Practice  | 4:15-5:15 PM @ 7M  | No Practice. ALL FCST coaches at clinic | No Practice. Happy Weekend!  |
| Mar 28-April 2 | No Practice. ALL FCST coaches at clinic | 4:15-5:15 PM @ 7M  | No Practice  | 4:15-5:15 PM @ 7M | 4:15-5:15 PM @ 7M  | No Practice. Happy Weekend!  |
| April 4-9 | No Practice  | 4:15-5:15 PM @ 7M | No Practice  | 4:15-5:15 PM @ 7M | 4:15-5:15 PM @ 7M  | No Practice. Happy Weekend!  |

See you all at the pool!

-Coach Macy