**FAST WEEKLY NEWSLETTER**

**Monday, November 8, 2021**

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**Practice Schedule November 8-12, 2021**

**Monday - Friday: Regular practice all week- Yes there is practice on Nov 11**

**Inclement weather & practice:**

**We still have practice in the rain and only cancel if there is lightening.**

**DOUBLE GOOD POPCORN FUNDRAISER**

**TO RAISE MONEY FOR HEADSETS FOR SWIMMERS TO WEAR DURING PRACTICE IN THE WATER TO INCREASE FOCUS AND TECHNIQUE AND TO OFFSET WATER POLO LEAGUES AND TOURNAMENTS FOR 14/U GROUP**

**Our fundraiser begins on December 06 and goes until December 10. To get started read the email sent out last week and download the Double Good app, available for free on iOS and Android.**

**13/O BBMAX BBMIN SWIMMERS**

**Aiden Baker will be swimming on Saturday**

**Alex Gabos will be swimming on Sunday**

**DUAL MEET WITH RAQ TUESDAY NOV 30 IN FALLBROOK**

**The Novice/Age Group swimmers will be having a dual meet with Renegade Aquatics at our pool on Tuesday, November 30. Each swimmer will swim 3 events and 1 relay. The cost for the meet per swimmer will be $5. Swimmers will be able to sign up online at the end of this week. The coaches will enter the swimmers into the relays (the funnest event)**

**This is a meet in which the times will not count but the swimmers get an opportunity to race against their peers and work on their technique. The parents will be the timers – 6 timers from FAST and 6 timers from RAQ.**

**Warm up will be @5 pm and the meet will start at 5:30 pm**

**Congratulations to our swimmers who participated in the meet this past weekend. Many swimmers had best times and we had 5 swimmers who swam in their first meet and will receive a FAST water bottle: Lukas Loehrmann, Saul Villagomez, Logan Taylor, Liam Votaw and Emma Votaw.**