**FAST WEEKLY NEWSLETTER**

**Monday, November 15, 2021**

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**Practice Schedule November 15-19, 2021**

**Monday – Wednesday – Regular practice all groups**

**Thursday- Girls Waterpolo Scrimmage prior to practice- regular time for all groups**

**Friday – Regular practice Novice & Age Group- Sean’s group in at 5:00 pm**

**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**

**Girls Waterpolo has the same fundraiser the week before ours but we would appreciate those on FAST support the FAST team. Thank you.**

**Event Code: CCB JVY**

**Join Fallbrook Assoc Swim Team's fundraising Event by downloading the Double Good app and entering the code above**

**Our fundraiser begins on December 06 and goes until December 10.**

**Palm Springs Meet**

**We have 16 swimmers signed up for the meet this weekend. Sean and Mary will have the tarps set up at the pool when you arrive.**

**Warm-up Friday: Be at the pool by 4 pm**

**Warm-up Saturday & Sunday am: Be at the pool by 7:45 am**

**Warm-up Saturday & Sunday pm: Be at the pool by 11:30 am**

**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**