**FAST WEEKLY NEWSLETTER**

**Sunday, November 21, 2021**

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**Practice Schedule November 22-26, 2021**

**Monday – Wednesday – Regular practice all groups including water polo**

**Thursday- Thanksgiving Day “Thankful Practice” 7-9 am Any Swimmer may attend (Treats afterwards)**

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

**REMINDER: 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 and setting up your Pop Up Store.**

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

**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.**

**HOT CHOCOLATE FOR SWIMMERS AFTER THE MEET**

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

**Non-Participation for a Period of Time/Month**

**If a swimmer will not be participating in December then an email notification needs to be send to** **seanmaryfast@gmail.com** **so the family will not be billed.**

**WAG MAX MEET ENTRIES DUE**

**Wednesday, Nov 24**

**Any 9/Over swimmer may enter the meet**

**The meet will be held in Coronado at the High School.**