

WEEKLY NEWSLETTER

[WEEK OF 11/18/2024]



QUICK READ NOTES

- No practice for AGA, AG1, AG2, Dev on Saturday due to HS meet.
- Elite will practice 6:30-8:00a.
- Final FAST entry on website.
- Nashville meet entry on website.

UPCOMING DATES

- No practice for AGA and below groups. (Nov 23rd)
- FAST Santa Classic (Dec 6th-8th)
- Nashville Meet (Dec 5th-8th)

NEWS & NOTES

Practice Schedule:

Due to a HS meet this Saturday there will be no practice for AGA, AG1, AG2, and Dev.

AGE will practice 6:30-8:00am

Next Inter-Squad Meet is Dec 13th:

Please mark Dec 13th on your calendar for our next Inter-squad meet. We will do pizza and a holiday themed movie after. The meet will open for registration in the coming weeks.

FAST Final Entry:

Attached to the FAST Santa Classic meet page is the final entry for the meet. Please look over it to make sure you are aware of changes.

A meet itinerary will be sent out the Wednesday prior to the meet.

Nashville Meet:

For those attending the Nashville meet, an entry has been uploaded to that meet page as well.

More information regarding that meet will be sent out by Coach Darrick in the next week.

Bad Weather Routine:

With winter approaching we wanted to remind you that if there is bad weather that might cause a delay, we will reach out via email and text to notify you of any changes. If you have not yet done so make sure to opt into SMS messages within your profile as it will allow us to get into touch with you quicker.

If you are unsure if there is practice, make sure to check your email before leaving.