

# WEEKLY NEWSLETTER

[WEEK OF 12/2/2024]



## QUICK READ NOTES

- No practice on Friday and Saturday due to meet.
- FAST entry attached.
- NAC entry and itinerary out mid-week.
- Christmas calendar attached.

## UPCOMING DATES

- FAST Santa Classic (Dec 6<sup>th</sup>-8<sup>th</sup>)
- NAC Meet (Dec 6<sup>th</sup>-8<sup>th</sup>)
- Inter-squad Meet (Dec 13<sup>th</sup>)

## NEWS & NOTES

### Schedule for Week:

There will be no practice for all groups on Friday night and Saturday AM. (Senior group not attending meet will practice Friday AM)

### FAST Santa Classic Entry and Itinerary:

Attached is the entry list for the meet this weekend. The meet itinerary will be sent out by Thursday.

Please note we will be doing relays at this meet. Relays will be announced at the start of each session.

### NAC Meet Information:

Coach Darrick will be sending out a meet itinerary and entry list mid-week for those attending the Nashville meet.

### Christmas Calendar Attached:

Also attached to this newsletter is the Christmas calendar. We will also attach this to the "practice schedule" tab.

Please note that this schedule could change slightly as we get closer to Christmas break.

### Inter-squad Meet Open For Registration:

Just a reminder that our next inter-squad meet is open for registration. This meet is open to those in AGA, AG1, AG2 and Dev. Those in Elite will help time for this meet.

If you plan to attend please make sure to register as we can't promise your swimmer a spot if they arrive without registering.

### Board Nominations Due 12/6:

If you are interested in joining the board please make sure to submit your nomination to Laura Smith by 12/6 at the email below [president@westfieldaquatics.org](mailto:president@westfieldaquatics.org).