

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 9	Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	FSON Meet	FSON Meet
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	FSON Meet	FSON Meet
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	FSON Meet	FSON Meet
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	FSON Meet	FSON Meet
Pre Senior	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	FSON Meet	FSON Meet
Senior	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	FSON Meet	FSON Meet
Senior Elite	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	FSON Meet	FSON Meet

FSON Meet - Info will be sent out, 10U swimmers and 11-12 Boys are in the morning session, Senior Swimmers and 11-12 Girls are in the afternoon session.

Apparel Package - Team Suits and Team Tees will be distributed before the end of the week to have them for FSON Meet.

Board Meeting - will take place on Monday, September 9th at 5:30pm.

Parent Meeting with Board Members - will take place on Tuesday, September 10th at 5:00pm.

Pre Comp Groups - Starting this week 4:30-5:15pm and 6:45-7:30pm. For more information please call Head Coach Renata Martinez 626-222-5063 or email fontanaseahorse@gmail.com.

Website/Suggested reading - Swim Meet 101 (www.fontanaaquatics.org→Resources→Recommended Reading→Swim Meet 101)