

Los Alamitos Divers Newsletter

November, 2021

After a month of working with a custom suit company, fixing the design, updating the logo, trying on suits, and adjusting materials, we have begun ordering team gear. Thank you all for your patience and understanding as Los Alamitos High School water polo has had to deal with last minute schedule changes and thus we, too have had to make changes. Since we have such a beautiful facility, everyone wants their games played here. :) Water polo ended on Wednesday, October 27th so I am staying hopeful that our November schedule is solid.

For those attending dryland, I hope you are enjoying the facility. I believe that it meets our needs much better than the first location. As a result of this move, the weekly cost more than doubled. Dryland is included in the monthly fee for JO registered divers but Novice and lesson divers will need to pay a weekly fee of \$10 if you are interested in participating. You will be invoiced for all of the Tuesdays during a month but if you know that you will be missing a day, please deduct accordingly and let Coach know which date. This applies to anyone, including those who have not attended but want to give it a try.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pool 4-7	2 Pool 4-6 Dryland 6:45-8:45	3 Pool 4-6	4 Pool 4:00-7:00	5 Pool 4-7
8 Pool 4-7	9 Pool 4-6 Dryland 6:45-8:45	10 Pool 4-6	11 Pool 4-7	12 Pool 4-7 MEET THIS WEEKEND!
15 Rest day - NO practice	16 Pool 4-6 Dryland 6:45-8:45	17 Pool 4-6	18 Pool 4:00 - 7:00	19 Pool 4-7
22 Pool 9-12:00 pm Dryland 6:45-8:45	23 Pool 9-12:00 pm	24 NO DIVE	25 NO DIVE	26 NO DIVE
29 Pool 4-7	30 Pool 4-6 Dryland 6:45-8:45			

- The Monday following any meet is typically a rest day so we will not have practice that day. For those of you who only come on Monday, please come any other day to makeup.

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- During Thanksgiving week, we will have morning practice on Monday and Tuesday only, **Dryland on Monday**, and then we are off the rest of the week.

Online signup for the upcoming dive meet is open and will close on 11/11/2021 at 9:00 am. Please get the list of your dives from Coach no later than 11/5/2021 so that you can enter them into the divemeets system. Remember that you must have a USA Diving ID in order to sign up. If you haven't done so already, click [HERE](#) to register for a divemeets account. You will be prompted to input your USA Diving and/or AAU membership number. There is no cost to set up your account and this is where you will sign up for most future meets. A fun side note: Your dives, scores, and awards will be forever memorialized in your divemeets account. It is fun to look back over the years to see where you started and how far you have come.

And, here is a "heads up" for December:

- Dryland is closed on December 21st and the 28th.
- We will have practice during Winter Break! I have not finalized days or pool times yet but will have that information to you no later than December 1st.

