

# WEEKLY NEWSLETTER

[WEEK OF 1/6/2025]



## QUICK READ NOTES

- We are back on the normal practice schedule.
- No practice 1/16 due to HS meet.
- The Freeze registration deadline Jan 7<sup>th</sup>.
- Middle School first practice is Jan 8<sup>th</sup>.

## UPCOMING DATES

- First MS Practice (Jan 8<sup>th</sup>)
- The Freeze (Jan 17-19)

## NEWS & NOTES

### Practice Schedule:

We are now back on our normal practice schedule, as Christmas break has concluded. **This Thursday AGA will practice 4-6:30pm with Elite, and this includes dryland.**

**Next Thursday 1/16 there will be no practice for AGA, AG1, AG2 and Dev due to a home HS meet. Elite will practice 4-5pm.** The online google calendar has been updated to show this.

### The Freeze Meet:

The first entry deadline for this meet is tonight. Please make sure to declare your swimmers by the deadline. This meet will be hosted at our pool and a meet itinerary will be sent next week.

If you have any entry questions, please reach out to your group coach.

### The Freeze Volunteer Link:

Below is the link to sign-up to volunteer at The Freeze. An additional link is posted to the meet event page; <https://www.signupgenius.com/go/5080C4DAAA62EA7FC1-54187595-thefreeze>

### Middle School Swimmers:

The first MS practice will be this Wednesday Jan 8<sup>th</sup> from 4-5:30pm. Club swimmers that plan to be on the MS team please make sure to finish ALL forms on Final Forms before the first practice.

Any email with a link to order suits has been sent to all emails on Final Forms. If you did not get this email, please reach out to Coach Garrett.

### New Locker Room Guidelines:

With the opening of the YMCA it's important that our athletes only use the athlete locker rooms by the office. Parents may utilize the bathrooms in the lobby.

The YMCA locker rooms should NOT be used by Westfield Aquatics athletes or families. Even if you are a Y member but in the facility for team events, meets or practices, please use the lobby restrooms for adults and our locker rooms for athletes.