

# WEEKLY NEWSLETTER

[WEEK OF 5/14/2025]



## QUICK READ NOTES

- No Friday PM or Saturday AM practice..
- Pride of Westside entries attached.
- Seahawk Invite deadline is May 26<sup>th</sup>.
- June/July schedule attached.

## UPCOMING DATES

- Pride of Westside (May 16-18)
- Dive and Donuts (May 24<sup>th</sup>)

## NEWS & NOTES

### Schedule Change for Week:

**We will have no practice on Friday night or Saturday morning due to the Pride of Westside meet. Senior will still have AM practice on Friday.**

### Pride of Westside Meet:

**Attached is the final entry list for this meet. An itinerary will be sent out tomorrow morning.**

### Seahawk Invite:

**The entry deadline for this meet is May 26<sup>th</sup>. This meet fills quickly so please make sure to register by the date above.**

**Please remember that the meet host has made the meet Friday and Saturday only.**

**A group of emails were sent out earlier in the week with links to a couple hotel blocks for the meet. Please look for those emails to book. If you have any questions, please reach out to Coach Garrett.**

### Dive and Donuts:

**Westfield Aquatics is excited to host a Dives and Donuts event for swimmers of all groups on Saturday, May 24<sup>th</sup>, from 9:30 a.m. to 10:30 a.m.**

**Swimmers can show off their diving skills in a fun, friendly competition—prizes will be awarded for the best dive in each age group!**

**After the competition, swimmers will have a chance to enjoy a sweet treat with donuts from local donut shops.**

**The sign-up link is below!**

**[Dive and Donuts Link](#)**