

WEEKLY NEWSLETTER

[WEEK OF 6/15/2025]



QUICK READ NOTES

- No practice on Friday or Saturday.
- Practice changes for AG1 and AG2 starting June 23rd.
- Beat the Heat entries attached.
- Seahawk Invite entries attached.
- Tie Dye Day is June 30th.

UPCOMING DATES

- Beat the Heat (June 20-22nd)
- Tie Dye Day (June 30th)
- Seahawk Invite (July 11-12th)

New to the club?
[Click here for our FAQ page!!](#)

NEWS & NOTES

Practice Schedule for Week:

There will be no practice on Friday or Saturday of this week for all groups due to the Beat the Heat meet.

Practice Changes Starting June 23rd:

Just a reminder that we are making a few practice schedule changes as we now have a better idea of space. The changes are below and will start June 23rd.
AG1 Tuesday/Thursday: 12:30-2pm
AG2 Mondays: 5-6pm

Beat the Heat:

Attached to this newsletter is the final round of entries for Beat the Heat. Please look over them to make sure you are aware of what your child is swimming.

Limited changes will be made. An itinerary for this meet will be sent out Thursday.

Beat the Heat Volunteers:

Below is a link to sign-up to volunteer for the Beat the Heat meet. If you are attending the meet please make sure to volunteer for at least one session.

<https://www.signupgenius.com/go/5080C4DAAA62EA7FC1-57183637-beat>

Seahawk Invite:

The final entry for this meet is attached to the meet page. Please look over them to make sure you are aware of what your child is swimming. The meet is full and no changes or additions will be allowed.

Tie Dye Day June 30th:

We're excited to host Tie Dye Day on June 30th for all of our swimmers! Shirts will be provided — swimmers will get to tie dye them during their group's scheduled time. An email was sent detailing each group's tie dye times. We need parent volunteers to help run the stations, and we also need a few supply donations. If you can help or donate, please sign up here:

<https://www.signupgenius.com/go/60B0F49A5AE28A3F94-57287579-tiedye>.