

WEEKLY NEWSLETTER

[WEEK OF 6/30/2025]



QUICK READ NOTES

- AG1 and AG2 practice changes go into effect today.
- Seahawk Invite entries attached.
- Seahawk itinerary attached.
- Tie Dye Day is June 30th.

UPCOMING DATES

- Tie Dye Day (June 30th)
- Seahawk Invite (July 11-12th)

New to the club?
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page!!](#)

NEWS & NOTES

Practice Schedule for Week:

There will be no practice on Friday of this week for Elite, AGA, AG1, AG2 and Dev due to the 4th of July. Senior will practice like normal in the morning.

Seahawk Invite:

The final entry for this meet is attached to the meet page. Please be aware that we were asked to limit entries to 4 per session. This means some swimmers were removed from events. Please look over them to make sure you are aware of what your child is swimming.

The meet itinerary is attached to this email as well. We are sending it out a week early to allow time for parents to make plans. We will send an updated one next week if things change.

Lastly, we have a separate document for parents of things to expect and bring for this meet. Please look over all of them closely.

Tie Dye Day June 30th:

We're excited to host Tie Dye Day on June 30th (today), for all 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>.

Last Chance Summer Splash:

The 14th will be the Last Chance Summer Splash. This is only for those swimmers that need to achieve a cut. They MUST talk to their group coach first before signing up.

Warm-ups will be at 4:30pm and the meet will start at 5:15pm.