

WEEKLY NEWSLETTER

[WEEK OF 7/21/2025]



QUICK READ NOTES

- Same practice time this week as last.
- Those not going to state on Thursday do have practice.
- The season will conclude for those not going to zones on Sunday.
- State itinerary will be sent Tues/Wed.
- State bags will be passed out on Wednesday.

UPCOMING DATES

- Age group state (July 24-27)

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

NEWS & NOTES

Practice Schedule for Week:

We will continue with the same schedule 3-4:30 or 5pm, from last week through Thursday. Those not attending state on Thursday will practice 3-4:30pm. We will not have practice on Friday or Saturday.

Senior will practice at the times emailed by Coach Darrick.

End of Season:

The summer season will conclude after age group state. Only those swimmers with Zone cuts will practice next week. A separate email will be sent to those swimmers with practices times.

State Itinerary and Relay Arrival Times:

The itinerary will be sent either tomorrow or Wednesday morning along with a document going over relay arrival times.

We must wait until the meet director sends out timelines and heat sheets before we send out the itinerary and arrival times.

State Bags:

State bags will be passed out at 4:30pm on Wednesday after practice. If you have any questions, please reach out to Coach Garrett.