

# WEEKLY NEWSLETTER

[WEEK OF 7/7/2025]



## QUICK READ NOTES

- No practice on Friday or Saturday of this week.
- Elite will practice 12:30-3:30pm on Thursday.
- Seahawk Invite entries attached.
- Seahawk itinerary attached.
- Enable SMS notifications for weather delays.
- Last Chance Splash is next Monday.

## UPCOMING DATES

- Seahawk Invite (July 11-12<sup>th</sup>)
- Last Chance Summer Splash (July 14<sup>th</sup>)

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

## NEWS & NOTES

### **Practice Schedule for Week:**

There will be no practice on Friday and Saturday or this week due to the Seahawk Invite.

Elite will practice 12:30-3:30pm on Thursday. All other groups will remain the same.

### **Seahawk Invite:**

The final entry for this meet is attached to the meet page.

The meet itinerary is attached to this email as well and has been updated to show the most recent information.

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

### **Add Your Number to SMS Notifications:**

Since the meet this week is an outdoor meet, there is always the chance for a weather delay. We strongly encourage you, if you have not yet done so, to enable SMS notifications within your account. This will allow us to send you a text message as well as an email, if there is a delay of any kind.

### **Last Chance Summer Splash:**

The 14<sup>th</sup> will be the Last Chance Summer Splash. This is only for those swimmers that need to achieve a summer state cut or are close to winter divisional times. 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.