

## Volume 10: July 7

# WINDWOOD WORD

### Practice Schedule

- **Schedule: July 7 - July 11**
  - 13+: 7:30-8:45a
  - 11-12: 8:30-9:45a
  - 9-10: 8:30-9:45a
  - 7-8: 9:30-10:30a
  - 6U: 9:30-10:30a
  - 1<sup>st</sup> 15 min all groups = arrival and stretching
- **Adjustments:**
  - **Friday 7/11: FUN FRIDAY -all groups 8:30-10:15a \*\*Bring a gallon size ziplock\*\***

### Meet Notes:

View our Meets/Event schedule and past meet results --- [HERE](#)

**Please commit/decline your swimmers for Championships - DEADLINE = JULY 13**

*-Log in to your Windwood Account and select the meets/events button - select that meet and RSVP*

### Swimmer's of the Week

#### ***Swimmers of the Week: June 30- July 3***

6U: Lila Baughman

Izzy Schlotman

7-8: Parker Murphy

9-10: Henry Bachus

11-12: Maggie Gross

130: Ava O'Hara

### Events / Activities

#### **Tuesday, July 8**

Windwood Vs. Dutchland Woods

*Home Meet Theme:*

*Hawaiian/Luau*

#### **Thursday, July 10:**

Moonlight Swim (11&O)

8:45-10:15p

#### **Friday, July 11**

FUN FRIDAY - 8:30-10:15a

All groups

### Pre Champ Pasta Party

**Tuesday, July 15th**

**Keehner Park - Fox & Hawk Shelters**

**Select the link below to sign up to bring a pasta dish, side or dessert.**

**[SIGN UP HERE](#)**

*Thank you*

Nice job to our Warriors on a great meet Tuesday! As always, thank you to those of you who volunteered to help the meet run smoothly. Just ONE more dual meet and champs just around the corner. Busy week coming up with moonlight swim and Fun Friday (tye dye time!)

Have a safe and fun 4<sup>th</sup> of July weekend. See you

Monday! - *Your Windwood Coaches*