

Volume 4: May 26

WINDWOOD WORD

Practice Schedule

- **Schedule: May 26-May 30**

- 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
- 1st 15 min all groups = arrival and stretching

- **Adjustments:**

- Monday, May 26 - No practice (Memorial Day)
- Friday, May 30 - Team Intrasquad

SPONSOR OUR WARRIORS

As we prepare for our 2025 season, we are seeking community partners to join us in empowering our athletes to achieve their goals both in and out of the pool.

[View our 2025 Sponsorship Info Here](#)

Email: sponsorteamwindwood@gmail.com

Events / Activities

Friday, May 30th

Windwood Intrasquad

11&O "warm up" 7:45a

10&U "warm up" 8:05a

Intrasquad 8:30-10a

Tuesday, June 3

Picture Day - 8am

Individual pictures & team photo.

13&O practice after team photo

All other groups off

Meet Notes:

View our final meet schedule [HERE](#)

-Meet Vs. Wetherington (July 1) is now a HOME MEET

Please commit/decline your swimmers for our June 3 meet vs New London (away) by Friday, 5/30-9am

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

REMINDERS

GroupMe Team Communication

*Join our GroupMe ([LINK HERE](#)) for weekly updates, reminders and practice updates due to inclement weather or pool closings.

Registration CLOSES June 8

[REGISTER HERE](#)

Thank you

Great first week of practice to our Warriors!
Hoping for some warmer weather next week!

Have a great & safe Memorial Day weekend.

See you Tuesday!

- Your Windwood Coaches