

Volume 9: June 30

WINDWOOD WORD

Practice Schedule

- **Schedule: June 30 - July 4**
 - 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:**
 - **NO PRACTICE- Friday, July 4**

Swimmer's of the Week

Swimmers of the Week: June 23-June 27

6U: Annie Craft

7-8: Ava Johnson

9-10: Sophia Johnson

11-12: Emily Cunningham

13O: Sidney Blackburn

Events / Activities

Tuesday, July 1

Windwood Vs. Wetherington

Home Meet Theme:
USA/Red, White & Blue

Meet Notes:

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

Please commit/decline your swimmers for our July 8 meet vs. Dutchland Woods (Home) by Thursday, July 3.

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

REMINDERS

***No alcohol permitted during meets - TCSL Rule**

***Photos/Videos not permitted behind the blocks - SafeSport compliance**

[View our 2025 Sponsorship Info Here](#)

Thank you

What a week! Finally some summer weather heating things up. Awesome job to our Warriors at our meet Tuesday night. Just 2 dual meets to go before championships.

Reminder: No practice Friday, June 27. Enjoy your weekend - Stay safe in this heat and see you Monday!

- Your Windwood Coaches