



Upcoming Events

SAVE THE DATE

4/2 Deadline to register for SBA
B/C All Ages Meet

4/12 SBA B/C All Ages Meet @
Mater Dei HS

4/15 Deadline to register for
Pacific Swim A/BB Long Course

4/23 Deadline to register for 14&U
NTS @ Fallbrook

4/25-4/27 Pacific Swim A/BB Long
Course Meet @ Poway

5/4 14&U NTS @ Fallbrook

5/12 Deadline to register for Santa
Clarita Travel Meet

**HAPPY
BIRTHDAY**

Emma B.
Sophia C.
Isla D.
Jase L.
Stacey S.
Kenzie S.
Anna S.
Kathryn W.



Greetings HSA Families!

"ONE TEAM, ONE HEART..." Be sure and promote it, use it, say it and be proud of it! Use it on social media with the #oneteamoneheart !

Long course season is starting! Be sure and mark your calendar for the 1st Long course meet of the season--Pacific Swim A/BB Meet in Poway.

TRAVEL MEET to Santa Clarita during Memorial Day weekend! Be sure and sign up because it looks to be a fun adventure for our TEAM!

HSA SUMMER LEAGUE 2025 Registration is COMING SOON! Be sure and spread the word to your friends and family!

If you have information that you'd like to contribute to the newsletter, please email hsainfo@heartlandswim.org.

Swim Article of the Month

1 Tips for Improving Your Dolphin Kick

Quote of the Month:

"You don't just be a team.
You become a team through tough times
as well as good times."

-Mike Krzyzewski