



heartland swim association

Newsletter



"ONE TEAM, ONE HEART."

August

2025

Upcoming Events



8/4-8/17 HSA TEAM BREAK-NO PRACTICES!

8/17 HSA Year Round Team Banquet

8/18 WELCOME BACK! Practices BEGIN!

8/18 FALL SPECIAL BEGINS!

8/31 LAST DAY to register for La Jolla Cove Open Water Swim

SEPTEMBER:

9/7 La Jolla Cove Open Water Swim

9/21-9/22 Pacific Swim ALL Ages Freestyle Fest Poway

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!

HUGE THANK YOU to ALL our parents and swimmers who volunteered their time during our Summer League Champs meet! WE APPRECIATE IT!

Are you on the Team HSA **BAND APP**? This is a good way to get information for our Year-Round Team in real-time! Ask your swimmer's coach about getting the link/QR code to join.

REMEMBER that our TEAM BREAK ends on 8/17. We will be back at the pool on Monday, August 18th!! Looking forward to an exciting short course season!

REGISTER for the La Jolla Cove Open Water Swim! Swimmers ages 8-12 can sign up for the Garibaldi Groms 250m swim; ages 13+ can sign up for the Sea Lion 1 mile swim; and any 18+ swimmers can sign up for the Leopard Shark 3 mile swim and/or the WHOLE enchilada which is the 3 mile & 1 mile swims!

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

Happy Birthday!



Valentina B.
Emma K.
Brandon P.



Swim Article of the Month



10 Hidden Benefits of Swimming

Remember this

Quote of the Month:

"You don't have to win THE race. You just need to win YOUR race. And winning YOUR race means falling in love with the process. Fall in love with the process, NOT the podium."

-Katie Ledecky

