



JANUARY 2025 Newsletter



Upcoming Events

1/1/2025 NO PRACTICES-HAPPY 2025!

1/2/2025 Practices Resume

1/7/2025 Deadline to enter HSA Meet

1/18-1/19/2025 HSA HOSTED MEET @
West Hills High

1/28/2025 Deadline to enter SBA Meet

2/1/2025 Save A Life Heart Screening

HAPPY BIRTHDAY

Fletcher D.

Josh H.

Eleni D.

Jacob L.

Jacqueline M.

Radke B.

Jordyn M.

Emily M.



Greetings HSA Families!

We hope everyone had a wonderful holiday season! As we look forward to a successful 2025, let's give KUDOS to ALL the accomplishments our Heartland Swimmers had in 2024:



7 TEAM Records Broken (4 Individual, 3 Relay)

12 Ocean Water Competitors

5 Graduating Seniors

2 Collegiate Level Swimmers

3 Different State Competitions

2 Sectional Level Swimmers

6 LSC Championship Swimmers



CONGRATULATIONS TO EVERYONE! THIS IS AMAZING!

MARK YOUR CALENDARS: The Save A Life Foundation, a near and dear association to one of our very own Heartland swimmers, will be running heart screenings on February 1st at West Hills High School.

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

Swim Article of the Month

[Learn More About Save A
Life Foundation](#)

Quote of the Month:

**Success is walking from failure to failure
with no loss of enthusiasm."**

- Winston Churchill