



heartland swim association

Newsletter

"ONE TEAM, ONE HEART."



July
2025

Upcoming Events



7/1 Deadline to register for SDSA All Ages NTS Long Course Meet @ BBMAC Coronado

7/4 HAPPY INDEPENDENCE DAY! NO PRACTICES!

7/5 CSTE Open Water Swim

7/11-13 SDSA All Ages NTS LC Meet @ BBMAC Coronado

7/14 Deadline to register for Age Group Championships @BBMAC Coronado

7/24-7/27 Age Group Championships @BBMAC Coronado

8/1 & 8/2 HSA Summer League Championships @ Granite Hills

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

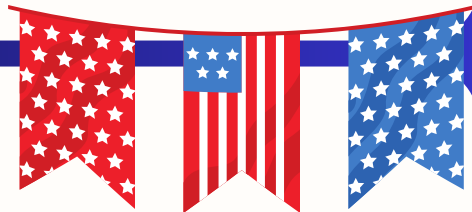
8/17 HSA Year Round Team Banquet

HAPPY BIRTHDAY

Piper B.
Camryn C.
Coach Kevin
Lyle G.
Evelyn N.
Andrew S.
Bridget S.
Christine S.
Coach Anhton
Aletheia V.



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!

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.

There will be **NO PRACTICES** on **Friday, July 4th**! ENJOY your 4th of July weekend everyone!

MARK YOUR CALENDARS: We will need ALL hands on deck for our HSA Summer League Championships on August 1st and 2nd. Reminder that this is a volunteer requirement for our year-round swim families! THANK YOU IN ADVANCE! ❤️❤️❤️

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

Swim Article of the Month



Swimming:
A Sport That Prepares You For Life

Quote of the Month:

"You're braver than you believe,
stronger than you seem,
and smarter than you think."

—A.A. Milne