

## Upcoming Events

6/7-6/8 Splash and Dash

Max @ SBA Mater Dei HS

6/10 Deadline for entry for those qualified for Splash & Dash @ Wagner Oceanside

6/18 SUMMER LEAGUE 2025 STARTS!

6/18 Deadline for entry for 14 & U Rising Stars #2 Meet

6/20-22 Splash & Dash @ Wagner Oceanside

6/27 Fiesta Island TEAM Social

6/28 14 & U Rising Stars #2 Meet @ Helix HS

## Happy Birthday

Joey C.

Katelyn M.

Ben N.

Nancy N.

Lilly S.

Tennyson T.



## Greetings HSA Families!



HAPPY  
**Father's**  
day

**"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!

Wishing our TEAM dads of ALL kinds, a VERY Happy Father's Day! Thank you for ALL that you do!

HSA SUMMER LEAGUE 2025 Registration is **OPEN!** Be sure and spread the word to your friends and family! Spots are still AVAILABLE! Practices begin on June 18th!

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.

Have you asked your swimmer's coach if your swimmer has qualified for the Splash & Dash Meet in Oceanside? Make sure to ask and get entered in this meet by **JUNE 10th!**

If you have information that you'd like to contribute to the newsletter, please email [hsainfo@heartlandswim.org](mailto:hsainfo@heartlandswim.org).

## Swim Article of the Month

Try This Pre-Race Ritual to Stay Calm  
& Confident for Big Swims

## Quote of the Month:

**"The strength of the team is each individual member.  
The strength of each member is the team."**

**– Phil Jackson**