

JOIN THE SEAHAWKS REMIND GROUP
TEXT @vseahawks to 81010

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please Note:	The first 2 days of practice are a modified schedule	Regular practice times start on May 14th		1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	6:00pm – 6 & Unders 8 & Unders 7:00pm – 10 & Unders	6:00pm – 12 & Unders 7:00pm – 14 & 18 Unders	<u>REGULAR PRACTICES</u> 6:00 – 6U, 8U, 10U Boys 7:00 10U Girls, 12U, 14U, 18U-	Practice	Practice PARENT MEETING	
	6U & 8U New Swimmers: Extra Coaching Opportunity FIRST Week of Practice from 5-6:00PM					
18	19	20	21	22	23	24
	Practice	Practice	Practice	Practice	Practice	
25	26	27	28	29	30	31
	<u>No Practice</u>	Practice	Practice	MOCK MEET @GW 5:30 – 9pm	SEAHAWKS NIGHT	

EVENTS

Parent Meeting 6:30-7:30pm

We will cover info on meets, suits, calendar, required volunteering. Location will be at GW - South of the pool area

Mock Meet


Swimmers practice starts/stops and relays! Parents practice timing/recording. This meet is run by PARENT POWER! Be prepared to help. Run Time: 5:30-9pm

Seahawks Night

Sign Ups for available Picture Time Slots the week prior starting at 5:30pm. Team Activities start at 6pm TEAM PICTURE @ 7pm.

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June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice	3 Practice	4 Practice	5 Practice	6 Practice	7
8	9 Practice	10 Away Meet @ Sanger Seals	11 Practice	12  Home Meet (MWHS) vs Dinuba	13 Practice	14 Home Meet (GWHS) vs Tulare Sharks
15	16 Practice	17 Away Meet Porterville Neptunites	18 <u>No Practice</u>	19 Practice	20 Practice Tri Meet Set Up	21 Visalia Tri Meet @GW
22	23 Practice	24 Away Meet @ Hanford Piranhas	25 Practice	26 Away Meet @ Lindsay Skimmers	27 Practice	28
29	30 Practice					

EVENTS

Away Meets

Join @vseahawks on the Remind App for up to date info on location, directions/warm up times and volunteer openings. These meets run on PARENT POWER from both teams!

Home Meets




Each home meet gives our team a chance to run a Snack Bar; 50/50 raffle & Parent vs Coaches Relay! NOTE: our first home meet will be at the Mt Whitney pool due to city swim lessons at GW.

Vi-Tri Meet

Seahawks are HOSTING at GWHS! We will be swimming against the Buccaneers and the Waves! It's a great meet with lots of friends!

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July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Note: All Swimmers may attend practices this month		1 Away Meet @ Woodlake TS	2 Practice	3 <u>No Practice</u>	4 <u>No Practice</u>	5
6	7 Practice	8  TEAM PARTY	9 Practice	10 Practice	11 Practice	12 TIME TRIALS @ Coalinga
13	14 Practice	15 Practice	16 Practice	17 Practice	18 Practice	19 FINALS @ El Diamonte
20	21	22	23	24	25	26
27	28 Ribbon & Awards Collection Night 7-9pm	29	30	31		

EVENTS

TEAM PARTY

Potluck style Eat & Swim
Team Awards
6:15-8:15pm at GW

CVRSL Time Trials

For all swimmers who have swam qualifying times this season. Meet length is approx 7am-3pm

CVRSL FINALS

Hosted by Visalia Waves for the top swimmers in the league. Participants will be determined based on all 3 Times Trials the previous week.