



QUICK LINKS:

[Team Unify Site](#)

[Practice Schedule](#)

[Meet Registration](#)

12 & Under Newsletter 4/23/25

CONTACT INFO:

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Upcoming Dates –

4/27 Annual Team Banquet

5/10 RST Meet (Blue & Red), All other practices at Wesleyan for long course training, time TBD

5/17-5/18 GRYM Meet (Discovery & Challenger)

5/23-5/26 NO PRACTICES, Enjoy Memorial Day Weekend!

5/26 Westport Memorial Day Parade

Important Notes –

Equipment Requirements:

Please make sure your child is prepared for practice each day with proper equipment, labeled with their name

Red/Blue— [Speedo Kick Pull](#), [Rubber Fins](#)

Discovery/Challenger— Kick Pull, Fins, [Training Snorkel](#)

Practice Reminders:

- Please encourage your swimmer to use the restroom before practice!
- Parents are NOT to be on deck during practice, you may watch practice from the observation deck but *please do not stand at the railing*