



EST Bulletin

2025-26 Season • Oct 15, 2025

Find us:  @estswimming  Eagle Swim Team

Helpful Links and Info

- [Practice Adjustments](#)
- [EST 2025-26 Meet Schedule](#)
- [EST Homepage](#)
- [Parent Corner \(Article\)](#)

Upcoming Competitive Meets

Oct 18-19: FSC Invitational 1- [Meet Details](#)

Nov 1-2 MAC Fall Frenzy Meet- [Meet Details](#)

Nov 7-9 Mercersberg Invite- [Meet Details](#)

Nov 14-16 NBAC Thanksgiving Meet-

- Bronze, Silver, Gold, & Platinum
- 'B' Times & Faster
- Opt-Out Deadline: Fri 10/17
- See [Meet Details](#)

Dec 11-14 LAC Holiday Cup-

- Those that qualify for 5 or more events
- Opt-Out Deadline: Fri 11/14
- See [Meet Details](#)
- **Hotels:** There are 2 large events in the area the same weekend. If your swimmer plans to attend, please reserve your rooms soon!

Dec 13-14 ASC Holiday Invitational-

- Those Swimmers not attending LAC
- Opt-Out Deadline: Fri 11/14
- See [Meet Details](#)

Opt-in for SMS Text Alerts

Please log into your member accounts, scroll to your cell phone number and verify your number. SMS Alerts will be used in case of Emergency or Pool Closing Situations.

Swim and Tri (speedo vendor) ONLINE!

Visit their website through the EST portal [HERE](#).

**Please note it can not be accessed on the mobile app.

Swim and Tri will be onsite again on **Tues, Oct 28th** from 6-7:30pm in the pool lobby. This is for a tech suit fitting and sale! This is mainly for Gold, Platinum, and Senior Division Swimmers following a discussion with their coach about the appropriate tech suit to use for their championship events.

EST Service Hours

Please Note – if you have an athlete in the senior division, he/she can help your family fulfill service hours when they are not competing.

McDonogh Request

Chairs found in the Memorial Gym [aka the gym next to the spectator entrance] **are NOT for general use and should NOT be removed** from the gym and brought into the pool area.

If you are watching practice from the upstairs spectator area, please use the bleachers or provide your own collapsible chair.