



# EST Bulletin

2025-26 Season • Oct 29, 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

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

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

Nov 14-16 NBAC Thanksgiving Meet-

- 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.

## Reminders for Personalized Gear

- **Deadline for all orders is Nov. 7th**
- Personalized swim caps, minimum two caps per order and name: [Order Caps Here!](#)
- Personalized warm-up-to-swim mesh bags (and beach towels!): [ORDER HERE](#)

## ARGO Video Feedback

If you have received videos from our new Argo Video Tablet, either from the underwater camera taping or from the meet deck and would like them reviewed by a coach, please email the coach directly and ask. Be specific with which video you would like reviewed or share the video with the coach directly.

Starting today coaches are available to offer the following for any Argo Video taken:

- 1) \$10- Written Review of Video (hardcopy & email)
- 2) \$20- One on one Review of Video with Written followup

Charges will go on your membership account and be billed at the end of the month. One on one reviews will NOT be offered during scheduled practice time.

If you like a new video taken and reviewed, or an underwater camera review, this would be considered a private lesson. Each coach will have their own private lesson cost, you are welcome to ask.

## Thanksgiving Week Schedule

**Wed, 11/26:** Full Senior Division 3:45-6pm

**Thurs, 11/27 & Fri, 11/28:** Full Senior Division 6:30-9am, Age Group Cancelled

**Sat, 11/29:** Senior Perf & NTG 6:30-9am, Platinum 8:45-11am, No Practice for Minis, Bronze, Silver, & Gold

**Sun, 11/30:** Senior 7:30-9:30am

**Mon, 12/1:** Return to normal Schedule