



# EST Bulletin

2025-26 Season • Dec 23, 2025

Find us:  @estswimming  Eagle Swim Team

## Helpful Links and Info

- [Practice Adjustments](#)
- [EST 2025-26 Meet Schedule](#)
- [EST Homepage](#)
- [Parent Corner \(Article #1\)](#)
- [Parent Corner \(Article #2\)](#)

## Upcoming Competitive Meets

Jan 3-4 LBA IMX Meet

- [Meet Details](#)

Jan 9-10 EST Mid-Winter Invite

- [Meet Details](#)

Jan 23-25 IMXtreme Games (College Park)

- Opt-Out Deadline: Mon, 12/29
- [Meet Details](#)

Jan 24-25 MAC Hogan Mini Meet

- [Meet Details](#)

Feb ASC Senior Meet (Senior Division Only)

- Opt-Out Deadline: Fri, 1/2
- [Meet Details](#)

Feb EST vs. NAAC Dual Meet (@UMBC)

- LAST CHANCE STATE QUALIFYING MEET
- Opt-Out Deadline: Fri, 1/16
- [Meet Details](#)

Feb EST Quad Mini Meet (@UMBC)

- Opt-Out Deadline: Fri, 1/16
- [Meet Details](#)

## EST Shout Outs!

Special Congratulations to **Mason Lam!** He has broken **FIVE 8&under records** following his performances at the ASC Holiday Meet. One such record (the 200IM) has been standing since 1996.

## Ravens Raffle Tickets

Tickets sell for \$10. The grand prize consists of two regular season Ravens tickets for the 2026 season!! The second place prize is a \$300 Visa Gift Card. We ask each family to please have a goal of selling at least 10 tickets.

The drawing for the prizes will take place on **Sunday, January 11th** during our Winter Invite at McDonogh School. Ticket stubs and cash/checks can be placed in an envelope, with your family's name on it, in the coaches' drop box once you have sold your tickets. Please feel free to use our Venmo this year if that is more convenient. [QR code above]

Eagle Swim Team  
@eagleswimteam



## Pre-Team Programs

Winter Session Registration [Now Open.](#)

If you know of a swimmer who would be a good fit for our swim clinic or stroke group, please spread the word!

## McDonogh Request

NO GUM or GLASS BOTTLES on deck or in the spectator gallery. When Gum is stuck to the pool deck it has to be scraped up. This removes the grout that allows traction on the pool deck. It goes without saying that glass and bare feet are a bad combination. Better safe than sorry.