



# EST Bulletin

2025-26 Season • Sep 3, 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

Sept 20th: EST Intersquad Cookout.

- [Opt-Out](#) by Fri, Sept 5th
- Order Mission BBQ for you and/or your swimmer using this [LINK](#), or bring your own food and tailgating favorites.
- See [Event Details](#)

Sept 27-28: RAC First Splash Meet

- [Opt-Out](#) by Fri, Sept 5th
- See [Meet Details](#)

Oct 4-5: EST Senior Invite

- [Opt-Out](#) by Fri, Sept 5th
- See [Meet Details](#)

Oct 5th: EST Black & Orange Mini Meet

- [Opt-Out](#) by Fri, Sept 5th
- See [Meet Details](#)

## Swim and Tri (speedo vendor)

Need new gear for the 2025-26 season? This is a reminder that Swim and Tri will be here for two sizing/sales nights: **Mon, Sept 15th and Tues, Sept 16th.** More details to come!

## Save-the-Dates!

Full Competitive Team Parent Zoom Meeting-  
**Mon, Sept 8th @ 6:30 pm**

\*Senior Power starts in the AM **Tues, Sept 9th**

## Swim Clinic & Stroke Group

Check out our new pre-team offerings [here!](#)

Stroke Group fall session starts **Tues, Sept 9th.**

Swim Clinic fall session starts **Sun, Sept 14th.**

## 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.

## Argo Swim Video Filming

Available for Competitive Team Swimmers,

**Tues, Sept 9th & Wed, Sept 10th from  
4:30-8:30pm**

See [HOW IT WORKS](#). EST Member **cost is \$55**, charged to your account. Use this [LINK](#) to sign up your swimmer, be sure to pick a day they have practice. The recording can be done during or close to your athletes practice time. Parents will receive a text and an email letting you know the recording is ready to view.

## EST Warm Ups

All new Competitive team members will be getting them through EST. If you have any questions, please email:

[christine@eagleswimteam.com](mailto:christine@eagleswimteam.com)!