NAPA VALLEY SWIM TEAM

Newsletter - December 14, 2025

Winter Break Team Outings

Winter Break Team Outings! ❄️⛸️🛼

We're excited to announce two fun team outings over winter break—a chance for our swimmers and families to relax, connect, and enjoy time together outside the pool!

📅 December 22 – Ice Skating
📍 *Meritage Ice Rink*
🕔 *Start time: around 5:30–6:00 PM* (to allow parents time to get off work)
💲 *$19 per person*

📅 December 29 – Roller Skating
📍 *Napa Valley Expo Center*
🕔 *Start time: around 5:30–6:00 PM* (to allow parents time to get off work)
💲 *$20 per person*
🎟️ Tickets: wheellifenapa.com/tickets-and-pricing

These outings are meant to be social, fun, and relaxed—for both our children *and* our parents. It's a time to slow down, build connections, and continue developing our swim family 😊

Feel free to bring friends, siblings, and extended family—everyone is welcome! Let's celebrate our children and all that we do together as a team to support their growth through this amazing, character-shaping sport.

We can't wait to see you all there! 🙏💙

News from Coach Green

🏊 Senior Prelims & Finals Meet Highlights

Congratulations to our **Senior Swimmers** who braved the cold at the recent **Senior Prelims/Finals Meet in Pleasant Hill** at the newly renovated Diablo Valley College pool! Their resilience, focus, and determination truly shined.

👏 Way to go:
Elise Imhoff, Jacob Imhoff, Abby Stark, Natalia Lowgren, Kaitlyn Lowgren, Millie Brock, and Ella Eisberg

Despite challenging conditions, our athletes delivered **strong performances across the board**. Highlights include **Finals appearances** by Natalia, Kaitlyn, Millie, Abby, and Ella, a **Top 8 finish** by Elise, and a **Top 16 finish** by Jacob.

We're incredibly proud of the grit and teamwork these swimmers showed—an excellent way to represent our program! 💙💪

Calendar Updates

- Team Break - December 22- January 4th, returning to the pool January 5th.
- The Winter Practice Schedule is now available on our website for downloading or viewing!

📅 Mark Your 2026 Calendars

- **Mar 7–8:** NVST Home Meet
- **Jun 27–28:** NVST Home Meet
- **Jul 25–26:** REAL Championship (Tentative – Petaluma)

Whole Team Practice FRIDAY

🎉 Whole Team Practice – Friday, December 19!

Our last practice of the year is coming up, and we're going out with a splash! 💦
Join us for a fun, whole-team practice on **Friday, December 19, with everyone practicing together from 4:00–5:30 PM.**

After that, we'll enjoy a holiday break and return to our winter schedule on Monday, January 5th.

Wishing all of our swimmers and families a wonderful holiday season—thank you for an incredible year! 🎄✨

Polar Bear Club

❄️🐻 Welcome Back to the Polar Bear Program!

The **Polar Bear Program** is back and ready to keep our swimmers motivated, consistent, and strong throughout the **cold, rainy winter months**!

📅 Program Dates

December 1, 2025 – February 6, 2026

✅ Polar Bear Requirements

- Attend practice **3 times per week**

🏆 Polar Bear Award

Swimmers who attend 3 practices per week (check your coach's emails for exact practice goals, they may vary by group) between **December 1 and February 6** will earn a **FREE Polar Bear Team Sweatshirt**—our way of celebrating your dedication and commitment!

Bundle up, stay consistent, and embrace the challenge—**Polar Bears don't hibernate!**

💙🐻

Board of Directors Updates



🗓️ Next Board Meeting

Our next Board Meeting will be on **Thursday December 18, 2025.** At the board meetings, we discuss current events with the team, fundraising and fun social events planned for our swimmers. You do not have to be a member of the board to attend a board meeting. All meetings are held on Google Meet and are open for any interested parties to attend. Email Board Secretary, Amy Stark at amystark@napavalleyswim.com if you are interested in attending and she will send you the Google Meet link.

Technology and More!

🌟 Promote NVST Online!

Help us share our NVST pride!

- Leave a review: [Click Here]
- Tag us on social:

📸 Instagram, Facebook, TikTok — @napa_valley_swim_team

Important Links

Subscribe to our event calendar.
Download our practice calendar.

Napa Valley Swim Team is a non-profit 503(c) ⋄Tax ID# 94-2215346 ⋄ All donations are tax-deductible.
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