



June 2025 Newsletter

Hello MHA Swimmers and Families!

Welcome to Summer!



We are so excited to be spending the next few weeks with you all during this special time at Mt. Hood Aquatics. If you are new to swimming and swim meets, these next few swim meets (with your support) will be fun and amazing! The Mt. Hood 50 meter pool is immersed with athletes, coaches, officials, family and friends. There is an excitement in the air as you hear spectators cheering and clapping. This exciting and positive atmosphere motivates our swimmers to swim the best they can after hours of practice, practice and more practice. We are so excited to share this special time with you and our swimmers.

We have some exciting things to share with you in our June newsletter. We hope that your summer will be filled with lots of summertime fun and wonderful memories! Go MHA!

Jenny Pribyl, President

Dennis Baker, Executive Director/Head Coach



Senior Squad Swimmer of the Month

Cora Smith is 16 years old and a member of MHA Senior Group.

Cora has recently stepped up her game in swimming. She is making many more practices as of late. She achieved Senior A times a couple of months ago!! We are so excited to see her achieve her goals. She is an amazing and valuable part of MHA's family and future. Congratulations Cora!!



Silver/Gold Swimmer of the Month

Georgia Mazon is one of our dedicated Gold swimmers. She dazzles us with her naturally beautiful stroke! Despite her hesitations and fears, Georgia puts her head down and jumps into challenging sets, and even swam the 200 at our last long course meet for the first time!

It is a joy to see Georgia at practice - she puts a smile on everyone's face and is always encouraging to our younger Silver swimmers. I'm really looking forward to the rest of her long course season!



Reynolds Swimmer of the Month

Wylie Harris is one of our newer swimmers on the White Squad at Reynolds, but you wouldn't know it by the way he's been showing up and working hard! His attendance has been awesome, and all that time in the pool is really paying off. His butterfly has come a long way. He's been focusing on his timing and rhythm, and now it's looking super strong and smooth! We've also seen huge improvements in his dives. He's getting off the blocks faster and with way more confidence, which will make a big difference in his races!



Congratulations, Wylie, on being Reynolds' Swimmer of the Month! You've been doing an incredible job, and we can't wait to see how much more you'll achieve in the future!

Barlow Swimmer of the Month

Audrey is on the Barlow Red Squad, and she has been swimming for almost 3 years with me! Audrey shows up to practice with a drive to improve every time she hits the water. She always has a smile on her face and encourages her teammates! Watching her grow as a swimmer brings me so much joy! She pushes herself every day! She knows when to ask questions and always wants to know what she can do better. I can always count on her to swim butterfly when no one else wants to.



Congratulations Audrey on being Barlow's Swimmer of the Month! I'm so proud of you!

Gresham Swimmer of the Month

Jenae Jones is a pretty new member to MHA's White Squad at Gresham, but she has been shining bright the moment she joined. Jenae consistently comes to practice ready to go with a smile that carries the whole time. She has been learning a lot, and it has been great to see her improve in backstroke.



Congratulations on being Gresham's Swimmer of the Month!

All-Team Practice & Parents' Meeting



Thank you to all who attended our All-Team Practice and Parents' Meeting!

We had an amazing turnout - over 60 swimmers attended! Our first parent meeting was a success. We appreciate our parents taking time to ask questions, seek clarification and learn all about MHA and our upcoming summer meets. Ice cream, chocolate syrup, sprinkles and whipping cream were a hit following a fun and exciting practice with even some relay competition at the end. We look forward to seeing you at the Mt. Hood pool a little bit more this summer for some additional all-team practices.



Howard Jones Swim Meet, June 26-29th: Volunteer Sign-up

Our first meet of this summer is coming up next weekend. We will be posting volunteer sign-ups this coming **Sunday, June 20th at 5pm**. Please log into your Mt. Hood Aquatics account and see the instructions below on how to sign up for volunteer jobs.

Most importantly, when you sign up for a job **you must report to the CLERK of COURSE at your scheduled time to sign in for your volunteer hours**. You must sign in and sign out of your volunteer hours in order to be credited for your required volunteer hours.

The following volunteer jobs will be available for sign-ups on the [MHA website](#):

Pool Marshall	Head Timer	Concessions
Deck Marshall	Timer	Hospitality
Safe Sport Monitor	Runner	Lane Marshall

Job Sign-up Instructions

Log in to your MHA TeamUnify/GoMotion account. Look for the menu item Events & Competition -> Team Events. You see a list of current and upcoming events, and the Howard Jones meet is at the top of the list. Look for the green Job Signup button which will go live this Sunday at 5pm.

The screenshot displays the MHA TeamUnify/GoMotion interface. On the left, a dark sidebar contains a menu with 'Events & Competition' highlighted by a red circle. The main area shows a list of events under the 'Current & Upcoming' tab. The top event is the 'Howard Jones Meet' (June 26-29, 2025), which has a green 'Job Signup' button circled in red. Below it is the 'Seth Dawson Meet' (July 11-13, 2025), also with a green 'Job Signup' button. Further down, 'Long Course Championships' and 'Over Championships' are listed with 'Email Event' buttons. The interface includes a search bar, filters, and a 'Subscribe' button at the top.

We will have some exciting vendors at our Howard Jones Meet!

Blue Water Swim, Brain Freeze Shaved Ice, Buckin' Beans Coffee Cart, Pizza by the Gathering and CeCe Gyros.

Senior Night 2025



Sienna Arechiga

Sienna Arechiga is a graduate of Corbett High School. She has been swimming with Mt. Hood Aquatics for 8 years. She is a pleasure to coach and is a hard worker in the pool. She plans to attend the University of Southern California in the fall and major in Engineering.

Greatest memory - swimming in the summer meets at Mt. Hood.

Best advice - attend all morning practices!



Tyler Husky

Tyler Husky is a graduate of Corbett High School. He swam for Mt. Hood Aquatics for 11 years. Tyler gave 100% every time he dove into the water both at practice and in meets. He swam in both club and high



school state championships. He is leaving in a month to attend a lineman program.

Greatest memory - travel meets to Montana!

Best advice - always go to practice!

Olivia Marcum

Olivia Marcum is a graduate of Barlow High School. She swam for Mt. Hood Aquatics for 8 years. Olivia has swam for both Club and High State championship meets. She is a natural with her strokes and technique! She is a team leader and loves to plan outings for team socials. She will be attending the University of Utah in the fall and majoring in Nursing.

Greatest memory - travel meets to Arizona.

Best advice - you will meet your best friends on the team! I love my teammates!!



Ari Schrenk

Ari Schrenk is a graduate of Centennial High School. He swam for Mt. Hood Aquatics for 4 years. He swam for both club and high school state championships and broke his 100 free record at state. Ari comes to practice with a great attitude and walks in with a huge smile everyday. Ari plans to attend Mt. Hood Community College and begin his pre-nursing requirements.



Greatest memory - Arizona travel trip

Best advice - Do not slack in school.
Grades and school are important !

Swim-A-Thon Pizza Party

Save the date! Our annual Swim-A-Thon Pizza and Pool Party will be August 11 at 4:30pm.

This is a special time when we get to have fun at the pool! The big inflatable obstacle course will be set up so that swimmers can have fun in the pool and challenge themselves to the inflatable obstacle course. Then we will dine on pizza by the pool! Everyone has a chance to win wonderful prizes.

Join us for this social event that you will not want to miss!





June 3 - Jordyn, Red

June 9 - Elliot, Senior

June 11 - Sophia, White

June 14 - Julia, Gold

June 16 - Lara, Coaches

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Upcoming Events

June 26-29: Howard Jones Meet

July 11-13: Seth Dawson Meet

July 17-20: NW Summer Sectionals

July 24-27: LC OSI 11 & Over Championships

***Please [visit our website](#) for more details and to sign up to volunteer.*

Please like & follow us on social media!

Use the buttons below or search @mhaswimteam for our NEW accounts!

MT HOOD AQUATICS



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