

SHARK BITES

2023 Season, Newsletter No. 1



Meet our new Head Coach, Heather Williams!



I am very excited to be joining the Smoky Hill Sharks this Summer!

Competitive swimming began in High School for me at EHS and continued to the NCAA level at UNC. I was a long-distance swimmer and my best events were the 500 free and the mile. I always knew that when I left the pool in College,

I would be back again one day to coach. I have had the privilege of Coaching three different teams over the years. I was with Fraser Valley Recreation for two years. I then relocated to the Centennial area and was the head coach with YMCA for two years. While managing three teams I was the Head Coach for Tallyns Reach Tiger Sharks and then for the Greenfield Gators. Over the years I have helped hundreds of swimmers of all age groups to build their confidence and skills in and out of the water.

Goals for this season are to develop each swimmer's skill level, through a variety of drills, sets and dryland training. I want them to feel successful at every practice and meet. If they don't love swimming yet my goal is that they will. Summer league is about fun, friends and being a part of the neighborhood family. I am familiar and very impressed with your program and feel very lucky to be invited into the Shark Family.

I look forward to meeting you all and can't wait to make the 2023 season AMAZING!

~ Coach Heather



Registration is Open!

Online registration is now open for everyone. New and returning families can register during this time. Please note we are expecting to fill up fast. All registration and payments are made online.

Open House

The Smoky Hill Sharks will host an open house at the Smoky Hill Club House, 5405 S. Telluride Street on Saturday, April 8 from 10am - 2pm. Get help with registration, meet our new head coach, get fitted for a suit, and have all your swim team questions answered. Kona Ice will be there too. We look forward to seeing you!

Pre-Season

The Pre-season Clinic will be held May 15-19 at Grandview High School (subject to change). More details to come in an upcoming Shark Bites newsletter!

Seeking New Computer

The team is in need of a new laptop to run Meet Manager and the Dolphin timers for our home swim meets. If you are able to help, please contact Paul Otto, president@shsharks.org

Season at a Glance

Be sure to mark your calendars for the following dates (subject to change):

April 8: Open house at Smoky Hill Clubhouse, 10am – 2pm
May 15-19: Preseason at Grandview HS, 6pm-7pm
May 22: Opening Day/Practice begins (evening practices only)
May 30: First day of AM practice
June 3: Host Southglenn CC Gators, Hawaiian Theme
June 10: @ Castle Rock West, Superhero Theme
June 17: @ Wildcat Ridge Tiger Sharks, Sports/Team Spirit Theme
June 24: Host Castle Rock East, Tie-Dye Theme
June 30 – July 4: No meet or practices
July 8: Host Castle Pine Crocs, Patriotic Theme
July 10: Prelims 8&U and 13-18 @ Castle Pine Crocs
July 11: Prelims 9/10 and 11/12 @ Wildcat Ridge
July 15: Championships @ Butterfield Crossing and End of Season Party
Week of July 17: All Stars practice (am practice only)
July 22: All Stars @ Butterfield Crossing

Eat with the Sharks (EWS) and other Socials!

More dates for your calendars:

May 2: EWS at Chick-fil-a, 5 – 8pm (Chambers & Parker)
May 17: EWS at Qdoba, 4 – 8pm (Arapahoe & Parker)
May 26: First Friday Fun Night (FFN)
June 7: Team Pictures at 7pm
June 7: EWS at Imagrifik, 5 – 9pm
June 15: Movie in the Park (we found the remote!)
June 20: Swim-a-thon
June 21: EWS at Red Robin Cornerstar, 5 -9pm (Arapahoe & Parker)
June 25: Movie with the Sharks at Movie Tavern, 2pm. We will see Elemental!
July 5: EWS at Slim Chickens, 3 -7pm (Smoky Hill & Himalaya)
July 15: End of Season Pool Party

Other Ways to Support the Sharks

King Soopers Community Rewards Program – Use your King Soopers (or City Market) loyalty card to help raise funds for the SH Sharks! Registration is easy as 1, 2, 3.

1. Sign up or Login to your King Soopers Account. <http://www.kingsoopers.com>.
2. Visit the Kings Soopers Community Rewards page.
3. Click "Enroll Now" on the Community Rewards page and "Smoky Hill Sharks Swim Team INC" either by name or by using code "QK234", then click enroll.

2023 Board Members:

Paul Otto, President:
president@shsharks.org

Stefanie Pacheco,
League Parent Rep:
parentrep@shsharks.org

Darcy Schenden, Secretary:
secretary@shsharks.org

Sandra Carrillo, Treasurer:
treasurer@shsharks.org

Elizabeth McFadin, Volunteer
Coordinator:
volunteercoordinator@shsharks.org

Sarah Diemert, Team Coordinator:
teamcoordinator@shsharks.org

Melissa Houline, Coaches Rep:
coachesrep@shsharks.org

Kelly Mullin, Meet Manager:
meetmanager@shsharks.org

Contact Us

Smoky Hill Sharks Website:
www.shsharks.org

Smoky Hill Sharks Facebook:
www.facebook.com/SmokyHillSharks

Mountain Hi Swim League:
www.mhsl.org

Practice Schedule

The 2023 season practice schedule for the has been updated on our website. You may also access it by clicking [here](#). Remember there is a separate schedule for our first week of practice since most swimmers will still be in school. The coaches understand if swimmers cannot attend this week or cannot attend every practice this week. It is a crazy busy time for us all. If you are going to miss practice, please email Coach Heather at headcoach@shsharks.org.

5/22	5/23	5/24	5/25	5/26
PM Practice Only				
Minis 6:00 - 6:45	Minis 6:00 - 6:45	Minis 6:00 - 6:45	Minis 6:00 - 6:45	There will be no practice or Friday Fun Night on May 27
TS 6:00 - 6:45	TS 6:00 - 6:45	TS 6:00 - 6:45	TS 6:00 - 6:45	
MS 6:45 - 7:30	MS 6:45 - 7:30	MS 6:45 - 7:30	MS 6:45 - 7:30	
HS: 7:30 - 8:45	HS: 7:30 - 8:45	HS: 7:30 - 8:45	HS: 7:30 - 8:45	
GWS 7:30 - 8:45	GWS 7:30 - 8:45	GWS 7:30 - 8:45	GWS 7:30 - 8:45	

- Sign up for SMS notifications to receive last minute notification of canceled practices in the event of weather.

Shark Age Group Key

Minis: 8 & under
Tiger: 9-10
Mako: 11-12
Hammerhead: 13-14
Great White: 15-18

Volunteer Requirements and Policy

Why is there a Volunteer Policy? For many years, Smoky Hill Sharks has had a reputation for running great swim meets. That would not be possible without all the help from our parent volunteers. Other than the coaches, the Smoky Hill Sharks swim team is run 100% with volunteers. It is understood that volunteering is mandatory. We believe in supporting our swimmers and providing them with the best possible swim meet experience.

What is the Volunteer Policy? Each family is responsible for volunteering at home meets, away meets, Prelims, Championships and/or All Stars. In addition, we require each family to volunteer at one "Social Activity" (Friday fun night, swim-a-thon, end of season party, etc.) during the season.

Families must work at least one shift during a swim meet (home or away) if a swimmer is participating in that meet. If you have more than one swimmer, you are NOT required to work multiple shifts. However, everyone is encouraged to pitch in and help when the need arises, even if you already met your assigned shift for that meet. Please note: working several shifts early in the season will not fulfill the volunteer requirements at later dates.

How is the Volunteer Policy Enforced? A \$250 deposit check will be collected at the beginning of the season. No swimmer will be allowed to participate in any team function until it is collected. The check will be returned/destroyed at the end of season once all volunteer requirements have been met.

If you are unable to cover the shift(s) that you signed up for, YOU are responsible to find a replacement volunteer. All changes must be cleared by the Volunteer Coordinator. In the event your swimmer participates in a meet and the volunteer requirement is not met, your family must sign up for two shifts during the next HOME meet.

The volunteer check will be deposited after two missed volunteer opportunities. After three missed volunteer opportunities, your swimmer will not be allowed to compete in any upcoming meets. Offenders of the Volunteer Policy will not be permitted to return to the team in future seasons. *Missed volunteer opportunities, and resulting missed meets, do not constitute a refund for registration fees.*

What Volunteer Opportunities are Available? There are numerous ways to volunteer. Descriptions are found on our website: <https://www.teamunify.com/team/mhshs/page/about/descriptions>

Some volunteer positions require additional training, such as Stroke & Turn Judges. Please contact our Volunteer Coordinator to learn more.

Seeking Officials: Stroke & Turn Training

We are seeking individuals who are interested in becoming a Stroke and Turn official this season. The stroke and turn positions are essential to running a fair and clean meet. You also get the best "seat" in the house to view the races! The process of becoming a certified official is simple. You will need to attend an in-depth 1.5-hour training session (schedule TBA), where you will use videos to help teach what to look for in a swimmer's stroke. You will not have to communicate with anyone else but your fellow officials, NO making children cry. The MHSL has lowered the Stroke and Turn Judge age to 15. This is a great chance for other family members to get involved, and maybe even earn school required volunteer hours. If you have already received Stroke and Turn certification, we highly encourage you to continue your training in Referee and Starter certification. All Officials need to re-certify. Please contact Stefanie Pacheco, parentsrep@shsharks.org, or our Head Official, Paul Otto, president@shsharks.org for more information.

You can also take the S&T certification course at www.strokeandturn.com (Cost is \$26.99).

Upon completion of the training, you will need to provide a copy of the Certificate of Completion, as well as the MHSL S&T Judge test to the MHSL Officials Chair (via Stefanie Pacheco) by May 28th.

Assistant/Team Coaches, Team Captains and Junior Captains Applications

Applications for all coaching levels are currently being accepted. Requirements and expectations for each position can be found on the Smoky Hill Shark website. Print an application from the Smoky Hill Website and email it to headcoach@shsharks.org. Assistant/Team Coach and Team Captain applications are due by April 17, 2023, and Junior Team Captains are due by May 1, 2023.

Assistant Coaches/Team Coaches

Assistant/Team Coaches assist the Head Coach in the development of practices, training, and competition planning for the team. They assist with supervision and leading of practice and training schedules as well as supervise the junior coaching staff (team captains). They also are required to be at all team events and meets. They are expected to be role models and leaders for the team. Although not required, it is preferred Assistant/Team Coaches are former Smoky Hill Shark swimmers.

Team Captains

Team Captains are swimmers on the team who will work alongside the coaches during practices and meets. Team Captains share the responsibilities of coaching and being a swimmer. These athletes have chosen to dedicate their time and effort to helping the team grow. Working alongside the coaches, they help at practice, teaching drills and running workouts. They also are required to be at all team events and meets. They are expected to be role models and leaders for the team. They have one of the most important and difficult positions on the team.

Junior Team Captains

Junior Team Captains are swimmers on the team who help Team Captains and the coaches. This is an in-water position that focuses on teaching technique and the correct way to swim. Candidates must be over 13 years old on June 1st. This is a volunteer coaching position, and although it is not a paid position, JTCs can earn school required volunteer hours.