

SHARK BITES

2021 Season, Newsletter No. 10



Week 4 Recap from Coach Mary



I hope you all had a fantastic 4th and a great long weekend! Funky week this past week thanks to mother nature, but that didn't stop us from making improvements and having fun! This week we continued to build endurance to work our longer races, as well as hammered home breaststroke and butterfly technique and skills. IM has continued to be a focus for all groups through ensuring each stroke is emphasized

throughout the week, as well as implementing IM specific workouts (especially in our older groups). Everyone has been doing a great job with these tougher sets and has been working hard to make changes and improvements.

In our last "regular season" week this upcoming week, we plan to keep yardage up, but still set aside time to work details (especially relay exchanges, open turns, and breakouts) to gear up for championships in the week to come. These small details will help to shave off time in any event regardless of stroke or distance. Friendly reminder to make sure to sign up for championships so that your kiddos are able to compete in prelims! It will be one of the most fun meets of the season and I can't wait to watch all of our hard work get shown off to our shark family and other division B teams. The deadline is July 5th (yes, that is BEFORE the deadline for our last dual meet on 7/10). If you need guidance as to what to sign your kids up for in terms of events, please shoot me an email and I will be happy to guide you in your decision.

Coach's Tip: Staying in Shape out of the Pool

With the season's end fast approaching, I'm sure some of you are thinking how to stay in shape for swimming when the season is over. If you do not swim club or year-round outside of summer time, no need to worry. As long as you are staying active and doing activities that get your body moving 3-4 times per week, you are doing your part. It can be a formal planned workout, or just something as simple as playing outside with your friends for an hour or two when the weather is nice, taking a bike ride to get ice cream instead of driving, playing a game of kickball or ultimate frisbee for fun, or sledding/skiing/snowboarding in the winter. The feel for the water will come back once you start to swim again, and you should adjust quickly if you stay active throughout the year.

End of Season Party

Celebrate the end of season with dinner and a pool party on July 17th. Please **RSVP by Saturday, July 10th** on the link below. This will ensure that we have enough food for everyone. An additional sign up for food contributions will be coming soon.

<http://evite.me/xgx47Eyskr>

Eat with the Sharks

Don't miss our next "Eat with the Sharks" this Thursday. July 8th from 4:00 - 8:00PM

Freddy's Restaurant!



15705 E. Briarwood Circle
Aurora, CO 80016
(Cornerstar Shopping Center)

Prelims – July 12th and 13th

The deadline for registration for prelims is Monday, July 5th.

Championship week (after the 5th dual meet) starts with Prelim qualification swims at the beginning of the week, broken down by age groups over two days, then followed by the Championship meet on Saturday. To qualify for Championships, **for individual events only**, a swimmer must have a prelim time in the top 12 for that event, additionally two alternates are selected (14 total) for a 6-lane championship pool.

To enter for the prelims, each swimmer can select up to 3 events (same as a dual meet). The prelim meet dates are divided based on age group. On July 12th U6, 11-12, and 13-14 will participate in Prelims at Wildcat Ridge (10511 Serengeti Dr, Lone Tree. On July 13th U8, 9-10, and 15-18 will participate in prelims at Castle Pines (7306 Oxford Dr, Castle Rock).

For prelims, only individual events are swum - **no relays**, however there are relays during the Championship Meet.

For additional information on Prelims and Championships, please visit the Smoky Hill Sharks website.

Practice Schedule Updates

- No practices on July 5 in observance of Independence Day
- Regular practice schedule on July 6 – 9
- No practice July 12 and 13
- Regular practice schedule for July 14 – 16 (PM practice will end at 9:00 at July 14th)
- Week of July 19th – TBD (ALL Star swimmers only)

Photos

View, share, and download photos in our shared site. Photos shared will be used at our End of Season Party on July 17th.

<https://photos.app.goo.gl/g6ZRNZ9zfLNHJpSA7>

Meet no. 5 @ Southglenn Gators

You must register your swimmer(s) by Tuesday, July 6th. If you are unable to attend, please let us know so we can plan relays accordingly.

Volunteers must be signed up by Thursday, July 8th. Every meet requires volunteers to run efficiently and successfully. Your participation in the available jobs for this upcoming event is critical. The following [link](#) will directly connect you to the available jobs for this upcoming event. In order to be eligible for the raffle of VIP Parking and other great prizes, you must be signed up by Tuesday. If you have a high school student who needs volunteer hours and is not part of the team, they can work a shift to fulfill some of their hours. We need every parent to ensure the kids can have an enjoyable meet.

Some reminders and tips for you for the upcoming meet:

- The theme for the meet is Patriotic/Olympics.
- Sign your swimmers up for events by Tuesday, July 6th
- Volunteers need to be signed up by July 8th.
- Sign up for the volunteer raffle closes at midnight on Tuesday.
- Meet program will be made available late afternoon on Friday under "Events/Meet Programs".
- Check in your swimmer(s) and check in for volunteer positions when you arrive.

Calendar

- July 5 – Registration for Prelims due
- July 6 – Registration for swim meet no. 5 due
- July 8 – Eat with the Sharks at Freddy's Restaurant
- July 10 – RSVP deadline for End of Season Pool Party
- July 10 - @ Southglenn Gators, 1489 E Easter Ave, Centennial 80122
- July 12 – Prelims @ Wildcat Ridge, 10511 Serengeti Dr, Lone Tree = U6, 11-12, and 13-14
- July 13 – Prelims @ Castle Pines Crocs, 7306 Oxford Dr, Castle Rock = U8, 9-10, and 15-18
- July 17 – Championships @ Holly Park Sharks, 6651 S Krameria Way, Centennial 80111
- July 17th – End of Season Party at the Smoky Hill Clubhouse
- July 21st – Parents' Night Out – Board & Brush
- July 24th – All Stars @ Lifetime Centennial, 5000 E Dry Creek Road, Centennial 80122

Parents' Night Out – Board & Brush

Invite your family, friends, and neighbors to a fun creative night out. Join the Smoky Hill Sharks at Board and Brush in Parker on Wednesday, July 21st from 6-9PM. The cost is \$68 per person.

Registration closes on July 19th at 6PM. Outside food and drinks are permitted, just no outside alcohol. Wine, beer, and White Claw is available for purchase at the studio. Use the password: SWIMFAST when registering. Board and Brush will donate 20% back to our team. If we fill the class, we have the potential to raise over \$2,000 for the team! Money raised from donations will help the Sharks purchase needed equipment. Some of the equipment the Board is looking to purchase includes a Dolphin timing system, a laptop for scoring, 6 starting blocks, replacements for aged canopy easy ups, and much more!. Register for this fun evening by clicking on the link below.
<https://boardandbrush.com/parker/events/name-fundraiser-pick-your-project-workshop-203-07-21-2021-6pm-9pm/>



Board & Brush
10490 S Dransfeldt Rd. Unit 104
Parker, Colorado 80134

2021 Board Members:

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Contact Us

Smoky Hill Sharks Website:
www.shsharks.org

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

Mountain Hi Swim League:
www.mhsl.org



Freddy's

FROZEN CUSTARD &
STEAKBURGERS®

Please help us raise money for
Smoky Hill Sharks Swim Team

July 8, 2021
4 p.m. - 8 p.m.



Mention, show digitally, or bring in this flyer and 15% of earned sales will be donated.
Freddy's Cornerstar Location @ 15705 E. Briarwood Cir., Aurora, CO 80016