

SHARK BITES

2023 Season, Newsletter No. 3



Registration and Preseason

Registration is still open and there are about 10 spots available on the team. A few of our age groups are currently capped. If you or anyone you know still wishes to join the team, now is the time to sign up. Please contact Paul Otto, president@shsharks.org with any registration questions or concerns.

Our preseason registration is full. We have created a [Preseason Clinic Waitlist registration](#) and are exploring the possibility of offering a second session. Any swimmer who is registered for the 2023 season can be registered on the waitlist. In the meantime, should a registered swimmer cancel, swimmers on the waitlist will be added in the order they were added to the waitlist.

The Shark Store is now OPEN

We have teamed up with Denver Athletics again to offer amazing team apparel, [Smoky Hill Shark Store](#). The online store closes April 30 at 11:59pm. All orders are custom-made and will be ready for pick up at the June 2nd Friday Fun Night, just in time for our first home meet. (A representative from the team will pick up all orders from DA.) Don't miss out on this amazing opportunity.



Big Sharks/Little Sharks



We are excited to announce the return of our Big Shark/Little Shark mentorship program this summer! This program is designed to partner young/new swimmers on the team with older/more experienced swimmers to provide guidance, support and to be a team resource. We highly encourage all new members to sign up for this amazing opportunity. Big Shark/ Little Shark partners form long term relationships, and the program helps bring our team closer and helps support families through the season.

To sign up, please complete the form located on our website "About/Big Shark Little Shark" by May 22. We will reveal Big Shark/Little Shark partners at Friday Fun Night, Friday, May 26.

Junior Team Captains

Applications for Junior Team Captains are currently being accepted. Junior Team Captains are swimmers on the team who serve as a volunteer coach. They help Team Captains and the coaches. Candidates must be over 13 years old on June 1st. This is an in-water position that focuses on teaching technique and the correct way to swim. Although it is not a paid position, JTCs can earn school required volunteer hours. Interested candidates should print an application from the Smoky Hill Website and email it to headcoach@shsharks.org. Junior Team Captain applications are due by May 1.

Volunteer Leads Needed

We are still in need of a few key volunteer positions. Volunteer Lead positions are roles with the team that require a season-long commitment and satisfy your entire volunteer requirement. These vacant lead positions are Concessions, Clerk of Course/Scoring, and End of the Year party. If you would like to learn more about these commitments or would like to volunteer for them, please contact Elizabeth McFadin, Volunteer Coordinator at volunteercoordinator@shsharks.org.

Swimsuit Orders

The 2023 team suits are TYR Durafast Elite Solid in black with an optional Shark's logo. You can find the style options and order directly from [Swim 'N Things](#)

All suit orders are due by May 7th. ***Team suits are not required.***

Swim 'N Things also giving team members an in-store discount of 15% off all regular priced items. Swim 'N Things • 5494 E. Evans Ave • Denver • CO • 80222 • 303-757-8866

DURAFAST ELITE® SOLIDS



Seeking Officials: Stroke & Turn Training

We are seeking individuals who are interested in becoming a Stroke & Turn official this season. The S&T 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, where you will use videos to help teach what to look for in a swimmer's stroke. 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, parentrep@shsharks.org, or our Head Official, Paul Otto, president@shsharks.org for more information.

Stroke & Turn Judge Clinics:

- May 4th - Castle Rock Library (Event East Hall) - 6pm to 8pm
100 S Wilcox St, Castle Rock, CO 80104
- May 10th - Stroh Ranch Creekside Rec Center - 6pm to 8pm
19301 J Morgan Blvd, Parker, CO 80134
- May 18th - Highlands Ranch Library (Event Hall A) - 6pm to 8pm
9292 Ridgeline Blvd, Highlands Ranch, CO 80129
- May 31st - Koelbel Library (Meeting Room A) - 6pm to 8pm
5955 S Holly St, Centennial, CO 80121

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.

2023 Board Members:

Paul Otto, President:
president@shsharks.org

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

Darcy Schenden, VP/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 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	- 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
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		

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

Sponsorship Opportunities

We are seeking new and returning sponsors to help support our team in the 2023 season. Sponsorship levels range in values and can be customized to work with any business' budget. It is our goal as the only organized community athletic activity in the Smoky Hill Metro District to create working relationships with businesses within the area to mutually support each other. Our 2023 Sponsorship Flyer is attached to the end of this newsletter. Please share with employers, neighbors, friends, etc. Please contact **Melissa Houlne** at coachesrep@shsharks.org about signing up as a sponsor or for more information.

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.

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.