

SHARK BITES

2023 Season, Newsletter No. 4



Change to Practice Schedule

There has been a change to the Practice Schedule for the season. The **Tiger Sharks** (age group 9-10 yrs) will now be practicing with the **Mako Sharks** (age group 11-12 yrs) instead of with the **Mini Sharks**. Tiger Sharks will still practice for 45 mins while Mako Sharks will practice for the full 60 mins. This change affects the evening practice for the week of May 22-25 and AM practices. There is no change to the Minis, Hammerheads, and Great Whites practice schedule.

[Printable version of the Practice Schedule](#)

Week of May 22 – May 26 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Shark Age Group Key
PM Practices ONLY:				Friday Fun Night 7:00 – 8:00	
Minis 6:00 – 6:45	Minis 6:00 – 6:45	Minis 6:00 – 6:45	Minis 6:00 – 6:45		
TS 6:45 – 7:15	TS 6:45 – 7:15	TS 6:45 – 7:15	TS 6:45 – 7:15		
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		
					Minis: 8 & under Tiger: 9-10 Mako: 11-12 Hammerhead: 13-14 Great White: 15-18

May 30- July 14, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
AM Practices:				
GWS 6:30 - 7:30	GWS 6:30 - 7:30	GWS 6:30 - 7:30	GWS 6:30 - 7:30	GWS 6:30 - 7:30
HS 6:30 - 7:30	HS 6:30 - 7:30	HS 6:30 - 7:30	HS 6:30 - 7:30	HS 6:30 - 7:30
MS 7:30 - 8:30	Minis 7:30 - 8:15	MS 7:30 - 8:30	Minis 7:30 - 8:15	MS 7:30 - 8:30
TS 7:30 - 8:15	TS 8:15 - 9:00	TS 7:30 - 8:15	TS 8:15 - 9:10	TS 7:30 - 8:15
Minis 8:30 - 9:15	MS 8:15 - 9:15	Minis 8:30 - 9:15	MS 8:15 - 9:15	Minis 8:30 - 9:15
	7PM Meet Sign Ups Due			
PM Practices:				
Minis 7:00 – 8:00	Minis 7:00 – 8:00	No PM Practice	Minis 7:00 – 8:00	Friday Fun Night 7:00 – 8:00
TS 7:00 – 8:00	TS 7:00 – 8:00		TS 7:00 – 8:00	
MS 7:00 – 8:00	MS 7:00 – 8:00		MS 7:00 – 8:00	
HS 8:00 – 9:15	HS 8:00 – 9:15		HS 8:00 – 9:15	
GWS 8:00 – 9:15	GWS 8:00 – 9:15		GWS 8:00 – 9:15	

New Parent Coordinator



Meet Jen Bursleson, our New Parent Coordinator. She is here to help new Shark families become acclimated to the team. Look for Jen at practices and Friday Fun Nights. Jen will also be managing the Sharks Exchange. The Shark Exchange is a collection of lightly used Shark items or swimming gear donated by members for others to use. Have a question for Jen, please contact her at jaburl79@outlook.com.

Preseason Update

A second session has been added to next week's preseason. This session will be 7pm - 8pm.

Anyone who was hoping to have their swimmer(s) in preseason but did not sign up on the waitlist, you may [register on our website](#). There are a limited number of slots available. Registration will close on Monday, May 15, if not already full.

Deposit Checks Volunteer Policy Deposit Checks

Volunteer Policy deposit checks are due on **Friday, May 26**. A collection table will be set up in front of the pool during practice this week. Team swim caps will be passed out once your check has been collected. This \$250 deposit check (one check per family) was explained and agreed to during the registration process. No swimmer will be allowed to participate in any team function after **May 26** until it is collected. Checks will be destroyed (or returned if requested) at the end of the season once all volunteer requirements have been met. Please refer to the team's [Volunteer Policy](#) posted on the website. Checks should be made out to "Smoky Hill Sharks Swim Team".

LET THEM WEAR FINS!

Coach Heather wants to bring FINS back to practice! The team does have some fins in a variety of sizes for swimmers to use at practice, but it is highly recommended (but not required) to bring your own.

Fins can be purchased at [Swim 'n Things](#) (Use coupon code **TEAM23** to receive a 15% discount or mention in store you are with Smoky Hill Sharks to receive the discount off all regular priced items.) or Amazon. Fins are sized by shoe size and should fit tight; they loosen when in the water.

Big Sharks/Little Sharks



There is still time to sign up for our Big Shark/Little Shark mentorship program! 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. (You will need to be signed into your team account to access the Google form.) We will reveal Big Shark/Little Shark partners at Friday Fun Night, Friday, May 26.

STILL 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 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

Email & SMS Verification

Don't forget to update your account information! Quick communication with all Shark families is critical throughout our season. Whether we need to send a SMS/text notification of a weather cancellation or an email with a practice update, you need to verify your account to receive these.

To verify, log into your team unify account (www.shsharks.org) then go to "My Account". Above the email and SMS number it states "unverified", click that and it will say "resend verification email (or SMS) now?" Click "yes". Then go to your email or text messages and follow the instructions to verify. Please provide an SMS number for your account. If you have difficulties verifying your SMS number, make sure you have the correct carrier listed.

Eat with the Sharks (EWS) and other Socials!

Mark your calendars and don't miss out on these exciting events:

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



Season at a Glance

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

May 15-19: Preseason at Grandview HS

Session 1: 6pm-7pm

Session 2: 7pm-8pm

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

Sponsorship Opportunities

We are seeking new and returning sponsors to help support our team in the 2023 season. Sponsorship levels range in value 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 for finding 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: [About/Volunteer](#)

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