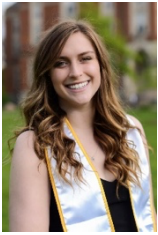


SHARK BITES

2021 Season, Newsletter No. 6



Week 2 Recap from Coach Mary



Happy Sunday, Team! Thanks for another stellar week of work. I hope you guys had as much fun as I did at our first meet yesterday! I definitely missed the enjoyable energy of summer swimming and the support and cheering from all of the swimmers and families!

This past week we continued to build upon our stroke foundations and explored the more race related technicalities such as starts, turns, breakouts, and relay exchanges. These things can be tough to learn, so the coaches have been making sure to remind our kiddos that nobody is perfect at these things initially and have been celebrating all the wins we are having whether it be as seemingly small as being able to finally do a somersault in the water without reaching to plug our noses, or as seemingly big as a meet race win. All improvements matter and deserve to be celebrated. I have already seen some MAJOR improvements in our starts and turns as well as in our Minis group as more are able to make it across the pool unassisted each week.

Next week, we'll start to build our yardage count just a bit (since our strokes have come such a long way in just two weeks!!), but of course keep fun as our foundation.

Coach's Tip: Freestyle Kick

Kick is the foundation of our swimming regardless of stroke, but especially in freestyle. What tends to happen a lot (especially in our little ones) is that when we go to take a breath, our legs stop moving, or significantly slow down. This of course can slow our stroke as a whole down and prevent us from moving as smoothly in the water. Think of your kick as the motor to your boat that propels you through your breath and stops for nothing! Additionally, think about driving your kick from your hips instead of your knees. By thinking this way, we engage our core muscles and our body line stays sleeker and more intact for less drag and more speed.

Swimmers of the Week:

Congratulations to our Swimmers of the Week!

GWS: Paul Robinson
Mako: Luke Cole
TS: Camry Chatterley
Minis: Ameeta Zhang

Team Pictures

Team Pictures are Tuesday, June 15th. Don Bristol Photography will be taking the pictures. Please arrive no later than 6:30PM. Wear your black team suit or the closest thing you have to the pictures. In order to keep pictures running smoothly swimmers, coaches, and the photography team will be the only ones permitted on deck. Individual and team pictures will be available for purchase. Order envelopes will be placed in your parent folder.

Tie Dye: T-shirts Needed

During Friday Fun on June 19th swimmers will be tie-dying t-shirts. Please send a white t-shirt with your swimmer.

Meet no. 2 @ Smoky Hill

You must register your swimmer(s) by Tuesday, June 8th. A [Guide to Swim Meets](#) can be found under the FAQs tab. In this presentation you will find out everything you need to know for swim meets including how to register! Please use this resource to help you.

Volunteers Required:

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. Remember it is a first come, first serve event, so don't delay. Access to the Job Sign-Up System will require you to login into your team account.

Some reminders and tips for you for the upcoming meet:

- The theme for the meet is Hawaiian.
- Kona Ice will be at the Meet.
- Bring a sharpie marker! Your child's name and age are written on the back side of their right shoulder.
- Bring towels, sunscreen, water, and snacks.
- 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.
- Bring any questions you have to the Webinar Wednesday, 7:30PM. Information on how to join the webinar can be found on the calendar. The password is **Sharks**.

Volunteer Incentive Program

As we enter our upcoming stretch of home meets, we want to introduce a fun new volunteer incentive program. If you sign up by the Tuesday prior to a meet you will be entered in a drawing to win some great prizes. They include a VIP parking spot at the meets, concession vouchers, and Shark swag. Drawings will take place at Friday Fun Night; winners need not be present to win and will be notified via email. Swimmers of the Week will do the honors of pulling tickets at Friday Fun Night for prizes that will be distributed on Saturday (meet day). Concession stand vouchers and VIP parking are only valid for the Saturday directly after their name has been drawn. We are excited to add this perk to all those that help us run a successful and great meet. If there are any questions regarding this program, volunteer requirements and policy, or job descriptions please feel free to reach out to Kathy Spears at volunteercoordinator@shsharks.org. We can't do it without you. Thank you and GO SHARKS!!!



"Past meets Present." Thanks for stopping by to say "hi" Ryan!

Eat with the Sharks

Don't miss our next "Eat with the Sharks" on Wednesday, June 23rd 10:30AM - 9:00PM at **Mod Pizza!**



23890 E. Smoky Hill Rd
(Smoky Hill Rd across from Southlands)

We need 20 commitments for this event by June 20. Click [here](#) to commit to eating at this event.

End of Year Party

The end of the year party is on Saturday, July 17th. We need a volunteer to head up the party. Please contact Kathy Spears at volunteercoordinator@shsharks.org if you are interested.

This will satisfy all volunteer obligations for the season.

Coaches Concerns

All questions and/or concerns regarding coaches need to be directed to Elie Wild, Coaches Representative:
coachesrep@shsharks.org.

Virtual Team Meeting: Webinar Wednesday Wednesday, June 9th at 7:30pm

We will be hosting an online webinar this Wednesday on Zoom. This webinar will be discussing our first home meet on Saturday June 12th.

Topic: First Home Meet with Wildcat Ridge
When: June 12, 2021 07:30 PM Mountain Time

Webinar ID: 811 4857 6097

Passcode: Sharks

Private Swim Lessons

Private swim lessons are available with the coaches and team captains between 9:30-11:00AM. Email the coaches directly to schedule. The cost of a private lesson is \$25/30 min. coaching staff, and \$15/30 min. from the team captains. More information about the Smoky Hill Coaching Staff can be found under the [Coaches tab](#) in the top left corner of the website.

Coaches' Contact for Scheduling Private Swim Lessons

- Mary Woods: Head Coach, headcoach@shsharks.org
- Victor Alfonso: Assistant Coach, valfonoso1598@gmail.com
- Julia Matney: Team Captain, matneyjulia@gmail.com
- Malayne Perry: Team Captain, malaneperry@gmail.com
- Lauren Linnebur: Team Captain, lainnebur@gmail.com
- Jenna Moss: Team Captain, jenna.marie16@outlook.com
- Maggie Spears: Team Captain, maggiemoo121703@gmail.com
- Kate Mullin: Team Captain, kate.mullin.1@gmail.com
- Brayden Pearce: Team Captain, braydenpearce@icloud.com

MHSL Division B Swim Meet Schedule

Make sure to print your own copy of the Meet Schedule from the Sharks website, "Documents/2021 Meet Schedule". Click [here](#) for the schedule.

- June 12 – HOST Wildcat Ridge
- June 19 – HOST Foxridge Foxes
- June 26 – HOST Holly Park Sharks
- July 3 – No meet
- July 10 - @ Southglenn Country Club Gators, 1489 E Easter Ave
- July 12 – Prelims @ Wildcat Ridge, 10511 Serengeti Dr, Lone Tree
- July 13 – Prelims @ Castle Pines Crocs, 7306 Oxford Dr, Castle Rock
- July 17 – Championships @ Holly Park Sharks, 6651 S Krameria Way

2021 Board Members:

Darcy Schenden, President:
president@shsharks.org

Jill Dawes, League Parent Rep:
parentrep@shsharks.org

Karena Williams, Secretary:
secretary@shsharks.org

Monica Burgeson, Treasurer:
treasurer@shsharks.org

Kathy Spears, Volunteer Coordinator:
volunteercoordinator@shsharks.org

Melissa Houline, Team Coordinator:
teamcoordinator@shsharks.org

Elie Wild, Coaches Rep:
coachesrep@shsharks.org

Natasha Vulikh, 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



JOIN MOD IN SUPPORTING

Organization Name: Smoky Hill Sharks Swim Team

Fundraiser Date: Wednesday, June 23, 2021 10:30 am - 9:00 pm

Bring this flyer in or order online through the MOD app or website and use the GroupRaise provided coupon code and MOD will donate 20% of your bill to support their great work!



MOD PIZZA

Address: 23890 Smoky Hill Rd., Aurora, CO 80016

Use the coupon code of
"GR186697S"

Offer valid only on the date(s) and at the MOD location identified on this flyer. Offer valid for dine-in, take out, or delivery when ordered through the MOD app or website only. For online or in-app orders, please use the code provided by GroupRaise. For delivery, customer must live within delivery boundary. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 20% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer void if the flyer is distributed in or near the restaurant.

For more information about fundraising, visit <https://modpizza.com/fundraisers/>
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