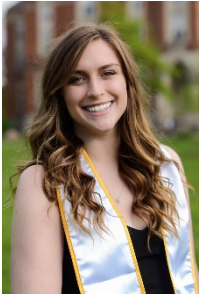


SHARK BITES

2021 Season, Newsletter No. 7



Week 3 Recap from Coach Mary



Hey everybody! First, I'd like to congratulate all of our swimmers who swam in Saturday's meet on a job well done. It was awesome to get our first win of the season at our first home meet, and we had too many time drops to count! I could tell our swimmers all had fun racing, and having fun always makes for fast swimming.

This past week, we continued to build upon our foundation from the first two weeks of practice by increasing yardage and intensity on some days. This upcoming week, I want to hone in on turns and breakouts in further detail, as well as breaststroke specifically. It was awesome to see so many of our swimmers do flip turns and breaststroke pull outs for the first time during a race in the meet this weekend. I know we can continue to improve on these race details across the board and they will result in even more time drops.

Coach's Tip: Breaststroke Glide

Breaststroke is arguably the most difficult stroke to learn technically. It is all about the timing of the elements involved in the stroke cycle, and to be successful, we must be efficient (not just physically strong). Something I noticed this past week, is that a lot of us tend to do all aspects of the stroke cycle simultaneously. This prevents us from maximizing distance per stroke and tires us out more quickly. When swimming breaststroke, think pull, kick, then GLIDE. During every stroke cycle, there should be a point in which we are in a straight line from fingertips to toes with our eyes looking at the bottom of the pool before taking our next pull. Emphasizing getting to our "line" in each stroke cycle ensures that we are swimming with the least amount of resistance and able to cut through the water more naturally. Hydrodynamic = Fast!

Swimmers of the Week:

Congratulations to the Swimmers of the Week!

GWS: Riley Breen
Mako: Shiloh Cocian
TS: Brayden Friedrich
Minis: Cassie Bustos

Team Pictures – June 15th

Team Pictures are this Tuesday. 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 were placed in your parent folder. Bring your filled out form to pictures if you plan to purchase pictures.

Tie Dye: T-shirts Needed

During Friday Fun on June 18th swimmers will be tie-dying t-shirts. Please send a white t-shirt with your swimmer.

Meet no. 3 @ Smoky Hill

You must register your swimmer(s) by Tuesday, June 15th. If you are unable to attend, please let us know that so we can plan relays accordingly.

Volunteers must be signed up by Thursday, June 17th. 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 College/Pro Sports.
- Sign your swimmers up for events by Tuesday, June 15th
- Volunteers need to be signed up by June 17th.
- Sign up for the volunteer raffle closes at midnight on Tuesday.
- 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 Friday Fun Night.

Volunteer Update

First, we would like to thank those who have volunteered, especially the amazing parents that doubled on positions and stayed to help tear down so we could be out of the pool on time this past Saturday. However, there has been a lack of volunteer involvement. **As a reminder, every family is required to volunteer in any meet that they have a swimmer signed up for.** If you do not sign up by Thursday evening prior to the event, a member of the Smoky Hill Board will contact you. The board and coaches are spending much needed time away from other responsibilities to focus on the current volunteer situation. A strain is put on the team when there is lack of support. Volunteers ensure the swimmers have an enjoyable meet. Please sign up by Thursday prior to the meet. Finally, we are still in need of a volunteer coordinator for our end of the year party. Thank you for supporting the Sharks!

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 Road
(across from Southlands)

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

Canceled: Virtual Team Meetings

Thank you for your participation in the Webinar Wednesdays. We will no longer be holding these virtual team meetings. Make sure you attend Friday Fun Nights to get the latest team information.

Important Information:

- Contributions to coaches' cooler can be brought to Friday Fun Night.
- Check lost and found if you are missing anything. Many items were left on the coaches' table at the end of Saturday's meet.
- If your swimmer would like to swim the flags or sing the anthem, please let Coach Mary know.

MHSL Championship T-Shirts



At the end of the season. The league has a Championship Meet where we compete against all five teams in our division. During this meet the league offers great championship t-shirts. These are also a great way to remember your season with us, and include all the teams that are in the league. There is a very limited number of Championship t-shirts available at the meet. Ensure that you get one by ordering ahead. Orders for the Champion t-shirts can be made using the online store. The store will be open until June 30th. Each person can purchase shirts for their swimmer(s), themselves or friends and family. The shirts will be printed in early July and distributed before the Championship meets.

<https://outofbreathsports.tuosystems.com/stores/mhsl21>

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, valfonso1598@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 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 = 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

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 Houlne, 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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