

SHARK BITES

2021 Season, Newsletter No. 8



Week 3 Recap from Coach Mary



Another week another win! THANK YOU to all of our parent volunteers, board members, coaches, and of course swimmers for an incredibly well run meet yesterday. And of course, a special shout-out to our parents who raced in the parent relay! It was a blast watching you guys get after it and have some fun in the pool.

This past week, we upped practice yardage for most groups, introduced "surf & turf" workouts to a few of our groups, and continued to work on turn and start mechanics (and it showed in the meet!) This upcoming week, I'd like to continue to build endurance. Most of the kiddos have been doing great in the shorter races and first halves of the longer ones, but could use some additional endurance/aerobic work to help be able to better finish our races and bring it home fast.

Coach's Tip: Butterfly Kick

Something I've noticed a lot in many of our swimmers lately is the lack of a second kick during the butterfly stroke cycle. In the stroke cycle for butterfly, there should be two kicks for every arm pull. The timing of this isn't always easy to figure out, but the second kick is essential for speed and arm recovery. By making sure we emphasize our second kick in the cycle, it helps us to kick our hands and arms back out of the water and makes for an easier above water recovery for our arms, and of course advances us down the pool at a quicker rate. The downbeat of the first kick should be taken as we are entering the water with our hands and beginning our pull. The downbeat of the second kick should be taken as we are finishing our underwater pull and beginning to bring our arms back out of the water. It is important to note that, like in breaststroke, the kicks and pull do not happen simultaneously and that timing of the elements of the stroke cycle is very important for speed and efficiency.

Swimmers of the Week:

Congratulations to the Swimmers of the Week!

GWS: Mikaela Heckel
Mako: Kylee Schenden
TS: Jake Cole
Minis: Aubrey Andersen

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)

Bring the attached flyer or use the coupon code of "GR186697S" when placing your order online.

20% of sales will be donated back to the Smoky Hill Sharks. The team uses donations to purchase needed equipment and to avoid raising registration fees. Thank you for supporting the Sharks!

Meet no. 4 @ Smoky Hill

You must register your swimmer(s) by Tuesday, June 22nd. 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 24th. 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 neon/80's. Wear your tie-dye shirts to the meet!
- 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.
- PARENT RELAY: We will host a four-parent relay at the end of the meet. Use the link to sign up.
<https://docs.google.com/spreadsheets/d/1f-BLbnI2IwgP5pRflbgdXNZR4YY8d48SivOIQ7r-CfM/edit#gid=0>
- Bring any questions you have to Friday Fun Night.

Parents' Night Out – Board & Brush

Looking for a fund evening out without your kids! 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. Money raised from donations helps the Sharks buy needed equipment for the team.
<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

Final Steps to Make Your Tie-Dye T-Shirts

- Wear gloves to remove the shirt from the bag.
- Rinse the shirt in cold water until the water runs clear.
- Cut off the rubber bands.
- Wash and dry the t-shirt separately. Use a small amount of laundry soap. Be careful the dye can stain.
- Wash separately for the first few washes.
- Wear your shirt to our meet on June 26th.

Practice Schedule and Friday Fun Night Updates

- Great Whites evening practice time will run from 8:00-9:15.
- The practice schedule will remain the same for the week of June 28-July 3rd.
- No Friday Fun Night on July 3rd.
- No practices on July 5 in observation of Independence Day
- Regular practice schedule on July 6th – July 9th.
- Devil Dog Grill food truck will be at Friday Fun Night on June 25th. Click [here](#) to read the menu.

Lost Earring:

If you lost an earring during our meet on June 19th, please contact Jill Dawes. parentrep@shsharks.org

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>

MHSL Division B Swim Meet Schedule

- June 26 – HOST Holly Park Sharks
- 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

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, lalinnebur@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

Save the Date:

Championships are on July 17th at Holly Park. The Sharks End of the Year Party will be held on the same evening after championships. More information on these events will come soon!

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



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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