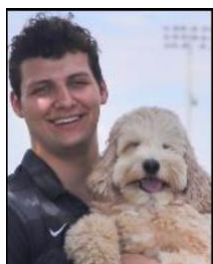


SHARK BITES

2021 Season, Newsletter No. 9



Week 4 Recap from Coach Victor



It was a fantastic meet this past Saturday y'all! I want to thank everyone for the huge help at the meet. Despite the thunder storms ending the meet early, I think it was run amazingly well. I am so grateful to have coached the meet alongside such a supportive family of sharks!

The past week of practice went super well. I am seeing lots of improvement in technique and endurance from the team, and I look forward to continuing to refine these. This week, I am going to emphasize IM technique and transitions. The freestyle and backstroke flip turns have vastly improved, but the breaststroke and butterfly turns could use some more work.

Thank you again to the parent volunteers, coaching staff, board members, and all of the swimmers for such an awesome meet. I look forward to being at the rest of the meets here on out!

Coach's Tip: Foundations of Breaststroke

As many of the swimmers know, breaststroke is by far my favorite stroke to swim and teach. In building a strong foundation for breaststroke, it is important to remember that your legs are your biggest ally. Your arms are there for underwater pullouts and to guide your overall stroke, but all of the power and speed begins in the legs. Another component is your body control. When swimming breaststroke, focus on gliding across the water. You may feel the need to try and get as many strokes in as possible, but you are better off staying long and really stretching out your body. Power from the legs combined with gliding and you will be speeding across the water in no time.

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: Matthew Peterson
Mako: Zoe Morris
TS: Ashlyn Sidelko
Minis: Blake Sidelko

Practice Schedule and Friday Fun Night Updates

- 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.

Photos

View, share, and download photos in our shared site. Photos shared will be used at our End of Year Party on July 17th.

<https://photos.app.goo.gl/g6ZRNZ9zfLNHJpSA7>

Meet no. 5 @ Southglenn Gators

You must register your swimmer(s) by Tuesday, July 6th. If you are unable to attend, please let us know that so we can plan relays accordingly.

Volunteers must be signed up by Thursday, July 8th. 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 Patriotic/Olympics.
- Sign your swimmers up for events by Tuesday, July 6th
- Volunteers need to be signed up by July 8th.
- 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.

Prelims – July 12th and 13th

Championship week (after the 5th dual meet) starts with Prelim qualification swims at the beginning of the week, broken down by age groups over two days, then followed by the Championship meet on Saturday. To qualify for Championships, **for individual events only**, a swimmer must have a prelim time in the top 12 for that event, additionally two alternates are selected (14 total) for a 6-lane championship pool.

To enter for the prelims, each swimmer can select up to 3 events (same as a dual meet). The prelim meet dates are divided based on age group. On July 12th U6, 11-12, and 13-14 will participate in Prelims at Wildcat Ridge (10511 Serengeti Dr, Lone Tree. On July 13th U8, 9-10, and 15-18 will participate in prelims at Holly Park Sharks (6651 S. Krameria Way).

For prelims, only individual events are swum - **no relays**, however there are relays during the Championship Meet.

For additional information on Prelims and Championships, please visit the Smoky Hill Sharks website.

Eat with the Sharks

Don't miss our next "Eat with the Sharks" on Thursday, July 8th
4:00 - 8:00PM at
Freddy's Restaurant!



15705 E. Briarwood Circle
Aurora, CO 80016
(Cornerstar Shopping Center)

End of the Year Party

The Sharks End of the Year Party will be in the evening of July 17th after Championships. Look for an invitation later this week in your email.

Phishing Scam

It has come to our attention there may be a phishing scam with Coach Mary's email. Please do not open any emails from "Mary Woods coach0380@gmail.com". All of our team emails will come from a "shsharks.org" domain.

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>

Remaining Swim Season Event Dates

- 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
- July 17th – End of Year Party at the Smoky Hill Clubhouse
- July 24th - All Stars @ Lifetime Centennial, 5000 E Dry Creek Road, Centennial 80122

Parents' Night Out – Board & Brush

Invite your family, friends, and neighbors to a fun creative night out. 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. If we fill the class, we have the potential to raise over \$2,000 for the team! Money raised from donations will help the Sharks purchase needed equipment. Some of the equipment the Board is looking to purchase includes a Dolphin timing system, a laptop for scoring, 6 starting blocks, replacements for aged canopy easy ups, and much more!. Register for this fun evening by clicking on the link below.

<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

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:
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Melissa Houline, Team Coordinator:
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Elie Wild, Coaches Rep:
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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



Freddy's

FROZEN CUSTARD &
STEAKBURGERS®

Please help us raise money for
Smoky Hill Sharks Swim Team

July 8, 2021
4 p.m. - 8 p.m.



Mention, show digitally, or bring in this flyer and 15% of earned sales will be donated.
Freddy's Cornerstar Location @ 15705 E. Briarwood Cir., Aurora, CO 80016