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## TOP NEWS OF THE MONTH

## MEET OUR NEW SWIMMERS

# ≡Welcome≡

- Robert Zajkowski - Masters

## MAY BIRTHDAYS <<<

- May 6
- May 8

Patrick Ross  
Nerissa Whitlock

# HAPPY BIRTHDAY



# VOLUNTEER & FUNDRAISING

## >>> AWESOME BLOSSOM PENTATHLON | MAY 25

Our last home meet of the season will be held on Memorial Day weekend. This is a perfect opportunity for our athletes to enjoy racing at our home pool and set some new personal bests. A pentathlon features all four strokes, plus the individual medley... 5 races in one session! We are even going to have trophies for the top qualifiers! Please declare your commitment before May 10th.

We need all parents on deck to make home meets possible and this one has two sessions to fill. You can find the link to volunteer in the "News" section of our website and by email. Thank you!



### SPECIAL RECOGNITION

We had 12 swimmers attend our Swim-a-Thon and they earned \$2,750 in donations! Thomas Jones, Amayah Nelson, Jack Ross, Patrick Ross, Abby Zajkowski, Annachie Ridle, Adam Kaminski, Miles Taylor, Barrett Brilhart, Mia Francis, Sam Brown, and Isla Brown deserve a HUGE round of applause!!!

## SWIM-A-THON

### COACH SALLY SAYS...

I'm excited to announce the official naming of our "test set" (10 x 50 Free @ 1:00) now known as Sally's Swimmin' Swim Set—a brilliant suggestion by Emma! She gets a round of applause for her creativity!

For the month of April, I'd like to give a huge shout out to these new inductees into Sally's Swimmin' Swim Set: Addie, Cam, and Miles T.! I'm thrilled to welcome you all to the club.

And of course, high fives to our dedicated repeat offenders for the month of April: Miles D., Karan, Saylan, Emma, Oz, Barr, Zach, and Kai. Your commitment and hard work continue to inspire. Keep up the fantastic effort!

\*Sally's Swimmin' Swim Set will persist throughout May, followed by a brief hiatus during the summer months. I'll resume the set at the beginning of the school year in September.

HAPPY SWIMMING!

## COACH SALLY'S SQUAD



# SWIM MEETS



## MAY 25, AWESOME BLOSSOM PENTATHLON

Shore Aquatic Center, Port Angeles

Registration due FRIDAY, MAY 10

**Our home meet has changed to Memorial Day weekend!** We will have two sessions (12 and under and 13 and over) and would like for ALL of our athletes to attend. Volunteers are needed to make meets run smoothly. We currently have **TWO** other teams joining us!



## JUNE 7, FRIDAY FOCUS MEET | DISTANCE

Shore Aquatic Center, Port Angeles

Registration due FRIDAY, MAY 24

Our 1st mini meet held during practice with a focus on distance events.



## JUNE 15-16, CANNONBALL CLASSIC

King County Aquatic Center Federal Way

Registration due FRIDAY, MAY 31

The 12u sessions are already full, so our team will not be attending.



## JULY 12-14, SIZZLIN' SUMMER SPLASH

Surf 'n Slide Water Park, Moses Lake

**Registration closed**

A swim meet at a water park? Yes, please! Let's go!

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## COACH JASON'S CORNER

Congratulations to all the swimmers who participated in our Swim-athon! For some of you that was the farthest you have ever swam in one practice! Way to go! As we move towards summer, and families are planning vacations and other activities, there is an opportunity to have more individual coaching and set goals for next year. If you have any questions, concerns, or ideas about your swimming that you would like to try, now is the time to be thinking about them! Swimmers who practice hard through summer gain invaluable insights and tools that will allow them to make big breakthroughs.

-Coach Jason



# TEAM NEWS

## NO PRACTICE | MAY 3

The pool will be closed May 3-5 for maintenance and repairs. There will be no practice or Masters group on Friday, May 3rd. Shore will be draining the pool to fix the hole in lane in lane 5 and we hope it's quick and easy.

## MARATHON WATER STATION | JUNE 2

Mark your calendars! Our team will be hosting station #9 at the NODM on June 2nd. Our families will hand out drinks + snacks while cheering on the runners as they pass by. We will have poster making supplies there and last year they gave the volunteers t-shirts. ALL swimmers are encouraged to participate, parents are welcome too!

## 500 CLUB

We have had three swimmers receive their 500 towels this season! Congratulations to Sam Brown, Thomas Jones, and Annachie Ridle for reaching their 500 Club goals! Way to go!

Time standards for earning a towel are:

10 & under – under 8:00 minutes

11 & 12 – under 6:30 minutes

13 & 14 – under 6:00 minutes

15 & over – under 5:30 minutes

## POOL CLOSURE





















