June 2021 Newsletter!

Brought to you by the Alaska Swimming Athlete Committee

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Athlete News!

- ★ This month the athlete committee is introducing ***Hot Heats*** at JOs!!! Go check out the instagram and facebook pages to learn more about our sponsors.
- ★ Congratulations to Megan McLaughlin on becoming your new Junior Athlete Rep and Lydia Jacoby for moving up to Senior Athlete Rep. If you have any questions, concerns, or ideas about Alaska Swimming, they are the people to reach out to!
- ★ Reminder that your other athlete reps are the following (they are also great people to reach out to for information! Go check out our instagram to learn more about each of them)
    - ➔ At-Large: Cassidy Welsh
    - ➔ Northern: Cadence Young
    - ➔ Central: Micah Keen
    - ➔ South Central: Koda Poulin and Luke Nollar
    - ➔ South East: Jamie Heidersdorf
- ★ Go check out the last of the senior features for the class of 2021on the Alaska Swimming Facebook or Instagram pages
- ★ Go check out the Facebook page for information on the 2021 Elite Technique Academy Fitter and Faster in Fairbanks July 12th-17th.
- ★ Follow our instagram @ak_swimming_athletes for more updates and fun!
- ★ Congratulations to Lydia Jacoby on winning the Youth Pride of Alaska Award!
- ★ Alaska Swimming's annual awards were voted on by the House of Delegates last month. They are as follows:
    - ➔ Conoco Phillips Outstanding Service Award: Jodi McLaughlin
    - ➔ Age Group Coach of the Year Award: Anne Williams
    - ➔ Senior Coach of the Year Award: Ben Kitchen
    - ➔ Female Athlete of the Year Award: Lydia Jacoby
    - ➔ Male Athlete of the Year Award: Nicholas Price

    Congratulations to our award winners!
- ★ Information on mental health, SafeSport, contact information for your athlete reps, and more can be found in the Athlete Corner of the Alaska Swimming website
- ★ Keep your eyes open on our socials for information about a Watch Party for Olympic Trials!!!

Stand Out Swims from Last Month!

- ★ Early last month at Senior Champs, several new state records were set:
  - ➔ Nicholas Price (NLSC) swam the 200 LCM breaststroke in 2:25.87, breaking the 23 year old 17-18 and open state records in that event!
  - ➔ The Stingray Swim Team's mixed relay team broke the state record in the mixed 200 FR relay (SCY) with a time of 1:30.90 the first night, then proceeded to break the mixed 200 medley relay (SCY) state record by over 6 seconds the second night!
  - ➔ The Stingray Swim Team's men's team also broke the open 400 FR relay (LCM) state record with a time of 3:41.67!
  - ➔ The Northern Lights Swim Club's men's 400 FR LCM relay team broke the 17-18 state record in that event, in the same heat! What an exciting race!

Stay Up on This Month

Meets and Events:

- ★ Alaska Junior Olympic Championships June 3rd-6th
- ★ USA Swimming's Olympic Team Trials Wave II June 13th-20th

If you are attending Trials in person, please send an email to akswimmingathletes@gmail.com to be added to the group band app!

Zooms:

- ★ We will be taking a summer break from our bi-weekly zoom calls which will likely resume in the fall. We may host some special zoom meetings or events, however, so keep checking our socials and the athlete corner for information on those.

Other Upcoming Events:

- ★ Alaska Summer Champs July 23rd-25th
- ★ Speedo Summer Championships August 3rd-7th
- ★ Western Age Group Zone Championships August 4th-7th

Congratulations to our western zone age group team qualifiers Amaya Rocheleau, Anna Keen, Emma Fellman, Zoe Fencil, Ben Price, Evan Dash, Wes Mank.

If you are close to making it, good luck at JOs! You can do it!!!!