

SHARK BITES

2021 Season, Newsletter No. 5

Meet no. 1 @ Castle Pines on June 5th

This week's meet is hosted by the Castle Pines Crocs.

7306 Oxford Drive
Castle Rock, CO 80108

You must register your swimmer(s) by Tuesday, June 1st. A [Guide to Swim Meets](#) can be found under the FAQs tab. In this presentation you will find out everything you need to know for swim meets including how to register! Please use this resource to help you.

Volunteers Required:

Every meet requires volunteers in order 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. Remember it is a first come, first serve event, so don't delay. Access to the Job Sign-Up System will require you to login into your team account. Don't worry, if you have forgotten your password, you can click the "Here" link on the login page and you will be re-directed to submit your account email address. Your password will immediately be emailed to you.

<https://www.teamunify.com/Login.jsp?team=mhshs&id=50a1249644>

Some reminders and tips for you for the upcoming meet:

- The theme for the meet is Disney/Super Hero.
- Map and directions are found under the [Maps](#) tab.
- 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 online. Look for it on Friday late afternoon.
- When you arrive, check in your swimmer(s) and check in for any volunteer positions.
- Bring any questions you have to the Webinar Wednesday, 7:30PM. Information on how to join the webinar can be found on the calendar.



Swimmers of the Week:

Congratulations to our Swimmers of the Week!

GWS: Austin Zhang
Mako: Jolene Pacheco
TS: Evie Lynard
Minis: Andrew Crapo

Eat with the Sharks

Don't miss our next "Eat with the Sharks" this Wednesday, June 2nd at



Coloradough Pizza

15430 E. Smoky Hill Rd.
(Smoky Hill Rd. & Chambers Rd.)
<https://coloradough.pizza/>

June 2 from 3:00-9:00pm

You can order online, over the phone, or in person. Just remember to mention **the Smoky Hill Sharks Swim Team!**

Virtual Team Meeting: Webinar Wednesday Wednesday, June 2nd at 7:30pm

We will be hosting another online webinar this Wednesday on Zoom. This webinar will be discussing our first meet on Saturday June 5th.

Topic: First Swim Meet with the Castle Pines Crocs

When: June 2, 2021 07:30 PM Mountain Time

Webinar ID: 811 4857 6097

Passcode: 718514

Regular Season Practice Schedule

Regular season practices will take place June 2-July 16 at the Smoky Hill Metro Pool. You can find the schedule posted under the [Practice Tab](#) on the Smoky Hill Sharks website.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--------------------|-----------------------------|--------------------|-------------------------------|
| AM Practice | | | | |
| GWS 6:30-7:30 | GWS 6:30-7:30 | GWS 6:30-7:30 | GWS 6:30-7:30 | GWS 6:30-7:30 |
| MS 7:40-8:40 | Minis 7:40-8:25 | MS 7:40-8:40 | Minis 7:40-8:25 | MS 7:40-8:40 |
| TS 8:45-9:30 | TS 7:40-8:25 | TS 8:45-9:30 | TS 7:40-8:25 | TS 8:45-9:30 |
| Minis 8:45-9:30 | MS 8:30-9:30 | Minis 8:45-9:30 | MS 8:30-9:30 | Minis 8:45-9:30 |
| PM Practice | | | | |
| Minis 7:00-8:00 | Minis 7:00-8:00 | No Evening Practice | Minis 7:00-8:00 | Friday Fun Night 7:00-8:00 |
| TS 7:00-8:00 | TS 7:00-8:00 | | TS 7:00-8:00 | |
| MS 7:00-8:00 | MS 7:00-8:00 | Wednesday Webinar 7:30PM | MS 7:00-8:00 | |
| GWS 8:15-9:30 | GWS 8:15-9:30 | | GWS 8:15-9:30 | |
| Shark Age Group Key: | | | | |
| Minis (MS): 8 & under | | Mako (MS): 11-12 | | |
| Tiger (TS): 9-10 | | Great White (GWS): 13-18 | | |

Seeking Officials: Stroke & Turn Training

We highly encourage parents to attending the Stroke & Turn Training conducted by Paul Otto is Tuesday, June 1 from 6:30 -8:00pm at the Smoky Hill Clubhouse.

The Stroke & Turn officials are critical to conduct a fair and clean meet. This in-depth training uses videos to help teach what to look for in a swimmer's stroke to ensure proper league regulations. If you have additional questions regarding the training, please email potto007@gmail.com. All are welcome to attend.

Please contact Jill Dawes, Board Parent Representative, at parentrep@shsharks.org, for more information or questions.

Big Sharks/Little Sharks

Super excited to have so many of our swimmers participating in Big Sharks/Little Sharks program this swim season. During a Swim Meet, Big Sharks and Little Sharks will cheer each other on during their races. During meets you may exchange a small bag of gifts. These gifts should be limited to \$10 or less. Some ideas for gifts include (but are not limited to) a drink, snacks, a homemade gift, and/or small notes of encouragement. More activities between Big Sharks and Little Sharks will be announced.

Team Suits and Caps

Suits and caps can be picked up Tuesday morning through Wednesday evening during practice. If you ordered anything extra (ie swim bag) it will all be together. A table will be set up in front of the pool starting at 7:45AM Tuesday morning for pick up.

Coaches Concerns

All questions and/or concerns regarding coaches need to be directed to Elie Wild, Coaches Representative:

coachesrep@shsharks.org.

Week 1 Recap from Coach Mary



Hey Team! Sending a HUGE thank you to all of you for a great first week of practice!! I appreciate you all bearing with us the first couple days as we got our footing with the new coaching structure and record breaking team size! I could not be happier with how we finished the week, and I can't wait for next week already.

This past week in practice we focused on details, stroke foundation, and of course having fun and getting to know each other. The main focus of the week for all groups was technique and drills that would help us have a better foundation and allow for us to increase yardage in the weeks to come. All groups worked freestyle and backstroke this week, and some moved to breaststroke and butterfly depending on comfortability and where they were at with freestyle and backstroke. Regardless of where anyone is starting, myself, Victor, and our wonderful TC's are committed to ensuring that all members of our team have the tools to succeed and we are ready to work with everyone on developing these skills and embracing that everyone has a different timeline when it comes to learning the tougher stroke technique like breaststroke kick or butterfly timing.

In the week to come, we plan to review what we covered last week, hit breaststroke and butterfly stroke technique in more detail, as well as work starts, turns and breakouts as we gear up for our first meet on June 5th! I hope you and your kiddos had as much fun as I did this week. Looking forward to our first formal competition and another solid week of having fun and improving in the pool!

Coach's Tip: Backstroke Head Position

Head position in backstroke can make or break how high we sit in the water, and ultimately how smooth our stroke becomes. When thinking about head position, I like to pretend I have a cantaloupe or a watermelon under my chin. If I pick my head up and look down at my body at all, I will crush my watermelon or cantaloupe, and we don't want that to happen! When thinking about where to look, keep those eyes looking straight up, chin pointed back high enough to fit a fruit underneath, and keep still and prevent from moving side to side. By doing all of these things with our head, the rest of our body naturally rises to the top of the water, and with a solid flutter kick behind us, makes for some awesome backstroke!

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.

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

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

Email & SMS Verification

Don't forget to update your account information! Quick communication with all Shark families is critical throughout our season. Whether we need to send a SMS/text notification of a weather cancellation or an email with a practice update, you need to verify your account to receive these.

To verify, log into you team unify account (www.shsharks.org) then go to "My Account". Above the email and SMS number it states "unverified", click that and it will say "resend verification email (or SMS) now?" Click "yes". Then go to your email or text messages and follow the instructions to verify. Please provide an SMS number for your account.

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 5 - @ Castle Pines Crocs, 7306 Oxford Dr, Castle Rock, 80108
- June 12 – HOST Wildcat Ridge
- 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
- July 13 – Prelims @ Castle Pines Crocs, 7306 Oxford Dr, Castle Rock
- July 17 – Championships @ Holly Park Sharks, 6651 S Krameria Way

Other Ways to Support the Sharks

King Soopers Community Rewards Program – Use your King Soopers (or City Market) loyalty card to help raise funds for the SH Sharks! Registration is easy as 1, 2, 3.

1. Sign up or Login to your King Soopers Account. <http://www.kingsoopers.com>.
2. Visit the Kings Soopers Community Rewards page.
3. Click "Enroll Now" on the Community Rewards page and "Smoky Hill Sharks Swim Team INC" either by name or by using code "QK234", then click enroll.

Amazon Smile – switch from amazon.com to smile.amazon.com and earn .5% for the team! This is another easy way to contribute to Smoky Hill Sharks with purchases you already make. Remember, only purchases made at smile.amazon.com (not amazon.com or the mobile app) generate AmazonSmile donations.