

# Shark Bites



News From the South East Metro Sharks

September 2017

## Welcome to the Fall and Winter 2017-18 Short Course Season

### Upcoming Meets and Apparel

September 30 <sup>th</sup> – 1 <sup>st</sup>	Rochester ABC Invite
October 3 <sup>rd</sup>	HH-Mako0Tiger Intrasquad
October 19 <sup>th</sup>	SEMS MEA Intrasquad Meet
November 20 <sup>st</sup>	HH-Mako-Tiger Intrasquad
January 13-14 <sup>th</sup>	SEMS Invite

Additional Information and Events are located in the events tab on the Team Unify website

September 17 <sup>th</sup>	Sweatshirt Order closes
October 15 <sup>rd</sup>	Parent T-shirt order closes

### September Birthday Celebrations

Neil A	Adam G	Benedict N
Avery A	Ryan L	Ethan O
Sarah A	Jacob M	Sarah P
Daniel C	Anna M	Matthew P
Alexis D	Ellisa M	Gunnar S
Christian G	Wafa N	Maya T
		Lukas W



## Volunteers are the heartbeat of the organization

Like most non-profits, SEMS relies upon its member volunteers to help facilitate all important club activities. As a way to encourage and coordinate volunteering of all our families, a volunteer policy is put in place for each season. Volunteer point requirements are assigned based on the number of volunteer opportunities available for each swim group, with a minimum requirement that each family volunteer at our SEMS invite hosted once per season.

Volunteer opportunities are plentiful and varied, ranging from banquet coordination, intrasquad or SEMS hosted meet positions, to Committee leads and members of the Board. Each opportunity connects you to the larger SEMS community, provides visibility to the workings of the organization, engages you in your swimmers success, and most importantly is FUN. Most volunteer opportunities are posted on our Team Unify website or OnDeck app. An email is sent out before volunteer signups are posted, and each family is limited to one slot initially to allow everyone a chance to volunteer. If positions remain available after the initial round, a second email will be sent out to fill the remaining spots.

Alison Ashton is SEMS current volunteer coordinator if you have any questions about the volunteer policy or how to sign up or monitor your points please contact her directly at [Allison.ashton@semsswimclub.com](mailto:Allison.ashton@semsswimclub.com).

Don't miss out on this important and fun way to get involved with your child's swim team!

# Meet your Coaching Staff



Groups coach: Senior 1 & 2, assist great white and pre-senior  
Favorite Stroke: freestyle  
Favorite Food: fajitas  
Bad swimming habit: sitting up on backstroke, especially after turns  
Best swimming memory: 2011 at senior state. Our 15-16 boys were swimming fast but kept taking 2nd to a team from Minnetonka. Before the 400 Medley relay the other team was gloating that they were going to win. Instead, our boys stepped up-- they won in state record time!  
Favorite activity out of the pool: learning something new w/ my kids and family



Eric Severson

Luke Money



Groups coach: Hammerhead, mako , tiger sharks, great whites and pre seniors  
Favorite Stroke: Butterfly  
Favorite Food: Steak  
Bad swimming habit: Feet first dives  
Best swimming memory: Swimming at D3 nationals in 2009  
Favorite activity out of the pool: Watching sports/reading/running.

Groups coach: Hammerhead, Mako, Tigershark  
Favorite stroke: Freestyle  
Favorite food: Pizza  
Bad swimming habit: My breaststroke kick was too wide and I pulled my knees in instead of bringing my heels back and keeping my kick narrow.  
Best swimming memory: When I was a senior SEMS swimmer, after summer outdoor morning practices at the West St. Paul YMCA we would go down the street to Granny's doughnuts.  
Favorite activity out of the pool: Playing with my 7 month old son Ryder



Lizzy Perkins

Elizabeth Karpe



Groups coach: Hammerhead, Mako and Tiger Sharks  
Favorite stroke: Butterfly!!!  
Favorite food: I LOVE FOOD: All things spicy: All Curries and tacos, and Bahn Mi Sandwiches, for dessert Pistachio ice cream and Rose-flavored Macaroons.  
Bad swimming habit: When I was first learning butterfly my arms would dislocate and fling alarming out socket and over the surface of the pool  
Best swimming memory: I vividly remember the first time I stepped on the U of M pool deck to swim at my first State Meet. Coaching is the first time any Tiger Shark swimmer gets a Champ time. It's such a big exciting moment! I absolutely can't wait for the next "first champ time".  
Favorite activity out of the pool: I have a lot, seeing as I can't seem to sit still, BOREDOM IS THE ENEMY! I love traveling to new places and trying new foods, Broadway shows and The MN Orchestra, dancing..., and collecting a million new hobbies to ensure that I always have something to occupy myself with!

# Meet your Coaching Staff



Groups coach: Senior 1 and Senior 2

Favorite Stroke: Breaststroke

Favorite Food: Pizza

Bad swimming habit: Breathing into my turns

Best swimming memory: My last high school race. I heard my Dad screaming from the stands. I cried the 1st 25 of the race, couldn't see a thing and nearly crashed into the turn, However I finished 6th and got a best time.

Coaching: I have watched my swimmers make their Champ times, Zone times, Speedo cuts, Junior National/Senior National cuts. All of those moments are very vivid and special in their own way and a culmination of a lot of hard work

Favorite activity out of the pool: I enjoy golf and wood working. Currently I am building a kitchen table from scratch



Zach Devine

Sherry Gross



Groups coach: Senior 1 and Senior 2

Favorite Stroke: Freestyle

Favorite Food: Senior

Bad swimming habit: gliding into my turns when I get tired

Best swimming memory: Watching my kids' All-American swims: Lizzy 200 free style, Ryan 400 free relay

Favorite activity out of the pool: Spending as much time as possible with my grandson!

Groups coach: Pre-Senior and Great White

Favorite Stroke: IM (if that counts)

Favorite Food: Tater Tot Hotdish

Bad swimming habit: Sloppy turns at practice

Best swimming memory: Best swimming memory was swimming in college. I went to Luther College and made some of my best friends there

Best coaching memory: Seeing swimmers continue to break records and drop time.

Favorite activity out of the pool: I enjoy running and am training for the TC 10 mile. I also have gotten back in the pool myself so I enjoy swimming with the SEMS Masters team. I enjoy spending time with my family and my cat Sage.



Jordan Skaar

Megan Shannon



Groups coach: Hammerheads, Makos and Tiger Sharks

Favorite stroke: Breaststroke

Favorite food: Fish Tacos

Bad swimming habit: Separating hands on dive. My coach duct taped my hands together to help me fix it!

Best swimming memory: IM Relays with my swim team friends were my favorite. We medaled at State and celebrated with a pizza and slumber party!

Favorite activity out of the pool: Camping and hiking with my family.

# Sharks in the News:



Congratulations to our long course state team!

William Ashton  
Tiana Cachuela  
Norah Cagle  
William Cho  
Mack Christianson  
Ashlyn Denton  
Addison Devince  
Marisa Duran  
Ava Flint  
Christian Garcia-Heblein  
Carter Hauge  
Aidynn Havermann  
Marc Heide

Yasha Heide  
Maren Iverson  
Olivia Iverson  
Jill Kammann  
Callie Kunz  
Nathan Langstraat  
Ryan Langstraat  
Tyler Langstraat  
Megan Lester  
Jordan Lindeen  
Hughdan Liu  
Chenden Malli  
Casey McGrath

Giulia Moggia  
Aiden Stauffer  
Shane Syvoraphane  
Maya Tellez  
Quinlan Toelke  
Ava Monico  
Elizabeth Mortenson  
Matther Mortenson  
Elli Moss  
Ian Novak  
Sarah Parker  
Ali Smith  
Daphne Smoley

Paige Smoley  
Derek Dtdadheim  
Sasha Tomasevich  
Slava Tomasevich  
Lily Van Der Sman  
Sophia Vitela  
Chloe Wangensteen  
Sonja Wangensteen  
Raymond Webb  
Cassandra Willenbring  
Melanie Witikko  
Robyn Witkko  
Audrey Xiong

8 SEMS athletes compete at 14-under  
Central Zone Championships.

