WEEK OF JUNE 18

the Belmont Sharks

…where every week is Shark week

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Modified Practice Schedule Thursday

Morning Practice Times
8:00 am – 9:00am 8 and unders
8:45 am – 9:45am 9 to 11 year olds
9:45 am – 10:45am 12 and up

This Week, THURSDAY ONLY
8:30 am – 9:30am 11 and unders
9:30 am – 10:30am 12 and older

Save the Date!

JUNE 19
Spirit Night
At Rubino's in Ashbrook Commons

JUNE 20
Away Meet
Lansdowne

Theme: Rams and Sharks

JUNE 21
8:00AM
Team Pictures

7:00PM-9:00PM
Rock 'n Rally

Coaches Corner

Congratulations Sharks on an amazing Time Trials on Saturday!! To all of you who are going to Hershey Park on Monday, have fun!

Swimmers

Remember to be on deck, dressed, and ready to swim 5 minutes before your practice starts! AND make sure you go to the bathroom BEFORE practice. If you have not gotten your fins yet, please get them, and bring them to practice!

Several swimmers are missing fins. Please check the name on your fins and make sure they are yours!! If you have not done so already, please put your name on your fins.

Parents

There are a lot of events this week! Please keep track of the emails from the team regarding information, and also take another look at the team website for future events and meet information.

Summer camps have begun! If your child can make the practice time for their age group, please have them do so!! If there is a conflict, please contact Coach Stephen, and we may be able to squeeze you into another practice if necessary.

Please refrain from talking to the coaches during practice time. If you have questions, please see the Coach before or after practice starts, or send Coach Stephen and email.

Practices

Please remember our goal for this summer is to focus on swimming F.A.R.: having FUN, with a positive ATTITUDE, and lots of RACING!

This week 9 and older swimmers will be focusing on turns. With our one of our biggest meets being first thing on Wednesday, please make sure your swimmers come to practice on Monday and Tuesday!

Because of team pictures being first thing on Thursday, we will have a combined practice: 8:30 to 9:30 will be 10 and under swimmers, 9:30 to 10:30 will be 11 and older swimmers.

Meets

Wednesday: Meet AT Landsdowne. Theme: Rams vs Sharks! Wear your Riverside Rams colors! Swimmers need to be in the team area by 5:15 pm. We will be in the pool for warm ups at 5:30. Please be on time!!!

Saturday: Home meet vs Loudoun Valley Estates. Theme: Argh! Pirates! Swimmers be in the team area by 6:45 am. Warm ups at 7 am.

Events

Hershey Park Monday!!!

Thursday 8 am is Team Pictures!! Swimmers wear their suits, coaches wear their green team shirts. Bring your smiles!

Thursday at 7pm is the Rockin' Rally! Come and support your team, and see the Coaches perform a lip sync battle!!

Wise Words with Coach Luke

"If I had to choose between being a lion or a bear, I would choose the giraffe, because nobody expects the giraffe. And let's face it, they are way above the petty bickering of lions and bears. Literally."

How To Sign Up for a Meet

Below are instructions on how to sign your Shark up for Time Trials and Swim Meets.
Each family must sign up to volunteer for their swimmer(s) to be activated for Time Trails & Meets.

Swimmers must submit entry by cut-off date to be eligible to participate

Select Attend/Decline for meet you are signing up for under <EVENTS>.
Click on the Member Name and **select Yes** under declaration.
Once yes is selected, you will see the events your child **MAY** be eligible to swim
You will also see the best times inserted into the Entry Time field and highlighted in yellow
Select the Checkbox to the left of the event for those events you would like to swim
Once you have finished, click on the Save Changes Button in the lower right. Repeat for additional swimmers.

Hershey Park Fun

Pie a Coach

Shark Swim Schedule

Special events are subject to change

June 15 - Fun Friday: Fins and posters

June 16 - Time Trials & Pie the Coaches *Spirit Theme: PJ's*

June 18 - Teen Hershey Park trip

June 19 - Rubino's Spirit Day

June 20 - Away Meet - Lansdowne *Spirit Theme: Riverside Rams & Sharks*

June 21 - 8:00AM Team Pictures, 8:30AM 11 and under practice, 9:30AM 12 and older practice, 7:30PM Rock 'n Rally at the pool

June 22 - Fun Friday: chalk welcome & buddy snacks

June 23 - Home Meet - Loudoun Valley Estates *Spirit Theme: Pirates*

June 26 - Cava spirit night

June 27 - Home Meet - Franklin Park *Spirit Theme: Luau*

June 28 - Donut Thursday

June 29 - Fun Friday: SLIME!

June 30 - Away Meet - Potomac Station *Spirit Theme: Nerds versus Jocks*

July 7 - Away Meet - South Riding *Spirit Theme: Patriotic Red, White and Blue*

July 10 - Subway/Zinga Spirit Night 5:00pm-8:00pm

July 11 - Away Meet - Martin's Chase *Spirit Theme: Wacky Tacky*

July 12 - Donut Thursday

July 13 - Pep Rally Pot Luck Night/Senior Night

July 14 - Home Meet - Broadland's *Spirit Theme: Super Heros versus Villians*

July 17 - Watermelon Park Trip (tentative date)

July 21 - Divisional Meet

July 22 - End of Season Banquet at Country Club

July 28 - All Star Meet