

## Weather Report

Josh Freedman's singing from a few weeks ago eventually proved to be prophetic as the sun did indeed come out this week, bringing with it 90 degree temperatures and very hot swimmers and coaches. Additionally, there was no rain and thunderstorms to cool things down this week, despite (apparently not) future meteorologist Tim's predictions. This left the Sharks working hard to stay hydrated as they swam through another hard week of practice. Hydration also played a key role in this week's mankillers, when Sharks without water bottles cost their teams valuable seconds with slow walks to the water fountain.

## Firecracker Relays

Back on Monday (so long ago that the water was still cold), the Sharks celebrated America's birthday by taking part in some fun relays. Jordan Kelly continued (or I guess began) the theme of hydration by using a water bottle to completely re-define strategy in the "keep the card dry" relay. The relays concluded with William Wong and the boys beating Sarah Solomon and the girls in the chair race for the second year in a row. After their relays, the Sharks consumed an outstanding

breakfast and watched the pre-teamers compete in a mini-meet.

## Seven Locks Meet

The Sharks' patriotic fervor was so strong that they carried it into their meet against another group of Sharks at the Reef on Wednesday night. This was especially true for many 8&under girls, including Sarah Magazine, Lyla Mahoney, Lucy Stanton and Felicia Wang who all put the "dress" back in best dressed. Lucy's great meet continued, as she knocked 13 seconds off her best time in backstroke for the biggest drop of the night. Mike Casey (twice), David Fan, Daniel Franca-Koh, Kiana Johnson, Vikram Mishra, Arvind Navada, Dilan Parikh (twice), Yamei Usui and Jingkang Wu all joined Lucy in dropping at least 5 seconds in a single event. Mike Casey, Charles Liang, Amelia Lieske, Ashley Thommana and Yamei Usui were able to manage the heat well and drop time in four different events. Gabriela Lamb, Arvind Navada, and Jingkang Wu were not far behind, with best times in three events. Jake Cheng did have some issues with the heat, but was able to bounce back and get two best times, including a three-second-drop in breast.

## String-Hair-Apple-Rodent-Kite

On Saturday morning, the Sharks traveled to the Association to take on the Stingrays. They were joined by Hank Breen, Connor Combs, Max Fuster, James Liekse, Albert Tang and Kai Thompson-Jones, who had all returned early from Scout Camp to help the Sharks. However, the boys were clearly not at spelling camp, as they apparently thought the letter T was in the word Shark and showed up Tired. Connor Combs and James Lieske took second stabs at it as Connor tried the letter B with Bug Bites and James tried the letter P with Poison Ivy. Connor might want to get some spelling tips from his younger sister Juliana, as she won best dressed, along with Mia Coven and Jordan Kelly. David Yune proved to be the only 11-12 boy who does know how to spell, but he took the theme a little too far and showed up with Stitches. This caused many of the Tired boys to swim extra events, but, after sleeping in tents for a week, they were so excited to see the granite countertops at the Association that they immediately felt rejuvenated. Other Sharks swam great as well. In preparation for Sunday, the boys went 1-2 in both relays for the second week in a row. Joey

Wildman, David Fan, Jonathan Yune, Andy Ram, Eric Lu, William Wong, Matt Klein, Dominic Oertel, Jordan Kelly, Connor Combs, Smiles Ledoux, Nick Kim, James Lieske, Daniel Wang and Fuster Kyle swam on these relays. Yamei Usui, Sarah Solomon, Katherine Lei and Avery Breen, Maddy Adams Kayleigh Hepburn, Emma Stern and Lisa Broydo followed up the boys' 1-2 finish in the open age medley by taking first and third. In addition to the relays, the Sharks swept four individual events. Fuster Kyle, Madison Kelly, Smiles Ledoux, Patrick Liang, Sidney Thompson, Andrew Vorozheykin and Jingjing Wu contributed to these sweeps. Fuster Kyle, Jordan Kelly, Sarah Solomon, Sidney Thompson, and Daniel Wang swept their events. Smiles Ledoux, Jingjing Wu and Joey Wildman completed the sweep of their age groups. Savannah Thompson-Jones swam up and raced 50s against girls who were five years older. It was also a good day for the 9-10s actually competing as 9-10s, because Jordan Kelly, Madison Kelly and Santi Villiers all dropped at least three seconds in a single event with Jordan having the biggest drop of the day. Dominic Oertel joined the 9-10s in dropping three seconds. Devin Johnson, Madison Kelly, Amelia Lieske, Daniel Wang and Joey Wildman got best times in at least 3 events. The Sharks concluded their great day by going to Einstein Bagels to celebrate their great swims.

### Relay Carnival

For the second day in a row, the Sharks woke up early to swim in a meet when they took on all of Division I in relay carnival. Luckily, the Sharks didn't have to drive very far and didn't have to think about what to wear, thanks to their awesome t-shirts. They used this to their advantage. Battling against tough competition, the Sharks' depth shone through and they were able to capture 2<sup>nd</sup> place in six different races. Hawie Abera, Hank Breen, Juliana Combs, Fuster Kyle, Devin Johnson, Jordan Kelly, Madison Kelly, Nick Kim, Gabriela Lamb, Smiles Ledoux, Yule Pieters, Andy Ram, Sidney Thompson, Daniel Wang, Joey Wildman and Jingjing Wu. Emma Stern was a last minute addition to the meet. Nine-year-old Danielle Ram swam up against the 13-14s. However, Gabriela Combs somehow managed to out-do them both by being both a last minute entry and a swim-up. The Sharks concluded their whirlwind weekend by eating in Falls Grove, where they were joined by many other MCSL teams, as well as many Pokemon.

### Best Times Update

For the 3<sup>rd</sup> week in a row, the Sharks got over 100 best times on Wednesday night, with 112 against Seven Locks. They followed that up with 60 on Saturday. This brings their season total to 707.

### Records

On Saturday, Daniel Wang broke pool CCRA pool records in the Boys 13-14 100 IM and 50 Fly. Additionally, Sidney Thompson re-broke the Girls 9-10 Breast team record for the 4<sup>th</sup> week in a row. The Sharks also picked up a few team records on Sunday. First, Sidney Thompson, Nick Kim, Jingjing Wu and Jordan Kelly broke the team record in the Mixed 9-10 Free Relay. This record had been broken just last year, with Sidney and Jordan teaming up with Lizzie Nelson and Max Fuster in 2015. Later, on Sunday, Sidney and Jingjing were back at it, combining with Madison Kelly and Gabriela Lamb to break a team record that is as old as they are in the Girls 9-10 Medley Relay.

### Upcoming Events

On Tuesday night, 5 Sharks will compete against swimmers from the entire county in the prestigious Coaches Longcourse Meet. The following night, the Sharks will try to light up the pool, as they compete in their final Wednesday meet against the Potomac Porpoises. They will go see a movie on Friday afternoon, before hosting the Old Farm Eagles at the Reef on Saturday morning (hopefully it will stay warm and continue to feel like Hawaii).