

Streamliner Aquatics Newsletter 2-22

Prepare for the Long-Course Season!

With the upcoming LCM season coming up, I am suggesting every swimmer to think of two small goals, such as two-handed wall touches for breaststroke and butterfly, or tighter streamlines. Write them down as a reminder before every practice, and cross them out when you've permanently made the change!

SRS Swimming Champs Report

This year's SRS Winter Championship has just ended. Thirty-one swimmers signed up for the Champs this year, and everyone who participated in the meet has dropped time in one or more events. Also, special congratulations to the younger swimmers who have done so well this meet!

Congratulations!

Cade Rishel, Kellen Rishel, Sam Shuler, Dylan Martinaz, Jack Elliott, Kyla Rishel, Maria, G, Elena Li, Sofia Shuler, Piper Pew, Kaylee Shankland, Sofia Hanson, Regan Glenn.

I would like all swimmers to attend meets more often in the future.

Upcoming Meets

Jackpot Pot O'Gold – March 17, Jackson, NV

April Pools Invite – April 7-8, Nampa

BY LCM Spring Fever – April 21, West YMCA

Team Captains

Hannah Montrose



"Hannah began swimming her freshman year of high school following an injury that took her out of gymnastics. She began swimming with Streamliner Aquatics on January 1st, 2015. She has competed in 35 club swim meets in her three years and has swam all four years of high school. She was voted team captain for her senior high school year and is excited to be chosen as the new team captain for Streamliner Aquatics."

Ian Clifford



"I have been swimming with Streamliner's since 2011 and I really enjoy the atmosphere and people on the team. My favorite stroke is freestyle, long distance freestyle, but I also enjoy the IM's. I'm currently a junior at Renaissance high school."

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Team Shirts and Towels Available for Purchase!

Shirt: \$11



Towel: \$15



Email:

Missy Noeker - mnoek67@gmail.com

Coach Shao - hongschao@yahoo.com

The purchases will be billed to your team account.

Summer Camp

Here is some upcoming clinic and camp information for locals who want to attend:

Summer Swim Camp Dates

June 4-10.

We will be running our Day Camp again this year **Monday the 4th-Friday the 9th.**

Monday through Thursday will be 9 am-3 pm and Friday will be 9-12.

This camp is for competitive swimmers.

June 9-10

Start, Turn, and Racing Weekend series will begin **Friday, June 9th with a half day (1-4 PM) and will be all Day Saturday, June 10th 9-3**

April through May

Wednesday (3:30-5:30PM) and Saturday (9:30-11:00AM) Clinics

Beginning on the first Wednesday of April, we will be hosting Competitive Swimming Clinics on both Wednesday afternoons and Saturday Mornings. Those who have done our clinics before can attest to its benefits. Whether your swimmer is gearing up for the Summer Rec League, or making some fine tuning adjustments to their year round endeavors, this clinic will help your swimmer go faster!

Visit this page to register:

<http://www.broncosports.com/camps/bosu-camps.html>

