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# *The Splash Flash Times*

## *Forest Knolls Seahawks*

*Week One June 5 – June 10*



### Great Start to the Season!

Congratulations, Seahawks, on making it through our first two weeks of practice and Time Trials! So far the season has been going very well. We have a lot of new swimmers on the team this year and we are very happy to have them! Everyone swam very well in Time Trials last Saturday. The coaches will use those times to determine who will swim in the first A-meet next Saturday. If you missed Time Trials, make sure you come to practices this week so the coaches can time you in the events you are able to swim. The coaches will be using the Time Trials performances to help everyone improve their strokes and their times. Keep up the good work!

### Questions?

Do you have questions about how a meet works, practices, or anything else about swim team in general? Place your questions in the "Questions Bag" located on the bulletin board! The coaches will try their best to answer these questions in the next newsletter! Example:  
**What is a Theme for a meet?** Each A-meet has a theme, which everyone should try to reflect in their clothing and accessories. Themes are a lot of fun, so don't be afraid to go all out!

### Swimmers of the Week

Every week, the coaches will be selecting two swimmers, one boy and one girl, who show dedication in practices, improvement, a good attitude, or stand out in a positive way from the other swimmers. The coaches realize that all of the swimmers work hard and they will be fair in selecting the two swimmers who they feel are most deserving of recognition. Because the team is so large, do not be disappointed if you are never recognized as a swimmer of the week. The coaches appreciate and notice every member of the team. The two swimmers of the week this week are:

**Nicholas Noell-** Nicholas has consistently attended practices and always tries his best. He has been challenging himself to do hard sets and is always looking for ways to improve. Nicholas' hard work paid off in Time Trials where he quickly adjusted to his new, older age group and swam great.  
**Hanna Moore-** Hanna has also been attending practices regularly. She always swims her hardest and is eager to perfect her technique, especially her breaststroke start. Hanna also swam very well in Time Trials, competing in all four strokes. Good job Nicholas and Hanna!

### Coming Up

**Thursday, June 15-** First morning practice: 8:30-9:30 for 13-14s and 15-18s, 9:30-10:30 for 9-10s and 11-12s, 10-10:30 for 8 and unders (unless you are told otherwise)

**Friday, June 16-** Pasta Dinner! Sign up to bring either a main dish, salad, bread, or a dessert on the poster on the pool bulletin board. Dinner begins at 6:30 pm. Pep rally to follow the dinner

**Saturday, June 17-** A-meet: Eldwick at Forest Knolls. Be at Forest Knolls Pool by **7:45 am sharp!** THEME- Hawaiian! Wear all your Hawaiian gear!