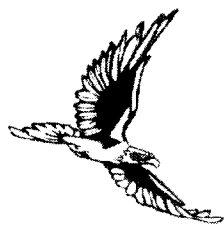


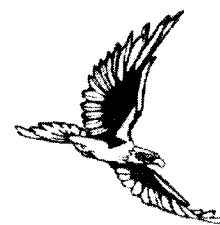
Head Coach: Kendra Williams
Assistant Coach: Katie Schlebecker



The Splash Flash Times

Forest Knolls Seahawks

Week Two June 12 – June 17



A-Meet Against Eldwick

We had a great first meet last Saturday against Eldwick. Although we lost the meet with a score of 413 to 367, everyone swam extremely well. Almost everyone improved their times from Time Trials and swam personal bests. Eldwick is a very strong team that has almost twice as many swimmers as we have. The Seahawks swam hard and won many close races. Out of more than 50 swimmers, we only had four DQs, compared to Eldwick's ten DQs. A few swimmers also received All-Star nominating times, and many other people are very close to All-Star times. Next week we will be swimming against Wildwood Manor. We hope to see many more best times and exciting races!

Swimmers of the Week

Nick Tartaglia- Nick is a new 9-10 on the team this year and he has been practicing very hard. He willingly swam in the 11-12 age group at last Saturday's meet and filled an important gap for our team.

Katie Ross- Katie swam extremely well in the meet last Saturday. She met her goal of achieving All-Star nominating times in all of her individual strokes. She has also been swimming with the older group at FO practices in addition to swimming RMSC practices. Keep up the good work!

All-Star Nominating Times

Katie Ross: 34.22 in the 9-10 50m Free
18.84 in the 9-10 25m Back
17.18 in the 9-10 25m Fly
Jenna Williams: 30.85 in the 13-14 50m Free

Trivia!

The first person to tell Kendra the answer to this question will get to go first for the Friday morning breakfast:

What year did the pool open?

Coming Up

Wednesday, June 21- B-meet: Glenmont at Forest Knolls. Be at the pool at **5:00pm** for warm-ups.

Friday, June 23- Make your own t-shirt! **Bring a white t-shirt to decorate!** Small snacks and drinks will be provided. T-shirt decorating will start directly after practice at 5:30 pm.

Saturday, June 24- A-meet: Wildwood Manor at Forest Knolls. We will be taking the swim team picture, so **EVERYONE** on the team should be there!!! Be at Forest Knolls Pool at **7:00 am sharp!** **Wear your team suit!** THEME- Make your own t-shirt! Wear the t-shirt you will make on Friday!

Monday, June 26- Relay Carnival at Connecticut Belair. THEME- Socks! We are going to meet at Forest Knolls Pool at **4:15 pm** to decorate cars and caravan to Connecticut Belair as a team. Warm-ups will be at 5:00 pm and the meet will start at 6:00 pm.