

Head Coach: Kendra Williams  
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# *The Splash Flash Times*

## *Forest Knolls Seahawks*

*Week Three June 19 – June 24*



### A-Meet Against Wildwood Manor

Congratulations, Seahawks, on another great meet! Despite the cloudy and rainy weather everyone managed to swim really well! A lot of people dropped time and we had many swimmers stay legal in strokes they had just learned. The final score of the meet was Wildwood Manor 456 to Forest Knolls 328. The Forest Knolls Seahawks made a good showing against a team that is seeded second in the division. Although we lost, we showed a lot of team spirit by cheering during halftime as well as rooting for fellow team members. Next week will be our first away meet against Connecticut Belair. We look forward to many more best times and good swims.

### Swimmers of the Week

**Joe Estrin-** Joe has been working very hard this past week. He has been practicing the butterfly and swam it legally for the first time in the A meet last Saturday. Despite feeling sick, he still swam in all of his events and did very well!

**Lauren Gunnison-** Lauren performed extremely well in the A meet against Wildwood Manor. She dropped time in her events and gained crucial points for our team. She has also had a good attitude in practice and has demonstrated good sportsmanship!  
Good job!

### All-Star Nominating Times

Katie Ross: 34.06 in the 9-10 50m Free  
22.09 in the 9-10 25m Breast  
16.53 in the 9-10 25m Fly  
Justin Kidwell: 1:21.90 in the 11-12 100m I.M.  
Nikos Kartsakalis: 18.54 in the 9-10 25m Fly

### Trivia!

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

What two famous Olympic swimmers who swam in the 2004 Summer Olympics are from the state of Maryland?

### Coming Up

**Monday, June 26-** Relay Carnival at Connecticut Belair. **THEME- Socks!** We are going to meet at Forest Knolls Pool at **5:00 pm** to decorate cars and caravan to Connecticut Belair as a team. Warm-ups will be at **5:45 pm** and the meet will start at 6:30 pm. Come cheer everyone on even if you're not swimming! **There will be no afternoon practice!**

**Tuesday, June 27-** Relay Carnival Rain Date at Connecticut Belair

**Wednesday, June 28-** B-meet: Long Branch at Forest Knolls. Be at the pool at **5:00 pm**.

**Friday, June 30-** Ice Cream Social- Make your own sundaes. **Bring your favorite ice cream topping to share with everyone!** Ice cream will be provided. Begins at 5:30 pm after practice.

**Saturday, July 1-** A-meet: Forest Knolls at Connecticut Belair. Meet at Forest Knolls Pool at **7:15 am**. Warm-ups will begin at 8:15 am. **THEME: Red, White, and Blue.** We will be going out to lunch after the meet.