

Head Coach: Kendra Williams
Assistant Coach: Katie Schlebecker



The Splash Flash Times
Forest Knolls Seahawks
Week Four June 26 – July 1



A-Meet Against Connecticut
Belair

The Seahawks had another tough meet last Saturday against Connecticut Belair. Although the Seahawks lost with a final score of 461 to 317, everyone swam very well. Many people improved their times and a few people received All-Star times. Connecticut Belair is more than twice the size of our team, with 175 people compared to our 72 people. The Seahawks did a great job considering our size! Next week we will be swimming against Wheaton Woods. This will be our closest meet so far because Wheaton Woods is only seeded one place above us. The coaches expect everyone to try their hardest! We are very hopeful to finally win a meet!

Trivia

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

Name 10 previous coaches or assistant coaches of the Forest Knolls Swim Team.

Swimmers of the Week

Ethan Amitay- Ethan has been practicing very hard this summer, often staying after his 8 and under practice to swim with the 9-10s. He dropped a lot of time last Saturday, receiving All-Star times in all three of his events.

Elisabeth Kelly- Elisabeth has been consistently attending practices and always tries her hardest. Last Saturday she stepped up for the team by swimming up as an 11-12. She swam 50s for the first time in an A-meet and did a great job!
Congratulations Ethan and Elisabeth!

All-Star Nominating Times

Katie Ross: 33.93 in the 9-10 50m Free
22.09 in the 9-10 25m Back
16.54 in the 9-10 25m Fly
Ethan Amitay: 18.63 in the 8&U 25m Free
25.71 in the 8&U 25m Breast
23.40 in the 8&U 25m Fly
Justin Kidwell: 1:21.73 in the 11-12 100m I.M.
Nikos Kartsakalis: 18.34 in the 9-10 25m Fly

Coming Up

Wednesday, July 5- B-meet: Forest Knolls at Oakview. Be at the pool at **5:00 pm**. We will be caravanning to Oakview.

Friday, July 7- Dessert Night. Make your favorite dessert. The coaches will be judging the desserts! **There will be no Friday afternoon practice.** Begins at 6:30 pm.

Saturday, July 8- A-meet: Forest Knolls at Wheaton Woods. Meet at Forest Knolls Pool at **7:15 am**. Warm-ups will begin at 8:15 am. **THEME: Wacky Tacky**

Sunday, July 9- 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!

Friday, July 14- Lip Sync Night! Make up an act to your favorite songs with some friends! Sign up on the poster on the swim team bulletin board.