

# Triton Weekly



Issue 1

5 June 2026

## Welcome Back Tritons



### **\*UPDATED\* Practice Schedule**

**From May 28 through June 17**

Middle school swimmers: 4:00–4:45pm

High school swimmers: 4:45–5:30pm

Elementary school swimmers: 5:30–6:15pm

**Beginning on Thursday, June 18**

Early swimmers: 7:30–8:30am

13–18 yr old swimmers: 8:00–9:00am

5–12 yr old swimmers: 9:00–10:00am



# Laurel Hill Tritons 2026 Calendar

## June

6/13 - Timed Trials - Laurel Hill

6/18 - Morning Practice Begins

6/20 - A Meet - Laurel Hill at Ilda Community (Hawaiian)

6/22 - B Meet - Rolling Forest at Laurel Hill

6/26 - TGIF at Laurel Hill

6/27 - A Meet - Long Branch at Laurel Hill (Christmas in June)

6/29 - B Meet - Laurel Hill at Newington Forest

## July

7/3 - TGIF at Laurel Hill

7/4 - A Meet - Long Branch at Laurel Hill (Red White & Blue)

7/6 - B Meet - Laurel Hill at Cottontail

7/8 - Pancakes and Photos at Laurel Hill

7/8 - Divisional Relays - Long Branch

7/10 - TGIF at Laurel Hill

7/11 - A Meet - Laurel Hill at Village West (TBD)

7/13 - B Meet - Fairfax Station at Laurel Hill

7/15 - All-Star Relay Carnival

7/18 - A Meet - Rutherford at Laurel Hill (Senior Meet/Western)

7/25 - Divisionals at Rutherford

8/1 - All Stars at Vienna Woods



**Order Tritons Merch!**

<https://www.swimoutlet.com/collections/laurelhilltriton>

# Meet our Team Reps

*Jenn Talarico*

**Roman (14) & Aldo (10)**

**Best thing about summer swim:** My favorite thing about Summer swim is spending time at the pool with friends.

**What are you looking forward to:** I'm looking forward to the fun, excitement, and high energy of A/B meets. I love watching all the swimmers working hard and improving on their swimming skills and time.

**Favorite Concessions treat:**  
Cheeseburger

*Harold Muniz*

**Mateo (10)**

**Best thing about summer swim:** Watching the team interact, grow, and compete throughout the summer- it's hard not to get caught up in the excitement and team spirit!

**What are you looking forward to:** The sun! But I'm also excited to step into the co-team rep role helping answer questions, coordinate swim meets, and fine-tuning my poolside cheer: "Go Tritons, Go!!!"

**Favorite Concessions treat:** Doubling up on those Anita's breakfast burritos and pretending they're just part of my protein goals.



# Meet the LH Tritons Board

**Bill Hiscock, President**

Will (14), Ellie (12)



**Joe Behan, Treasurer**

Caden (18)



**Lindsay Aaronson,  
Vice President**

Joseph (12)



**Brad Snyder  
Secretary**

Ethan (13), Jazzy (11)



**Stephanie Chavez-Difibaugh**

**Member at Large**

Virginia (16) Nathaniel (12)



## Our Tritons 2025 ALL STARS

**Mateo Muniz (8&U)**

15<sup>th</sup> Place

25 Breast

**Caroline Miska**

(11-12)

17<sup>th</sup> Place

50 Free

**Claire Lasut (13-14)**

15<sup>th</sup> Place

50 Back

**Rece Storer (15-18)**

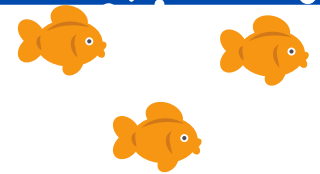
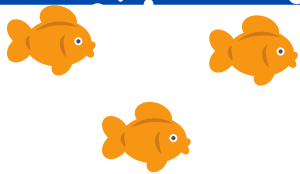
1<sup>st</sup> Place

50 Free

2<sup>nd</sup> Place

50 Fly





# Little Tritons

Hello! My name is Tess Lasut, and this will be my second year coaching the Little Tritons. I really enjoyed coaching last year, and I am very excited for the upcoming season. A little about me: I recently graduated from South County High School and will be attending The Catholic University of America in the fall, where I plan to continue swimming as well.

Little Tritons practices will begin after school ends and will take place in the mornings. My main goal for all swimmers is to help them become confident and independent in the water. By the end of the season, I hope each swimmer will be able to swim about 15 meters on their own, which is the width of the smaller section connected to the Laurel Hill Pool. Once swimmers master that, they will have the opportunity to move up and swim with the Tritons swimmers in the big lanes.

In addition to practices, every B meet will include Lollipop Races that all Little Tritons swimmers can participate in. At the beginning of the meet, the Little Tritons will race across the big lanes with the help of an older swimmer in the water beside them. Once they reach the other side, every swimmer receives a lollipop. It is always a fun experience and a great way to help the swimmers feel excited and proud of themselves.

That is just a quick overview of the Little Tritons program. I am so excited for the season and cannot wait to work with all of the swimmers. I know we have a great season ahead of us!



**2026 SPECIAL EVENTS**

June 23	NVSL Day Kings Dominion	July 2	NVSL Day Kings Dominion
June 24	NVSL Day Kings Dominion	July 21	NVSL Day Kings Dominion
June 25	NVSL Day Kings Dominion	July 26	NVSL Night with the Washington Spirit Audi Field
June 30	NVSL Day Kings Dominion	July 28	NVSL Day Kings Dominion
July 1	NVSL Day Kings Dominion		

Don't miss out on the fun!

## LESSONS

### Rece Storer

Tritons Coach and collegiate swimmer at UMW

All ages and skills welcome

Call **703-615-0860** to schedule

Does your swimmer want to hone their skills? Perfect their stroke? ....workout with the Tritons' BEST!

### Tess Lasut

Little Tritons Head Coach, will be swimming at Catholic U

All ages and skills welcome

Call **703-581-3343** or use QR



# We our 2026 Sponsors





# LAUREL HILL TRITONS

SWIM TEAM

## WE NEED OFFICIALS!

*Every Race.  
Every Session.  
Every Triton.*

Our meets can't happen without **TRAINED OFFICIALS** like you!

No experience? No problem! *We'll train you.*

### OFFICIAL POSITIONS INCLUDE:



**STROKE & TURN**  
Ensure swimmers follow the rules for a fair race.  
*Watch. Judge. Make it count.*



**STARTER**  
Start every race with confidence and precision.  
*Set. Focus. Start!*

### AVAILABLE TRAINING DATES:

-  **MAY 30**
-  **JUNE 7**
-  **JUNE 14**
-  **JUNE 17**



**GET TRAINED. GET INVOLVED.**  
*Make a Big Impact!*

Training is easy, supportive, and takes just 2 hours! Your time helps our swimmers shine!

 **ONLY 2 HOURS**  
*That's it!*



**EARN 4 VOLUNTEER POINTS** FOR EACH SESSION YOU WORK AS AN OFFICIAL!

- ✓ STROKE & TURN JUDGE
- ✓ STARTER
- ✓ REFEREE JUDGE



**BE PART OF THE TEAM BEYOND THE POOL.**  
*Thank you for supporting our Tritons!*

**INTERESTED?**  
Contact the Officials Chair  
[officials@lhtritons.org](mailto:officials@lhtritons.org)  
Let's make a splash together!