

Triton Weekly



Issue 2

11 June 2026

Congrats Triton Seniors!



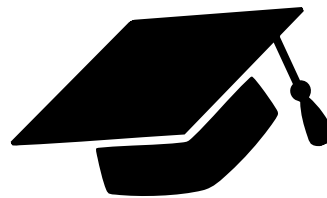
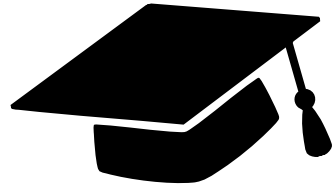
Trey Storer



Caden Behan



Tess Lasut



Jayden Nguyen



- Not Picutured: Kennedy Thornton, Maya Wade

Timed Trials - This Saturday!

What NVSL Timed Trials Are

A practice meet for your own team - It is run like a real meet with officials, timers, and events!

Purpose of Timed Trials

Timed trials serve a few key goals:

- Establish baseline times for each swimmer in each stroke
- Help coaches decide lineups for the first A meet
- Give swimmers and families a low-pressure introduction to how meet day works
- Let the team test logistics and meet operations before competition begins

What Happens at Timed Trials

You can expect:

- Swimmers often swim multiple events / strokes (sometimes all four if able)
- Events are run in meet format with heats, lanes, and recorded times
- No official team opponent (though some teams split into "red vs. blue" for fun)
- Usually no ribbons or awards (focus is on times, not placing)

Why It Matters

These times become your child's starting point for the season:

- Coaches use them to:
- Seed swimmers into events
- Make A-meet decisions
- Track improvement over the season

Team Rep Report

*Jen Talarico & Harold
Muniz*

- Time Trials gear - swim cap, goggles, towel, water, & energy.
- Swimmers should be on pool deck by 0730. Warm ups begin at 0745. We will begin Time Trials at 0830.

****Swimmers should expect to swim all strokes**

****Non-Laurel Hill residents please ensure you process your Associate Pool Membership form and payment by June 13 if you've not done so already. Form can be found on our website**

https://www.lhtritons.org/register/102159/sign_in

**** June 16 Afternoon Practice Ends**

****No practice June 17; last day of school**

****Morning practice begins June 18
0730-0830 / 0800-0900 / 0900-1000**

****Little Tritons begins June 22
0900-0930 or 0930-1000**

***** June 20th first away A-meet**



**LH TRITONS IS PROUD TO PARTNER
WITH CAFE SOUL CATERING!**

Newsletter Editor: Suzi Hiscock

Newsletter photos & submissions due 12:00pm each Wednesday

susannemhiscock@gmail.com

Coach Rece Recommends

Hi everyone! Coach Rece here, these are some things I do to be a successful swimmer. Days leading up to an important race, I make sure to drink plenty of water to prevent muscle cramps, slow reaction time, and dehydration. Before racing, it is important to eat a lot of carbohydrates to energize yourself. For example, a bagel with cream cheese. Try and save the doughnuts for after all of your races as a sweet treat. Lastly, be confident! If you are putting in the work at practice and trying your best, you will see improvement. For the upcoming season, I really want to see more water bottles on deck.

~Coach Rece out.



Swim Bag Essentials

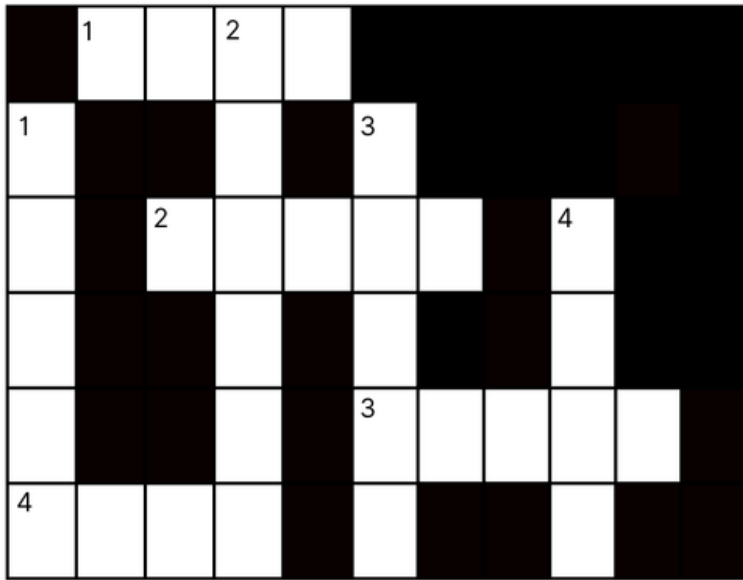
by: Ellie Hiscock (12)

Being prepared for a swim meet sets you up for success! I recommend the following essential items always be packed in your swim bag:

- 2 caps
- 2 goggles
- 2 towels
- money
- sunscreen
- healthy snacks
- extra swim suit
- TONS of water
- Spirit Gear!



Team Triton Spirit



ACROSS

1. Stoke done on your back
2. Triton Senior who also plays baseball
3. Team race with four other swimmers
4. New Triton Coach

DOWN

1. Volunteer who records race times
2. Triton Swimmer who went to All Stars last year for backstroke
3. Triton Swimmer dubbed "King" by Coach Kathleen
4. Group of swimmer racing together



Support our Themed Meets!

6/20 - **Hawaiian**

6/27 - **Christmas**

7/4 - **Red White & Blue & Olympics**

7/8 Div Relay - **Color OUT**

- 7-8: **RED**

- 9-10: **ORANGE**

- 11-12: **YELLOW**

- 13-14: **GREEN**

- 15-18: **BLUE**

7/11 - **Under the Sea**

7/18 - **Western**

How can you support???

*Deck your swimmer out in themed attire!

*Sign up to bring spirit items to support all swimmer



<https://m.signupgenius.com/#!/showSignUp/30E044DA9AF2EA3FC1-64454096-eureka?useFullSite=false>



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!



GET TRAINED. GET INVOLVED.
Make a Big Impact!

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

AVAILABLE TRAINING DATES:

MAY 30
 JUNE 7
 JUNE 14
 JUNE 17



ONLY 2 HOURS
That's it!



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

✓ STROKE & TURN JUDGE
✓ STARTER
✓ REFEREE JUDGE

**4
POINTS**
★★★



**BE PART OF THE TEAM
BEYOND THE POOL.**

Thank you for supporting our Tritons!

INTERESTED?

Contact the Officials Chair
officials@lhtritons.org
Let's make a splash together!

We our 2026 Sponsors

