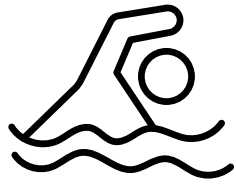


Triton Weekly

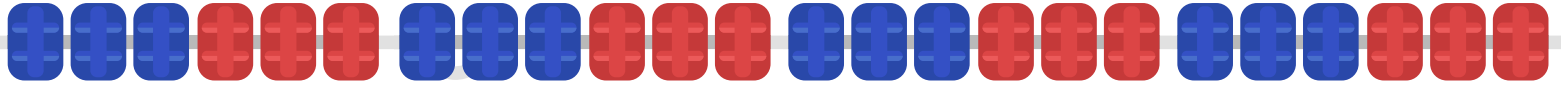
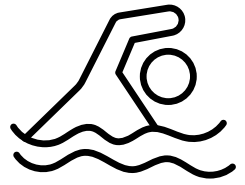


Issue 3

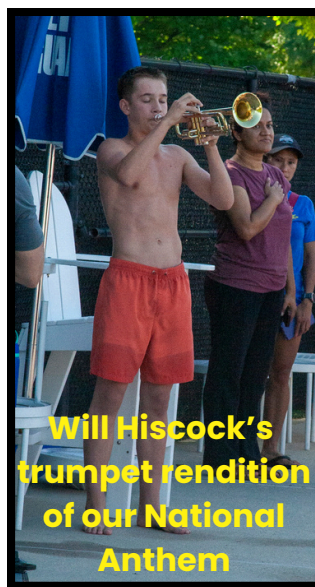
19 June 2026



Timed Trials



Our swimmer leaders rocking "YMCA"



Will Hiscock's trumpet rendition of our National Anthem



Showing our Triton Spirit!



Let's Go Tritons!



Tritons making a splash!



Caroline Salzer doing her thing!



Boys 11-12 Ready to swim!





Senior Spotlight

Tess Lasut

What first got you into swimming, and how long have you been on the team?

Funny enough, what first got me into swimming was this very team, the Laurel Hill Tritons. I joined the Tritons when I was seven years old and immediately fell in love with the sport. In fact, after my very first summer season, I was so eager to keep swimming that I joined a club team, Sea Devil Swimming, that winter. From that point on, swimming became a major part of my life. It has taken me through club swimming, high school competition, and now collegiate swimming, and it all started right here with the Laurel Hill Tritons.

What's your favorite memory from your time on the swim team?

I would have to say that some of my favorite memories with the swim team came from the TGIF parties every Friday. While I didn't appreciate them as much as I got older, they were the highlight of my summer when I was younger. I would spend hours at the pool with my friends, swimming, laughing, and making memories. Those Friday nights were something I looked forward to all week and are some of the moments I remember most fondly from my time on the team.

Which meet or race are you most proud of, and why?

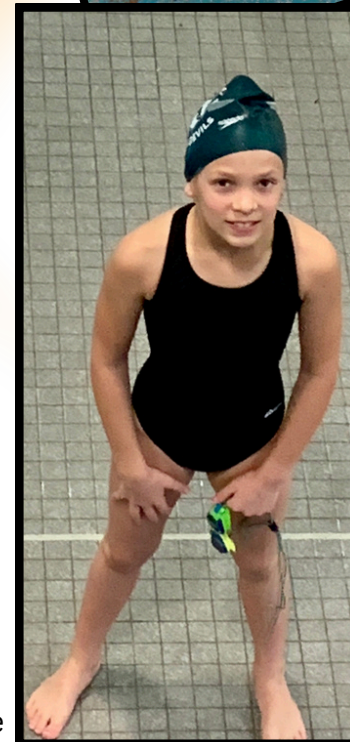
One of my favorite swimming memories came during an A Meet the summer after my freshman year. I was swimming breaststroke against a girl who had a significant lead on me after the first 25 yards. However, after the turn, I dug deep and made an incredible comeback during the second 25, ultimately pulling ahead. What I remember most is hearing how loud my teammates were cheering when I touched the wall. In that moment, I felt incredibly proud, not just because of the comeback, but because I felt like I had made my team proud. It was one of the most rewarding moments of my swimming career and a reminder that all the hard work I had put into training throughout the year was paying off.

How has being on the swim team shaped who you are today?

I feel like growing up on the swim team played a huge role in shaping who I am today. When I was younger, I looked up to the older swimmers and admired the way they carried themselves both in and out of the pool. They were role models to me, whether they realized it or not. As the years went by, I gradually found myself stepping into that same role for the younger swimmers. Realizing that I had become someone they looked up to was a surreal experience, one that meant more to me than I ever expected. It made me appreciate just how much the team had helped me grow, not only as a swimmer, but as a person. I grew up through this team.

What advice would you give to younger swimmers just starting out?

One piece of advice I would give to younger swimmers is that swimming is a marathon, not a sprint. There will be races that do not go your way, and in the moment, it can feel like that one swim defines your entire career. Trust me, I have been there. But the reality is that swimming is a journey. When you look back years from now, you will not remember every time you missed a goal or had a bad race. What you will remember are the lessons you learned, the challenges you overcame, and the growth that came from both the highs and the lows. Those experiences, more than any single race, are what shape you into the swimmer and person you become.





Congratulations to swimmers, volunteers, and families on a job well done at Time Trials.

- Team shirts and latex caps can be picked up during practice. Please see Jenn Talarico.
- Please declare your swimmer(s) for meets in SwimTopia. A meet declaration by **Wednesday's at 3:00pm**. B meet declaration by **Friday at 3:00pm**.

We have our first B home meet on Monday, June 22nd and A home meet on June 27th.

Little Tritons practice begins June 22nd in two sessions, 0900-0930 & 0930-1000. Parents will receive their schedule soon.

Did you know?

★ NVSL is the largest summer swim league in the U.S. With 100+ teams and over 17,000 swimmers!

🏅 Olympians started in NVSL pools
Swimmers like Melissa Belote (3× Olympic Gold Medalist) got their start in summer league.

Team Rep Report

Jen Talarico & Harold Muniz

SENIOR SPOTLIGHT - Tess Lasut, continued-----

Who on the team has inspired or supported you the most?

My teammates inspired and supported me the most. Of course, those teammates changed throughout the years, but I always had people in my corner cheering me on and making the swim team really feel like one big family.

Favorite stroke or event to swim?

My favorite event to swim was definitely the mixed-age relay, especially because I got to swim it with my sister. Being able to compete alongside her every week made it even more special and created memories I'll always cherish.

Pre-meet ritual or pump-up song?

I wouldn't say I have one specific pre-meet ritual, but before each race I do a lot of stretching and shaking out my muscles to get ready. If I had to pick a pump-up song, though, I'd definitely choose "Chicago" by Michael Jackson.

Go-to post-practice snack?

My go to post practice snack is definitely a scrambled egg. I can't really eat a ton after I swim but an egg is the perfect thing that gives me the protein I need without being too hardy.

What are your plans after graduation?

After graduation I plan to attend The Catholic University of America in DC where I will swim, do Army ROTC and study political science on the pre-law route.

Will swimming continue to be part of your life in some way?

Yes for sure. I hope to be a very successful college swimmer, but even past college I know that swimming has made me the strong hard working person that I have become and I know that because of that I will be able to accomplish anything I put my mind to.

Newsletter Editor: Suzi Hiscock

Newsletter photos & submissions due 12:00pm each Wednesday

susannemhiscock@gmail.com

Coach Rece Recommends

Hi Tritons, Coach Rece here- as we switch to morning practices this week, please arrive on time! I know it's early, but you can do it! I would love everyone to focus on their streamline this week. I've been teaching this in practice but if you are struggling then come see me. This is one of the quickest ways to get to the other end of the pool faster. Also please bring a water bottle to practice! Last thing, we need cheer for our teammates. We are all one team, so we need to encourage each other. Thank you! **Coach Rece out.**



Secrets of Swimming Success

by: Henry Salzer (12)

Henry's advice for successful swimming:
Showing up for practice & trying Hard!



If your swimmer wants to share their "secrets"...submit to Suzi by Wed noon!

Team Triton Spirit JUNE 20 MEET THEME:

Hawaiian

Prizes for Tritons who are most decked out! \$10 Cold Stone GC!

Mark you Calendars!



- 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 (Food, music, games, cheers!)
- 6/27 - A Meet - Long Branch at Laurel Hill (Christmas in June)
- 6/29 - B Meet - Laurel Hill at Newington Forest

*The Laurel Hill Tritons Family invites you
to join them as they celebrate*



**Kathleen Winston
20 Years of Coaching Excellence
at Laurel Hill**



Sunday, July 12 at 4:00 -8:00 PM
8380 Laurel Crest Drive, Lorton VA

<https://evite.me/r6tvfeVrsE>

We♥our 2026 Sponsors

