

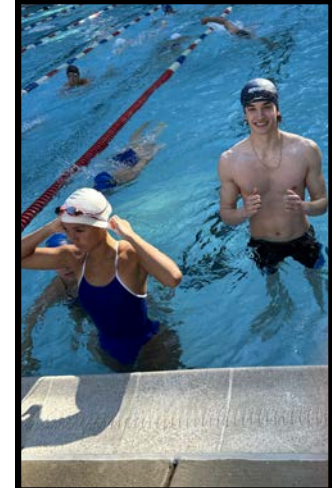
Triton Weekly



Issue 4

24 June 2026

Tritons take on Iida Community





Senior Spotlight

Trey Storer



What first got you into swimming, and how long have you been on the team? My parents forced me to join the swim team in 2017. I didn't really want to but they wanted me to get some exercise instead of playing on my I-pad all day.

What's your favorite memory from your time on the swim team? My favorite memory is swimming with my brother and breaking 2 Laurel Hill relay records last summer.

Which meet or race are you most proud of, and why? The 2 relay records I was part of last summer is what I'm most proud of. Mainly because the day before I was in Nashville, TN for the Technology Students Association national competition; our flight home was cancelled due to bad weather so I was awake the entire night in the Nashville airport. I got home to VA just in time for a 1 hour nap before heading to the meet. I can't believe I was able to function, especially well enough to help break the records.

How has being on the swim team shaped who you are today? Being a part of the Tritons has helped teach me how to swim all the strokes legally, how fun it is to cheer on my teammates, and how to celebrate Triton pride!

What advice would you give to younger swimmers just starting out? My advice to swimmers just starting out is to not compare yourself to others. Compare yourself to how you did last week. The nice thing about swimming is that even though we compete against others in races, the true competition is you against yourself. My goal is to simply do better each week. Sometimes I do, sometimes I don't!

Who on the team has inspired or supported you the most? My biggest inspiration has been my brother, Rece. He is way more into swimming than I am, and seeing how hard he has worked both in and out of the pool has been awesome to see.

Favorite stroke or event to swim? Freestyle

Pre-meet ritual or pump-up song? Dark Horse by Katy Perry

Go-to post-practice snack? I love a Roy Rogers hot ham and cheese (not on the menu, you have to ask for it!); I usually order 2.

What are your plans after graduation? I plan to attend UVA in Charlottesville, VA

Will swimming continue to be part of your life in some way? I haven't decided if I will swim much at college, I might do it to keep in shape though.





Team Tritons – thank you for your flexibility during the unpredictable Summer weather for our B meet on Monday. We have an amazing group of parent volunteers. We appreciate you.

Special shoutout to the 13-14 boys/girls (Arin Kumar, Veena Saputo, Miles Langham, Roman Talarico, Ella Finerfrock, Hannah Tran) for all your help prepping for the B meet. Way to lead by example!

Practice, practice, practice paid off for 27 swimmers at our A meet on June 20th. Great job, keep showing up, & working hard.

Team Rep Report

Jen Talarico & Harold Muniz



MAX KILMARTIN



Congratulations Max! Max swam in his first A meet, despite his nervousness and he KILLED it in backstroke – well done Max!

HANNAH TRAN



Hannah swam the breast stroke in our A-Meet and with all of her practice did a fantastic job! Congrats Hannah, keep it up!

Max Kelmartin: Free –**1.31**; Back –**16.87**

Charlotte Cagang Calayag: Free –**1.35**

Briana Novillo: Free –**2.31**

Noah Mohammed: Free –**4.47**

Mateo Muniz: Free –**2.99**

Avigail Pace: Free –**1.65**; Back –**3.28**

Alex Tran: Back –**2.99**

Jazzy Synder: Back –**2.08**; Breast –**6.44**

Nathaniel Defibaugh-Chavez: Back –**2.88**; Breast –**3.14**

Adam Khalil: Back –**2.06**

Anisa Arslan: Back –**4.89**; Fly –**2.83**

Andrea Novillo: Back –**3.69**

Arin Kumar: Back –**1.66**

Kyle Johnson: Back –**1.56**; Breast –**1.11**

Virginia Defibaugh-Chavez: Back –**2.01**

Connor Finerfrock: Breast –**4.92**

Anna Broadhead: Breast –**10.15**

Hunter Maney: Breast –**1.50**

Violet Cahill: Breast –**6.96**; Fly –**13.62**

Ellie Hiscock: Breast –**1.41**

Isaac Solomon: Breast –**3.31**; Fly –**2.43**

Hannah Tran: Breast –**1.83**

Claire Lasut: Breast –**1.12**

Suri Nguyen: Breast –**2.28**

Aldo Talarico: Fly –**2.88**

Elise Smith: Fly –**3.94**

Trey Storer: Fly –**1.78**

Newsletter Editor: Suzi Hiscock

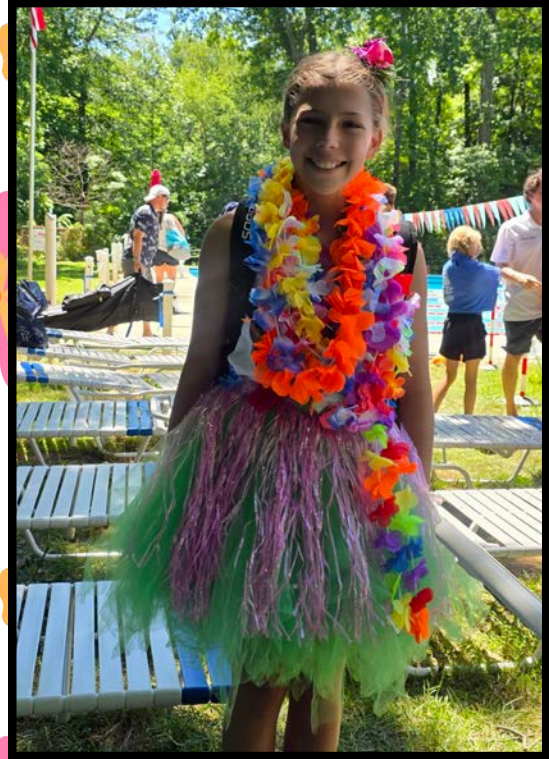
Newsletter photos & submissions due 12:00pm each Wednesday

susannemhiscock@gmail.com

A-Meet SPIRIT Awards



Trey Stoner



Ellie Hiscock

Saturday, 27 June Meet....

Christmas in June

**Prizes for most
SPIRIT!!**



Coach Rece

Recommends

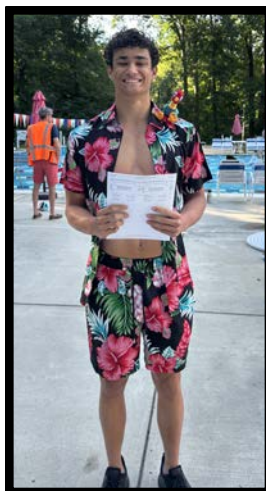
Hi Tritons! Coach Rece here - I want to congratulate everyone on an awesome job at our first meet. As we continue through our season it is important to understand a few things. Firstly, racing is just as important mentally as it is physically. If you try your best in every practice, you will succeed. If you see a buddy who is nervous before their race, let them know it's okay and wish them good luck. Secondly, the summer is going to keep getting warmer so water bottles are going to be more important. Please bring them! Lastly, before each practice it is very important to dynamic stretching. Dynamic stretching is a wake up call to your muscles to be ready for physical activity. For post-practice/meets, static stretching will benefit your muscles more as a cool down rather than warm up.

Coach Rece out.



Selfie of the Week

Ashley Robinson



Volunteer of the Week

Dan Finerfrock

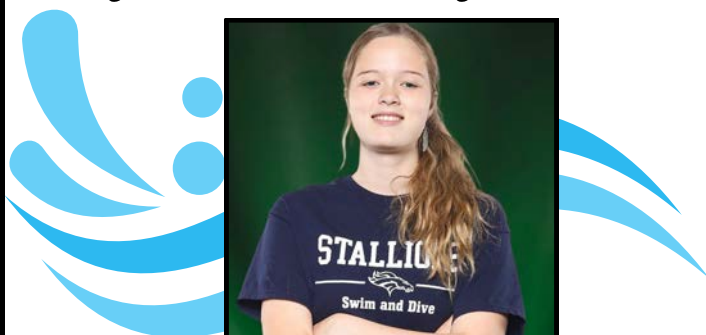
Chief Equipment Officer



Secrets of

Swimming Success

Virginia Defibaugh-Chavez



Always give 100% during practice!!

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

Laurel Hill Tritons TGIF



Concessions

Pizza

Cafe Soul

Games

Music

Pep Rally



Laurel Hill Pool

Friday, 26 June, 6:00-8:00Pm

A-Meet set up to follow

We our 2026 Sponsors

