

Triton Weekly



Issue 5

2 July 2026

Tritons Host Long Branch



Senior Spotlight

Caden Behan

What first got you into swimming, and how long have you been on the team? I got into swimming when my mom pushed me into the pool at a lollipop race at about 4 years old. Once I was in the water, she said swim and I am competitive so I went as fast as I could across the pool. I have been on the swim team ever since.

What's your favorite memory from your time on the swim team? My favorite memory was my first time swimming at All Stars when I was 8 years old.

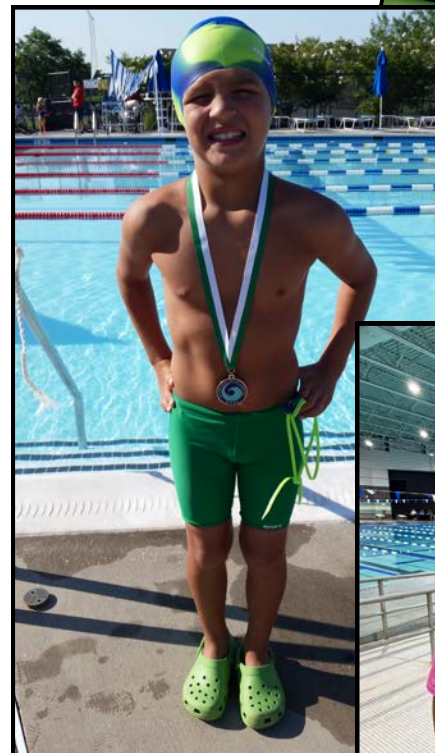
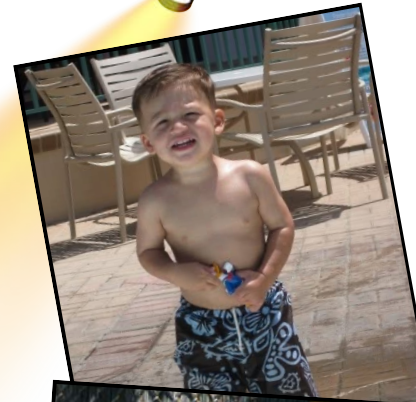
Which meet or race are you most proud of, and why? I can't say there is any one meet or race in particular, but the ones where we were behind as a team and it came down to the relays and the adrenaline was flowing and we were leaving it all in the pool were always fun. I also enjoyed pushing myself to beat my own PRs so divisionals were always fun for that.

How has being on the swim team shaped who you are today? It's given me a competitive edge to try to be the best I can be at everything I do. It also helped me learn that as long as you do your best and give it everything you have, that's all that matters.

What advice would you give to younger swimmers just starting out? Believe in yourself and believe you can do hard things no matter how scared you are. You will realize we make situations more stressful than they actually are because we overthink them or we don't trust ourselves. So be confident and believe you can overcome anything.

Who on the team has inspired or supported you the most? Coach Kathleen has inspired and supported me more than anyone on the team. She has always been there for me through everything in life, not just what happens in the pool. She truly cares about every swimmer and their families too. Coach Kathleen supports us no matter what we do and always wants the best for us. She celebrates our successes, helps us through our challenges, and never stops believing in us. She loves and cares for us unconditionally, whether we are doing our best or being complete knuckleheads. Her kindness, encouragement, and dedication have made a lasting impact on me, and I am incredibly grateful for everything she does. She is simply the best!

CADEN CONTINUED PG 3



CADEN CONTINUED:

Favorite stroke or event to swim? My favorite event to swim is breaststroke.

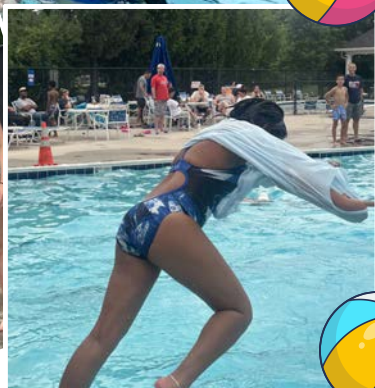
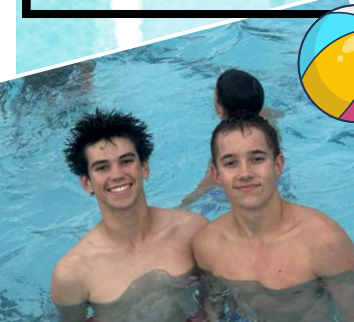
Pre-meet ritual or pump-up song? When I was little, my mom would give me 10 Skittles before each event. Now that I'm older, my pre-meet ritual is that I don't eat breakfast until after I swim.

Go-to post-practice snack? My go to post practice snack is grilled chicken.

What are your plans after graduation? I will be attending Shenandoah University where I will be studying sports management and playing baseball.

Will swimming continue to be part of your life in some way? Yes, I think swim will always be a part of my life. I won't continue with summer swim, but swimming has shaped who I am and taught me things I will take with me wherever I go. I hope to stay involved, whether through coaching or mentoring the younger swimmers, or trying to stay fit by swimming. I enjoy swim and can't imagine it not being a part of my life in the future.

TRITON TGLF 6/26





Team Rep Report

Jen Talarico & Harold Muniz

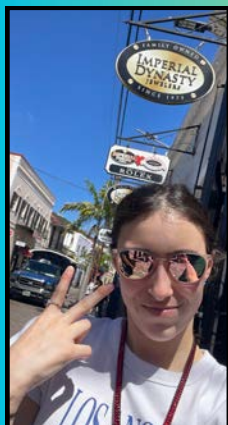


Caden McNally



Not only did Caden swim up in an age group but he dropped 5 sec!! Great job Caden - keep up the great swimming and dedication!

Amanda Bloom



Amanda swam hard and fast from lane 1. Swimming an outside lane can be challenging, but Amanda did great! Well done Amanda!!!

Our team is getting stronger and faster each week. Recognizing 37 swimmers with improved times by 1 sec or more from the B meet on June 29th. Keep pushing and swimming hard.

Joseph Aaronson: Free **-1.70** & 100m IM **-7.52**

Anisa Arslan: Free **-4.16** & Back **-3.40**

Anna Broadhead: Free **-5.15**

Charlotte Cagang Calayag: Back **-5.85**

Violet Cahill: Free **-7.91**

Nathaniel Defibaugh-Chavez: Free **-1.38** & 100m IM **-4.13**

Virginia Defibaugh-Chavez: 100m IM **-3.48**

Ellie Defrees: Free **-6.47** & Back **-26.90**

Ella Finerfrock: 100m IM **-7.17**

Jack Finerfrock: Back **-3.62** & 100m IM **-13.31**

Ellie Hiscock: 100m IM **-7.41**

Kyle Johnson: 100m IM **-4.62**

Joseph Kim: Free **-21.48**

Arin Kumar: Fly **-4.25**

Miles Langham: Free **-1.04** & 100m IM **-3.81**

Liya Mahdere: Free **-1.08** & 100m IM **-11.15**

Maya Mahdere: Breast **-6.91**

Hunter Maney: 100m IM **-9.29**

Caden McNally: Free **-3.63**

Campbell McNally: Free **-5.24**

Carrington McNally: Breast **-5.18** & Fly **-1.71**

Cooper McNally: Back **-1.40**

Noah Mikyas: Free **-10.28**

Cayden Roberts: Free **-8.52** & Breast **-18.40**

Logan Roberts: Free **-11.06**

Caroline Salzer: Back **-3.32** & 100m IM **-15.93**

Henry Salzer: Free **-1.98** & Fly **-2.31**

Veena Saputo: Back **-1.17**

Jina Sedghi: Back **-1.59**

Izzy Skuce: Fly **-1.35**

Jazzy Snyder: Free **-1.53** & 100m IM **-1.08**

Roman Talarico: Back **-1.35** & 100m IM **-4.61**

Alex Tran: Free **-3.04**

Tillman Watson: 100m IM **-10.21**

Carter Wild: Free **-2.06**

Blen Yohannes: Free **-9.94**

Elihanza Zeweldi: Free **-5.11** & Back **-5.98**

Newsletter Editor: Suzi Hiscock

Newsletter photos & submissions due 12:00pm each Wednesday

susannemhiscock@gmail.com



LAUREL HILL TRITONS AT NEWINGTON FOREST NEPTUNES



Nayomi Tamodong

USA



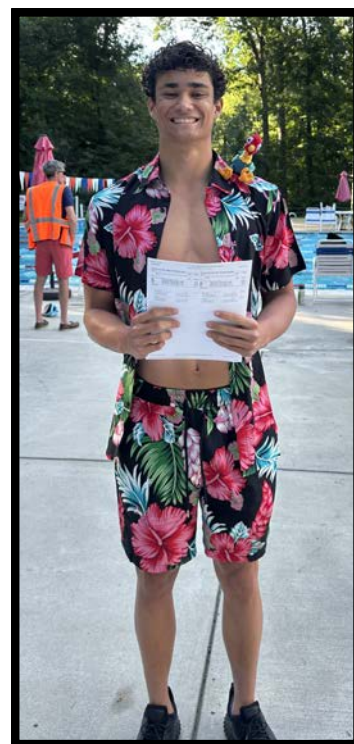
Olympics

Prizes for Tritons with the MOST SPIRIT \$10 Cold Stone GC!

Coach Rece Recommends

Hi Tritons, Coach Rece here - This week I'd like everyone to focus on keeping your ear in the water when you breathe. When you take a breath, pulling your whole head up and out of the water causes your hips to sink, slowing you down. You can practice this on your own just by standing in the water and putting one ear in the water with your head turned sideways.

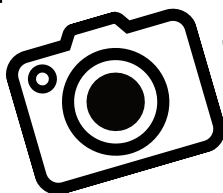
This small thing can lead to results! **Coach Rece Out**



Volunteer(s) of the Week

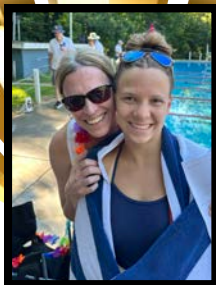
The Lasut Family

All things Tritons



SELFIE OF THE WEEK

Suri Nguyen



Not pictured: Mike & Claire



Secrets of Swimming Success

Ashley Robinson

"Your body quits the second your mind does, so never let a bad attitude create a bad race"

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



Bring your appetites to the Pool!



MENU

Breakfast

- Breakfast Sandwich \$8.00

Lunch/Dinner

- Hamburger \$ 8.00
- Pulled Pork \$10.00
- Brisket \$ 12.00

SWIMMER QUESTION OF THE WEEK...

**"WHAT TRITON SWIMMER
INSPIRES YOU THE MOST?"**

SEND SUBMISSIONS TO SUZI:
703-403-3409 ALONG WITH A
PHOTO OF THE RESPONDENT
(deadline - 7/7)



Important Reminder: Please sign up your swimmer(s) in Swimtopia for all remaining events. The next couple of weeks will go by quickly. RSVP is needed for July 4th home A meet, July 6th away B meet at Cottontail, and July 8th Division Relay Carnival. Coach Kathleen needs swimmer(s) availability quickly.

Tritons TGIF!!

Friday 7/3

6:00 - 8:00pm

Swim Meet Set up to follow!

DJ and Music, Food, Games

We our 2026 Sponsors

