

Triton Weekly



Issue 10

19 June 2025

Laurel Hill Vs. Parliment



TGIF Pizza

The Triton Concession Team is excited to offer our families the opportunity to pre-order Vocelli's pizzas as a part of our fundraiser this Friday to support the Tritons

- Families can order their pizzas and reserve them for pick up at the Triton's Concessions table on Friday 6/20 during the TGIF party!
- USE THIS LINK: <https://square.link/u/PSzSvciH>
- Pizzas can be either Cheese or Pepperoni. Link only processes one flavor per order. Please place a second order if you would like the second option!
- Pizzas are \$15 each.

Team Rep Report

Swimming is a demanding sport! It's important to encourage good habits outside of the pool to help your swimmer perform their best. Encourage healthy eating habits, getting plenty of rest, and staying hydrated; especially, as the temps heat up.

Good communication between coaches, swimmers, and parents is the foundation to a successful summer swim season. Encourage your swimmer to talk to Coach Kathleen. Coach Kathleen will work with swimmers to let them know how they are performing. Make sure to read all emails from the team to stay informed. The newsletter and SwimTopia are great sources for team information.

Coach's comment

Great first meet!
Congrats to **Thein and Makayla** for being swimmers of the week!!! Love all the cheering Thank Trey Storer and friends 😊
Reminder **please stay in the team area, pick up your trash and stay to the end of the meet!** Next up Woodley



Senior Spotlight

Mikey Lloyd



What first got you into swimming, and how long have you been on the team? PeeWee Paddler lessons at the rec center. I started swim team with Lorton Station at age 5 and joined the Laurel Hill Tritons in 2018.

What's your favorite memory from your time on the swim team? The minion themed meet my sophomore year when we went to the thrift store to get minion colored apparel.

Which meet or race are you most proud of, and why? Swimming at States my senior year

How has being on the swim team shaped who you are today? It has taught me resilience and dedication – always had to work hard to achieve my best time

What advice would you give to younger swimmers just starting out? Show up every day and you will improve

Who on the team has inspired or supported you the most? Finn Riedl for giving me my first tech suit (a hand-me-down now worn by 5 Tritons!)

Favorite stroke or event to swim? 50 breaststroke and the 500 freestyle

Pre-meet ritual or pump-up song? Dreams and nightmares by meek mill

Go-to post-practice snack? Donuts

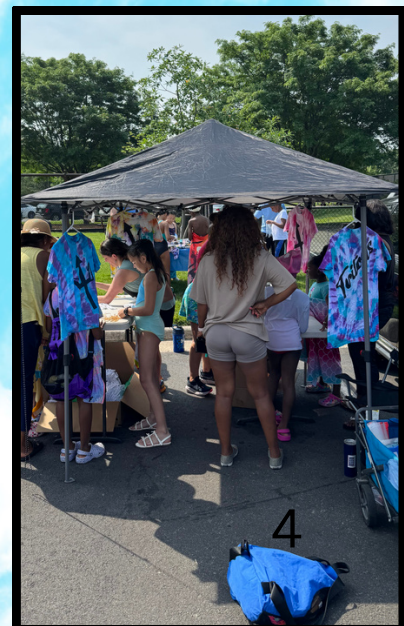
What are your plans after graduation? Attend the United States Naval Academy majoring in either Aerospace or Mechanical Engineering

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

I hope to compete on the USNA's triathlon team



Tie Dye Madness!





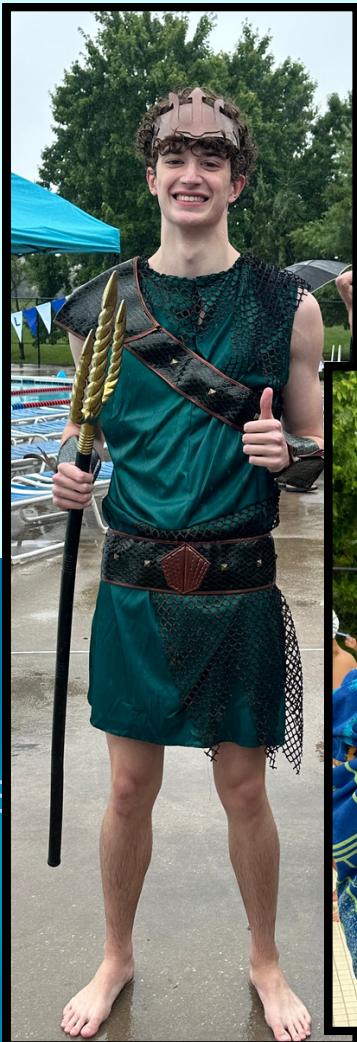
TGIF POOL PARTY

20 | JUNE
6:00 PM - 8:00 PM
FRIDAY

**GAMES!
DJ!
PIZZA FOR
PREORDER!**

LAUREL HILL COMMUNITY POOL
RSUP: IN SWIMPOPIA

B MEET - ROLLING VALLEY @ LH



Pancakes and Photos '25



Tritons Give Back!



Triton donations after our huge pancake breakfast

LAUREL HILL TRITON

SWIM-A-THON

How it Works

Each swimmer selects their lap goal to be clocked by a coach, team rep or parent volunteer. You pledge an amount per lap or a flat amount for the swimmer. 11& Over MAX 200 laps
10&U MAX 100 laps

How you can donate

To donate, please pay the swimmer directly. Once the pledge sheet is tallied - that amount will be provided to the Triton Swim Team!



Pledge dates: 20 June- 4 July

For each \$50 raised, the swimmer will receive a ticket to enter a drawing for a \$100 Amazon Gift Card! The swimmer with the highest amount raised will also receive a \$100 Amazon Gift Card. Swimmers will swim their laps at the July 4th TGIF - Coaches, parents and fellow swimmers can help count laps!



LH TRITON SWIM-A-THON

Swimmer Pledge Sheet



Swimmer's Name/age _____

Total # of Laps _____ Total Pledge \$ Owed _____ Paid/via _____ cash/square/check

Donor: _____ Flat Amount: _____
Amount per lap _____
Amount owed: _____

Donor: _____ Flat Amount: _____
Amount per lap _____
Amount owed: _____

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Amount per lap _____
Amount owed: _____





KOKEE TEA

LH TRITON SPIRIT DAYS

June 14,
June 16,
June 21 and
June 23
**stop in for
20% the
whole day!**

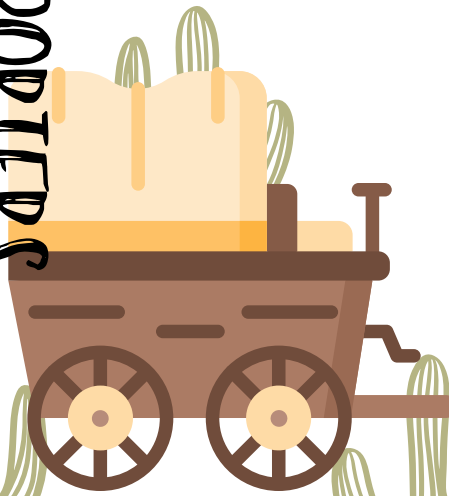


KOKEE TEA

LORTON
9037 White Spruce Way Lorton VA 22079

TRITONS SUPPORTERS

Dress in your
best WESTERN at
Saturday's meet!



TRITONS SPONSORS



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ALL SMILES
ORTHODONTICS

