



RECORDS BROKEN!

- 15-18 men's 200 Medley Relay: 1:55.53
- 15-18 men's 200 Free Relay 1:44.01

Rece Storer, Zach Johnson, Ethan Kim, Trey Storer



Senior Spotlight

ZACH JOHNSON

What first got you into swimming, and how long have you been on the team? My parents first got me into swimming. I've been swimming as long as I can remember. I joined Laurel Hill when I was 9 after we moved here from Newington Forest.

What's your favorite memory from your time on the swim team?
Racing against Newington Forest because I get to see all of my friends.

Which meet or race are you most proud of, and why? The race I am most proud of is the 9-10 freestyle relay record because I made it onto the record board.

How has being on the swim team shaped who you are today? Being on swim team has taught me persistence. I've met some of my closest friends through summer swim & the HS swim team.

What advice would you give to younger swimmers? Respect your coaches and learn the breaststroke early!

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

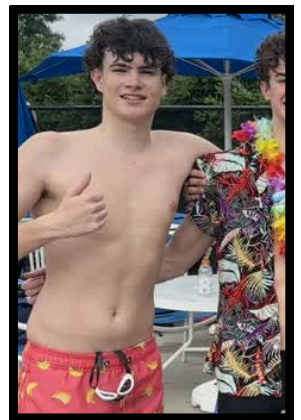
Favorite stroke or event to swim? 50 breaststroke

Pre-meet ritual or pump-up song? I listen to music to get in the zone. Preferably Ken Carson.

Go-to post-practice snack? Slim Jim's or BK breakfast sandwich

What are your plans after graduation? I'm plan to continue pursuing my photography career at Northern Virginia Community College

Will swimming continue to be part of your life in some way? Recreational swimming and encouraging my future children to become breaststrokers.



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!

A photograph of several swimmers in a pool, captured mid-stroke, creating splashes. The swimmers are wearing swim caps and goggles. The pool has lane lines. The background shows a pool deck with some equipment.

LAST DAY!

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: _____

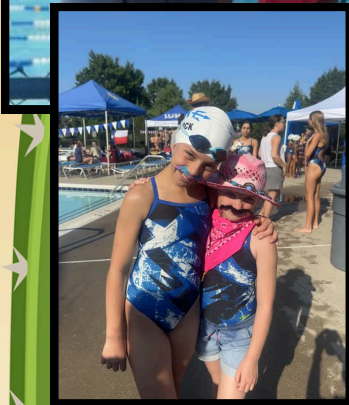
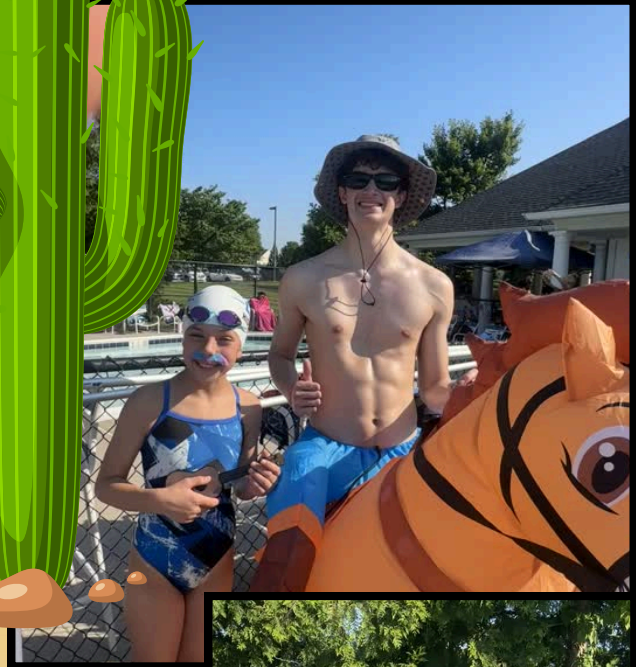
Donor: _____ Flat Amount: _____
Amount per lap _____
Amount owed: _____

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

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

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

LH VS. WOODYLEY





TGIF Pool Party



SAVE THE DATE

Triton End of Year Party

SATURDAY, 19 July - 5:00 - 8:30

RSVP & Volunteer to help in swimtopia



WANTED

YOUR PHOTOS FOR THE END OF YEAR SLIDE SHOW!

Please send your swimming photos to

susannemhiscock@gmail.com

Team Rep Report

We need **meet setup volunteers for Friday, July 4th at 7:45PM.**

Volunteers needed for several key positions at our last home A Meet as well. Wear your red, white, & blue. Come support our seniors Rece, Zach, Ethan, & Gabby.

TRITON T-SHIRT SALE

LH Tritons TShirts \$20 each
Contact Giselle 850-218-8013 or check them out at concessions Saturday A Meet

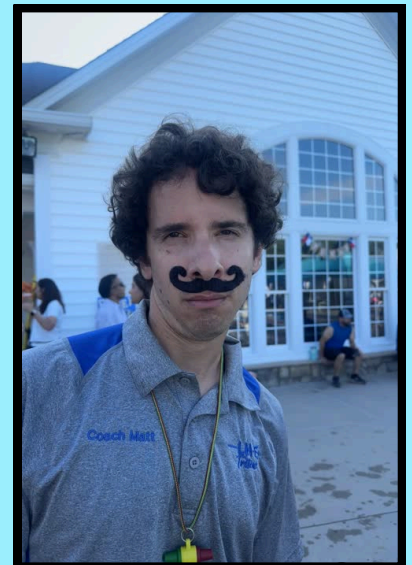


Coach's comments

We have had a tough couple of weeks but had incredible successful times and plenty of team spirit!

Please remember to hydrate, eat well and get plenty of rest as the end of season nears!

Can't wait to honor our senior this weekend!





5 JULY
THEME:
SHOW
YOUR USA
SPIRIT

TRITONS SPONSORS



petite smiles
Boutique Pediatric Dentistry

