

Triton Weekly



Issue 12

10 July 2025

Attitude



Sportsmanship



Excellence



WE ARE THE TRITONS

Senior Spotlight

ETHAN KIM



What first got you into swimming, and how long have you been on the team? I've loved water for as long as I can remember. Ever since I was a kid, I'd spend hours in the bath. I just couldn't get enough of it. Sixth year with the team.

What's your favorite memory from your time on the swim team? My favorite memory was when our relay made it to all stars.

Which meet or race are you most proud of, and why? I am most proud of beating Liam Seiger during the IM carnival.

How has being on the swim team shaped who you are today? It shaped my body physically well and built up my mental endurance.

What advice would you give to younger swimmers just starting out? One race does not define who you are as a swimmer.

Who on the team has inspired you the most? Coach Kathleen my goat.

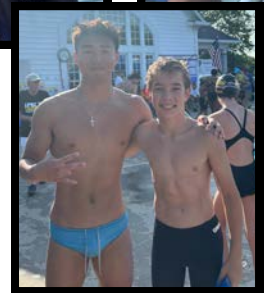
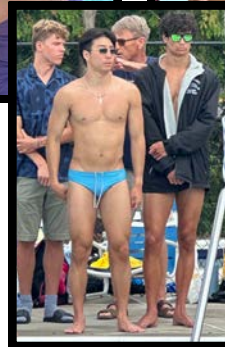
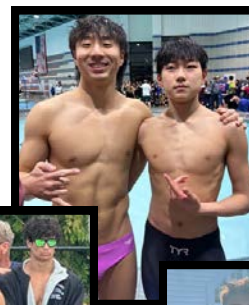
Favorite stroke or event to swim?
50 fly 50 breast

Pre-meet ritual or pump-up song?
Love you like a Love game

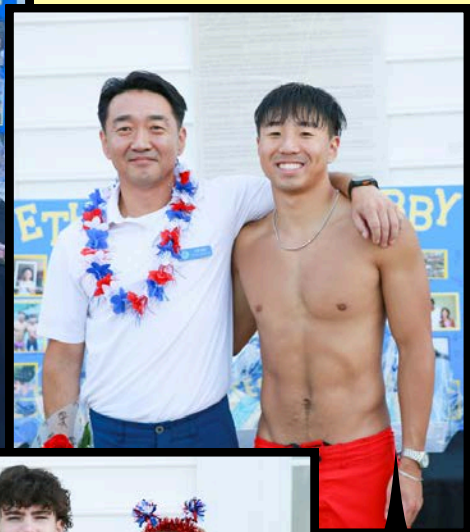
Go-to post-practice snack?
Protein bar

What are your plans after graduation? College life (Mary Washington)

Will swimming continue to be part of your life in some way? I will swim in d3 for the first year.



Congratulations!



Laurel Hill
Tritons



LH Triton End of Year **PARTY**

SATURDAY, JULY 19
5:00 - 8:30pm

Laurel Hill Community Pool

5:00 - 5:15: Mix and Mingle

5:15 - 6:15: Dinner

6:15 - 6:45: Games

6:45 - 7:45: Awards Ceremony

7:45 - 8:15: End of Year iMovie

RSVP NOW in Swimtopia

SEND YOUR PHOTOS TO
SUSANNEMHISCOCK@GMAIL.COM



WANTED

YOUR PHOTOS FOR THE END OF YEAR SLIDE SHOW!

Please send your swimming photos to
susannemhiscock@gmail.com

Team Rep Report

We've had a lot of swimmers drop time in A & B meets. Let's finish our last A meet strong. Work hard at practice to fine tune your strokes. Thank you parents for continuing to volunteer for available positions. ***Please contact Jenn & Amy if you are having challenges meeting the family volunteer requirement of 20 points.*** Thank you. Go Team Tritons.

TRITON T-SHIRT SALE

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



SATURDAY THEME"

HEROES  VILLIANS

Coach's comments

Let's bring the spirit as we head into our final A meet of the season! We're so proud of how hard everyone has worked, so let's finish strong by cheering each other on, showing great sportsmanship (don't forget to shake hands after each race!), and staying until the end of the meet to support our teammates. Go Tritons!

Swimmers of the Week!



Izzy Skuce & Tyler Goldstein





Swim-a-thon Payments:

Thank you to the Tritons who participated in our Swim-a-thon. Here is the link to pay your pledges:

<https://square.link/u/RpHZH9nT>

****please annotate payments per swimmer for prize credit**

****this event has been extended until 7/11**

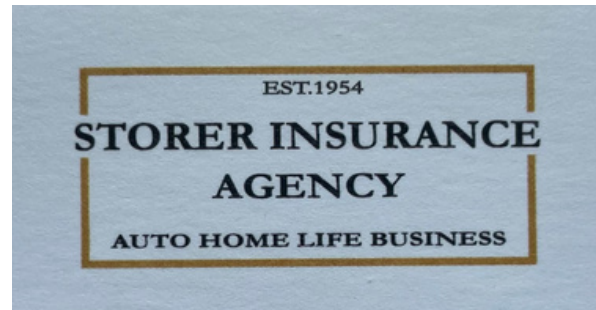


Does your Triton love to swim?
Consider joining a year-round swim team!

THE CAPITAL SEA DEVILS

Contact Melanie McKula to schedule an assessment:
admin@seadevils.org

TRITONS SPONSORS



Cheers to our Volunteers!

