

Triton Weekly



Issue 8

12 June 2025

MEET A - PARLIMENT AT LAUREL HILL

HAWAIIAN THEME

PRIZE FOR BEST DRESSED

SWIMMER ARRIVAL: 7:45

TEAM WARM UP TIME: 8:00am

MEET START TIME: 9:00am

REMINDERS: No cell phones on the pool deck....cheer on your team!

WE NEED VOLUNTEERS:

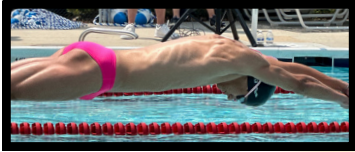
lhtritons.org/swim_meets



LET'S GO TRITONS!

Senior Spotlight

Reece Storer



What first got you into swimming and how long have you been on the team?

My mom and dad made me join the swim team against my will instead of playing on my iPad. I have been on the Tritons for 7 years.

What's your favorite memory?

In 2022 when I won the 50 free at divisionals against a swimmer who was seeded faster than me

Which meet or race are you most proud of and why?

I am most proud of breaking the Laurel Hill 50 free record in 2024 when I swam 23.97. The day before that race I told my dad how awesome it would be to be listed on the top 100 all time times for NVSL and I was shocked to get top 40.

How has being on the team shaped who you are today?

Being on the team has helped teach me discipline and dedication.

What advice would you give to younger swimmers just starting out?

Some advice I would give to younger swimmers is to not be scared of anything. Making friends on the Tritons is a great way to push yourself and hold yourself accountable. We are all one on the Tritons, you are not alone.

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

When I was younger, a swimmer 2 years older than me named Finn Reidl is who I looked up to. He always pushed me in practice to do my best and inspired me to swim fast.

Favorite stroke

Freestyle

Pump up songs?

Bruno Mars

Post practice snack?

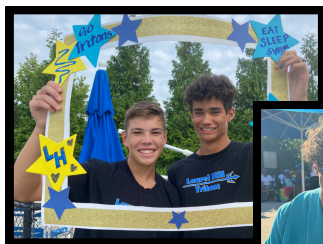
Fairlife protein chocolate milk

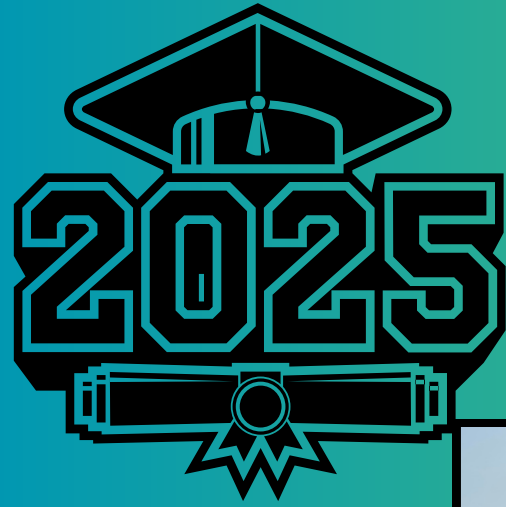
Plans after graduation?

I will work as a lifeguard this summer, and then attend the University of Mary Washington in the Fall.

Will swimming continue to be part of your life?

Yes, I look forward to swimming at the Univ of Mary Washington and can't wait to start!



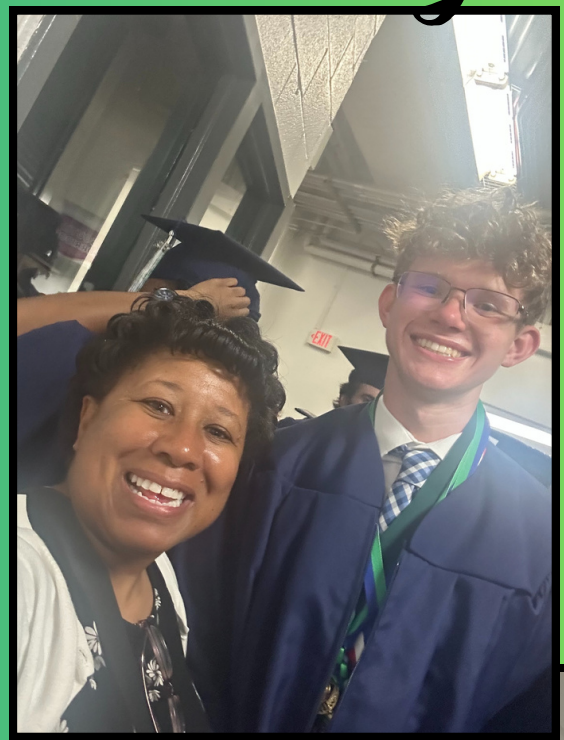


Congrats!

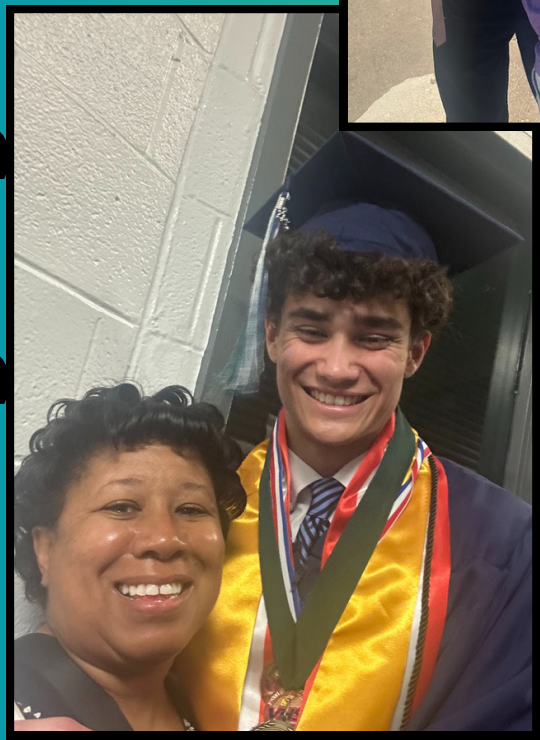
Mikey

South County High School

Ethan



Zach



Rece



Gabby & Lili





LH TRITON TGIF POOL PARTY

Friday, 13 June 6:00 - 8:00pm

Laurel Hill Community Pool

TIE DYE party!

POSTER making!

Concessions will be open!

Games!

Our Triton DJ!

Learn Triton chants, cheers & dances!

CHALK THE WALK!

****sign up now to volunteer****

PANCAKES AND PHOTOS DAY



WHAT: Triton Photos & Annual Pancake breakfast
WHEN: Wednesday, 18 June 9:00am - 12:00pm
WHERE: Laurel Hill Community Pool
WHO: ALL TRITONS!



Photos By: Erin Luellen Photography - erinluellenphotography.mypixieset.com

sign up now to volunteer

Team Rep Report

Amy Johnson & Jenn Talarico



Team Rep Report: We have lots of opportunities to volunteer. Please check the volunteer sign up & see where you can help. Swimmers need to ensure they are following the directions of our Coaches. When swimmers are waiting to swim proper behavior in the team area is important. No playing in the baby pool, yelling, or horseplay. Cheer on your teammates! If you have any questions please let Amy & Jenn know. Thank you.

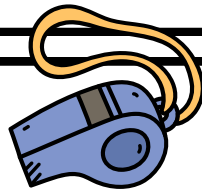
Summer practice schedule

*Early Swimmers 7:30-8:30
13-18 8:00-9:00
12 and under 9:00-10:00

*Early Swimmers session - for swimmers that need to leave practice early for other obligations (camps, etc). Swimmers must be able to swim without assistance to participate in this time slot.



Coaches Corner



Getting ready for the 1st meet!! Make sure you bring your t shirts, towels, caps & extra goggles
Be ready to swim Remember to put your attendance for meets into SwimTopia!

CONCESSIONS MENU

Breakfast Sandwiches

Pastries

Oatmeal

Burgers

Hot Dogs

Pretzels

Chips/Cheezits, Goldfish

Candy - Assorted

Soda - Assorted

Energy drinks - Assorted





Timed Trials!!



KOKEE TEA

LH TRITON SPIRIT DAYS

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



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TRITONS SPONSORS



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Boutique Pediatric Dentistry



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ORTHODONTICS

