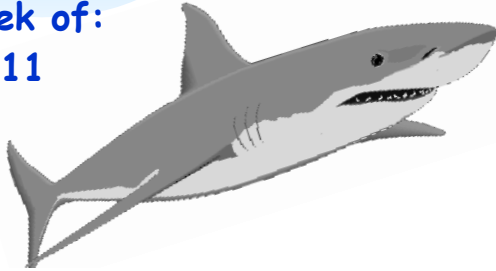


The Shark Report

For the week of:
7/7-7/11



Newport Hills Swim Team

Upcoming Events

- Tues, July 15th: A MEET vs. EB at NH, warm-up at 4:30
- Thurs, July 17th: B MEET @ EB, warm-up at 5:00
- Sat, July 19th: B Championships @ NH. 8 and 10&U warm-up at 7:45, 12&U, 14&U, and 15&O warm-up at 12:00.

B Team a great success against MIBC!

The Sharks had an amazing meet at MIBC on Tuesday, beating the Beach Club 405-223. Our older swimmers were in full force, racking up lots of valuable points. Key swims came from:

- Logan Dickman in the 9-10 Butterfly
- Owen Benda with 3 crazy improvements this week
- Sydney Dybing and Christina Sargent going 1-2 in the 50 free
- Kaitlyn Dybing taking 1st in the 25 fly, going 20.22

Great job Sharks!! Good luck against Edgebrook and then on to Champs!!!



A Team falls to MIBC

The A Team brought the tropics to Seattle, sporting their leis and festive Hawaiian wear. Despite lots of improvements, the Sharks lost to MIBC, 384-326. Highlights included:

- Marek Pierepiekarz dropping 5 sec. in the fly.
- Elisa Fang swimming a 15.37 to win the 25 fly.
- Caroline Van Maren winning the 50 breast by .2 seconds.
- The 8&U Boys Free Relay (W. Wick, B. Golan, C. Henry, and J. Stone) making a come back swim to win by .06 seconds!
- Jacob Mudrovich with 2 improvements (4 sec in the IM, 6 in the fly).

There were TONS of close swims, and lots of improvements. Good work everyone!!!

Sharks of the Week

Congratulations to this week's Sharks of the Week! You will be receiving a special Shark of the Week item that you should wear to the meets against EB to show everyone that you are a Speedy Shark!

Logan Dickman: Swam an amazing 25 fly, beating the competition by over a body length. Logan is a spirited Shark who has been improving all year!

Elizabeth Park: Elizabeth swam an amazing 25 breaststroke, went 1 second faster in the 25 free, and also dropped 18 seconds in her 25 backstroke.

Joey Perry—Swam a completely legal 25, while achieving a BDQ time of 26.25, shaving over 4 seconds off his old time.

Courtney Carroll- Courtney had a great meet, swimming a 34.15 in the free(-2 seconds), and dropping 7 seconds in the 50 backstroke.

Also: Congrats to last week's Sharks of the Week:

Alex Fortescue, Olivia Golan, Anna Browne, and Jonah Klaasen.

Shark Week!

Yes, it's Shark Week, like on the Discovery Channel, but better! Swimmers should wear all things SHARK! Show your team spirit by wearing team gear, or dress up as your favorite kind of shark! Good luck against Edgebrook!!



Champs Time!

Check the list to see which Champs you will be swimming in. More info will be coming soon.

B Champs: Sat, 7/19. 8&U/10&U 7:45-12:00, 13&O 12:00-3:00 @ NH

Jr Girls: Mon, 7/21 @ EB. Warm-up is at 3:15PM.

Jr. Boys: Tues, 7/22 @ SAM. Warm-up is at 2:45PM.

Sr. Prelims: Wed, 7/23 @ MIBC. Warm-up is at 2:50.

A Champs: Sat, 7/26 @ KCAC, Warm-up is at 7:50AM.