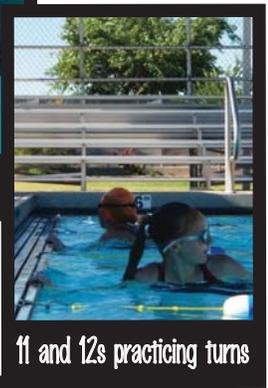


# Sunrise Sharks Newsletter

June 14, 2010



Swimming freestyle - 11 and 12s



11 and 12s practicing turns



Connor and Aiden, 7 and 8 boys



7 and 8s practice



Coach Sammy coaching the 11 and 12s

## SCHEDULE

Monday	Practice
Tuesday	Practice
Wednesday	Practice
Thursday	Practice
Friday	Day off
Saturday	Meet at Sunrise

**WARM UPS SATURDAY**  
 10 & under: 6:40 a.m.  
 11 & up: Between 8:30 - 9:00 a.m.

**SCHEDULING NOTES**

## SWIMMERS OF THE WEEK!

6 & under	Rex U. & Breanna N.
7-8	Seth H. & Hannah H.
9-10	Jordan T. & Amber W.
11-12	Ashley C. & Matthew B.
13-14	Daisy C. & Cyllan W.
15 & up	Sam C. & Katie K.

## COACH'S CORNER

What do the coaches do outside of work?

Kori - spends time with family and friends  
 Josh - plays sand volleyball  
 Sammy - jumps at Jumpstreet  
 Traci - wakeboards at the lake

*\*Visit our Shark's website for championship qualifying times.*

Coach Kori      Coach Josh      Coach Sammy      Coach Traci