



Sunrise Sharks Newsletter

June 7, 2010



Early Bird Sharks



Jakob H. doing breaststroke



15 and ups - Trevor, showing the other swimmers how to do squat jumps



Katie B., Sam S., Brooke S., Kylie E.

SCHEDULE

Monday	Practice
Tuesday	Practice
Wednesday	Pictures* (no practice) 
Thursday	Practice
Friday	Swim Meet at Peoria**
Saturday	Day off

***WEDNESDAY PICTURES**
 11 & up - individuals 7:30-8:30 a.m.
 10 & under - individuals 9-10 a.m.
 Team pictures - 8:30 (arrive by 8:15 a.m.)
****FRIDAY MEET AT PEORIA**
 10 & under - warm ups at 5 p.m.
 11 & up - approximately 7 p.m.

SCHEDULING NOTES

SWIMMERS OF THE WEEK!

6 & under	Andrew R. & Alexa L.
7-8	Kaden W. & Kayden B.
9-10	Sarah F. & David T.
11-12	Makenzie P. & Jakob H.
13-14	Amanda F. & Kenji O.
15 & up	Kristen G. & Cody B.

COACH'S CORNER

Great job on the first meet!

For Friday's Meet, remember to have swimmers sit in the designated team area to help out the coaches!

 **GORNER**

Coach Kori Coach Josh Coach Sammy Coach Traci