

SHARK TALES

Elmwood Sharks Swim Team Monthly News



Celebrating a Strong Sharks Showing at the 2021 LHSA State Championships

By Sarah Carr

The Elmwood Sharks have shown great resilience throughout the year and are finishing strong! We are proud of our Sharks who represented well with numerous top finishes and personal best times at the 2021 LHSA Swimming State Championships.

Results:

Division 1: Colin Candebat, Destrehan (5th 100 Free 47.64; 6th 200 IM 1:55:88); Annalise Gagliano, Dominican (9th 100 Free 56:55; 9th 50 free 25.7); Rudy Horvath, Jesuit (20th 100 Free 50.69); Lila Merchant, Dominican (16th 200 Free 2:10.25; 24th 100 Free 1:00.28); Gina Nunez, Mount Carmel (17th 100 Free 1:07.5); Mia Nunez, Mount Carmel (19th 100 Free 1:08.17; 15th 200 IM 2:28.87); Duy Trinh, Jesuit (8th 100 Breast 1:02.36)

Division 2: Ava Johnson, Patrick F. Taylor (3rd 100 Fly 1:06.64; 3rd 100 Back 1:05.72)

Division 3: Robby Eutsler, John Curtis (8th 100 Back 58:87); Ethan Lo, Kenner Discovery (13th 200 free relay); Caleb Scott, Lusher (Personal Best 50 free 26.10);

Division 4: Sara Hijazi, St. Martin's (9th 100 Free 1:00.71; 5th 100 Breast 1:18.75); Seema Hijazi, St. Martin's (4th 200 IM 2:33.63; 2nd 100 Breast 1:16.84)

Way to Go, Sharks!

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Tidbit of the Month

The Elmwood Sharks Swim Team and all members are members of USA Swimming. "USA Swimming is the National Governing Body for the sport of swimming in the United States. We promote the culture of swimming by creating safe and healthy opportunities for athletes and coaches of all backgrounds to participate and advance in the sport through clubs, events and education."

As a member of USA Swimming, all athletes have access to the latest news and advances in the world of swimming. Accessing resources is quick and easy on USASwimming.org or the Deck Pass App. Register for the USA Swimming Deck Pass to: manage your best times, set goals and earn patches for your achievements, bookmark and manage documents, etc.

UPCOMING MEETS

- December 3-5 14th Annual Santa's BEST Meet @ Biloxi, MS
- December 10-12 Sunkist Sprint to Christmas Invitational @ Flowood, MS
- December 30, COLA Distance Meet @ Lafayette, LA

Athletes in the Kitchen

Winter Immune Boosts

Stay healthy and fight off the sniffles with good food & hydration all winter!

Meal and Snack Ideas:

- Add spinach and chopped garlic to scrambled eggs
- Top Greek yogurt with orange slices, strawberries, kiwis
- Swap out a juice or soda for a warm, antioxidant rich green tea
- Top a favorite salad with beets or citrus fruit
- Add sliced lemon to a water bottle and sip throughout the day
- Sprinkle fresh or powdered ginger on a rice dish
- Add dark greens or beets to a recovery smoothie

Swimmer of the Month

Grace Bordelon has shown consistent dedication and a positive mindset this season! As a Junior White swimmer, Grace can regularly be spotted giving her best during workouts and having fun with her teammates in the pool. All of her hard work and effort was obvious as she swam her way to 6 Personal Best Times at the Nu Wave Fall SC Open meet. Grace also achieved her first State Qualifying Time in the 50 Breaststroke!

Keep up the great work, Grace!

