

The Rockshire Sharks had a busy first week with school being out, morning workouts beginning and the 2010 Summer Swimming Meets got off to a great start.

The Sharks had a very fast A meet season debut in the H Division and even though Rockshire came out on the short end of a 376-409 defeat at the hands of Palisades, our swimmers certainly left their mark in both swimming and their Hawaiian Luau spirit. Rockshire swimmers turned in "98 Best Times" and 14 All-Star Qualifying times. In addition the Sharks set 8 new team records and 3 pool records including:

Andres Orlando Restreppo (13-14 Boys) 50m Fly Team Record :30.26; Annie Fagan (13-14 Girls) 50m Free Team Record :28.69 and 50m Fly Team Record :31.69; Daniel Yook (11-12 Boys) 100m IM Pool and Team Record 1:13.52, 50m Free Team Record :29.63, 50m Back Pool and Team Record :33.48, and 50m Fly Team Record :33.62; and Jocelyn Merkin (9-10 Girls) 50m Free Pool and Team Record :33.48.

The B Meet last Wednesday night managed to avoid the forecasted rain and thanks to using all 8 lanes of the pool we actually finished a B Meet before 10 pm! The meet had a slight delay during the butterfly, as we had to wait for the **Duck** to get out of the pool, but that was just some great comic relief. At the end of the evening we had more than a few tired swimmers along with "92 Best Times" for the night including one swimmer cutting more than a minute off of her freestyle time.

Next up for the Sharks is an A Meet Battle at Rockshire against Inverness Forest and a B Meet matchup with Potomac.