

- SWIMMERS - OF THE WEEK

SAVANNAH BOUDREAUX
AND
JASON MONAHAN

monkeymentality TIPS AND TRICKS FOR THE TRUE MONKEY

There is power in 4 50s!
Do you know that the set of four 50s wasn't chosen by accident? That set is magical and has special swimming powers proven to make you faster, happier, and can heal leprosy.

Meet Theme of the Week:



MONKEY MENTALITY



Upcoming events



Away Meet
Vs. Westledge
@Westwood Farms -
5:30pm 7/7



Ice Cream Social
Mitchell's Strongsville
Directly Following the Meet
on Thursday

BREAKING: Former Coach Ryley Attacks Monkeys!

SEAMONKEYS! Beware!
There is danger out there on the prowl. Former Monk Coach, Ryley Mayberry, has been caught lurking around the Rec Center in the last week leading up to our meet this Thursday against the WestLedge Losers. On one harrowing occasion, Loser Ryley jumped out of some bushes and attacked!

Coach Jason, the victim of this senseless and cowardly attack, cowered in fear when we asked him about the encounter. "I was and still am desperately afraid for my life," Coach Jason whispered. "To try and take out an opposing team's coaches prior to a meet is at best a low blow, and at worst? Probably illegal. Coach Ryley is a criminal. Plain and simple." Here at SeaNN, we couldn't agree more.

Coach Ryley had a long run with the Monks, broken records, heat winners, and we even named a stretch after her! But now? She has spat in all of our faces. Face spatter. Punk. Traitor. If she has a legacy on our team? It is gone. To see her trying to kill our coaches and lurk around our sacred place of swimming? Not only is it a source of righteous rage, it is truly sad to see. How sucky of her. How truly sucky. To watch a girl like that to go from Monkey Legend to Monkey Lurker... big ew.

We reached out to former Coach Ryley for a comment on this story, but she said she was too busy lurking in bushes, painting tulips on kitchen appliances, and pointing at clouds. What a strange nut she is.



However, we were able to contact her older sister and former Monkey, Monk Sydney at her monastery. Monk Sydney was disappointed to hear her sister had become so evil. "Had I not gotten the calling to be a monk, I'd still be a monkey today." she said. "So sad to see a monkey become a loser, and worse still, an evil loser. Pathetic. Cowardly. Tragic." Monk Sydney then descended into a ugly cry followed by a full on tantrum where she threw a hymnal at a stain glass window and cost her monastery \$243.45 plus tax. You can donate to their monastery at [RyleyBreaksWindows.com](#) to help fix their window issue, as well as all of the other institutions with windows that Ryley has assaulted (a list that grows by the day).

Monkeys! Victory Thursday is imperative! Beating Trator Ryley is a must for our team! GO MONKS!

DOWN IN THE DEEP END

"If I don't sprint, I can't be tired!"

"Justin, you've committed a sin. This is Hades."

"Nobody cares that it's raining men."

"You look tasty" ... "Thanks, so do you."

"Coach Justin, you're not pretty anymore. It was the curls."

DRAWING CONTEST WINNERS

1st



Isaac Zabarsky

Honorable Mentions

Jonah Johnson

Vanessa Albrecht

Jake Kraynik



Earn Rings

POLL

WHO IS MOST LIKELY TO BE PRESIDENT?

- A. COACH JASON
- B. COACH JUSTIN
- C. COACH GRACE
- D. COACH BROOKE

LAST WEEK'S WINNER: WESTLEDGE

TRIVIA QUESTION

WHICH COACH HAS BEEN A MONKEY THE LONGEST AND HOW LONG?

LAST WEEK'S ANSWER: RUSSIA

PICTURE CONTEST

DRAW ALL OF YOUR COACHES AS CHARACTERS ON A FAMOUS MOVIE COVER (LABEL PLEASE)



PHOTO OF THE WEEK



Week #5 - Cherry Cheesecake Cookies

- "Best one yet. By far." - Coach Justin
- "I wasn't there that day" - Coach Jason
- "#NICKRUNSMYWEDDING" - Coach Emily
- "Baking is my passion" - Coach Grace
- "Nick Bugno is my hero (still)" - Coach Brooke
- "I wanna buy the whole stock!" - Coach Aayushi