

## - SWIMMERS - OF THE WEEK

**MARIN CIMURA**  
AND  
**WADE ZAMISKA**



**MONKS WIN CHAMPS.**  
You've heard "PERIOD, monkey do." Some think it stops there. It doesn't. The next line is "Monkey swim, monkey beat-the-crap-out-of-everyone." Better in Monkese, but still good in English.

Meet Theme of the Week:

# NONE

MONKEY MENTALITY



## Upcoming events

**Breakfast of Champs**  
@Rec Center - after practice  
Thursday 7/14

**CHAMPS**  
Vs. EVERYONE  
@Rec Center - 8am 7/16

**Banquet + Lock-In**  
@Rec Center - 5pm 7/17

## Coaches Share Pre-Champs Rituals

In this very special column article, we've interviewed each of the coaches to hear what their pre-champs rituals and traditions. Perhaps, oh young Sea Monkeys, you may glean wisdom from the monkeys that have come before you.

We started with coach Grace. Being a swimmer still, this seemed a logical place to start. "I used to eat an entire bag of Skittles sorted by color. I would start with red, move to blue, then yellow, green, but never orange," said coach Grace. "I take the orange ones and put them in my cap while I swim my races. When I'm done? I feed them to my brother Max. This is the key to my victory."

Coach Jason had an even stranger ritual. "I go out and skin a rabbit. This soothes my nerves," coach Jason explained. "When I was a boy, my father took me out to the woods and taught me to peel rabbits like they were potatoes. When I'm defurring a rabbit, I can see myself winning. I am a winner. The rabbit? The rabbit is a loser. Not me. Not Coach Jaseypoo."

Coach Brooke's rituals were rather bland in comparison. "I read Wuthering Heights each Champs-eve to prepare," said coach Brooke. "I basically have the whole book memorized. The way Bronte writes... the girl just oozes victory in her writing. I love a good victory-oozer. That rhymes with loser, something I clearly am not... cause I read Bronte!" Coach Brooke is a bit on the nerdy side sometimes...

Coach Emily had a very strange ritual at first glance, but if



You think about her past? It all makes sense. "My ritual was simple," Emily said. "I ate garbage." This, of course, is normal for her kind.

Coach Justin is no exception. His pre-champs ritual was quite weird indeed. "I was a big Teletubbies guy. I binged every episode of every season before champs," coach Justin proclaimed with elation. "Nothing was more motivating! My enemies? They would suck the next day. Like Noo-Noo. I would shine. Like the sun baby. I am the sun baby. Bask in my warmth, oh young monks." After this coach Justin descended into a strange, culty, sunbaby ritual. We stopped recording after this.

Aayushi's ritual was simple. Sleep good, carb up, swim fast. Boring. What is your ritual? Could wisdom of the past guide you now? Rest up Monks. Champs is now.

# DOWN IN THE DEEP END

"Hello, my dog ate my goggles."

"They're not even close. They're too far behind. They're DECEASED."

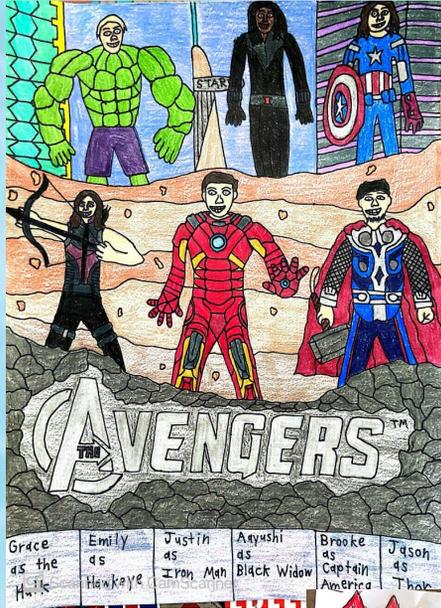
"Go Max, do you Vihaan."

"It's a birthday baptism."

"We're going to baptize him in song first!"

"I mean, I've been peppers prayed before."

# DRAWING CONTEST WINNERS



Isaac Zabarsky



Vanessa Albrecht

# Earn Rings

POLL

- WHO IS MOST LIKELY TO WIN CHAMPS?
- A. SEA MONKEYS
  - B. SEA MONKEYS
  - C. SEA MONKEYS
  - D. SEA MONKEYS

LAST WEEK'S WINNER: JUSTIN

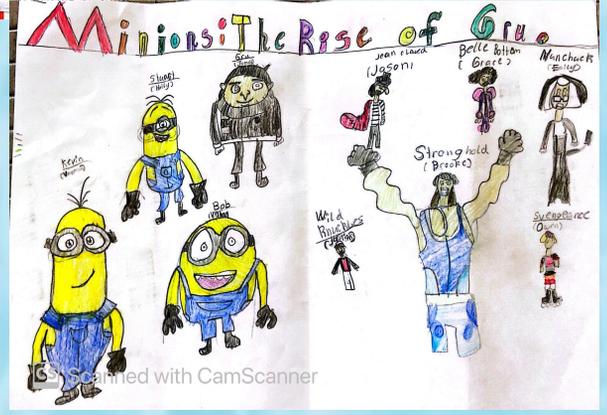
# TRIVIA QUESTION

WHO IS GOING TO WIN CHAMPS?

LAST WEEK'S ANSWER: JUSTIN (14 YEARS)

# PICTURE CONTEST

DRAW ALL OF THE SEA MONKEYS CELEBRATING THEIR VICTORY AS THEY WIN CHAMPS.



# PHOTO OF THE WEEK



## Week #6- Nothing New

- "Best one yet. By far." - Coach Justin
- "He gave me what I'm worth" - Coach Jason
- "I LOVE NICK" - Coach Emily
- "Nick is my passion" - Coach Grace
- "Nick Bugno is my hero (still)" - Coach Brooke
- "Nothing from Nick is still ok!" - Coach Aayushi

