



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

[Training Schedule: \(click to view\)](#)

Schedule Changes Week of April 1st

Tuesday April 2 – No Practice All Groups

Thursday April 4 – Location: Friendswood High School
Exploratory Advance – [Click to View Practice Time](#)

[All Other Groups on Regular Training Schedule](#)

Friday April 5 – Location: Friendswood High School
Discovery Pre-Team – 5:00-6:15pm

[All Other Groups on Regular Training Schedule](#)

Saturday April 6

Location: SHAC

Senior & Senior Performance – 10:30am-1:00pm

Challenge – 10:50am-12:30pm

Location: Friendswood High School

Discovery Advance – 9:30-11:00am

Pre-Senior – 9:30-11:00am

[All other groups on Regular Training Schedule at FHS](#)

Schedule Changes Week of April 8th

Friday April 12 – Location: Friendswood High School

Discovery Advance – 4:45-6:15pm

Discovery Pre-Team – 5:00-6:15pm

[All Other Groups on Regular Training Schedule](#)

Always be prepared for dryland with running shoes & dryland clothes

Coaches' Corner

End of Short Course Banquet – Sunday April 7th

We are asking for pictures from ALL GROUPS for the slideshow to be played during the banquet. **Hunter Nolen will be putting together the slide show again this year, please email all pictures to:** Hunter.nolen.sharks@gmail.com by Thursday April 4th

April 7 – Team Banquet
at Green Event Center
2000 W. Parkwood Avenue
Friendswood, Tx 77546
Time: 1:30-4:30pm

April 13-14 – SWAT Invite
at Fort Bend Training Pool
Qualified Swimmers: 12&Unders with 3 "BB" USA Time Standards or more and All Sharks 13&Over
Final Entries

April 14 – Gulf Sprint Series
at TBD by Gulf
Discovery Pre-Team & Discovery Advanced Swimmers must OPT-IN or they will not be entered in the meet
Qualified Swimmers: 12&Unders with 2 "BB" USA Time Standards or less
Final Entries

April 20 – SWIM-A-THON
at Friendswood High School
7:00-9:00am
- Senior Performance, Senior, Pre-Senior, & Masters
9:00-1:00am
- Challenge, Exploratory Advance, Exploratory, Discovery Advance, & Discovery Pre-Team

April 28 – RICE Open Water
at Twin Lakes, Manvel TX
Qualified Swimmers: Challenge, Pre-Senior, Senior, Senior Performance and other swimmers by coach invitation

April 28 – AQUA Invitational
at TBA
Qualified Swimmers: by coach invitation

Important News

Swim-A-Thon 2019

We are encouraging ALL SHARKS to take the Swim-A-Thon challenge this year! This is a great opportunity to show your endurance and have a lot of fun while raising money to support crucial programs for the Sharks Swim Club in the coming season! Plus . . . you can WIN GREAT PRIZES!

Beginning today, you can access everything you need to participate on the team website. Go to www.sharks-swim-club.org and click on the Swim-A-Thon banner at the top of the page. Look for team emails in the coming days with more information! **GO SHARKS!**

When: SATURDAY, APRIL 20th

Where: Friendswood Natatorium

Who: 7:00-9:00am Senior Performance, Senior, Pre-Senior & Masters

9:00-11:00am Challenge, Exploratory Advanced, Exploratory,

Discovery Advance & Discovery Pre-Team

Sharks Hosted Meet - Saturday May 4th

Job signup coming soon! **Please keep this date open as it will take many volunteers to help run this meet, even if your swimmer is not participating.**

Sharks Summer Squad 2019

Summer Squad is BACK! And BIGGER! Current Swimmers in the Discovery Pre-team/Advance and Exploratory Groups are eligible to participate.



Important Deadlines

Tuesday April 2 – Opt-In Deadline

RICE Open Water

Shark May Invitational

Tuesday April 9 – Opt-In Deadline

Gulf May Open



Sharks April Birthdays

| | |
|--------------------------|-----------------------|
| Kennedy Robert | 8 – 5 th |
| Gavin Henderson-Crabtree | 6 – 6 th |
| Kiera Hysler | 10 – 7 th |
| Caden Cupisz | 10 – 8 th |
| Crosby Pinkoski | 9 – 8 th |
| Anthony Dong | 8 – 10 th |
| Annabelle Fontanilla | 15 – 12 th |
| Elliot Kessler | 15 – 12 th |
| Addisyn Pendle | 12 – 16 th |
| Giuliana Nguyen | 7 – 16 th |
| Daniel Dickamore | 11 – 18 th |
| Selim Mamoud | 11 – 18 th |
| Isabella Nguyen | 10 – 19 th |
| Kara Boemio | 15 – 23 rd |
| Sophia Allis | 9 – 30 th |

Important News

Southern Senior Zones: Hotel Block

Holiday Inn Express & Suites, Tupelo by IHG.

To reserve:

Click [HERE](#) Choose dates (7/29 - 8/4) and check availability. Choose from room with 2 queens from \$119/night or 1 king bed \$129/night.

Sharks Swim Club Highlights from NCSA Jr. Nationals

4 Ladies performed well over 4.5 day meet with 1200 swimmers from around the country including many of the Top 20 Clubs in the USA.

Outstanding were:

Lezli Sisung - 50back 20th 25.80, 200 back 35th place 2:00.61 Team records. she was seeded/ranked 34 out 270 entries & 43 out 200 entries going into the meet so moved up a great deal. Also swam 100 back 43rd just missed finals, 100 Fly, **100IM 59.02 Team record** plus 200 & 400 IM plus both Medley relays - Team records.

Sarah Traipe- 200 free 1:51.49 new team record -46 out of 187 (seeded 104 going into meet), plus 100 free & 50 free. While her 200 back 53 out of 200 entries moving up from 110th seed, 100 back 76 out of 230 (seed 169). Also swim 50Fly and Medley relays both team records.

Maven Moore- 200-100-50 Breast where she moved from her seed/ranking ex. 200 Breast 102nd out of 152 and seeded 141. all to go her 2nd best times after just making the Qualifying times 1st of March. Times 2:24-106 & 31.6, also swam her Best times in the 200 IM and 50 back during some very competitive

Time trails held every day after prelims

Jordyn Waters - swam some great relays legs on **200 was 1:47.35 & 400 Medley 3:56.31 relays new team records** going 24.5 & 53.9. Also swam a good 200 back and 100 back during time trails. She was the visible leader in our solving the Mystery room night.

Next year we'll expect to double our swimmers at this meet or equivalent to swimming a National level meet. Lezli also won the mini-golf round on Saturday evening, though Jordyn had 2 hole in ones to equal Coach Tim.

Sharks All Time Top Performances (updated 3/26/19)

| | | |
|--------------------------|---|------------------------------------|
| Team Records | Short Course Yards <small>(3/26/19)</small> | Long Course Meters |
| Top 10 Individual | Short Course Yards | Long Course Meters |
| Top 5 Relays | Short Course Yards | Long Course Meters |

[USA Motivational Time Standards for 2017-2020](#)
[Age Group Champs Time Standards 2018-2019](#)
[Southern Senior Champs Time Standards 2018](#)

[NCSA Jr National Time Standards 2019](#)
[Futures Time Standards 2018](#)
[Sectional Time Standards 2019](#)



[Qualifiers](#)

[Sectionals \(10\)](#)

Allie Vidinha, Joseph Lukner, Peyton Becker, Anjali Friedman, Maven Moore, Lezli Sisung, Sarah Szklaruk-Traipe, Jordyn Waters, Andrew Garon, Leah Givens

[Summer Southern Senior Zones \(21\)](#)

Peyton Becker, Kara Boemio, Lauren Fitzharris, Anjali Friedman, Leah Givens, Angela Kapp, Alex Linden, McKenna Malone, Maven Moore, Abigail Nelson, Lezli Sisung, Sarah Szklaruk-Traipe, Emma Vestal, Allie Vidinha, Jordyn Waters, Erika Yeguez, Chase Ferguson, Andrew Garon, David Hensley, Joseph Lukner, Andi Jeanes, Stevie Balistreri, Spencer Meyers

