



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

Schedule Changes Week of February 11th
None at this time

Schedule Changes Week of February 18th
SAT FEB 23 – Location: Friendswood High School
9:30-11:00am – Discovery Advance
No Practice for Challenge & Exploratory Advance
All Other Groups on Regular Schedule

Always be prepared for dryland with running shoes & dryland clothes

Coaches' Corner

[7 Reasons Why Swimmers should go to Swim Meets](#)
by Olivier Poirier-Leroy



[Upcoming Events](#)

**Click to view Meet Announcement & other important information if available*

Feb 16 – [Short Course Champs 1](#)
at Lufkin, TX (AMBUSH)

Qualified Swimmers: Exploratory & Discovery Advance (All 8&Unders)

[Final Entries](#)

[Tentative Relays](#)

Itinerary – Coming Soon

Feb 22-24 – [Short Course Champs 2](#)
at NOCH

Qualified Swimmers: All Sharks 9-12 and 13-14's must have two (2) USA "A" times or less

[Final Entries](#)

[Tentative Relays](#)

March 1-3 – Short Course Champs 3
at TBD by Gulf

Qualified Swimmers: All Sharks 15 & Over and 13-14's must have three (3) USA "A" times or more

[Final Entries](#)

[Tentative Relays](#)

Important News

Job Sign-Up – Coming Soon for Gulf Champs 1

Service Hours Obligation

Short course service hours was scheduled to end February 28th, however, with the senior champ meet and tags being held after this date, the deadline to complete your service hours for short course will be extended to March 31. This will also serve as the deadline in which to receive credit if hours are completed. As a reminder, per Sharks policy, you must request this credit of service hours in writing by email.

Long course service hours fee will still be applied on February 28th. Service hours obligation will reset on April 1 for 15 hours long course.

Checking your Service Hours

To Check your service hours, log into your sharks account. Where it has your account name in the top middle of the screen select "my account"

On left menu - from my account choose Invoices and Payments

Click on the "service hours" tab

You will need to scroll to the right to see your balance of hours remaining for short course (if this is zero, and you have not already requested a credit on your hours, please email billing@sharks-swim-club.org to request)

Championship Team Attire

The swim team is sponsored by Speedo. Swimmers who qualify for TAGS level and up meet are eligible for discounted team attire and speedo tech suits. Team warm ups. Warm ups and suits can be ordered through the Swim Shops of the Southwest in Pearland.

Swim Shops of the Southwest: 281-485-3100
9430 Broadway St, #144,
Pearland, TX 77584-8072

Important Deadlines

None Currently



Sharks February Birthdays

Alex Linden	14 – 2 nd
Abigail Nelson	15 – 5 th
Spencer Meyers	14 – 7 th
Valerie Zakharchuk	11 – 8 th
Sia Sheth	8 – 9 th
Emma Kemp	9 – 10 th
Vivienne Dunne	8 – 11 th
Julia Rupp	11 – 15 th
Olivia Esbeck	11 – 15 th
Rilee Huynh	7 – 17 th
Jason Marsh	8 – 23 rd
Christopher Garcia	15 – 25 th
Aditi Abbaraju	10 – 27 th

Important News

Sharks Summer 2019 Team Travel

Objective: Commit to a higher level of excellence, build team chemistry & improve communication. Learn how to work together under varying conditions, train/learn from others. Compete well at higher level competitions such as Senior Zones, Future, Junior thru Senior Nationals & Olympic trials. Build self-confidence in doing things you weren't sure were possible.

#1 Priority this summer: Senior Zones Tupelo, Miss. July 29/30-Aug.3 Continue to build solid IM/aerobic base needed for LC competition, be better going into Fall/winter of 2019/20.

Good team meet for wider range of swimmers from AA qualifiers (21-22) to National performers.

Family travel to Memphis & we'll have some meals as group – details later.

Future attend Juniors or comparable when a swimmer or group, demonstrate Top 16 potential

2 Nu-Wave P/F meet/training in New Orleans: June 6 (7-9) 12th Open to Senior group swimmers who demonstrate a higher level of commitment to reaching their potential.

Expectations: As we all know from experience people arise to higher standards-that's how you can improve as a team/individually. Sr. Perf -85% Sr. 80% attendance Feb. thru July (a.m.'s will be offered in April/May and are not counted towards attendance minimum), Commit to June/July schedule of doubles/dryland/competitions (April, May LC meets, early June meet SWAT or NuWave, FCST, July Gulf meet thru Age group or Sr. champs (ex.not TAGS). If folks are gone for a week or less we expect to maintain continuity in good **-written proof of comparable training**. Off summer break Aug. 4-18+.

Future: Lincoln & Omaha, Neb. Late June -early July 7days – greater cost Air & Hotel
Non -HS looking at meaningful meet in Jan. 2020 MLK week-end

Travel trip cost: \$600 (approx.)

\$150 non refundable deposit (staff & chaperone costs) - **Due February 17th**

2nd installment March 25

3rd installment April 25

4th installment May 25



Qualifiers

NCSA Jr's (2) & Relays

Sarah Szklaruk-Traipe, Lezli Sisung,
Relay Swimmers - Maven Moore, Jordyn Waters

TAGS (5) & Relays

Kara Boemio, Emery Fitzharris, Leah Givens, Maven Moore, Joseph Lukner, Andi Jeanes

Sectionals (9)

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

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, Orlando Fernandez, Andrew Garon, David Hensley, Joseph Lukner,

Sharks All Time Top Performances (updated 1/22/19)

Team Records	Short Course Yards	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](#)
[TAGS Time Standards 2019](#)

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