



[Upcoming Events](#)

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

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

Schedule Changes Week of February 4th

None at this time

Schedule Changes Week of February 11th

None at this time

Always be prepared for dryland with running shoes & dryland clothes

Coaches' Corner

Note from Marisol Allen: She gave a talk on Sports Nutrition to the Sharks

Thank you to all who were able to attend the nutrition talk on Jan 19th. As a team sponsor and health and wellness group, we are providing team support through a Facebook group that will have nutrition, recovery, and health info for athletes. The group will open for the team, to add yourself, Tues. Feb. 5 - Mon. Feb. 11 Jan 30 through February 6th, if you are interested in joining. After the 6th, the group will be a closed group, if you miss the deadline, you can still request to join, we would just need to know that you are with the Sharks. If you have any questions, please feel free to contact me.

The Facebook group is called Swimmers Health & Performance.

Thank you,
Marisol Allen
marisol-allen@comcast.net

Feb 8-10 – [HCAP Invitational](#)

at HCAP (prelim/final)

Qualified Swimmers: Challenge, Pre-Senior, Senior, & Senior Performance

[Final Entries](#)

[Itinerary](#)

Feb 16 – [Short Course Champs 1](#)

at Lufkin, TX (AMBUSH)

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

[Final Entries](#)

[Tentative Relays](#)

Feb 22-24 – Short Course Champs 2

at TBD by Gulf

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

Safe Sport Parent Talk

Thanks for all those who attended that Talk. Please Go online to www.usaswimming.org/learn to complete the parent portion of the Safe Sport that was sent out in an email earlier this week.

Step by Step Instructions for Safe Sport for Parents:

Please click [HERE](#) for step by step instructions to take the safe sport course for parents.

After you have done the course, **send a picture** of the "Congratulations" page, with your name included in the picture, to Susan Hillegeist at hille6@yahoo.com . If you have already completed your Short Course hours, then the volunteer hour earned for completing this course will go toward your Long Course hours!

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)

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

SSS MLK Meet Recap

Shark Swimmers kicked off the new year with Fast Swimming at the Sails MLK invite. 23 Shark Swimmers raced to 100% personal best time. Sharks placing top 8 include: Giancarlo Zamora, Valerie Zakharchuk, Loralai Weatherall, Lauren Tillman, Andrew Sugunan, Jovan Stojkovski, Julia Rupp, Keith Remington, Jared Remington, Hunter Nolan, Hayden Nielsen, Tyler Nelson, Taite McCray, Caitlyn McAuliffe, Vanessa Marsh, Jason Marsh, McKenna Malone, Selim Mahmoud, Omar Mahmoud, Cameron Lowman, Abigail Lowman, KK LeBlanc, Brandon Klesel, Edi Jakob, Brooke Hubenak, Katie Hillegeist, Tegan Harper-Lee, Tanner Goins, Noah Givens, Hannah Giles, Sahil Ganatra, Amaan Ganatra, Lauren Fitzharris, William Esbeck, Olivia Esbeck, Vivienne Dunne, Kathrin Dickamore, Jayden Dickamore, Daniel Dickamore, Caden Cupisz, Helen Byrd, Chayton Budzik, Vishann Bhakta, Aniya Bhakta, Ava Ariss, Mark Argyelan, Tristan Arghipol, and Sophia Allis

Full Shark Results - [HERE](#)

WAY TO GO SHARKS!

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

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](#)



Qualifiers

NCSA Jr's (2) & Relays

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

TAGS (5)

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,