



[Upcoming Events](#)

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

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

**Schedule Changes Week of January 14<sup>th</sup>**

Saturday JAN 19 – Location: Friendswood High School

7:45-10:10am – Senior Performance & Senior  
(Then Nutrition/Recovery talk  
w/guest speaker Marisol Allen)

7:45-9:30am – Challenge & (Exploratory Advance that  
swam at TWST Meet)

11:00-11:30am - Swim School Level 1

11:30-12:00noon – Swim School Level 2

No Practice ALL Other Groups as at SSS MLK Invite

**Schedule Changes Week of January 21<sup>st</sup>**

Saturday January 26<sup>th</sup> – No Practice ALL Groups Due to  
High School District Meet hosted at Friendswood HS

Sunday January 27<sup>th</sup> – Location: Pearland Rec Center

11:50am-2:00pm – Senior Performance & Senior

1:30-3:00pm – Challenge

No Practice all other groups

*\*Always be prepared for dryland with running shoes & dryland clothes\**

**Jan 19-20 – [SSS MLK Invitational](#)**

at Clear Falls High School

**Qualified Swimmers:** Pre-Senior, Exploratory  
Advance, Exploratory, & Discovery Advance (For  
those swimmers not attending TWST MLK  
Invitational)

[Final Entries \(rev2\)](#)

[Meet Program](#)

[Itinerary](#)

**Feb 8-10 – HCAP Invitational**

at HCAP (prelim/final)

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

[Preliminary Entries – Coming Soon](#)

**Feb 16 – Short Course Champs 1**

at TBD by Gulf

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

[Preliminary Entries – Coming Soon](#)

**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

**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

*Coaches' Corner*

[19 New Habits to Improve Your Swimming in 2019](#)

by Devin Javens, Swimming World College Intern

**Nutrition & Recovery Talk – Saturday JAN 19<sup>th</sup>**

For parents/swimmers of Senior Groups (other parents interested are invited)

10:30-11:15am in Bleachers at Friendswood High School Natatorium

## Important News

### Job Sign Up for This Weekend's Meet

Job sign-up is now open for this weekend's SSS Invitational at Clear Falls High School. Sign-ups can be found [HERE](#)

Sign-up will remain open until Wednesday, January 16th, at midnight. At that time, any positions remaining open will be assigned. To avoid being assigned a time that is inconvenient for your family, please sign up before the deadline.

### Safe Sport Parent Talk

Saturday January 26<sup>th</sup>

### 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: 9430 Broadway St, #144,  
Pearland, TX 77584-8072, 281-485-3100

## Important Deadlines

**Tuesday Jan 15<sup>th</sup> – Opt-Out Deadline**  
**Gulf SC Champs 2 (9-14)**

**Tuesday Jan 22<sup>nd</sup> – Opt-Out Deadline**  
**Gulf SC Champs 3 (13&Over)**  
**Sectional Speedo Champ Series**



## Sharks January Birthdays

Quinn Cassada	10 – 3 <sup>rd</sup>
Eileen Muller	6 – 3 <sup>rd</sup>
Stevie Balistreri	15 – 7 <sup>th</sup>
Wyatt Newman	10 – 9 <sup>th</sup>
Taite McCray	16 – 10 <sup>th</sup>
Chayton Budzik	14 – 11 <sup>th</sup>
Abigail Hilliard	14 – 14 <sup>th</sup>
McKenna Malone	15 – 15 <sup>th</sup>
Lilly Migl	11 – 17 <sup>th</sup>
Brandon Klesel	16 – 20 <sup>th</sup>
Omar Mahmoud	7 – 30 <sup>th</sup>

## Important News

TWST MLK Meet Recap – Coming Soon



### Qualifiers

#### **NCSA Jr's (2)**

Sarah Szklaruk-Traipe, Lezli Sisung

#### **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,

### Sharks All Time Top Performances (updated 12/26/18)

<b>Team Records</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
<b>Top 10 Individual</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
<b>Top 5 Relays</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>

[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](#)