Week of July 30 Newsletter



Training Schedule: (click to view) begins 9/3

Schedule Changes Week of July 29th No practice any groups.

Schedule Changes Week of August 5th No practice any groups

Schedule Changes Week of August 12th No practice any groups

Schedule Changes Week of August 19th
Transition Schedule HERE

Schedule Changes Week of August 26th
Transition Schedule HERE

Always be prepared for dryland with running shoes & dryland clothes

SHARKS

<u>Upcoming Events</u>

Click to view Meet Announcement & other important information if available

Jul 30-Aug 3 – Southern Senior Zones Tupelo, MS. Qualifying swimmers.

Aug 1-16 - Summer Boot Camp with Coach Dacia – Exploratory Advance, Challenge, Pre-Senior, Sr & Sr Perf. Groups – More Info HERE

Aug 15-17 – Evaluations for New Sharks Swimmers – Sign up online <u>HERE</u> (also for those that have been out for summer)

August 19 – Return to practice – Transition Schedule <u>HERE</u>

Aug 24 – Parent Meeting Returning Parents 8:30-9:30 New parents 9:50-10:50 Suit sizing 8am-12pm

Sept 13-15 – Jim Richardson – more details to follow.

Sept 21 – Sharks Hosted Pentathlon Opt In/Out <u>HERE</u> 11 & over girls & 13 & over boys AM, 10 & under girls & 12 & under boys PM

August 2019 Transition Schedule HERE

Please note – No training fees are assessed for the month of August. ALL Swimmers MUST register for the 2019-2020 Season if they are returning after our break.

2019-2020 Annual Registration - Registration is NOW open – please register your swimmer for their **CURRENT** group. Adjustments on group placement, if recommended by your group Coach will be changed if necessary.

Please see '2019-2020' Sub-menu below the News tab for information regarding our upcoming 2019-2020 Season.

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Coaches' Corner

Sharks families, we would like to thank everyone for sharing your youngsters with us this year. We believe everyone should first learn to swim, have opportunities to challenge themselves on a consistent basis, physically and mentally in a great learning environment where failure can be a great teacher. Our Sharks have experienced it all this past year with progress both in and out of the water and we are grateful for the support provided by so many! We will continue as a staff, board and parents to search and find ways to better the Shark Swim Club program and provide better excellence.

Remember, change is inevitable, growth is optional. We choose the growth option. Life is an experiment, you don't know the outcome, venture outside your comfort zone.

<u>Important Deadlines</u>

Sept 2 – Sharks Pentathlon



Important News

Age Group Champs Recap – The Sharks had a very successful weekend in Cypress. The team placed 10th overall with 12 out of the 14 swimmers scoring points. Congrats to the following swimmers with top 8 finishes: Peyton Becker, Andi Jeanes, Paige McCray, Spencer Meyers and Giancarlo Zamora.

Summer Champs Recap - The Summer Champs kept up the racing in Sugar Land last weekend! Both men & women placed 5th overall and it was a team effort. We had great relay and individual swims by the whole group.

Individual event winners:

Stevie Balistreri (100 bk, 200 fly, 100fly, 400 IM) Elaine Bentley (400 fr, 400 IM) Helen Byrd (50 fr, 100 fr)

Katie Hillegeist (800 fr)

Top 8 finishers: Tristan Arghiropol, Cade Cupisz, Caitlyn Gandara, David Garcia, Hayden Holcomb, Edi Jakob, Elliot Kessler, Hunter Nolen, Andrew Sugunan, David Szklaruk-Traipe, Lauren Tillman and Emma Vestal.

July Birthdays	Age-Date
Riley Holcomb	15 – 1st
Cameron Lowman	9 - 3 rd
Caitlyn Alley	$7 - 5^{th}$
Nico Petkovich	$7 - 5^{th}$
Levi Puckett	$9 - 5^{th}$
Sarah Szklaruk-Traipe	$17 - 6^{th}$
Caden Dao	$13 - 7^{th}$
Noah Casey	$7 - 12^{th}$
Leah Givens	$15 - 12^{th}$
Andrew Sugunan	$10 - 12^{th}$
Jayden Dickamore	$7 - 13^{th}$
David Abdelmalak	$13 - 14^{th}$
Sofia Hernandez	11 – 14 th
Jeremiah Love	$12 - 14^{th}$
Alex Rundell	$13 - 14^{th}$
David Szklaruk-Traipe	15 – 14 th
Ellie Burke	$14 - 18^{th}$
Sayf Aydi	$8 - 19^{th}$
Edi Jakob	$12 - 26^{th}$
Aliza White	$14 - 26^{th}$
Bailey Clayton	$10 - 27^{th}$
Streeter Moore	$9 - 27^{th}$
Lillian Quinones	$8 - 28^{th}$
Layla Sisung	12 – 31st

TAGS Recap – Four swimmers represented the Sharks Swim Club at the TAGS competition at the University of Texas in Austin July 24-28.

Andi Jeanes competed in 5 individual events and qualified for finals in both the 50 (5th) and 100 (8th) backstroke and accumulated personal best swims and team records in all but one event. Andi joined teammates Lauren Vidinha, Gabi Volpe and KK Leblanc to a strong 15th place finish and team record in the 200 Medley Relay (2:16.02). Lauren Vidinha and Gabi Volpe qualified in the 50 breast and competed tough for the Sharks.

In addition to the 200 medley relay, KK Leblanc swam two time trials for two best times in the 50 Fr & 50 Bk. Way to go Sharks!!







Qualifiers

Tags (3)

Andi Jeanes, Lauren Vidinha, Gabi Volpe, Peyton Becker

Sectionals (10)

Allie Vidinha, Joseph Lukner, Peyton Becker, Anjali Friedman, Maven Moore, Sarah Szklaruk-Traipe, Jordyn Waters, Leah Givens, Erika Yeguez, Abigail Nelson, Kara Boemio, David Hensley

Summer Southern Senior Zones (18)

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

Sharks All Time Top Performances (updated 6/25/19)

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

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