Week of June 17 Newsletter





<u>Upcoming Events</u>

Click to view Meet Announcement & other important information if available

Training Schedule: (click to view)

Schedule Changes Week of June 17th

Friday June 21 – Location: Friendswood High School 5:15-6:30pm – Only for swimmers attending Sails Invite *No Practice All Other Groups*

Saturday June 22 – Location: Friendswood High School No Practice – Senior Performance, Senior, & Challenge 9:30-11:00am – Summer Squad (Tie Dye Party Afterwards) *All Other Groups on Regular Schedule*

Schedule Changes Week of June 24th

Monday June 24 – Location: Friendswood High School 8:00-10:00am – Senior Performance & Senior No Afternoon Practices for All Groups – Please attend Sharks Team Party at Stevenson Park

Always be prepared for dryland with running shoes & dryland clothes

June 21-23 – FCST Summer Splash

at Fort Bend Training Pool Qualified Swimmers: All Sharks

<u>Final Entries</u> Itinerary

June 23 – Sails Invite

at Matthew T. Doyle Natatorium

Qualified Swimmers: All Sharks must have 2 "BB" USA

Time Standards or less

Final Entries Itinerary

June 24 – Sharks Team Party

Where: Stevenson Park When: 4:30pm-8:00pm Qualified Swimmers: All Sharks

July 12-14- Gulf Age Group Champs

at Fleet Aquatic Center

Qualified Swimmers: Sharks 9-14 w/3 Age Group

Champs Time Standards
Preliminary Entries

July 20-21 – Gulf Sprint Series Champs

at TBD by Gulf

Qualified Swimmers: Sharks 12&Under with 2 "BB"

times or fewer in ANY event Preliminary Entries



2019 Summer Training Schedule is HERE

Discovery Groups - Additional Friday Practice Schedule is HERE

<u>Being Better When Your Nervous</u> – Featuring Ceci Clark (Mental Performance Coach for the Cleveland Indians)

Dave Thomas – USA Swimming Consultant coming for Visit – More Details coming Soon!

Important News

Sails Invite

Job sign up posted <u>HERE</u> Job signup will remain open through Thursday night, any positions remaining open Friday June 21 will be assigned to those in the meet not already signed up to time or officiate.

FCST Summer Splash

Job signup posted HERE. Please note that we have over 50 positions to be filled. We are asking that you signup for at least one timing position (more if you have multiple swimmers) if you are not officiating, even if your service hours are complete. Job signup will remain open through tomorrow night, any positions remaining open Thursday June 20 will be assigned to those in the meet not already signed up to time or officiate. For PM session please adjust your start time based on the timeline of the meet if it starts later, while still timing for one hour.

Sharks Team Summer Party

Come and enjoy a swim free evening and get to know the other swim families. **Monday June 24th 4:30pm - 8pm** at Stevenson Park - next to splash pad.

This event is open to all groups! Please see the attached flyer <u>HERE</u> for more info. Come for as little or as long as you would like. **No drop-offs please!**

Bring chairs or blankets to sit on and drinks for your family. Sign up <u>HERE</u> if you would like to bring a sweet treat to share!

Important Deadlines

TUE June 18

-Gulf Senior Champs
-Gulf Summer Champs



Sharks June Birthdays

Braylynn Moore KK LeBlanc Owen Wilkerson Amaan Ganatra Addison Durow Brooke Hubenak Adrianna Duncan Shahd Borji David Garcia Justin Gonzalez	$13 - 1^{st}$ $12 - 3^{rd}$ $8 - 3^{rd}$ $7 - 3^{rd}$ $10 - 7^{th}$ $13 - 8^{th}$ $8 - 10^{th}$ $8 - 13^{th}$ $16 - 18^{th}$ $12 - 23^{rd}$
Justin Gonzalez Luke LeCompte	12 - 23 rd 14 - 26 th
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Contact Jackie Lowman for any questions, 832-597-9777

Please register <u>HERE</u> - cost is \$15 for the entire family (includes pizza and activities) - ONLY SIGNUP ONE CHILD IN ORDER TO KEEP THE COST TO \$15.

Friendswood Lions Club

Now collecting gently used children's (boys & girls) swimsuits, sizes 6-14. Please donate any suits your children have outgrown and contact 832-316-8080. No gently used suits? Please consider purchasing some gently used suits at goodwill. Collection box will be in lobby area at Friendswood High School.

Important News

SWAT June Invite Meet Recap

Sharks kicked off summer vacation racing to many personal best times at the SWAT June Invite. 23 Sharks achieved 100% personal best times! Sharks placing top 8

include: Giancarlo Zamora, Erika Yeguez, Jordyn Waters, Lauren Vidinha, Evan Vidinha, Allie Vidinha,

Emma Vestal, Sarah Szklaruk-Traipe, David Szklaruk-Traipe, Hunter Nolen, Abigail Nelson,

Maven Moore, Spencer Meyers, Cameron Lowman, Alex Linden, Elliot Kessler, Angela Kapp,

Andie Jeans, Katie Hillegeist, David Hensley, Justin Gonzalez, Noah Givens, Leah Givens,

David Garcia, Lauren Fitzharris, Caden Cupisz, Helen Byrd, Ellie Burke, Kara Boemio, Elaine Bentley,

Peyton Becker, Stevie Balistreri, & Alejandra Acosta

Full Shark Results HERE





Qualifiers

Tags (2)

Andie Jeanes, Lauren Vidinha

Sectionals (10)

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

Summer Southern Senior Zones (18)

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

Sharks All Time Top Performances (updated 6/17/19)

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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