Week of March 18 Newsletter





Upcoming Events

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

Training Schedule: (click to view)

Schedule Changes Week of March 18th

Friday March 22 – Location: Friendswood High School 4:45-6:15pm – Discovery Advance *All other groups on Regular Training Schedule*

Saturday March 23 – Location: Friendswood High School 9:30-11:00am – Discovery Pre-Team & Discovery Advance *All other groups on Regular Training Schedule*

Schedule Changes Week of March 25th

Tuesday March 26th – Location: TBD Practices TBD No Practice – Discovery Groups

Saturday March 30th – No Practice All Groups (Coaches at Gulf Coach Clinic)

Always be prepared for dryland with running shoes & dryland clothes



Olympic Confidence Coach Christen Schefchunas on Overcoming Self-Doubt

By Lianne McCluskey, Swimming World College Intern.

2019 Long Course Meet Schedule

Now Posted HERE

2019 Summer training Schedule (tentative)

Coming Soon

March 19-23 – NCSA Junior Nat'ls at Orlando Florida Meet Info <u>HERE</u> Can See Live Results & Live Webcast once meet begins at 2:30pm Tuesday

March 26 – End of Season Party at Putt Putt Fun House For the Discovery Groups

April 7 – Team Banquet at Green Event Center 2000 W. Parkwood Avenue Friendswood, Tx 77546 Time: 1:30-4:30pm

April 13-14 – SWAT Invite at Fort Bend Training Pool

Qualified Swimmers: 12&Unders with 3 "BB" USA Time Standards or more and All Sharks 13&Over

Preliminary Entries – Coming Soon

April 14 – Gulf Sprint Series at TBD by Gulf

Discovery Pre-Team & Discovery
Advanced Swimmers must OPT-IN or
they will not be entered in the meet
Qualified Swimmers: 12&Unders with 2 "BB" USA Time

Standards or less

Preliminary Entries

April 28 – RICE Open Water at Twin Lakes, Manvel TX

Qualified Swimmers: Challenge, Pre-Senior, Senior, Senior Performance and other swimmers by coach invitation

April 28 – AQUA Invitational at TBA

Qualified Swimmers: by coach invitation

Important News

End of Season Party – Discovery Groups

Tuesday March 26th All Discovery swimmers are invited to attend an end of season party at Putt Putt Fun House from 5:30-7:30pm. There will also be pizza, cupcakes and certification sheets for all swimmers.

Important Deadlines

Tuesday April 2 – Opt-In Deadline RICE Open Water



Short Course Service Hours Reimbursement

As a reminder, our short course service hours reimbursement has ended, you have until March 31 to request reimbursement if you have fulfilled your requirement for short course hours. All hours will be set to zero, if not already done so via reimbursement on April 1. Long course may be accrued beginning April 1. You must complete your service hours in totality in order for the amount to be reimbursed.

To Check your hours: Log in to Sharks account, Left menu-My Account, Choose Invoice & Payments, Select Service hours, you will see a balance for this short course to the right, you may need to scroll to the right to see the full column.

Once hours are zeroed it will show a minimum of -15 on your balance. If you have not yet requested a reimbursement of the short course hours and your hours are met, please email billing@sharks-swim-club.org to request reimbursement.

Sharks March Birthdays

Alejandra Acosta	$15 - 2^{nd}$
James Saul	$14 - 7^{th}$
Emery Fitzharris	$13 - 8^{th}$
Ayden Hilliard	$12 - 8^{th}$
Vanessa Marsh	$11 - 13^{th}$
Mairead Finnerty	$13 - 14^{th}$
Peyton Becker	$14 - 15^{th}$
Auyush Ganapathy	$12 - 15^{th}$
Mia Balistreri	$17 - 17^{th}$
Mason Ho	$9 - 17^{th}$
Hayden Holcomb	$11 - 18^{th}$
Maven Moore	15 - 21st
Keith Remington	$10 - 27^{th}$
Joseph Lukner	15 – 31st

End of Short Course Banquet

Our end of (Short Course) Season banquet is fast approaching, below are the details. Please be sure to **comment in the notes how many are attending**: Cost is \$10 per person, \$30 max per family, which will be billed to your account.

Please note seating space may be limited, so please be prompt.

All swimmers under 14 years of age need a parent to attend along with them.

We are asking for pictures from ALL GROUPS for the slideshow to be played during the banquet.

Hunter Nolen will be putting together the slide show again this year, please email pictures!!

Email pictures to: Hunter.nolen.sharks@gmail.com

Banquet details: Sunday April 7th 1:30pm - 4:30pm

Important News

Parent Meetings - Thursday March 21st

Discovery Pre-Team: 5:20-5:30pm Discovery Advance: 6:15pm

Exploratory: 6:15pm



Summer Squad is BACK! And BIGGER! Current Swimmers in the Discovery Pre-team/Advance and Exploratory Groups are eligible to participate.



USA Swimming Safe Sport Recognition

Help Shark Swim Club achieve the USA Swimming Safe Sport Club Recognition. Parents & Swimmers can log into the LEARN portal to complete the FREE safe sport training. Families can earn 1 service hour for a complete parent & swimmer training.



Qualifiers

NCSA Jr's (3) & Relays

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

TAGS (8) & Relays

Kara Boemio, Emery Fitzharris, Leah Givens, Maven Moore, Joseph Lukner, Andi Jeanes, Alex Rundell, Lauren Vidinha

Relays - Girls 11-12: 200 Free, 200 & 400 Medley Girls 13-14: 200, 400 & 800 Free 200 & 400 Medley

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, Andi Jeanes, Stevie Balisteri, Spencer Meyers

Sharks All Time Top Performances (updated 3/5/19)

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