Week of May 13 Newsletter



Training Schedule: (click to view)

Schedule Changes Week of May 13th

Friday May 17th – Location: Friendswood High School 4:45-6:15pm – Discovery Pre-team & Discovery Advance *All other groups on Regular Practice Schedule*

Saturday May 18th – Location: Friendswood High School 9:30-11:00am – Exploratory & Exploratory Advance *NO Practice ALL Other Groups*

Schedule Changes Week of May 20th

Saturday May 25th – Location: Dow Park (LCM) 7:45-10:30am – Senior Performance & Senior 9:30-11:00am – Challenge & <u>Exploratory Advance (Group A)</u>

Saturday May 25th – Location: Friendswood High School 9:30-11:00am – Exploratory & <u>Exploratory Advance (Group B)</u>

Schedule Changes Week of May 27th

Monday May 27th – Location: SHAC 6:50-9:15am – Senior & Senior Performance *No Practice All other Groups*

Always be prepared for dryland with running shoes & dryland clothes

Coaches' Corner

2019 Summer Training Schedule is <u>HERE</u>

Discovery Groups – Additional Friday Practice Schedule is HERE



Click to view Meet Announcement & other important information if available

May 17-19 – <u>Gulf Open Meet</u> at PEAK *Qualified Swimmers*: All Sharks 13&Over and 12&Unders 3 "B" USA Time Standards or more <u>Final Entries</u> Meet Itinerary

May 18 – Spring Tune Up Clinics at Friendswood High School What: Starts & Turns Register <u>HERE</u>

May 23 – Parent Meetings at Friendswood High School Shark Talk – 5:30-6:00pm Senior Groups – 7:30-8:00pm

June 8-9 – <u>SWAT June Open Invite</u> at Don Cook Natatorium *Qualified Swimmers*: All Sharks <u>Preliminary Entries</u>

June 21-23 – <u>FCST Summer Splash</u> at Fort Bend Training Pool *Qualified Swimmers*: All Sharks

June 23 – <u>Sails Invite</u>

at Matthew T. Doyle Natatorium *Qualified Swimmers*: All Sharks must have 2 "BB" USA Time Standards or less

June 24 – Sharks Team Social

Where: TBD Qualified Swimmers: All Sharks

Page 1 of 3

Important News

Timing Assignments Gulf Open Meet

Timing assignments are now open for sign up for the Gulf Open this weekend for Saturday and Sunday's sessions. Signups will remain open through end of day Wednesday May 15th. Any open positions remaining Thursday am will be assigned to those in the meet not already signed up to time or officiate. A reminder that if you do not show for your timing slot your account will be fined \$50.

Sharks Summer

Sharks Summer squad is back for 2019. We are still taking swimmers at the Magnolia Creek location. All current Shark swimmers in the Exploratory, Discovery Adv & Discovery pre team groups are invited to participate. Current swimmers who are registered are invited to attend the Saturday combo practices, summer squad team events & the 2 summer squad meets. Please talk to your group coach if you have any questions.

Upcoming Parent Meetings @Friendswood High School When: Thursday May 23rd

1- **Shark Talk** (along Q & A) Parents - Thur. May 23 5:30-6:00 pm Open to any parent (especially younger swimmers, those who may have general questions) with Kate/Tim.

2- Pre-sr, Senior & Sr. Perf. Parents/Swimmers - Thur. May 23

7:30-8:10 pm Tim, Kate & Lou

Why /purpose of 3 or more groups: Pre-sr., Senior & Sr. Perf

How/why of Long course = fear/confidence- racing is a little different & why Why progression in training both in/out of water. Capacity -Long term vs. short-term Review summer - why mix of a.m./p.m., Social opportunities & interaction <u>We encourage all to attend Parents/swimmers.</u> As time permits we'll update 2020 Nebraska trip & Olympic Trials

Important Deadlines

Tuesday May 21 – Opt-In Deadline FCST Summer Splash Sails Invite



Sharks May Birthdays

Anjali Friedman	$16 - 4^{th}$
Abigail Lowan	12 – 4 th
Benjamin Kulcsar	$8 - 5^{th}$
Jovan Stojkovski	$10 - 13^{th}$
Loralai Weatherall	11–14 th
Gabi Volpe	12 – 15 th
Cash Jakob	$10 - 15^{th}$
Chase Ferguson	16 – 18 th
Emily Meyer	14 – 22 nd
Angela Kapp	17 – 27 th

Important News

Sharks May Invite Meet Recap - Coming Soon





Qualifiers

Sectionals (11)

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

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, Andrew Garon, David Hensley, Joseph Lukner, Andi Jeanes, Stevie Balistreri, Spencer Meyers

Sharks All Time Top Performances (updated 4/16/19)

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

Page 3 of 3