Week of May 20 Newsletter



Click to view Meet Announcement & other important information if available



Training Schedule: (click to view)

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*

Friday May 31st – Location: Friendswood High School 4:45-6:15pm – Discovery Pre-Team & Discovery Advance *All Other Groups on Regular Training Schedule*

Saturday June 1st – Location: Dow Park (LCM) 7:45-10:30am – Senior Performance & Senior 9:30-11:00am – Challenge & Exploratory Advance (Group A)

Saturday June 1st – Location: Friendswood High School 9:30-11:00am – Exploratory & Exploratory Advance (Group B)

Always be prepared for dryland with running shoes & dryland clothes

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

June 8-9 - SWAT June Open Invite

at Don Cook Natatorium

Qualified Swimmers: All Sharks

Final Entries

June 21-23 – FCST Summer Splash

at Fort Bend Training Pool Qualified Swimmers: All Sharks

June 23 - Sails Invite

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



2019 Summer Training Schedule is HERE

Discovery Groups - Additional Friday Practice Schedule is HERE

Parents' Reaction To Failure Translates To Their Children from Positive Coaching Alliance

Important News

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

Sharks Summer Squad

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.

Important Deadlines

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



Sharks May Birthdays

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

Important News

Sharks May Invite Meet Recap

Shark Swimmers continued for their 2nd meet of the long course season racing to many personal best times! Sharks placing top 8 include: Aditi Abbaraju, Emma Allis, Madie Allies, Loukas Arghiropol, Chayton Budzik, Quinn Cassada, Lili Clepper, Reagan Dao, Daniel Dickamore, Jayden Dickamore, Kathrin Dickamore, Adrianna Duncan, Vivienne Dunne, Kareem Elwassimy, Malek Elwassimy, Olivia Esbeck, Mikaeel Gagai, Auyush Ganapathy, Sahil Ganatra, Hannah Giles, Noah Givens, Tanner Goins, Robert Gulledge, Matthew Ho, Brooke Hubenak, Rilee Huynh, Steffan Ivanoff, Robert Kennedy, Brandon Klesel, Rebekah Klesel, Alice Koncaba, Benjamin Kulcsar, Corbin Kulscar, Cameron Lowman, Omar Mahmoud, Selim Mahmoud, Jason Marsh, Vanessa Marsh, Clara McGarvey, Moira McGregor, Emily Meyer, Lilly Migl, Kivy Moore, Streeter Moore, Wyatt Newman, Azalea Parkhurst, Addisyn Pendle, Ishan Pendyala, Pallas Pinkoski, Levi Puckett, Juila Rupp, James Saul, Ethan Schooley, Grayson See, Sia Seth, Jovan Stojkovski, Hanna Stuart, David Szklaruk-Traipe,& Loralai Weatherall.

WOW – Way to Go Sharks! Full Meet Results HERE





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 (19)

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, 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

<u>USA Motivational Time Standards for 2017-2020</u>
<u>Age Group Champs Time Standards 2018-2019</u>
<u>Southern Senior Champs Time Standards 2018</u>
TAGS Time Standards 2019

NCSA Jr National Time Standards 2019
Futures Time Standards 2018
Sectional Time Standards 2019

Page 3 of 3