Week of December 17 Newsletter



Training Schedule: (click to view)

Schedule Changes Week of December 17th Saturday Dec 22 – Location: Friendswood High School 9:30-11:00am – Discovery Pre-Team & Discovery Advance *All Other Groups on Regular Training Schedule

Schedule Changes Week of December 24th Winter Holiday Training Schedule -Begins Monday Dec 24th

Always be prepared for dryland with running shoes & dryland clothes



2018 Winter Warrior Challenge – Begins Friday December 21st

Shark Swimmers attending 100% of practices both swim & dryland. This will begin Friday December 21st and will go through Saturday January 5th. Swimmers must stay for the entire practice, including dryland, to be counted for the 100%. Coming late or leaving early will disqualify the swimmer from the 100%. Last year's Winter Warriors received a Special Edition Winter Warrior Team T-shirt. Will you be a Winter Warrior for 2018? – T-shirt Design HERE

Nathan Adrian Speech at Cal's Winter Graduation Speech begins around 1:07.30 and is about 10 minutes

Sharks Crush Champ Meets – 14 Individual Team Records Broken plus many new Top 10 All Time Swims as well as a couple of team relay records

Discovery groups - are invited to attend Saturday am practice 9:30-11am with the Exploratory group. A quick parent meeting will be in the stands for the Discovery & Exploratory parents 10:45-11am



Jan 11-13 – TWST MLK Invitational at Conroe ISD Natatorium Qualified Swimmers: Senior Performance, Senior, &

Challenge & other swimmers by coach invitation (14&Unders must have USA "BB" times to swim events 400 and longer)

Date Correction for SSS MLK Invite was listed incorrectly as JAN 12-13

Jan 19-20 – SSS MLK Invitational at Clear Falls High School Qualified Swimmers: Pre-Senior, Exploratory Advance, Exploratory, & Discovery Advance (For those swimmers not attending TWST MLK Invitational)

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Important News

Sharks Holiday Toy & Food Drive

A big thanks to everyone who made the toy and food drives such a success! Your donations are making a big difference for families in our community. It is amazing to see Sharks swimmers and their families come together and do so much good for others. Happy holidays!

Please see each of the flyers below,

email <u>mcarthurdunne@gmail.com</u>with any specific questions regarding each one.

Sharks Blue Santa Toy Drive – <u>Click to View Flyer</u> Sharks Winter Food Drive – <u>Click to View Flyer</u>

Travel Trip 2019 – Senior Performance & Senior Groups

The coaches are working on final details for the summer travel trip. This summer we'll be doing a 5 to 6 day bus trip closer to home. The trip will be a combination of training with another team, a day or 2 of racing & team bonding activities. Coach Tim has been in contact with teams about finding a good fit.

More details of the trip and pricing will be out around the 1st of the year.

Gulf Fall Champs Meet Recap

Swimming at the largest of all the champ meets with over 1000 swimmers entered in the meet Sharks raced to a 6th place Team finish with 299.5 points. This is 30 more points than what Sharks scored last year at Fall Champs though with a slightly different format as this year included 8&unders but excluded the 13-14's. 8 Sharks raced to 100% best times! Sharks placing

Top 8 include the following: Giancarlo Zamora, Gabi Volpe, Evan Vidinha, Layla Sisung, Hayden Nielsen, Streeter Moore, Kivy Moore, Vanessa Marsh, Jason Marsh, Selim Mahmoud, Cameron Lowman, Caitlyn Gandara, Olivia Esbeck, Helen Byrd, & Mark Argyelan

Congrats to all on a great weekend of swimming

See full Shark results HERE

Important Deadlines

None at this Time



Sharks December Birthdays

Aidan Gurka	9 – 2 nd
Kate Jacobson	9 – 2 nd
Alice Koncaba	11 – 3 rd
Rebekah Klesel	12 – 5 th
Hayden Nielsen	11 – 5 th
Kivy Moore	$6 - 5^{th}$
Lezli Sisung	16 – 6 th
Blake LeBlanc	$8 - 6^{th}$
Reagan Dao	10 – 11 th
Malek Elwassimy	12 – 12 th
Mikaeel Gagai	7 – 13 th
Erika Yeguez	16 – 14 th
Maddie Allis	13 – 14 th
David Hensley	15 – 16 th
Tanner Goins	8 – 17 th
Will Callender	15 – 18 th
Lauren Fitzharris	15 – 22 nd
Sahil Ganatra	$8 - 25^{th}$
Allie Vidinha	$14 - 30^{th}$

Important News

Sharks Swim School has a limited number of Christmas Gift Packs. Group or private lesson options are available. Register online





Qualifiers

Futures (3)

Sarah Szklaruk-Traipe, Lezli Sisung. & Jack Jones

Winter Jr Nat'l (2)

Sarah Szklaruk-Traipe Lezli Sisung

Southern Senior Champs (23)

Stevie Balistreri, Chase Ferguson, Orlando Fernandez, Andrew Garon, Daivd Hensley, Jack Jones, David Lukner, Joseph Lukner, Peyton Becker, Kara Boemio, Lauren Fitzharris, Anjail Friedman, Leah Givens, Angela Kapp, Alex Linden, McKenna Malone, Maven Moore, Abigail Nelson, Lezli Sisung, Sarah Szkalaruk-Traipe, Allie Vidinha, Jordyn Waters, Erika Yeguez

Gulf Age Group Champs (23)

Hayden Holcomb, Alex Rundell, Stevie Balistreri, David Hensley, Joseph Lukner, Emery Fitzharris, Andie Jeanes, Paige McCray, Lauren Vidinha, Gabi Volpe, Cameron Word, Peyton Becker, Kara Boemio, Lauren Fitzharris, Leah Givens, Alex Linden, McKenna Malone, Maven Moore, Abigail Nelson, Allie Vidinha, Elliot Kessler, Spencer Meyers, Layla Sisung

Sharks All Time Top Performances (updated 12/18/18)

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

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