



[Upcoming Events](#)

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

HAPPY NEW YEAR

[Training Schedule: \(click to view\)](#)

Schedule Changes Week of December 24th

[Winter Holiday Training Schedule -Begins Monday Dec 24th](#)

Schedule Changes Week of December 31st

Winter Holiday Training Schedule Continues

Always be prepared for dryland with running shoes & dryland clothes

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 All Events)

[Final Entries](#)

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)

[Final Entries](#)

Feb 16 – Short Course Champs 1
at TBD by Gulf

Qualified Swimmers: Exploratory & Discovery Advance

Coaches' Corner

2018 Winter Warrior Challenge – Continues to Saturday January 5th

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](#)

[Winter Training: Why Is It So Intense?](#)

By Taylor Byers, Swimming College Intern

Important News

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.

The Sharks Swim School

Swim School is expanding in 2029! Small group classes are now available mornings beginning January 8.

Tuesday-Thursday 9:00-9:30am & 9:30-10am

full details & registration information available on our website <https://www.teamunify.com/team/gutxsst/page/lesson-registration>

Important Deadlines

Tuesday Jan 8th – Opt-Out Deadline
Gulf SC Champs 1 (8&Under)

Tuesday Jan 15th – Opt-Out Deadline
Gulf SC Champs 2 (9-14)

Tuesday Jan 22nd – Opt-Out Deadline
Gulf SC Champs 3 (13&Over)
Sectional Speedo Champ Series



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

Gulf Age Group Champs Meet Recap

Sharks Raced to a 16th place finish scoring 310 points out of 38 scoring teams and a total of 44 Gulf teams participating in the meet. The 310 points more than doubled the previous years of 142. Sharks placing top 16 finish were: Kara Boemio, Emery Fitzharris, Leah Givens, David Hensley, Hayden Holcomb, Ande Jeanes, Alex Linden, Joseph Lukner, McKenna Malone, Spencer Myers, Abigail Nelson, & Lauren Vidinha

Way to Go Sharks! – Full Shark Results [Here](#)



Qualifiers

NCSA Jr's (2)

Sarah Szklaruk-Traipe, Lezli Sisung

TAGS (5)

Kara Boemio, Emery Fitzharris, Leah Givens, Maven Moore, Joseph Lukner

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,

Sharks All Time Top Performances (updated 12/26/18)

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

[USA Motivational Time Standards for 2017-2020](#)
[Age Group Champs Time Standards 2018-2019](#)
[Southern Senior Champs Time Standards 2018](#)

[NCSA Jr National Time Standards 2018](#)
[Futures Time Standards 2018](#)
[Sectional Time Standards 2018](#)