



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

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

Only "Changes" to normal practice schedule will be listed – if schedule is normal it will NOT be listed below.

**Physical group workouts are suspended through April.**

**Daily Virtual drylands through Zoom with Coach Matt/Coach Dacia at 5pm Monday through Friday**

10 & Under Swimmers – Coach Dacia  
Zoom # 605-075-0665 – password – 4SharksSC

11 & Older Swimmers Coach Matt–  
Zoom # 971-241-3075 – password – 665972

**Week 5 Challenge – Design the Team Summer Shirt**

**Week 4 AMRAP – Gasping for Air Challenge – Fri 4/24**

**Google Classroom Code:** bpxtqa6 – Swimmers will need a gmail account to log in. Their school email will NOT work as it is already tied to a different school district.

**Weekly group Zoom talks/learning with your coach**

Discovery Pre-Team/Disc.Adv/Exploratory: Thursday 4-4:30pm  
Coach Kate Zoom #971-241-3075

Exploratory Advance: Thursday: 10-10:30am  
Coach Lou Zoom #778-544-8086

Challenge: Thursday 9:15-9:45am  
Coach Lou Zoom #778-544-8086

Pre-Senior: Wednesday 4-4:30pm  
Coach Matt Zoom #612-829-8220

Senior/Senior Perf: Wednesday 4:15-4:45pm change  
Coach Kate & Coach Tim Zoom#971-241-3075

*\*Always be prepared for dryland with running shoes & dryland clothes\**

**Coaches want to see their Sharks!**  
Please send photos of daily drylands, challenges completed or how you are staying active to:  
[sharkscoachkate@gmail.com](mailto:sharkscoachkate@gmail.com)

**Tues Apr 21<sup>st</sup>** – Touch The Wall Viewing party on Zoom. 7pm  
Trailer [HERE](#)

**Sat Apr 25<sup>th</sup>** – Show & Tell – Signup [HERE](#)

**Sat May 2<sup>nd</sup>** – Jeopardy

**Sat May 9<sup>th</sup>** – Team Banquet

**Travel Trips-Olympic Trials trip (canceled) more info will be forthcoming once we hear back on USA Swimming on how they will deal with tickets.**

For Sale or Trade Page [HERE](#)

**Birthday Parades! We are doing birthday drive by parades for those celebrating birthdays this month – watch your email for dates and details!**

**[Important Deadlines](#)**

## Coaches Corner:

Board Letter (3/22) [HERE](#)

Letter from Coach Tim (3/23) [HERE](#)

**Touch The Wall movie Viewing Party** – Tonight, Tuesday April 21<sup>st</sup> 7pm! Join the rest of your team on a zoom viewing party TONIGHT! Watch the movie that chronicles Missy Franklin and Kara Lynn Joyce's journeys heading into the 2012 Olympic games. Zoom 971-241-3075 – Password 665972

Check out the trailer [HERE](#)

**Show & Tell!** - Saturday April 25<sup>th</sup> – beginning at 10:30am – Signup for your time slot [HERE](#)

**Jeopardy** – Saturday May 2<sup>nd</sup> – Don't miss our next Jeopardy game on zoom.

10:00am-10:30am Discovery & Exploratory groups

10:30am-11:00am Challenge & Pre-Senior

11:00am-11:30'ish Senior & Senior Performance

### Sharks Social Media – Links to follow:

Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)

Log in to Sharks website and Covid-19 Tab for all info regarding google classroom, webinars etc.

**Masks – Katie Pendle** is making masks, she does not want to accept payment for them, but material and supplies would be great. The biggest thing that she is looking for right now is ¼ inch elastic, it's very difficult to find, most places are sold out. Pre-washed and ironed fabric and cut patterns would be great too. I am making them 9x7 inches. Also, any Bias tape and a few rolls of white or black sewing thread would be helpful too. Please email Katie at [katiependle@yahoo.com](mailto:katiependle@yahoo.com)



### April Birthdays Age-Date

Crosby Pinkoski	10 – 8 <sup>th</sup>
Anthony Dong	9- 10 <sup>th</sup>
Elliot Kessler	16 – 12 <sup>th</sup>
Nathan Yandell	16 – 13 <sup>th</sup>
William Garay	8– 15 <sup>th</sup>
Giulianna Nguyen	8– 16 <sup>th</sup>
Addyisyn Pendle	13– 16 <sup>th</sup>
Daniel Dickamore	12– 18 <sup>th</sup>
Selim Mahmoud	12- 18 <sup>th</sup>
Kara Boemio	16– 23 <sup>rd</sup>
Olivia Kulcsar	6– 24 <sup>th</sup>
Graham Kocher	24 <sup>th</sup>
Abby Barrera	9– 26 <sup>th</sup>
Presley Harper	8 - 27 <sup>th</sup>
Faith Peters	15- 27 <sup>th</sup>

### Congrats to Our Winners:

#### AMRAP Week 2

##### 8&Under:

Loukas Arghiropol

##### 9&10's:

Tristan Arghiropol

##### 11&12's:

Noah Givens

##### 13&14's:

Emilee Rogers (TEST)

##### 15 & older:

Leah Givens

##### Coaches:

Coach Ross Davis (SSAN)

## COVID-19 AMRAP Challenge!

### How it Works?

Will take place each Friday during the normal dryland Zoom call. Swimmers may also do early and then submit their numbers to Coach Troy

### Rules.

- 1) Challenge must be done on Friday either with the zoom Drylands or under adult supervision
- 2) Athlete must have counter for challenge
- 3) Results MUST BE entered into google sheets and document by Sunday at Noon. (email to Coach Troy) Results will be announced Sunday evening.
- 4) Any questions can be directed to Coach Troy, [sharkscoachtroy@gmail.com](mailto:sharkscoachtroy@gmail.com)

## Week 3 Challenge: Gasping for Air Challenge! Friday 4/24



### Qualifiers Age Group Champs

Tristan Arghiropol, Ellie Burke, Emery Fitzharris, Ayden Hilliard, Hayden Holcomb, Edi Jakob, Andi Jeanes, KK LeBlanc, Cameron Lowman, Paige McCray, Selim Mahmoud, Nicole Medina, Streeter Moore, Hayden Nielsen, Andrew Sugunan, Lauren Tillman, Emma Vestal, Evan Vidinha, Gabi Volpe

### Tags

KK LeBlanc, Gabi Volpe 11/12 Girls 200 Free Relay: Gabi Volpe, KK LeBlanc, Abigail Lowman, Edi Jacob

### Sectionals

Stevie Balistreri, Peyton Becker, Kara Boemio, Anjali Friedman, Leah Givens, David Hensley, Joseph Lukner, Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Allie Vidinha, Jordyn Waters, Erika Yeguez

### Southern Senior Zones

Stevie Balistreri, Peyton Becker, Elaine Bentley, Kara Boemio, Lauren Fitzharris, Emery Fitzharris, Anjali Friedman, Leah Givens, David Hensley, Andi Jeanes, KK LeBlanc, Alex Linden, Joseph Lukner, Paige McCray, Spencer Meyers, Maven Moore, Abigail Nelson, Lauren Tillman, Sarah Szklaruk-Traipe, Emma Vestal, Allie Vidinha, Jordyn Waters, Erika Yeguez

### NCSA's

Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Erika Yeguez

### Sharks All Time Top Performances (updated 3/24/20)

Team Records	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
Top 10 Individual	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
Top Relays	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>

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

[NCSA Jr. National Standards 2020](#)  
[Sectional Time Standards 2020](#)  
[Southern Senior Zones Time Standards 2017-2020](#)