



[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

10 & Under Swimmers – 5pm Mon-Thurs – Coach Dacia
Zoom # 605-075-0665 – password – 4SharksSC

11 & Older Swimmers – 3:30-4:30pm Mon, Tues, Thu – Coach Matt

Zoom # 971-241-3075 – password – 665972

11 & Older Swimmers – 3:30-4:30pm Wed – Coach Troy
Zoom # 743 2735 0896, password: 017292

Or:

11 & Older Swimmers – 5pm Mon-Thurs – Coach Matt
Zoom # 971-241-3075 – password - 665972

All swimmers – 5pm Friday for AMRAP Challenge
Zoom 971-241-3075 – password 665972

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

Tues Apr 28 (TODAY) – Gulf Swimming parent webinar with Coach Charlie Fry & Julie Bachman. 2pm – Link [HERE](#)
Special Guest Joanie Beisel (Elizabeth Beisel mom)

Tues Apr 28th (Tonight) – Team viewing of Cool Runnings 7pm.
Zoom – 971-241-3075 – Password 665972

Thu Apr 30th – Sharks Parent q&a meeting. 6pm. Zoom 971-241-3075

Sat May 2nd – Jeopardy beginning at 10am.

Sat May 2nd – Sharks parent q&a – 12 Noon Zoom 971-241-3075

Sat May 9th – Team Banquet (tentative)

For Sale or Trade Page [HERE](#)

Birthday Parades! We will continue these while we are unable to meet – keep checking your email for details. If you haven't already participated – please consider doing so – they are so fun!

[Important Deadlines](#)

Coaches Corner:

Board Letter (4/28) [HERE](#)

If you wish to donate all or part of your training fees for May you may choose from the following two options:

1. Via paypal [HERE](#)

You can copy and paste the following link if the direct link does not work for you

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=XWAVZY4DWHAQA&source=url

2. Through the job signup [HERE](#)

(Donations are tax deductible)

Gulf Swimming Parent Meeting – Tues Apr 28th - Noon

Please sign up for our next "Gulf Leadership Meeting with Parents" (coaches and officials welcome too!) next Tuesday afternoon at 2 PM with Charlie and Julie (and special guest JOANIE BEISEL). Click [HERE](#) to sign up. Joanie (Elizabeth's mom) will talk to us about swim parenthood AND volunteerism in swimming. She is a top national official!

Team Movie Viewing – Tonight, Tues Apr 28th 7pm –

Cool Runnings! Join the rest of the team on a zoom viewing party TONIGHT! It's an entertaining movie about a Jamaican bobsled team trying to qualify for the Olympics. Zoom 971-241-3075 – Password 665972

Sharks Parent Q&A Meeting – Thur Apr 30th – 6pm

Zoom – 971-241-3075 – Password – 665972

We will cover practice/meet schedules and ideas for the summer as well as safety plan we will be using.

Jeopardy – Saturday May 2nd – 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 Parent Q&A Meeting – Sat May 2nd – 12 Noon

Zoom – 971-241-3075 – Password – 665972

We will start with Swim Team changes before going into Swim school and summer squad changes/procedures



April Birthdays Age-Date

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

Congrats to Our Winners:

AMRAP Week 3

8&Under:

Avery

9&10's:

Aditi Abbaraju & Evan Vidinha

11&12's:

Mark Argyelan

13&14's:

Caitlyn Gandara

15 & older:

Abigail Nelson

Coaches:

Coach Ross Davis (SSAN)

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.

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

Week 4 Challenge: Cardio Killer Challenge! Friday May 1st



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

Team Records	Short Course Yards	Long Course Meters
Top 10 Individual	Short Course Yards	Long Course Meters
Top Relays	Short Course Yards	Long Course Meters

[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](#)



Qualifiers

Age Group Champs

Tristan Arghropol, 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