



[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

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: Thurs 4-4:30pm
Coach Kate Zoom #971-241-3075

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

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

Pre-Senior: Friday 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

Apr 11th – Sharks Jeopardy!
10-10:30am-Disc & Expl Groups,
10:30am-11am-Challenge & Senior groups

Apr 14th -Gulf Parent Interactive Webinar – Sign up [HERE](#)

Apr 18th – Sharks Talent Show!

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](#)

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.

Sharks Jeopardy! – Saturday April 11th – More information being added to the event on the website.

10:00am-10:30am – Discovery Pre-Team, Discovery Advance, Exploratory & Exploratory Advance Groups

10:30am-11:00am – Challenge, Pre-Senior, Senior & Senior Performance Groups

Swimmers will log into the jeopardy site & download a buzzer app. It's an interactive player game.

Sharks Talent Show – Saturday April 18th – signup sheet being added to the event on the website.

We have many swimmers that can play an instrument, sing, dance, draw, etc. We want to see everyone's skills. We'll do a zoom call and kids will sign on and perform. You can send the link to grandparents, relatives etc to watch as well.

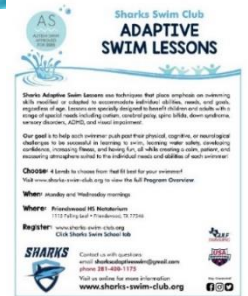
The show will start at 10:30am and we'll have swimmers sign up in 3 min blocks on google sheet. The coaches will be on to announce each swimmer prior to their start. Full details and signup sheet going up on the event page.

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



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
Addisyn Pendle	13 – 16 th
Daniel Dickamore	12 – 18 th
Selim Mahmoud	12- 18 th
Kara Boemio	16 – 23 rd
Olivia Kulcsar	6 – 24 th
Abby Barrera	9 – 26 th
Presley Harper	8 – 27 th
Faith Peters	15 – 27 th



COVID-19 AMRAP Challenge! Welcome to the Covid-19 AMRAP Challenge! Over the next few weeks we will be challenging any athlete who is willing to accept the call to As Many Rounds As Possible fitness competition.

How it Works?

Every Friday athletes from around the area will complete a 15-minute AMRAP challenge consisting of 6 basic exercises. After 15 mins the rounds will be counted and submitted to athlete coaches and recorded. The coach will then submit their teams results to Sharks Swim club for the master record sheet. Overall results will be published every Sunday evening. The top athlete will be announced, and their coach will be contacted for social media publication

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. Results: announced Sunday evening.
- 4) Any questions can be directed to Coach Troy, sharkscoachtroy@gmail.com

Below is a water sticker we put together for any of our swimmers who complete every week of the competition. You are more than welcome to create your own and if we have enough interest from teams in the Gulf, we can make a Gulf LSC one.



**Qualifiers
Age Group Champs**

Tristan Arghiroopol, 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	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](#)