



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

[Training Schedule: \(click to view\) begins 9/3](#)

Schedule Changes Week of August 12th

No practice any groups

Schedule Changes Week of August 19th

Transition Schedule [HERE](#)

Schedule Changes Week of August 26th

Transition Schedule [HERE](#)

Always be prepared for dryland with running shoes & dryland clothes

[August 2019 Transition Schedule HERE](#)

Please note – No training fees are assessed for the month of August. ALL Swimmers MUST register for the 2019-2020 Season if they are returning after our break.

2019-2020 Annual Registration – Registration is NOW open – please register your swimmer for their **CURRENT** group. Adjustments on group placement, if recommended by your group Coach will be changed if necessary. Early bird ends August 14, registration cost per swimmer will increase by \$25 for returning swimmers effective August 15th.

Please see '2019-2020' Sub-menu below the News tab for information regarding our upcoming 2019-2020 Season.

Reminder to parents: The Sharks coaching staff will be on break or vacation through August 18th (so will be out of pocket/communication) and any group changes (especially our Challenge/Exp.Adv groups will be addressed once we get through our Aug. 19-30 transition schedule.

Aug 1-16 - Summer Boot Camp with Coach Dacia – Exploratory Advance, Challenge, Pre-Senior, Sr & Sr Perf. Groups – More Info [HERE](#)

Aug 15-17 – Evaluations for New Sharks Swimmers – Sign up online [HERE](#) (also for those that have been out for summer)

August 19 – Return to practice – Transition Schedule [HERE](#)

Aug 24 – Parent Meeting
Returning Parents 8:30-9:30
New parents 9:50-10:50
Suit sizing 8am-11:30am

Sept 7 – Team Pictures

Sept 13-15 – Jim Richardson – more details to follow.

Sept 21 – Sharks Hosted Pentathlon Opt In/Out [HERE](#)
11 & over girls & 13 & over boys AM,
10 & under girls & 12 & under boys PM

Sept 28-29 – Senior Retreat – Sr. Perf, Sr & Pre-Senior Groups. Location TBD.

Kroger Rewards Program – Did you know that you can connect your Kroger card to earn \$ for Sharks? Each purchase made with your Kroger card will earn \$ for Sharks as a non-profit. Click [HERE](#) to register your card.

Important News

Parent Meeting: Saturday August 24th

Leavesley Park Hangar – 901 Buckingham Drive, Friendswood

Returning Parents: 8:30am – 9:30am
 New Sharks Parents: 9:50am – 10:50am

Suit Sizing: 8:00am – 11:30am

Jim Richardson Clinic – Sept 13-15

Sharks Clinic & Educational talks with Jim Richardson.

Coach Richardson was the University of Michigan Head Coach for 20 years and continues to run their swim camp. This clinic will be for ALL Sharks families with topics that everyone can learn from.

Save the date! Topics to be discussed:

- Stroke technique for all strokes
- Mindset & Grit
- How we learn and neuropsychology
- RICH (return on character) and guiding principles for Senior groups.

Boot Camp Recap with Coach Dacia – It was another fabulous summer break with a successful boot camp. There weren't as many as I would have hoped for, but those who came gave 110% and learned that they are stronger than what they believe. We completed bleachers, building on them every time we went. We improved our cardio, running a couple of miles a few times each week, and setting up a goal of completing a 10K! We built up our strength and flexibility while learning that we do have a core through HIIT, Pilates and Yoga. Our terrific troopers are Ava Ariss, Katie Hillegeist, Hayden Holcomb, Edi Jakob, Braylynn Moore, Maven Moore and Streeter Moore.

Important Deadlines

Sept 2 – Sharks Pentathlon



Aug Birthdays

Age-Date

Monica Ibrahim	10 – 1 st
Loukas Arghiropol	6 -- 2 nd
Lauren Vidinha	13 -- 2 nd
Evan Vidinha	10 – 5 th
Andrew McMichael	18 – 6 th
Giancarlo Zamora	11 – 7 th
Meagan Chauvin	10 – 12 th
Hunter Nolen	16 – 12 th
Matthew Ho	11 – 13 th
Helen Byrd	13 -- 14 th
Tristan Arghiropol	10 -- 15 th
Lena Clayton	8 -- 15 th
Sophia Boring	8 – 19 th
Ethan Wen	11 – 22 nd
Noah Givens	12 – 23 rd
Nicole Medina	12 – 24 th
Rob Gullledge	9 – 31 st
Emma Vestal	14 – 31 st



Sharks Fall Squad – Back for 2019. This group is great for CCSL Swimmers who want to see what club swimming is all about. Swimmers must be able to complete 25 free & back and be at least 5 yrs old to participate. Season runs from August 26-Oct

18. Practices are M/W/F 5:15-6:30pm and select Saturdays at Magnolia Creek. Register [HERE](#) or to find out more info. Signup for tryout [HERE](#). Cost is \$200, intrasquad meet, T-Shirt & Cap.



Sharks Swim School is now open for registration for the Fall. Classes available at both Friendswood High School & Magnolia Creek. Click [HERE](#) to learn more and register.

Qualifiers

Tags (4)

Andi Jeanes, Lauren Vidinha, Gabi Volpe, Peyton Becker

Sectionals (12)

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

Summer Southern Senior Zones (20)

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

Sharks All Time Top Performances(updated 6/25/19)

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](#)
[TAGS Time Standards 2019](#)

[NCSA Jr National Time Standards 2019](#)
[Futures Time Standards 2018](#)
[Sectional Time Standards 2019](#)