## Week of Aug 27 Newsletter



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

Schedule Changes Week of August 26<sup>th</sup> Transition Schedule HERE

Monday August 26<sup>th</sup> – Magnolia Creek Spring Canyon Fall Squad First Practice! Click <u>HERE</u> for Fall Squad

Friday August 30<sup>th</sup> – Stevenson Park Pool: Sr Perf & Sr 4:30pm-6:30pm (+ 35 mins dry post swim) Challenge 6:10pm – 8:00pm (dry 6:10pm-6:30pm) Expl. Advance – 6:10pm – 8:00pm (dry 6:10pm-6:30pm)

Magnolia Creek Spring Canyon <u>HERE</u> Exploratory – 4:45pm – 6:15pm Pre-Senior – 6:10pm – 8:00pm (Dry 6:10pm – 6:30pm)

Saturday August 31st - NO PRACTICE ANY GROUP

Schedule Changes Week of Sept 3<sup>rd</sup> NO PRACTICE ANY GROUP LABOR DAY Regular schedule resumes <u>HERE</u> -

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



Click to view Meet Announcement & other important information if available

**August 19** – Return to practice – Transition Schedule <u>HERE</u>

Sept 3 – Regular training schedule begins - <u>HERE</u>

**Sept 7** – Team Pictures – Print your order form <u>HERE</u> Team Picture: 8am Individual Pictures: 7am and after team picture

Sept 13-15 – Jim Richardson – DETAILS BELOW

Sept 21 – Sharks Hosted Pentathlon Opt In/Out <u>HERE.</u> Job signups coming Soon! 11 & over girls & 13 & over boys AM, 10 & under girls & 12 & under boys PM

**Sept 29** – Senior Retreat – Sr. Perf, Sr & Pre-Senior Groups (13 & Older). Location TBD.

Sharks Parents - Please note - Due to new Minor Athlete Protection Policies by USA Swimming -Parents that are not "non-athlete certified" may not be on deck during practices. Use of the locker rooms by parents is prohibited - please utilize the restrooms in the lobby if your swimmer requires assistance in changing.

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

## Capital Sponsorship Campaign –

Newsletter Sponsorship 9/26/19

Calling all Sharks Families! The Sponsorship campaign for the 2019-2020 season is now open, and we need YOU to make this year's campaign a success! Sponsors and Donors can include your family, friends, and businesses in our community. Our goal is for each family to raise \$250 or MORE by asking at least 5 local businesses for their support. This year's sponsorship funds will help offset costs for educational programs, team travel expenses, and equipment deemed necessary by the coaching staff. Please help get our sharks off and running towards a successful swim year! You can print your own copies to take to businesses <u>HERE</u> (write your child/family name in the supporting line)

Donations can be made by check, payable to Sharks Swim Club, and placed in the black payment box at the Natatorium OR online via the Sharks paypal account at paypal@sharksswim-club.org. Please complete the google sponsorship form for <u>all</u> donations Click <u>HERE</u> to access the google form and include a copy of the completed sponsor form with all check donations. Copies of all of the sponsorship campaign documents can be found under the Sponsor Donations page on the Sharks Swim Club website.

And ...drumroll... we ALREADY have our first donation! Please give a big SHOUT OUT to the Moad family for their platinum donation from McLaughlin Erectors, Inc

# Parent Meeting: Saturday August 24<sup>th</sup> Missed the meeting?

Minutes from meeting HERE

Growth Vs Fixed Mindset Handout HERE

Growth mindset quiz <u>HERE</u> – applicable for both swimmers & parents.

## **Important Deadlines**

#### Sept 2 – Sharks Pentathlon



Aug Birthdays	Age-Date
Monica Ibrahim	10- 1st
Loukas Arghiropol	6 2 <sup>nd</sup>
Lauren Vidinha	13 2 <sup>nd</sup>
Evan Vidinha	10 – 5 <sup>th</sup>
Andrew McMichael	18 – 6 <sup>th</sup>
Giancarlo Zamora	11 – 7 <sup>th</sup>
Meagan Chauvin	$10 - 12^{th}$
Hunter Nolen	16 – 12 <sup>th</sup>
Matthew Ho	11 – 13 <sup>th</sup>
Helen Byrd	13 14 <sup>th</sup>
Tristan Arghiropol	10 15 <sup>th</sup>
Lena Clayton	8 15 <sup>th</sup>
Richard Lu	10 – 18th
Sophia Boring	8 – 19 <sup>th</sup>
Ethan Wen	11 – 22 <sup>nd</sup>
Noah Givens	12 – 23 <sup>rd</sup>
Nicole Medina	12 – 24 <sup>th</sup>
Logan Wilmore	12 – 29 <sup>th</sup>
Rob Gulledge	9 – 31 <sup>st</sup>
Emma Vestal	14 – 31 <sup>st</sup>

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# 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





Mom & Me Class for Swimmers 2yrs & Up.

Sharks Swim School is open for registration for the Fall. Classes

available at both Friendswood High School & Magnolia Creek. Click <u>HERE</u> to learn more and register. **AM Classes (Mag Creek)** Have spots available for September. **PM Class at Friendswood –** Level 2 Full, Level 1 has spots available. Spaces available for

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

Team Records	<u>Short Course Yards</u>	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



## **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