



July-Aug 8 Training Schedule

(updated 07/05/20)

Schedule for Week beginning Aug 10 will be emailed out. (be watching your email!)

August 10-29 will have schedule changes based on school starting and pool changes. The board is meeting with the School this week and we will send out schedule updates as soon as possible.

**Aug 10 week – practices will remain 6am-3pm with some changes.
Aug 17 week – practices will move to 4:30pm start time (tentatively)**

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

Parents – Please review the Updated COVID policy and go over with your swimmer as well [HERE](#).

Zoom Drylands:

Sr Perf & Sr: Mon, Wed, Fri 4:30pm-5:30pm

Coach Matt Zoom # 971-241-3075, Password 665972

Always be prepared for dryland with running shoes & dryland clothes

Summer Squad Meet Itinerary:

Meet Schedule:

- **Friday August 7th - Summer Squad 1&2**
 - 11:45- Group 1 Arrives
 - 11:45-12:00 Group 1 Drylands
 - 12:00- 12:15 Group 1 Pool Warm Up
 - 12:00- Group 2 Arrives
 - 12:00- 12:15 Group 2 Drylands
 - 12:15-12:30 Group 2 Pool Warm Up
 - 12:40- 1:30 Swim Meet
- **Saturday August 8th - Summer Squad 3&4**
 - 8:45- Group 3 Arrives
 - 8:45-9:00 Group 3 Drylands
 - 9:00- 9:15 Group 3 Pool Warm Up
 - 9:00- Group 4 Arrives
 - 9:00- 9:15 Group 4 Drylands
 - 9:15-9:30 Group 4 Pool Warm Up
 - 9:40- 10:30 Swim Meet

SHARKS

Upcoming Events

Click to view Meet Announcement & other important information if available

2020-2021 Pre-Registration is now closed – Once the team has lane capability swimmers will be assigned to groups.

Final Summer Squad Meet

Fri Aug 7th-Sat Aug 8th.

You do not need to sign up – but if you would like to choose events for your swimmer please signup [HERE](#) (click edit commitment, choose yes swimmer will attend and then enter your swimmer's events in the notes – then SAVE)

Signup to time [HERE](#)

See Itinerary on Page 2 Click [HERE](#) for more details.

Seasonal Program/Fall Squad –

Information coming – details coming later this week! Watch your email for details.

Gulf Swimming Virtual Meet Schedule using Swimingly App [HERE](#)

For Sale or Trade Page [HERE](#)

Swim Lessons are Back!! Click [HERE](#)

[Important Deadlines](#)

Coaches Corner: [Life Advice from Denzel Washington](#)

Short Course End of Season Awards:

Congratulations to the following swimmers who received awards at their End of Short Course Presentation during practice last week:

Exploratory Group:

Outstanding Performers: Aniya Bhakta, Annaliese Hughes & Tanner Goins

Outstanding Improvement: Shahd Borji & Omar Mahmoud

Exploratory Advance Group:

Outstanding Performer: Tristan Arghiropol & Lilly Migl

Outstanding Improvement: Sofia Hernandez & Streeter Moore

Challenge Group:

Outstanding Performer: KK LeBlanc & Gabi Volpe

Outstanding Improvement: Edi Jakob & Selim Mahmoud

Pre-Senior Group:

Outstanding Performer: Elliot Kessler

Outstanding Improvement: Tyler Gianocarò & Kylie Petry

Senior Group:

Outstanding Performer: Spencer Meyers

Outstanding Improvement: Katie Hillegeist

Senior Performance Group:

Outstanding Performer: Joseph Lukner & Maven Moore

Outstanding Improvement: Leah Givens & David Hensley

Comeback Swimmer Award: David Szklaruk-Traipe of Pre-Senior

Pacesetter Award: Sarah Szklaruk-Traipe of Senior Performance

Congratulations & Best wishes to our two graduating swimmers:

Sarah Szklaruk-Traipe & Jordyn Waters. Be sure to check out their senior speeches on Facebook and Instagram!

Videos from awards will be posted to youtube and pics will be posted to social media today/tomorrow.



Aug Birthdays	Age-Date
Loukas Arghiropol	7 – 2 nd
Lauren Vidinha	14 – 2 nd
Evan Vidinha	11 – 5 th
Danica Vascik	7 – 5 th
Elin Woodley	10 – 7 th
Anna Balistreri	14 – 10 th
Katherine Lewis	9 – 10 th
Meagan Chauvin	11 – 12 th
Emma Cole	12 – 12 th
Matthew Ho	12 – 13 th
Tristan Arghiropol	11 – 15 th
Lena Clayton	9 – 15 th
Vivian Johnston	11 – 17 th
Jaydon Endres	9 – 19 th
Sophia Boring	9 – 19 th
Ethan Wen	12 – 22 nd
Noah Givens	13 – 23 rd
Nicole Medina	13 – 24 th
Rob Gulledege	10 – 31 st
Emma Vestal	15 – 31 st

Drop Off & Pickup Notes for Magnolia Creek: Please remember No parking on Spring Canyon.

Download the On Deck app: This is our only method of communicating practice alerts for use of outdoor pools.



Team Alias: GUTXSST

Swim School – Registration is now OPEN for Small group and private lesson options through August 6th Click [HERE](#)

Summer Squad families join our Remind Group for alerts
Class code: sssharks20

Signup for tryouts for New swimmers [HERE](#)

Sharks Social Media – Links to follow:
Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)

Safe Sport Training for Parents & Swimmers August 2020

Parent Trainings:

- Wednesday, August 12 at 1:00 p.m. EST
<https://zoom.us/j/93724361466?pwd=OVF4RFNINZFpaMHhQSEVVRGwzbmpQUT09>
- Wednesday, August 26 at 8:00 p.m. EST
<https://zoom.us/j/93724361466?pwd=OVF4RFNINZFpaMHhQSEVVRGwzbmpQUT09>

Athlete Trainings (12-18 years old):

- Thursday, August 13 at 1:00 p.m. EST
<https://zoom.us/j/97633664936?pwd=YnpXZmljME5PcldacW9ZQ0w5YTFIZz09>
- Thursday, August 27 at 8:00 p.m. EST
<https://zoom.us/j/97633664936?pwd=YnpXZmljME5PcldacW9ZQ0w5YTFIZz09>



**Qualifiers
Age Group Champs**

Tristan Arghiroopol, Ellie Burke, Emery Fitzharris, Ayden Hilliard, Hayden Holcomb, Edi Jacob, 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, 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, Elaine Bentley, Kara Boemio, 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](#)