



[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 5th

No practice any groups

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

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-12pm

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.

[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.

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

Coaches' Corner

Great to welcome to our Sharks Coaching staff – Matt Troquille (who resides in the area) who brings a wealth of coaching experience & great energy to the Sharks. Realize besides coaching the Pre-Senior, coordinating our seasonal programs, he will be assisting a good deal with the Exploratory Adv. And as well coaching others as deemed necessary by coaching staff. We're very fortunate and grateful to have such an experienced & diversified staff with 4 having been Head Coaches, which allows for a great deal of sharing and flexibility.

Important News

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.

Southern Senior Zones Recap – While many are enjoying a break from regular practices, our Senior swimmers were lighting it up in Mississippi. The Sharks had a GREAT week of racing in Tupelo, Miss. The girls finished 3rd overall and a combined team score of 8th out of 40+ teams from throughout the SE United States. The staff is extremely proud of how all the swimmers stepped up and did a great job, especially in our team relays where everyone contributed to the teams points/success. Next year in 2020 let's have 25 or more Senior Zone qualifiers.

Over the Summer meets many team records have been broken – which we'll review fully later this month, but over the last 2 meets where the Women's squad has finished 3rd in this meet & Gulf Sr. Champs – all of the Open Women's Team Records (except 1) have been broken by numerous individuals; Sarah Szklaruk-Traipe 50, 100 & 200 free, 50, 100 & 200 back, 50 & 100 Fly, 200IM. Her 100 Back was a new pool, Southern Zones record for the meet. Jordyn Waters 800 & 1500 Free, Maven Moore 50, 100 & 200 Breast, 200 & 400IM, plus others who broke existing records. All the women's relays (mixed ages of 14 & up) were shattered. On our men's side we're a bit young but still were outstanding – with David Hensley breaking the 800 & 1500 free records & 50 m fly.

Also had more Jr. National qualifiers in new events.

2019 Qualifiers who attended: Stevie Balistreri, Peyton Becker, Kara Boemio, Emery Fitzharris, Lauren Fitzharris, Leah Givens, David Hensley, Alex Linden, Joseph Lukner, Spencer Meyers, Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Emma Vestal, Allie Vidinha, Jordyn Waters, Erika Yeguez.

Important Deadlines

Sept 2 – Sharks Pentathlon



Aug Birthdays

	<u>Age-Date</u>
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
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 Gulledge	9 – 31 st
Emma Vestal	14 – 31 st

Top 8 relays – All Team records: girls 200 medley, 200 free, 400 free, 400 medley, 800 free A team.

Top 16 relays – girls 200 medley & 800 medley B team. Guys 800 free A team, all best times in all their relay times. Our focus and intensity was thru the roof!!

Top 16 finalists: Sarah (1st 100 back, 100 fr, 200 bk, 200 fr, 50 fr)
 Abigail (200 bk,50 bk,50 fly,100 fly) Erika (50 br, 100 br)
 David H (400IM, 200 fly, 1500 free) Joseph (200bk)
 Maven 200 breast, 50 br, 400IM, 200IM) Kara (50 fly) Leah (200IM)
 Peyton (50 br) Jordyn (800 fr)



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.



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](#)