



## Schedule Aug 10-Aug 15th

## Schedule Aug 17<sup>th</sup>-Aug 29th

see more info below about signup

## Tentative 2020-2021 Schedule

(only tentative – general times)

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\**

**Practice Schedule for 17<sup>th</sup> – 29<sup>th</sup> – Please note some groups require signing up for space due to lane capabilities. Signups will open at 6pm Tonight.**

**Discovery Advance** – Sign up for 2 of the M-F days for each week [HERE](#)

**Exploratory Group** – Sign up for either Mon, Wed, Fri or Tue, Thu, Sat for the two weeks [HERE](#)

**Pre-Senior Group** – Signup for either Mon, Wed, Fri or Tue, Thu, Sat for the two weeks [HERE](#)

**Sr Perf & Sr Groups** – Sign up for one practice per day Mon-Friday for each week. Each group has separate practice Saturdays. Signup [HERE](#)



### 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.**

**Seasonal Program/Fall Squad** – Information coming – details coming later this week! Watch your email for details.

**No practice any group Sept 5- Sept 7**

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

For Sale or Trade Page [HERE](#)

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

**Important Deadlines**

## Coaches Corner: 11 Things that Separate the Good Swimmer from the Great Swimmer

**2020-2021 Season** – [Tentative 2020-2021 Schedule](#) – Parents please note this is a TENTATIVE, general schedule. Specific times for prep/dryland will be forthcoming.

Swimmers will be approved into groups within the next week or so, and balance of registration invoiced to account along with fundraising and service hours if applicable.

New season officially begins Monday August 31<sup>st</sup> New to team swimmers will begin August 31<sup>st</sup>.

Signups will be required for Discovery Advance, Exploratory, Expl. Advance & Pre-Senior groups due to lane capabilities (similar to rest of August signup) – this will be your practice schedule/group for the year. Some groups will be split due to lane capabilities with COVID.

Signups will be notified ahead of time with a set time to open.

More details will be coming regarding covid policies, drop off/pickup routines etc.

**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 6<sup>th</sup> Click [HERE](#)

**Sharks Social Media – Links to follow:**

Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)



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

## 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=OVF4RFINZFpaMHhqSEVVVGwzbmpQUT09>
- Wednesday, August 26 at 8:00 p.m. EST  
<https://zoom.us/j/93724361466?pwd=OVF4RFINZFpaMHhqSEVVVGwzbmpQUT09>

### **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 Arghiropol, 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, 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)

<b>Team Records</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
<b>Top 10 Individual</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
<b>Top Relays</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>

[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](#)