



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available!

[Training Schedule: \(click to view\)](#)

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

ALL PRACTICES ARE AT FRIENDSWOOD NATATORIUM, UNLESS OTHERWISE NOTED

Discovery Groups will have additional practices over the holiday break – please check the Winter Warrior Schedule closely.

Schedule Changes for Week of Dec 16th

Sat Dec 21st – 1st Day of Winter Warrior

Dec 21st – Jan 4th – Winter Warrior (see updated schedule below)

Jan 11th-12th -Aqua 11&Up Prelim Final
Friendswood Natatorium
Preliminary Entries-Coming soon – will be emailed separately. (Host made some changes to the meet & had to extend the deadline)

Jan 18th – SSS 10 & Under MLK Meet –
Clear Falls High School
Preliminary Entries [HERE](#)



Important Deadlines

Today is the last day to pick up any items from current lost & found – on the bleachers. After today, all items will be donated to local charity.

Always be prepared for dryland with running shoes & dryland clothes

Winter Warrior 2019 – Begins Saturday December 21st and runs through Saturday January 4th. [Updated Schedule HERE](#). The challenge is to make **ALL** of your group's practices over the Holidays. Swimmers with 100% attendance during this time will be invited to Movie & Pizza Party.



Sharks Christmas Toy Drive – Benefitting Friendswood Police Department - Blue Santa Program!

Please see the attached flyer [HERE](#). **Last day is TODAY!**



Coaches Corner: Great job!! To all of our Sharks swimmers for 2 weekends of some Awesome swimming & team support with many new team records, best times (BT), qualifiers for higher level meets and showing that consistent practice/training habits carries over to competitive meets most of the time – where pulling together and supporting each other matters. Remember, it's the process of continuing to work on the little things, working new/faster pace work and supporting your team mates.

South Senior Champs Recap – Sharks finished 11th place (40+ teams) over-all in Gulf teams with 183 points, 7th in women. Only 1 point behind the Woodlands Swim Team and ahead of Fleet, Pearland, FCST in women. Our goal was top 10 Gulf teams – so well done Sharks Swimmers!! Many outstanding performances: scoring points-David H, Joseph L (both guys were 100% best times & just missing Jr National time standards) Leah G, Maven M, Abigail N, and Sarah T. Others contributing to our team effort were Stevie B, Jordyn W, Anjali F, Kara B & Erika Y, which all had some quality swims/efforts. Really proud of how they handle themselves with the highs and lows of a 3.5 day P/F meet. Everyone showed a good attitude & caring (CARE) support for each other. Now we have 11 weeks to keep finding ways to get better – it all starts with Great training over the holidays in/out of the water. We'll have 2 teams coming in to join our Senior practices over the break. If you can't make winter warrior challenge – do continue good practice habits, find a place to swim if you're out of town or do some form of exercise. Remember, it's easier to stay in shape than get in shape – that's for all of us older youngsters. Fit for life!

Senior Champs Recap – Over the weekend 19 Sharks competed at the Noch Senior Champs meet. Overall they had an amazing meet. With only 19 swimmers Sharks achieved 4th place for the meet. The girls placed 2nd overall!! Some of the breakout swims were: Ava Ariss-dropping 16 secs in her 500 free. Chayton Budzik-dropping 12 secs in his 500 free. Lili Clepper-getting 100% best times in her events. Caitlyn Gandara-dropping 35 and 25 secs in her 1000 and 1650 respectively. David Garcia-breaking 1min in his 100 fly. Tyler Gianocarо dropping 25 secs in his 100 free. Katie Hillegeist-dropping 20secs in her 1000 free. Abigail Hilliard-getting 100% best times in her events. Rebekah Klesel dropping 18 seconds in her 200 free. Paige MCray dropping 30 and 41 seconds in her 1000 and 1650 respectively. Azalea Parkhurst-getting 100% best times in all her events. Lauren Tillman-dropping 23 seconds in her 200 back.

Dec Birthdays Age-Date

Olivia Ellington	7 – 1 st
Aidan Gurka	10 -- 2 nd
Kate Jacobson	10 -- 2 nd
Alice Koncaba	12 – 3 rd
Kivy Moore	7 – 5 th
Hayden Nielsen	12 -- 5 th
Rebeka Klesel	13 -- 5 th
Jana Khodr	10 -- 9 th
Reina Li	15 – 9 th
Adriana Arghiropol	5 – 12 th
Mikaeel Gagai	8 – 13 th
Erika Yeguez	17 – 14 th
Christian Kim	9-- 15 th
David Hensley	16 – 16 th
Gabi Earls	8 – 17 th
Santi Earls	8 – 17 th
Tanner Goins	9-- 17 th
Kirthana Pennika	6 – 17 th
Joudy Khodr	12 - 20 th
Lauren Fitzharris	16 - 22 nd
Sahil Ganatra	9 – 25 th
Allie Vidinha	15 – 30 th
Lily Ainsworth	7 – 31 st

Age Group Champs Recap – The Sharks had a great weekend of racing at A & M. Several swimmers had breakthroughs and were tough with the prelim/final format. Overall, 9 of our 10 swimmers scored points. Top swims & new qualifiers:

KK LeBlanc- top 16 swims in 5 events, new TAGS cuts in the 50 & 100 back, 100IM new team records in the 50back & 100 IM Evan Vidinha- top 16 in 5 events. New team records in the 50 & 100 br and 100/200 IM. Gabi Volpe- top 16 in 3 events Peyton Becker- top 16 in 4 events. Elaine Bentley- top 16 in 2 events, new Southern Sr Zones cuts in 500/1000/1650 Fr. Ellie Burke-top 16 in the 1650fr. Alex Linden- top 16 in 2 events, new team records in the 1000 & 1650 free.

Spencer Meyers- top 16 in 4 events, new Southern Sr Zone cuts 500/1650 fr & new team records in the 500/1000/1650 fr Emery Fitzharris- broke 5 min the 400IM & new Southern Sr Zone cut in the 200 br. Allie Vidinha- top 16 in the 1000fr

12 & Under Champs Recap – Coming soon once final results are sent.

Sharks Clinic Series: Click [HERE](#) to learn more info

Email Coach Matt for more info mtroquille@gmail.com



GIVE THE GIFT OF NEW SKILLS!

This holiday season, skip the usual presents and gift an experience. Swim lessons at the Sharks Swim School bring new skills, more confidence & FUN with friends. Order your gift box today!

Group Lesson Pack: \$225
2 months of lesson • annual reg fee • Sharks t-shirt • cap
www.sharks-swim-club.org 281-400-1175

Private lesson pack \$200
6 private lessons • reg fee • Sharks t-shirt • cap



**Qualifiers
Age Group Champs**

Tristan Arghiropol, Peyton Becker, Elaine Bentley, Ellie Burke, Caden Cupisz, Emery Fitzharris, Andi Jeanes, KK LeBlanc, Alex Linden, Cameron Lowman, Paige McCray, Spencer Meyers, Emma Vestal, Allie Vidinha, Evan Vidinha, Gabi Volpe

Tags

Peyton Becker, Andi Jeanes, KK LeBlanc, Lauren Vidinha, Gabi Volpe

Sectionals

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

NCSA's

Maven Moore, Sarah Szklaruk-Traipe

Sharks All Time Top Performances(updated 9/16/19)

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

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