Week of Dec 2nd Newsletter



Training Schedule: (click to view)

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

PLEASE NOTE – STEVENSON PARK POOL IS HEATED IN PREPARATION FOR SHARKS PRACTICES. ALL PRACTICES ARE AT FRIENDSWOOD NATATORIUM, UNLESS OTHERWISE NOTED

Schedule Changes for Week of Dec 2nd

Tue Dec 3rd - STEVENSON PARK POOL

Sr. Perf – 4:30pm-6:45pm

Senior - 5:45pm-8:15pm

Pre-Senior - 6:30pm-8:15pm

Challenge - 6:25pm-8:00pm

Exploratory Adv – 4:45pm-6:15pm

Discovery Adv - 5:30pm-6:25pm

Discovery Pre-Team – 4:50pm-5:30pm

Masters - NO practice

Sat Dec 7th - (Nat) Discovery Advance 9:30am-11:15am

Schedule Changes for Week of Dec 9th

Mon Dec 9th - NO PRACTICE ANY GROUP

Tues Dec 10th -

Exploratory – 4:45pm-6:15pm

Thu Dec 12th -

Exploratory Adv – 6:10pm-8pm

Fri Dec 13th - NO Practice any group

Sat Dec 14th – NO Practice any group

Sun Dec 15th – Pearland Natatorium

Senior Perf & Senior, All Age Group Champ swimmers & Pre-Senior swimmers NOT in the meet are invited to attend - 12:30pm-2:30pm

Always be prepared for dryland with running shoes & dryland clothes



Upcoming Events

Click to view Meet Announcement & other important information if availabl

Letter to Parents Re Champ Meets

Dec 5-8th - Southern Senior

Championships - (TWST) - Qualifying

Senior Swimmers

Final Entries <u>HERE</u>

Itinerary **HERE**

Timeline **HERE**

Psych Sheet HERE

Timing Signup HERE

Dec 6-8th - Age Group Champs (Texas

A&M) - Qualifying Swimmers

Final Entries HERE

Itinerary HERE

Important Construction Info HERE

Psych Sheet <u>HERE</u>

Dec 6-8th - 13 & Over Champs -

Location – North Channel Aquatics

Final Entries HERE

Itinerary HERE

Timing Signup HERE

Timeline HERE

Dec 14-15th - 12 & Under Champs -

Location - Lamar ISD/PLAT

1011 Horace Mann Ave, Rosenberg, TX

77471

Final Entries **HERE**

Important Deadlines

Aqua 11 & Over Prelim/Final –
Dec 16th

Sails 10 & Under MLK Invite – Dec 18th Coaches Corner: Three Common Errors in Freestyle Technique

Timing for Champs Meets: Timing positions are now open for both South Senior Champs in Woodlands and Senior Champs at North Channel. All parents attending are needed to time if not officiating. You may still be required to time even if you have already met your short course hours. Signup before end of day Wednesday. Any remaining positions Thursday am will be assigned to those in the meet but not already signed up to time or officiate.

Please note we are also assigned timing for Finals session at Noch Senior champs. Signups are hyperlinked on page1 of the newsletter.

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

Please see the attached flyer HERE. We will have a box for collecting toys (RED ACE BOX) and aift cards beginning December 2nd. Gifts are always easiest to buy for the younger ones but let's not forget the older children and teens.



ANNUAL HOLIDAY **TOY DRIVE**

Benefitting Friendswood PD Blue Santa program

DROP OFF TOYS IN THE NATATORIUM STARTING DECEMBER 2

While new toys for all ages are welcome, let's focus on older kids who are often overlooked in Toy Drives! I deas include skateboards, sports equipment, make-up, journals, movie passes, and gift cards! Email Meg at mo













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

Sharks Clinic Series: Click HERE to learn more info

Email Coach Matt for more info mtroquille@gmail.com





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

Southern Senior Champs

Alejandra Acosta, Stevie Balistreri, Peyton Becker, Elaine Bentley, Kara Boemio, Ellie Burke, Emery Fitzharris, Lauren Fitzharris, Anjali Friedman, Leah Givens, David Hensley, Katie Hillegeist, Andi Jeanes, Elliot Kessler, Alex Linden, Joseph Lukner, Spencer Meyers, Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Emma Vestal, Allie Vidinha, Lauren Vidinha, Gabi Volpe, Jodryn Waters, Erika Yequez

Tags

Andi Jeanes, Lauren Vidinha, Gabi Volpe, Peyton Becker

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

Winter Junior Nationals

Sarah Szklaruk-Traipe

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

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

<u>USA Motivational Time Standards for 2017-2020</u> <u>Age Group Champs Time Standards 2018-2019</u> TAGS Time Standards 2019

NCSA Jr National Time Standards 2019 Sectional Time Standards 2019

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