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 $3^{\text {rd }}-$ 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 $7^{\text {th }}$ - (Nat) Discovery Advance 9:30am-11:15am

## Schedule Changes for Week of Dec 9th

Mon Dec $9^{\text {th }}-$ NO PRACTICE ANY GROUP
Tues Dec $10^{\text {th }}$ -
Exploratory - 4:45pm-6:15pm

## Thu Dec 12 ${ }^{\text {th }}$ -

Exploratory Adv-6:10pm-8pm
Fri Dec $13^{\text {th }}-$ NO Practice any group
Sat Dec $14^{\text {th }}-$ NO Practice any group
Sun Dec 15 ${ }^{\text {th }}$ - 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

[^0]ETLATUE
Upcoming Events
Click to view Meet Announcement \& other important information if availabl

## Letter to Parents Re Champ Meets

## Dec 5-8 ${ }^{\text {th }}$ - Southern Senior

Championships - (TWST) - Qualifying
Senior Swimmers
Final Entries HERE
Itinerary HERE
Timeline HERE
Psych Sheet HERE
Timing Signup HERE
Dec 6-8 ${ }^{\text {th }}$ - Age Group Champs (Texas
A\&M) - Qualifying Swimmers
Final Entries HERE
Itinerary HERE
Important Construction Info HERE
Psych Sheet HERE
Dec 6-8 $8^{\text {th }}-13$ \& Over Champs -
Location - North Channel Aquatics
Final Entries HERE
Itinerary HERE
Timing Signup HERE
Timeline HERE

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Dec 14-15 \({ }^{\text {th }}\) - 12 \& Under Champs Location - Lamar ISD/PLAT
1011 Horace Mann Ave, Rosenberg, TX 77471
Final Entries HERE
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## Important Deadlines

Aqua 11 \& Over Prelim/Final Dec $16^{\text {th }}$

Sails 10 \& Under MLK Invite - Dec 18th

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 pagel 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 gift cards beginning December $2^{\text {nd }}$. Gifts are always easiest to buy for the younger ones but let's not forget the older children and teens.


Dec Birthdays
Age-Date

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



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 Yeguez
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 SzklarukTraipe, Allie Vidinha, Jordyn Waters, Erika

Yeguez
Winter Junior Nationals
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 IAGS Time Standards 2019

NCSA Jr National Time Standards 2019 Sectional Time Standards 2019


[^0]:    *Always be prepared for dryland with running shoes \& dryland clothes*

