



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

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

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

Schedule Changes for Week of Dec 30th

Mon Dec 30th – Sr/Sr Perf 7:00am-10:00am

Regular PM Schedule ALL Groups, except:

Sr. 4:45pm-7:00pm

Expl. Adv: 6:10pm-8:00pm

Tue Dec 31st – Sr/Sr Perf 7:00am-10:15am+

Pre-Senior: 7:30am-9:30am

Challenge: 7:45am-9:45am

Expl. Adv: 9:30am-11:30am

Exploratory: 9:30am-11:30am

Disc. Adv: 9:30am-11:30am

Disc.Pre-Team: 10:00am-11:00am

Wed Jan 1st – **NO practice any group-Happy New Year!**

Thu Jan 2nd – Sr/Sr Perf 7:00am-10:00am

Regular PM Schedule all groups, except:

Sr. 6:00pm Start

Expl. Adv: 6:10pm-8:00pm

Fri Jan 3rd – Sr/Sr Perf 7:00am-10:00am (Dry 7-7:45am)

Regular PM Schedule all groups

Sat Jan 4th – Regular Sat Schedule except:

Disc. Adv: 9:30am-11:30am

Disc. Pre-Team: 10:00am-11:00am

Sr/Sr Perf: Stay for breakfast and then racing until 1pm

Always be prepared for dryland with running shoes & dryland clothes

SHARKS

[Upcoming Events](#)

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

Jan 4th – Sr/Sr Perf Post Practice

Breakfast – then racing

Commit/Decline [HERE](#)

Signup to bring food etc [HERE](#)

Jan 5th – Winter Warrior Party – Details to follow

Jan 11th-12th -Aqua 11&Up Prelim Final

Friendswood Natatorium

Final Entries [HERE](#)

Jan 18th – SSS 10 & Under MLK Meet –

Clear Falls High School

Preliminary Entries (Updated) [HERE](#)

When you shop
at **smile.amazon.com**,
Amazon donates.



Important Deadlines

HCAP 11 & Over P/F Jan 6th
(Also 8 & under mid session)

SC Champs I – 8 & Under – Jan 6th

Coaches Corner:

[Winter Training: Why is it so intense?](#)

[Winter Training: Survival Guide 101](#)



8 & Under Champs: 8 & U parents- we will have 8 & U swim at 2 meets in February:

1. The HCAP p/f meet will have a mid-day, 8 & U session on Feb 8th & 9th.
2. The 8 & U Champs meet will be in Ambush Sat Feb 15.

We will be chartering a bus to make it a team day trip. The team will help cover the cost of the bus

Please go to the Competitions tab to opt "in" if you wish to attend these meets – be sure to "save" your commitment.

Winter Warrior 2019 – Began 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 – Regular & Additional, if any, as noted in winter warrior schedule. Swimmers with 100% attendance during this time will be invited to Movie & Pizza Party.

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
Mikael 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

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

Email Coach Matt for more info mtroquille@gmail.com

Parent Reps: Get to know your group parent reps! Each group has 1-2 parent reps. Find you parent reps under the Training Groups Tab:

Senior Groups: Sr. Perf, Senior & Pre-Senior

Age Groups: Challenge, Exploratory Advance & Exploratory

Developmental Groups: Discovery Advance & Discovery Pre-Team



Click HERE

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!

SHARKS

<p>Group Lesson Pack: \$225</p> <p>2 months of lesson • annual reg fee • Sharks T-shirt • cap</p>	<p>Private lesson pack \$200</p> <p>6 private lessons • reg fee • Sharks t shirt • cap</p>
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www.sharks-swim-club.org 281-400-1175

Qualifiers

Age Group Champs

Tristan Arghiropol, Peyton Becker, Elaine Bentley, Ellie Burke, Caden Cupisz, Emery Fitzharris, Ayden Hilliard, Hayden Holcomb, Edi Jakob, 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](#)