Week of Feb 10th 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.

Schedule Changes for Week of Feb 10th

Sat Feb 15th -

Champs 2 Swimmers-9:30am-11:30am

8 & Under Swimmers in Exploratory Disc.Advance: 8:00am-9:30am

Schedule Changes for Week of Feb 17th None at this time

Always be prepared for dryland with running shoes & dryland clothes

Relay Policy-Effective Feb 2020 - Read HERE

Parent Reps: Get to know your group parent reps! Each group has 1-2 parent reps. Find you parent reps <u>HERE</u>

Sharks Summer Squad Now Open for Returning Swimmers! Learn More HERE Register HERE





Upcoming Events

Click to view Meet Announcement & other important information if available

Feb 15th-SC Champs 1 8&Under

909 South Angelina Blvd., Lufkin, Texas 75904

Final Entries <u>HERE</u>
Itinerary <u>HERE</u>
Timing Signup <u>HERE</u>

Feb 15th – Champs 2 Pasta Party

11:30am Signup Genius HERE

Feb 21st-23rd-SC Champs 2 9-14 yr olds

Pearland Natatorium

Final Entries <u>HERE</u> (Revised)
Relay Entries HERE (Updated)

Feb 22nd – Champs 3 Pasta Party –

Signup HERE

Feb 29th-Mar 1st - SC Champs 3

Location TBD by Gulf Final Entries HERE

Mar 5th-8th - Short Course Tags

Qualifying Swimmers Opt In HERE

Mar 7th-15th – Spring Break

Mar 29th - Sharks Banquet-Details to

follow

Apr 25th – Swim-A-Thon

Important Deadlines

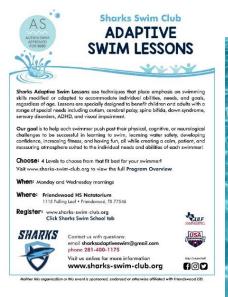
Coaches Corner: <u>Swim In Your Own Lane for</u> <u>Fast Time – Mental Toughness</u>

Champs 2 – Pasta Party! This Saturday, February 15th, join us for lunch after practice to celebrate and get pumped up for the upcoming champs meet! We expect to eat at about 11:30 a.m. as practices will be adjusted to accommodate the lunch. We have 70 swimmers attending the meet and hope to have you all at practice and lunch on Saturday. PLEASE TAKE NOTE OF PRACTICE SCHEDULE CHANGE ABOVE FOR CHAMPS 2 SWIMMERS

Please sign up to bring something: Click <u>HERE</u> to sign up!

Champs 3 – Pasta Party at Gina's Saturday February 22nd 11am (Practice will end at 10:15am)
Cost of \$12 per person. Signup HERE

Swim-A-Thon – Mark your calendars for Saturday April 25th for our Annual Swim-A-Thon! More details will be following soon.







| Feb Birthdays | Age-Date |
|---|--|
| Evan Takeda Alex Linden Abigail Nelson Aaryan Bhakta Spencer Meyers Isaac Peters Sia Sheth Vivienne Dunne Dax Moad Brielle Delafuente Logan Atchison Julia Rupp Olivia Esbeck Jason Chen Rilee Huynh Caleb Livesay Elise Walther Maggie Searfoorce Jason Marsh Christopher Garcia Neerali Bhakta Aditi Abbaraju | 6 - 1st 15 - 2nd 16 - 5th 6 - 7th 15 - 7th 13 - 8th 9 - 9th 9 - 11th 7 - 13th 8 - 14th 10- 15th 12- 15th 12- 15th 14- 16th 8- 17th 11- 19th 6 - 19th 11- 22nd 9- 23rd 16- 25th 7-27th 11-27th |
| • | |

Please send Pics & Videos of your swimmers to Amy Johnson at

sharkssocial01@gmail.com

Sharks For Sale or Trade – Our for sale or trade page is back up and running HERE.

Do you have equipment (such as fins, kickboards or bags) or swim attire such as parkas or competition suits that your swimmer no longer uses or fits, but still has plenty of life in it? You can turn it into cash by posting it on our For Sale or Trade page.

Sharks Clinic Series: Click HERE to learn more Info

Email Coach Matt for more info mtroquille@gmail.com



Nu Wave Swim Meet – Travel Meet – This is our Summer 2020 Travel Meet, which is open to ALL swimmers on the team.

11&over swimmers will travel with the coaches and chaperones.

10 &under swimmers are welcome to attend but they must travel with their parents. The documents attached to the event page include: meet announcement, order of events, and a estimation of the costs for each swimmer. *Costs may change depending on number of swimmers attending and final travel expenses.

If interested please **commit by April 1st, 2020**, so we can finalize total cost.

Itinerary & Preliminary Price Info <u>HERE</u> Event Info and signup <u>HERE</u>

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



Qualifiers Age Group Champs

Tristan Arghiropol, Peyton Becker, Ellie Burke, Emery Fitzharris, Ayden Hilliard, Hayden Holcomb, Edi Jakob, Andi Jeanes, KK LeBlanc, Cameron Lowman, Paige McCray, Selim Mahmoud, Emma Vestal, Evan Vidinha, Gabi Volpe

Tags

Peyton Becker, KK LeBlanc, 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, KK LeBlanc, 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, Erika Yeguez

| Team Records | Short Course Yards | Long Course Meters |
|-------------------|---------------------------|---------------------------|
| Top 10 Individual | <u>Short Course Yards</u> | <u>Long Course Meters</u> |
| Top 5 Relays | Short Course Yards | Long Course Meters |

<u>USA Motivational Time Standards for 2017-2020</u> <u>Age Group Champs Time Standards 2019-2020</u> TAGS Time Standards 2020 NCSA Jr. National Standards 2020
Sectional Time Standards 2020
Southern Senior Zones Time Standards 2017-2020

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