



[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.

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 [HERE](#)

Sharks Summer Squad Now Open for Returning Swimmers! Learn More [HERE](#) Register [HERE](#)



Feb 15th-SC Champs 1 8&Under
909 South Angelina Blvd., Lufkin, Texas 75904
Final Entries [HERE](#)
Itinerary [HERE](#)
Timing Signup [HERE](#)

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 [HERE](#) (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: Swim In Your Own Lane for Fast Time – Mental Toughness

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

Please send Pics & Videos of your swimmers to Amy Johnson at sharksocial01@gmail.com

Sharks Swim Club
ADAPTIVE SWIM LESSONS

AS
ADULT SWIM
APPROVED
FEB 2020

Sharks Adaptive Swim Lessons use techniques that place emphasis on swimming skills modified or adapted to accommodate individual abilities, needs, and goals, regardless of age. Lessons are specially designed to benefit children and adults with a range of special needs including autism, cerebral palsy, spine bifida, down syndrome, sensory disorders, ADHD, and visual impairment.

Our goal is to help each swimmer push past their physical, cognitive, or neurological challenges to be successful in learning to swim, learning water safety, developing confidence, increasing fitness, and having fun, all while creating a calm, patient, and reassuring atmosphere suited to the individual needs and abilities of each swimmer!

Choose: 4 Levels to choose from that fit best for your swimmer!
Visit www.sharks-swim-club.org to view the full Program Overview.

When: Monday and Wednesday mornings

Where: Friendswood HS Natatorium
1115 Falling Leaf • Friendswood, TX 77546

Register: www.sharks-swim-club.org
Click Sharks Swim School tab

SHARKS Contact us with questions:
email sharksadaptiveswim@gmail.com
phone 281-400-1175

Visit us online for more information
www.sharks-swim-club.org

Day Champion
f i t

Neither this organization or this event a sponsored, endorsed or otherwise affiliated with Friendswood ISD.

SHARKS SWIM PARENTS
LET'S GET SOCIAL

We need your help getting the best and most up to date content for our social media pages!

PLEASE SEND PICTURES AND VIDEOS OF YOUR SWIMMERS TO
AMY JOHNSON AT
SHARKSSOCIAL01@GMAIL.COM

FOLLOW US ON INSTAGRAM AND FACEBOOK!

@sharksswimclubgu
f Sharks Swim Club

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 [HERE](#)
Event Info and signup [HERE](#)

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	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 2019-2020](#)
[TAGS Time Standards 2020](#)

[NCSA Jr. National Standards 2020](#)
[Sectional Time Standards 2020](#)
[Southern Senior Zones Time Standards 2017-2020](#)

