Week of Feb 17th 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 17th

Sat Feb 22nd -

Pre-Senior Champs 3 Swimmers 7:45am – 10:15am Disc. Advance 9:30am-11:00am

Schedule Changes for Week of Feb 24th
None at this time

Always be prepared for dryland with running shoes & dryland clothes

Relay Policy-Effective Feb 2020 – Read <u>HERE</u>

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

Pearland Natatorium
Final Entries <u>HERE</u> (Revised)
Relay Entries <u>HERE</u> (Updated)
Itinerary <u>HERE</u>
Timing Signup <u>HERE</u>

Feb 22nd – Champs 3 Pasta Party – Signup <u>HERE</u>

Feb 29th-Mar 1st – SC Champs 3FBISD Training Pool
Final Entries <u>HERE</u>

Mar 5th-8th – Short Course Tags Qualifying Swimmers Opt In HERE

Mar 7th-15th – Spring Break- No practice except NCSA Swimmers

Mar 29th – Sharks Banquet-Details to follow

Apr 4th – Sprint Series Meet – Qualifying 12 & Under Swimmers – Declare HERE

Apr 18-19th – Gulf Long Course Meet – Qualifying Swimmers – Declare <u>HERE</u>

Apr 25th – Swim-A-Thon

Important Deadlines

March 4 – April Sprint Series

March 11 – SWAT LC Meet

Coaches Corner: Swim meets can be long grueling all-day events that take a toll on your body. That means it is very important that swimmers keep their bodies nourished and hydrated throughout the meet. Making sure to having enough healthy snack, drinks and food options are crucial to having a successful meet. Below are a couple of links that have numerous ideas and tips for healthy snacks to pack for your next meet.

Easy Swim Meet Snack Ideas & Swim Meet Snacks

Good luck to Sharks competing in SC Champs this weekend!

Short Course Champs 2 – Timing Assignments Open – Thank you to all that have already signed up – we only have 3 open timing positions left. Sign up HERE Signups will remain open through Wednesday night. Any remaining open positions will be assigned Thursday am.

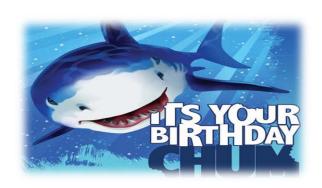
Champs 3 – Pasta Party at Gina's Saturday February 22nd 11am (Practice will end at 10:15am)

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.







<u>Feb</u>	Birthdays	Age-Date
Evan To Alex Lin Abigail Aaryan Spence Isaac P Sia She Vivienn Dax Mo Brielle E Logan Julia Ru Olivia E Jason (Rilee Hu Caleb I Elise Wo Maggie Jason N Christol Neerali	akeda nden Nelson Bhakta er Meyers eters th ne Dunne Delafuente Atchison Upp Esbeck Chen Uynh Livesay alther e Searfoorce Marsh pher Garcia Bhakta	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
Adili Al	obaraju	11-27 th

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

sharkssocial01@gmail.com



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 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.



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, Nicole Medina, 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

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

<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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