# Week of Feb 24th 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 24th

Sat Feb 28th – No Sr or Sr Perf Practice

Expl. Adv 9:00am-11:00am Exploratory 9:00am-11:00am Disc. Adv 9:00am-11:00am Disc. Pre-Team 10:00am-11:00am

Schedule Changes for Week of Mar 2<sup>nd</sup>

**Saturday March 7<sup>th</sup>** – No practice except for NCSA Swimmers.

\*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 <u>HERE</u> Register <u>HERE</u>



Upcomina Event

Click to view Meet Announcement & other important information if available

Feb 29th-Mar 1st – SC Champs 3

FBISD Training Pool
Final Entries <u>HERE</u>
Itinerary <u>HERE</u>
Timing Signup Coming Soon

Mar 5th-8th – Short Course Tags

Preliminary Entries <u>HERE</u> Hotel/Meet info HERE

Mar 7<sup>th</sup>-15<sup>th</sup> – Spring Break- No practice except NCSA Swimmers

Mar 29<sup>th</sup> – Sharks Banquet-Details to follow

**Apr 4<sup>th</sup> – Sprint Series Meet –** Qualifying 12 & Under Swimmers – Declare HERE

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

Apr 25<sup>th</sup> – Swim-A-Thon-Mark your calendars – more info coming soon!

Jun 4-8<sup>th</sup> - Nu Wav Travel Meet More Info HERE

For Sale or Trade Page HERE

<u>Important Deadlines</u>

March 4 – April Sprint Series

March 11 - SWAT LC Meet

# Coaches Corner: <u>How to Be Mentally Prepared</u> to Swim Fast at the Big Meet!

**Short Course Champs 3** – Signups are coming soon – will be emailed once received. Signups will remain open through Wednesday night. Any remaining open positions will be assigned Thursday am to those not already signed up to time or officiate.

Short Course Champs II Recap: The Sharks rocked the house at SC Champs II this weekend placing third overall and also in both girls and boys scoring. First place honors went to KK LeBlanc in the 50/200 free and 50 fly, Lauren Tillman won the 13-14 50 free. The Girls 11-12 200 free relay with KK LeBlanc, Gabi Volpe, Edi Jakob, and Abigail Lowman took 1st place and qualified for TAGS. Additionally, Evan Vidinha won the 100 IM, took 2nd in the 50/100 Breast, 200 IM and 3rd in the 100/500 free. Other outstanding performances go to Braylynn Moore who placed 2nd in the 1000 free and third in the 200 free/200 Breast. Others placing top 3 included KK with 2nd in the 50 Bk/100Fr/200IM, Nicole Medina 200 Bk, Edi Jakob 200 Fr, Tristan Arghiropol 50 Bk (2nd), 100 Bk (3rd), and Cameron Lowman captured 3rd in the 50 Back.

**100% Best Times:** Abdullah Borji, Daniel Dickamore, Asher Emmons, Olivia Esbeck, Nika Golabian, Sofia Hernandez and Selim Mahmoud and Rebekah Klesel.

#### **New B times**

Aniya Bhakta-3, Kathrin Dickamore-3, Olivia Esbeck-2, Noah Givens-2, Rob Gulledge-2, Pallas Pinkoski-2, Logan Atchison-1, Abdullah Borji-1, Meagan Chauvin-1, Lili Clepper-1, Daniel Dickamore-1, Lilly Migl-1, Layla Webb-1, Jared Remington-1

#### **New BB Times**

Vanessa Marsh-3, Streeter Moore-3, Mark Argyelan-2, Lili Clepper-2, Olivia Esbeck-2, Nate Henderson-2, Ayden Hilliard-2, Abigail Lowman-2, Selim Mahmoud-2, Tristan Arghiropol-1, Abdullah Borji-1, Hayden Nielsen-1 and Jared Remington-1.

## **New A Times**

KK LeBlanc-3 AAA, Gabi Volpe-2 AA, Edi Jakob-2 A, 1 AA, Abigail Lowman-2 A, Selim Mahmoud-1 A, Tristan Arghiropol-1 A.

# **New Age Group Champs Cuts:**

Tristan Arghiropol-50/200 Free, Ayden Hilliard-100 Breast, Edi Jakob, 400IM/500 Fr, Streeter Moore-50 Breast, Andrew Sugunan-100 Fl, 100 IM, 200 Fr, Lauren Tillman-50 Fr, Gabi Volpe-50/500 Fr.

New TAGS Cuts: KK LeBlanc-50 Fly, 200 IM. Girls 11-12 Free Relay: Gabi Volpe, Edi Jakob, Abigail Lowman, KK LeBlanc

New Team Records: KK LeBlanc-50 Flv. 200 IM

Sr Zones: KK LeBlanc, Lauren Tillman

Full Results HERE



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	Age-Date  6 - 1st 15 - 2nd 16 - 5th 6 - 7th 15 - 7th 13 - 8th 9 - 9th 9 - 11th 7 - 13th 8 - 14th 10- 15th 12- 15th 14- 16th 8- 17th
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Please send Pics & Videos of your swimmers to Amy Johnson at

sharkssocial01@gmail.com







# 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, Streeter Moore, Hayden Nielsen, Andrew Sugunan, Lauren Tillman, Emma Vestal, Evan Vidinha, Gabi Volpe

### Tags

Peyton Becker, KK LeBlanc, Gabi Volpe 11/12 Girls 200 Free Relay: Gabi Volpe, KK LeBlanc, Abigail Lowman, Edi Jacob

### **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, Lauren Tillman, 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