



[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 3<sup>rd</sup>

Fri Feb 7<sup>th</sup> – Pre-Senior (not at meet): 6:10pm-8:00pm

Schedule Changes for Week of Feb 10<sup>th</sup>

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](#)



Feb 7<sup>th</sup>-9<sup>th</sup>-HCAP 11 & Over P/F Meet (also 8 & under mid-day session)  
Final Entries [HERE](#)  
Itinerary [HERE](#)

Feb 15<sup>th</sup>-SC Champs 1 8&Under  
909 South Angelina Blvd., Lufkin, Texas 75904  
Final Entries [HERE](#)

Feb 21<sup>st</sup>-23<sup>rd</sup>-SC Champs 2 9-14 yr olds  
Final Entries [HERE](#)  
Relay Entries [HERE](#)

Feb 29<sup>th</sup>-Mar 1<sup>st</sup> – SC Champs 3  
Location TBD by Gulf  
Revised Prelim Entries [HERE](#)

Mar 5<sup>th</sup>-8<sup>th</sup> – Short Course Tags  
Qualifying Swimmers Opt In [HERE](#)

Mar 7<sup>th</sup>-15<sup>th</sup> – Spring Break

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

Apr 25<sup>th</sup> – Swim-A-Thon

[Important Deadlines](#)

## Coaches Corner: Visualization is the Key in Preparing Your Mind to Handle the Big Races!

**Regan Smith** – Video on self-talk, winter training, getting ready for trials.

Expectations at Trails 1:40 in  
Confidence & mental 2:42  
Self-talk 3:00

like all learning it's a process and takes time for kids (any of us) to learn how to handle situations, stroke or skill acquisition or till the light bulb goes on or that ah ha moment. The purpose of attending various meets, swimming so call off events, how Prelim & finals is a great learning experience, why travel meets usually bring out the best of people and learn how handle oneself without a lot of hand holding or being told everything to do.

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


**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.



### Feb Birthdays Age-Date

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



**Sharks Swim Club**  
**ADAPTIVE SWIM LESSONS**

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, spina 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](http://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](http://www.sharks-swim-club.org)  
Click Sharks Swim School tab

**SHARKS** Contact us with questions:  
email [sharksadaptiveswim@gmail.com](mailto:sharksadaptiveswim@gmail.com)  
phone 281-400-1175

Visit us online for more information  
[www.sharks-swim-club.org](http://www.sharks-swim-club.org)

Neither this organization or this event is 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](mailto:SHARKSSOCIAL01@GMAIL.COM)

FOLLOW US ON INSTAGRAM AND FACEBOOK!

 [sharksswimclubgu](https://www.instagram.com/sharksswimclubgu)  
 Sharks Swim Club



Please send Pics & Videos of your swimmers to Amy Johnson at [sharkssocial01@gmail.com](mailto:sharkssocial01@gmail.com)

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

Email Coach Matt for more info [mtroquille@gmail.com](mailto: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](#)

### 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, Selim Mahmoud, 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, 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	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
Top 10 Individual	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
Top 5 Relays	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>

[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](#)