



[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 Jan 27th

Sat Feb 1st – Disc Adv 9:30am-11:00am

Discovery Pre-Team 10:00am-11:00am

Schedule Changes for Week of Feb 3rd

None at this time

Always be prepared for dryland with running shoes & dryland clothes

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

Feb 15th-16th-SC Champs 1 8&Under
Location TBD by Gulf
Final Entries [HERE](#)

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

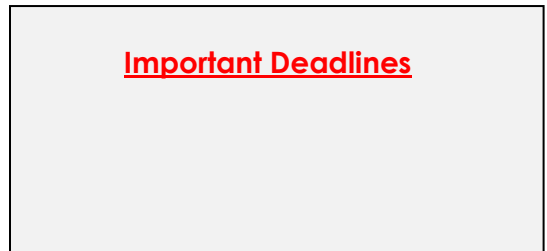
Feb 29th-Mar 1st – SC Champs 3
Location TBD by Gulf
Preliminary Entries [HERE](#)

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

Mar 7th-15th – Spring Break

Mar 29th – Sharks Banquet-Details to follow

Parent Reps: Get to know your group parent reps! Each group has 1-2 parent reps. Find you parent reps [HERE](#)



Coaches Corner: [How to Be Mentally Prepared to Swim Fast at the Big Meet!](#)

Championship meets-season is about celebrating with your teammates/friends the months of preparation and stepping up, giving your best efforts - not worrying about the outcome, making time standards

or beating so-so. Just getting out of the pool/race and saying I put forth great intensity & effort. Watch to see teammates or others who when they are done with a great swim/effort, struggle to get out of the pool or touch the wall and can't stop smiling. Taking one race at a time & learning from each one. The process is the fun part of our journey.

Each swimmer as we gain experience (*for our younger/all swimmers, praise effort & good attitudes - not outcome, as at times, things may not occur the way we want, we love our kids regardless*), knows when they've had a great effort, it's somewhat indescribable or surreal moment (it even happens in practice). Called break thru swim or sets- it's the moment of. "I knew I could do it" which all starts with the goal setting process of: "I wish I could _____ do _____, "to I think can do _____", then you do some crazy good stuff in practice to where you say "I know I can do _____", then if finally happens "**I knew I could do _____**". Then we re-set. Along the way, we all experience set-backs/failure, which is a great teacher or the realization of I'm not quite there yet, but I'm getting closer; yes, learning is a process.

Let's all go out and "Challenge the Moment"

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.

Email the following to Michelle Hernandez at msh3@att.net A description of what you are selling (including size, color, condition). The asking price/trade, your name and preferred contact (email or phone) She will post it for you, and those interested can then contact you directly. Once items are sold please be sure to let Michelle know so that she may remove the listing.

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

Email Coach Matt for more info mtroquille@gmail.com




Jan Birthdays Age-Date

Eileen Muller	7 – 3 rd
Stevie Balistreri	16 -- 7 th
Elaine Bentley	15 -- 8 th
Noah Box	15 – 11 th
Chayton Budzik	15 – 11 th
Abby Hilliard	15 – 14 th
Lily Migl	12 – 17 th
Reagan Foster	9 – 18 th
Brandon Klesel	17 – 20 th
Omar Mahmoud	8 – 30 th
Presley Jeffers	6 -- 31 st



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



**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 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

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

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

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



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

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

[USA Motivational Time Standards for 2017-2020](#)
[Age Group Champs Time Standards 2018-2019](#)
[TAGS Time Standards 2019](#)

[NCSA Jr National Time Standards 2019](#)
[Sectional Time Standards 2019](#)