



[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 6th

Fri Jan 10th

- Disc. Adv 4:45pm-6:15pm
- Saturday Private Lessons 5:30pm-6:30pm
- Sr/Sr Perf – Dryland post practice 7:00pm-7:45pm

Parent Meeting: 6:00pm-6:15pm (Spring Champ meets, summer travel trip to New Orleans, 8&Up)

Sat Jan 11th – NO PRACTICE ANY GROUP – 11 & Up Prelim/Final meet

Schedule Changes for Week of Jan 13th
None at this time

Always be prepared for dryland with running shoes & dryland clothes

Sharks Spirit Wear Store Now Open-The store is now open and will remain open until January 17th. Lots of items available for ordering to show your team spirit including our Short Course Champs T-Shirt/Hoodie.

Order [HERE](#)

Inked Design is a local business. No need for shipping costs, you will receive notification for pick up when your item is in (end Jan/begin Feb)



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

Jan 10th – Parent Meeting 6:pm-6:15pm
(Champ Meets & New Orleans Summer Trip for 8 & Up)

Jan 11th-12th -Aqua 11&Up Prelim Final
Friendswood Natatorium
Final Entries [HERE](#)
Itinerary [HERE](#)
Job Signup [HERE](#)

Jan 18th – SSS 10 & Under MLK Meet –
Clear Falls High School
Final Entries [HERE](#)

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

Feb 15th-16th-SC Champs 1 8&Under
Preliminary Entries [HERE](#)

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

Feb 29th-Mar 1st – SC Champs 3
Commit [HERE](#)

Which Champ Meet for My swimmer?

Click [HERE](#) to see list by group with various meets available for swimmers in Discovery Advance-Senior Performance.

January meets are the last chance to qualify for the Champs II/III meet. Tags & NCSA qualifying period is prior to the start of the

Important Deadlines

SC Champs 2 – Jan 17th

SC Champs 3 – Jan 21st

Coaches Corner: *Special thanks to all the Parents for the Holiday gifts/gift cards & kind notes. It is greatly appreciated by the Sharks staff!!*



Postal Challenge All swimmers in the Exploratory - Senior Perf groups are participating in the Distance Postal Meet. Swimmers from across the country are doing timed swims during the month of January. USA Swimming has challenged clubs with the Distance Revolution and the postal meet is aimed to encourage swimming the longer events nationwide.

Click [HERE](#) to see the results.

8 & Under Champs: 8 & U parents- we will have 8 & U swim at 2 meets in February:

1. The HCAP p/f meet will have a mid-day, 8 & U session on Feb 8th & 9th.
 2. The 8 & U Champs meet will be in Ambush Sat Feb 15.
- We will be chartering a bus to make it a team day trip. The team will help cover the cost of the bus

Please go to the Competitions tab to opt "in" if you wish to attend these meets – be sure to "save" your commitment.

Winter Warrior 2019 We wrapped up our 2019-2020 Winter

Warriors challenge with 31 swimmers who made every one of their practices over the Christmas break. This is an impressive feat in it's own, for we have increased our amount of practices and just moved swimmers up in our Age Group program. Our Senior groups had 19 practices, one including an Intra-squad meet! **Senior Performance** Winter Warriors are Leah Givens, Maven Moore, and Sarah Szklaruk-Traipe. **Senior** Winter Warriors are Alejandra Acosta, Katie Hillegeist, and Braylynn Moore. Pre Sr, Challenge, Exploratory Advance, and Exploratory swimmers completed 11 practices. Our lone **Pre-Senior** Winter Warrior is David Szklaruk-Traipe. Our **Challenge** Winter Warriors are Abdullah Borji, Alice Koncaba, KK LeBlanc, Abigail Lowman, Hayden Nielsen, Pallas Pinkoski, Evan Vidinha, Gabi Volpe. Our **Exploratory Advance** Winter Warriors are Tristan Arghiropol, Logan Atchison, Cameron Lowman, Streeter Moore, Jovan Stojkovski, and Andrew Sugunan. Our **Exploratory** Winter Warriors are Shahd Borji, Tanner Goins, and Kivlyn Moore. Our Discovery Advance swimmers swam 7 practice and our Discovery swimmers swam 6 practices (they usually do 2 practices a week). Our **Discovery Advance** Winter Warriors are Loukas Arghiropol, Maryam Borji, Anthony Dong, Grace Goins, Clara McGarvey, and Steffan Ivanoff. Adriana Arghiropol is the only Winter Warrior for **Discovery – Pre Team**. In the past, we have rewarded them with T-shirts, but this year we went for a celebration. On Sunday, we had the swimmers meet us at Grimaldi's for a pizza party then we went to Star Cinema to see Spies in Disguise

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

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

Email Coach Matt for more info mtroquille@gmail.com

Parent Reps: Get to know your group parent reps! Each group has 1-2 parent reps. Find you parent reps under the Training Groups Tab:

Senior Groups: Sr. Perf, Senior & Pre-Senior
Age Groups: Challenge, Exploratory Advance & Exploratory
Developmental Groups: Discovery Advance & Discovery Pre-Team



AQUA Timing Assignments: We have been assigned timing for both Prelims and Finals. Signups will remain open through Wednesday evening. Any open positions Thursday am will be assigned to those in the meet not already signed up. Finals are A/B for each age group.

This is a great opportunity for parents looking to complete service hours, sign up to time during finals, even if your swimmer is not participating – it's at our own pool.

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, 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, 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](#)

