# Week of July 19th Newsletter



# July Training Schedule

#### (updated 07/05/20)

\*\*\* We will be offering an August training program, tentatively after 4:45 pm time frame, once school starts, plus Sat am.for some groups, along with continued dry-land

Only "Changes" to normal practice schedule will be listed – if schedule is normal it will NOT be listed below.

Summer Squad Groups – Please see adjustments to Schedule Thursday & Friday for meet.

Parents – Please review the Updated COVID policy and go over with your swimmer as well <u>HERE</u>.

Zoom Drylands: Sr Perf & Sr: Mon, Wed, Fri 4:30pm-5:30pm Coach Matt Zoom # 971-241-3075, Password 665972

All Ages Zoom Drylands Monday – Thursday 4:00pm-4:30pm:

10 & Unders: Coach Dacia – Zoom # 605-075-0665, Password 4Sharkssc

11 & Over: Coach Troy – Zoom # 743-2735-0896, Password 017292

\*Always be prepared for dryland with running shoes & dryland clothes\*

Swimmingly Roster ID – Please write your swimmer's unique ID from Swimmingly on both upper arms for their virtual meet. Roster HERE



Click to view Meet Announcement & other important information if available

#### Swim Meets have returned!

Thu Jul 23rd Lake Swim – Lake Longhorn – Coach Lou will be there 8:45am. Challenge, Exploratory Adv, Pre-Senior & Senior invited. \$10 admission. Buoy required.

**Thurs July 23<sup>rd</sup> & Fri July 24<sup>th</sup> – Summer Squad Meet #2.** Thursday – Group 3 & 4 Friday – Group 1 & 2

Gulf Virtual IMR Meet Jul 22-25th – Swimmers will race during practice as decided by coaches.

Virtual Meet #2 Wed Jul 29<sup>th</sup> – Thu Jul 30 Swim Meet & Tie Dye

Virtual Meet #3 – TBD

Gulf Swimming Virtual Meet Schedule using Swimmingly App <u>HERE</u>

For Sale or Trade Page <u>HERE</u>

Swim Lessons are Back!! Click <u>HERE</u>

**Important Deadlines** 

Page 1 of 3

# **Coaches Corner:**

# Drop Off & Pickup Notes for Magnolia Creek: Please remember No parking on Spring Canyon.

Download the On Deck app: This is our only method of communicating practice alerts for use of outdoor pools.



Team Alias: GUTXSST

**Swim School –** Registration is now OPEN for Small group and private lesson options through July. Click <u>HERE</u>

Summer Squad families join our Remind Group for alerts Class code: sssharks20

Signup for tryouts for New swimmers HERE

Sharks Social Media – Links to follow: Sharks Facebook <u>HERE</u> Sharks Instagram <u>HERE</u>

Sharks Youtube channel <u>HERE</u>

# Summer Squad Meet # 2 – Schedule

### . Meet Schedule:

- Thursday July 23rd- Summer Squad 3&4 11:45- Group 3 Arrives 11:45-12:00 Group 3 Drylands 12:00- 12:15 Group 3 Pool Warm Up 12:00- Group 4 Arrives 12:00- 12:15 Group 4 Drylands 12:15-12:30 Group 4 Pool Warm Up 12:40- 1:30 Swim Meet
   Friday July 24th - Summer Squad 1&2 11:45- Group 1 Arrives
  - 11:45-12:00 Group 1 Drylands 12:00- 12:15 Group 1 Pool Warm Up 12:00- Group 2 Arrives 12:00- 12:15 Group 2 Drylands 12:15-12:30 Group 2 Pool Warm Up 12:40- 1:30 Swim Meet

See more detail in email re summer squad meet 7/20.



<u>July</u>	<b>Birthdays</b>	Age-Date
Camera Mercer Caitlyn Levi Pua Sarah Si Sky Crei Audrey Noah C Andrew Leah Gi Jayden Aleissia Camryr Garrett Sofia He David S Abigail Inaaya Ellie Bur Emily Lit Edi Jaka Bailey C Streeter Nika Ga	on Lowman Grundman Alley ckett zklaruk-Traipe spo McRae casey v Sugunan ivens Dickamore Shutts Dickamore Shutts Dickamore Shutts Thurman Priddy ernandez zklaruk-Traipe Weatherall Hassan ke tle ob Clayton Moore olabian	Age-Date $10 - 3^{rd}$ $7 - 5^{th}$ $8 - 5^{th}$ $10 - 12^{th}$ $11 - 12^{th}$ $16 - 12^{th}$ $8 - 13^{th}$ $12 - 13^{th}$ $12 - 13^{th}$ $12 - 13^{th}$ $15 - 14^{th}$ $12 - 13^{th}$ $15 - 14^{th}$ $10 - 27^{th}$ $11 - 27^{th}$ $10 - 27^{th}$ $11 - 27^{th}$ $10 - 28^{th}$
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Page 2 of 3

# Safe Sport/Minor Athlete Awareness Protection Policy

Sharks Swim Club is a USA Swimming recognized Safe Sport Team. This was achieved through parents & swimmers going through the USA Swimming athlete protection training.

In an effort to make the access to the training easier, Gulf Swimming, our LSC is offering bi-monthly zoom training for both swimmers and parents.

The next training opportunities are below:

Parent safe sport - Wednesday July 29th 7pm ct.

Athlete (aged 12-18) Thursday July 30<sup>th</sup> 7pm ct.

Each zoom is less than 1 hour long.

Click <u>HERE</u> to access the gulf website with the zoom links. No need to register, set your alarm for your chosen zoom and Join on the date and time.



# Qualifiers Age Group Champs

Tristan Arghiropol, 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

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

#### **Sectionals**

Stevie Balistreri, 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, Paige McCray, Spencer Meyers, Maven Moore, Abigail Nelson, Lauren Tillman, Sarah Szklaruk-Traipe, Emma Vestal, Allie Vidinha, Jordyn Waters, Erika Yeguez

# NCSA's

Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Erika Yeguez

### Sharks All Time Top Performances (updated 3/24/20)

Team Records	Short Course Yards	Long Course Meters
Top 10 Individual	Short Course Yards	Long Course Meters
Top Relays	Short Course Yards	Long Course Meters

USA Motivational Time Standards for 2017-2020<br/>Age Group Champs Time Standards 2019-2020NCSA Jr. National Standards 2020<br/>Sectional Time Standards 2020TAGS Time Standards 2020Southern Senior Zones Time Standards 2017-2020

Page 3 of 3