



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

Swim Meets have returned!

Thu Jul 9th Lake Swim – Lake Longhorn – Coach Lou will be there 8:45am. Challenge, Exploratory Adv, Pre-Senior & Senior invited. \$10 admission. Buoy required.

Virtual Meet #1 Wed Jul 15th-Thu Jul 16th - Swim Meet During practice times this week. Commit/decline [HERE](#) (This allows coaches to plan)

Virtual Meet #2 Wed Jul 29th – Thu Jul 30 Swim Meet & Tie Dye (TBA) –All groups need to commit to attend. Add t-shirt size in comments if you wish to participate in tie dye party. Commit [HERE](#) by Jul 16th

Virtual Meet #3 – TBD

Gulf Swimming Virtual Meet Schedule using Swimingly App [HERE](#)

For Sale or Trade Page [HERE](#)

Swim Lessons are Back!! Click [HERE](#)

July Training Schedule

(updated 07/05/20)

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

Parents – Please review the Updated COVID policy and go over with your swimmer as well [HERE](#).

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 # 605-075-0664, Password 4Sharkssc

11 & Over:

Coach Troy – Zoom # 743-2735-0896, Password 017292

Virtual Meets - Our Swim meets for July will run in house in small groups using the Swimingly app. This allows for limited support and paper. Please see page 2 & 3 of newsletter for full details.

Always be prepared for dryland with running shoes & dryland clothes

Summer T-Shirt – The store is open to order our Summer shirt designed by our very own Abigail Hilliard! The store will remain open through July 10th. Shirts can be picked up from Inked once the order is received. Order [HERE](#)

[Important Deadlines](#)

[Summer Shirt order – July 10th](#)

[Tie Dye Meet – July 16th](#)

Coaches Corner: 7 Reasons why Yoga can take your swimming to the next level



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 [HERE](#)

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 [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)

Intrasquad Meets:

Sign Up: You can register “Yes/No” on our team website under the event page named “Sharks Intrasquad Meet #1” No need to select events.

Events: All swimmers will compete in 3 events at the meet. The events will be a 25 or 50 Freestyle, Backstroke, and Freestyle Kick. The events will be broken into mixed gender age groups of 8&Under, 10&Under, 11-12, 13-14, and 15&Over.

Meet Fee: Every swimmer will be charged a \$5 meet fee for Meets #1&3. This will be going towards extra coaching expenses from bringing in additional hourly staff to help organize, run, and ensure that social distancing protocols are maintained. For Meet #2 there will be a \$10 fee that will go towards the aforementioned expenses as well as the t-shirts that will be used for the tie dye party.

Health Guidelines and Protocols: For each meet we will still be following the health guidelines and social distance protocols that we use everyday at practice which include but not limited to :
Groups will be dropped off at pool at staggered schedules

- Only your training group will be in the water for pre meet workout at a time
- Once one group is done, they will exit the pool and go to their seating area where they will sit for the duration of the meet spaced

July Birthdays Age-Date

Cameron Lowman	10 – 3 rd
Mercer Grundman	7 – 5 th
Caitlyn Alley	8 – 5 th
Sarah Szklaruk-Traipe	18 – 6 th
Sky Crespo	10 – 6 th
Audrey McRae	15– 12 th
Noah Casey	8– 12 th
Andrew Sugunan	11– 12 th
Leah Givens	16 - 12 th
Jayden Dickamore	8– 13 th
Aleissia Shutts	11– 13 th
Camryn Thurman	12– 13 th
Garrett Priddy	15 – 14 th
Sofia Hernandez	12 – 14 th
David Szklaruk-Traipe	16 – 14 th
Levi Puckett	10 – 15 th
Inaaya Hassan	6 – 16 th
Ellie Burke	15 – 18 th
Emily Little	17 – 18 th
Edi Jakob	13 – 26 th
Bailey Clayton	11 – 27 th
Streeter Moore	10 – 27 th
Nika Golabian	11 – 27 th
Lyna Le	11 – 27 th
Levi Albricht	10 – 28 th



apart, with each swimmer having their own square space on the pool deck.

- The second group will complete their pre meet workout and then go to their seating area which will be on the opposite end of the pool
- While out of the water all swimmers and coaching staff will be required to wear face coverings
- Swimmers will be lined up in heats in the parking lot, where drylands are normally done.
- They will then walk to their lane at the starting end and wait in their designated spot.
- Once they finish their race they will return to their seating area.
- At the end of the meet session we will release one group at a time to exit the pool area and we will then make sure to clean the necessary equipment before letting in the next meet session group.

Swimmingly App: Swimmingly is an application we will be using to run our meet. Anyone who sign up to be a timer please download the app on your phone from your phone's app store. This app is how we will be timing the races. FOR MORE INFO CLICK [HERE](#). All Senior and Senior Performance swimmers will need to download the app on their phone

Swimmingly ID: All swimmers who are entered into a meet will be assigned a Swimmingly ID number that will stay for them for as long as we are using the app. Once everyone is entered into the system, we will send out a list of the swimmers and their ID. **WE ASK FOR EVERY MEET THE SWIMMERS HAVE THEIR ID ON BOTH THEIR SHOULDERS AND THEIR HAND.**

Timers: We will need 6 parent timers per meet session. Parents will be able to sign up to be a timer under the event page job sign up. Timers will be required to wear a facemask while on the pool deck. All phones used for timing will need to have your "Do Not Disturb" setting on while on deck timing.

Results: All results will be published to the swimmingly app and a copy will be sent out at the conclusion of the meet. These meets are not sanctioned by USA swimming and the times will not be updated to the team database or USA swimming/SWIMS database.

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](#)
[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](#)