Week of June 14th Newsletter



June Training Schedule

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

Schedule Change – We are adding in a Saturday Lake practice for the Sr Perf & Sr swimmers & Challenge/Expl Adv/Expl Groups. We are working with other teams on this as well. For swimmers who won't swim at the lake, there will be a pool workout. Coaches will be going over lake/pool practice kids this week at practice.

Click **<u>HERE</u>** to sign swimmer waiver.

Lake Longhorn located HERE

Groups with changes above: Sr. Perf, Sr. Pre-Senior, Challenge

Sr Perf/Sr/Pre-Senior Drylands: Monday & Wed 8AM -

The Senior group swimmers will be participating on zoom in a strength-focused workout using dumbells/kettlebells. ALL Sr. Perf/Senior swimmers are expected to attend. Zoom# 971-241-3075 Password 665972



ALL Groups back in the water!

June 1st – Summer Squad began We have only have space now in Group 4 – Tell your friends! More Info <u>HERE</u>

Lake Longhorn Swim: Sr & Sr Perf – Sat June 20th – 8:00am-9:30am. \$10 admission cost, must have buoy – can be purchased from facility. Waiver <u>HERE</u> if you have never attended. Signup HERE

Lake Longhorn Swim: Expl, Expl Adv & Challenge – Sat June 20th 9:00am-11:30am. \$10 admission cost, must have buoy – can be purchased from facility. Waiver <u>HERE</u> if you have never attended.

Additional Practice Options Signups will open Wednesday at 7pm. First come, first serve. If you signup and do not show, your account will be invoiced \$20 for scholarship fund.

Sunday 6am-8am Sr Perf & Sr. groups

Sunday 9:30am-11:00am – Disc. Adv – Sr. Perf groups

Important Deadlines

Always be prepared for dryland with running shoes & dryland clothes

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Drop Off & Pickup Notes for Magnolia Creek:

Line up on Bay Area Blvd for drop off.

If you are staying please park toward the back end of bay area – at the dead end of the street to leave the area closest to the pool for drop off and pickup only.

Please attempt to carpool where necessary to limit number of cars.

No Parking on Spring Canyon – only to be used for temporary stay for pickup – do not arrive before practice finish time.

Please remember that we are guests in Magnolia Creek.

Return to Practice Info: All swimmers must be registered through the COVID Health Policies event <u>HERE</u> before returning to practice.

Print the layout of the Mag Creek Pool showing drop off/pickup <u>HERE</u> and go over with your swimmer.

Print the Back to Practice document <u>HERE</u> and go over with your swimmer.

Printable copy of the agreement signed in COVID Health policies: Sharks Return to Practice <u>HERE</u>

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. Click <u>HERE</u>

Summer Squad – Registration Open for returning swimmers – Click <u>HERE</u> to learn more about Summer Squad

Summer Squad families join our Remind Group for alerts

Class code: sssharks20

Signup for tryouts for New swimmers HERE



<u>Jun</u>	Birthdays	Age-Date
Jackso Amaar KK LeBl Addiso Adrian Avery (Shahd Mark A David (Justin (Taylor (Damia	in Moore n Lewis n Ganatra anc n Durrow na Duncan Gray Borji rgyelan Garcia Ganzales	Age-Date 14 - 1 st 13 - 2 nd 8 - 3 rd 13 - 3 rd 11 - 7 th 9 - 10 th 11 - 11 th 9 - 13 th 12 - 18 th 13 - 23 rd 10 - 25 th 6 - 29 th 12 - 29 th
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Sharks Social Media – Links to follow:

Sharks Facebook <u>HERE</u> Sharks Instagram <u>HERE</u>

Sharks Youtube channel HERE

Log in to Sharks website and Covid-19 Tab for all info regarding google classroom, webinars etc.



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	e Top	Performances	(updated 3/24/20)	
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Team RecordsShort Course YardsLong Course Meters		
Top 10 IndividualShort Course YardsLong Course Meters		
Top RelaysShort Course YardsLong Course Meters		
USA Motivational Time Standards for 2017-2020 NCSA Jr. National Standards 2020		
Age Group Champs Time Standards 2019-2020 Sectional Time Standards 2020		
TAGS Time Standards 2020 Southern Senior Zones Time Stand		

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