



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available!

**Swim Meets have returned!**

## June Training Schedule

(updated 06/15/20)

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

**Saturday July 4 – No Challenge Practice**

**Saturday July 4 – Senior – 10:30am-12Noon**

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

**Virtual Meets** - Our Swim meets for July will run in house in small groups using the Swimmingly app. This allows for limited support and paper.

**Virtual Meet #2 – This meet will be run during each group practice times this week – please commit/decline to allow the coaches to plan. Team groups \$5 per swimmer. Summer Squad groups cost included in registration.**

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

*\*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 10<sup>th</sup>. Shirts can be picked up from Inked once the order is received. Order [HERE](#)

**Virtual Swim Meet & Tie Dye Party –** Please commit your swimmer to the meet – you only need add a t-shirt size if your swimmer wishes to participate in the tie dye party. We must order the t-shirts – so commit/decline before end of day Friday.

**Virtual Meet #2** - Swim Meet During practice times this week. Commit/decline [HERE](#)

(This allows coaches to plan)

**Virtual Meet # 3 - July 6-10 –** 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](#) **Must commit by end of Friday**

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 Sr. perf./Sr. is 1st for those who attend all the other practices - can't have some folks skip a day & have priority to come Sunday a.m**

**Sunday 9:30am-11:00am –** Disc. Adv – Sr. Perf groups (practice time will be adjusted based on group, not all swimmers will swim 90 mins)

For Sale or Trade Page [HERE](#)

**[Important Deadlines](#)**

**[Tie Dye Swim Meet – Fri Jul 3rd](#)**

## Coaches Corner: Easy or Better?

It's easier to eat out. It's better to cook at home.

It's easier to play someone that you know you can beat.  
It's better to play the person who might beat you.

It's easier to read the Spark Notes. It's better to read the book.

It's easier to do it how it's always been done. It's better to challenge, stretch and experiment.

It's easier to plan and talk about our goals. It's better to lace up and go to work on them.

We're presented this choice all of the time. The problem is: easy is fast, easy is fun, easy is comfortable – and we're **wired to learn in that direction.**

But we grow by choosing better.

We'll never be perfect with this, but being aware of the choice can help us win the battle a few more times.

Before you start, ask yourself: "Am I choosing easy, or am I choosing better?"



Jun Birthdays	Age-Date
Braylynn Moore	14 – 1 <sup>st</sup>
Jackson Lewis	13 – 2 <sup>nd</sup>
Amaan Ganatra	8 – 3 <sup>rd</sup>
KK LeBlanc	13 – 3 <sup>rd</sup>
Addison Durrow	11 – 7 <sup>th</sup>
Adrianna Duncan	9 – 10 <sup>th</sup>
Avery Gray	11 – 11 <sup>th</sup>
Shahd Borji	9 – 13 <sup>th</sup>
Mark Argyelan	12 – 18 <sup>th</sup>
David Garcia	17 – 18 <sup>th</sup>
Justin Gonzales	13 – 23 <sup>rd</sup>
Taylor Cole	10 – 25 <sup>th</sup>
Damiana Ivanoff	6 – 29 <sup>th</sup>
Asher Emmons	12 – 29 <sup>th</sup>

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

**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](#)

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, Streeeter 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)

<b>Team Records</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
<b>Top 10 Individual</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>
<b>Top Relays</b>	<a href="#">Short Course Yards</a>	<a href="#">Long Course Meters</a>

[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](#)