## Week of June 7th Newsletter



# June Training Schedule

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

Due to the pool company needing access to prepare the pool for the neighborhood – any groups that were scheduled to go until 3:45 will now finish at 3:30pm.

## Please see adjusted June Training Schedule Above

Dryland group workouts have resumed at practices – check your group schedule to see if before or after pool workout.

Saturdays at Lake Longhorn: <u>HERE</u> Open Water Swim for those wanting to attend that do not have a Saturday practice. 9:00am-11:30am. \$10 entry fee per swimmer. All swimmers must have buoy – available for rent from facility. Masters Swimmers also welcome to attend.

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

## Google Classroom Code: bpxtqa6

Weekly group Zoom talks/learning with your coach – All weekly zoom calls have been suspended now that coaches are on deck with swimmers.



## ALL Groups back in the water!

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

Coaches are continuing to work on a second pool – any changes to schedule for next week will be sent out by Friday June 12<sup>th</sup>.

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

Important Deadlines

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

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# Coaches Corner: <u>How to Avoid becoming</u> that constantly sleepy swimmer

## 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 Shahd Mark A David (	in Moore n Lewis n Ganatra anc n Durrow na Duncan Borji rgyelan Garcia Gonzales	$\begin{array}{c} 14 - 1^{st} \\ 13 - 2^{nd} \\ 8 - 3^{rd} \\ 13 - 3^{rd} \\ 11 - 7^{th} \\ 9 - 10^{th} \\ 9 - 13^{th} \\ 12 - 18^{th} \\ 17 - 18^{th} \\ 13 - 23^{rd} \\ 10 - 25^{th} \end{array}$

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## 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, 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 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 NCSA Jr. National Standards 2020				
Age Group Champs Time Standards 2019-2020		Sectional Time Standards 2020		
TAGS Time Standards 2020		Southern Senior Zones Time Standards 20		

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