



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

**[Training Schedule: \(click to view\)](#)**

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

Schedule Week of March 16<sup>th</sup> & 23<sup>rd</sup>:

This situation is ever evolving – Coaches are meeting and discussing options that have the safety and well being of not only the swimmers but their families.

Please follow Sharks [facebook](#) & [Instagram](#) for updates.

Swimmers will be distanced from each other for dryland

You may choose to come by during these times to pick up a theraband for your swimmer to do dryland at home

If staying for dryland, please bring: water bottle, jumprope, notebook and pen.

Tuesday: (Please stay tuned for Thursday)

Dryland – Natatorium Soccer fields:  
Discovery pre-team & Discovery Advance  
5:00pm-6:00pm

Exploratory – 5:00pm-6:00pm

Exploratory Advance, Challenge, Pre-Senior:  
6:00pm-7:00pm

Senior & Senior Perf: 5:00pm-6:30pm

**Please provide sun protection as needed**

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

**Mar 29<sup>th</sup> – Sharks Banquet**-Postponed until Mid-April

**Mar 31<sup>st</sup> – Discovery Groups Party** – Postponed until Mid-April.

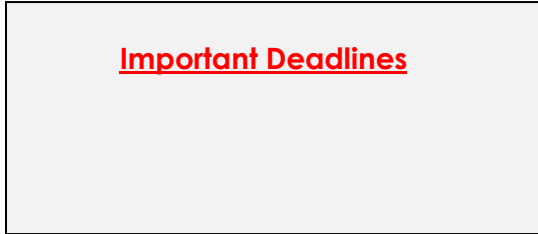
**Apr 4<sup>th</sup> – Sprint Series Meet**- Canceled

**Apr 18-19<sup>th</sup> – Swat Long Course** - Canceled

**Apr 25<sup>th</sup> - Swim-A-Thon**-Postponed

**Jun 4-8<sup>th</sup> - Nu Wav Travel Meet**  
More Info [HERE](#)

For Sale or Trade Page [HERE](#)



**[Important Deadlines](#)**

**Parent Reps:** Get to know your group parent reps! Each group has 1-2 parent reps. Find you parent reps [HERE](#)

**Sharks Summer Squad Now Open for Returning Swimmers!** Learn More [HERE](#) Register [HERE](#)



**IMR/IMX -** We had 80 swimmers complete all IMX events for scy and 108 that completed their IMR events.

To learn more about USA Swimming IMR/IMX Program Click [HERE](#)

**IMR Results** [HERE](#)

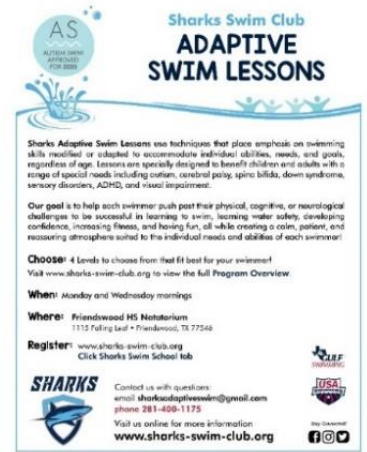
**IMX Results** [HERE](#)

**Sharks End of Short Course Season Banquet: Postponed**

**Discovery Groups End of Short Course Party: Postponed**

**March Birthdays** **Age-Date**

Alejandra Acosta	16 – 2 <sup>nd</sup>
Grace Goins	6 – 3 <sup>rd</sup>
Ayden Hilliard	13 – 8 <sup>th</sup>
Emery Fitzharris	14 – 8 <sup>th</sup>
Vanessa Marsh	12–13 <sup>th</sup>
Wyatt Kleinpeter	9- 14 <sup>th</sup>
Mairead Finnerty	14 -14 <sup>th</sup>
Peyton Becker	15–15 <sup>th</sup>
Mason Ho	10- 17 <sup>th</sup>
Hayden Holcomb	12 -18 <sup>th</sup>
Maven Moore	16- 21 <sup>st</sup>
Scarlett Thompson	8-22 <sup>nd</sup>
Keith Remington	11-27 <sup>th</sup>
Addyson Moad	12-27 <sup>th</sup>
Joseph Lukner	16-31 <sup>st</sup>



**Survey Opportunity – 11 & over Swimmers:** A fellow coach in the Gulf is inviting all Gulf teams to participate in a research project related to his dissertation as PhD. candidate. This research is focused on shoulder pain and injury as it relates to swimming, see below, and your participation would be greatly appreciated. To participate you only need to do the following:

Provide email contacts for families of senior swimmers to [jtreed@uh.edu](mailto:jtreed@uh.edu):

- 1) between 11-19 years of age.
- 2) enrolled year-round for the 2019/2020 season.

They will then receive a link to the survey with the content in the attached document and all information will be completely anonymous. In order to keep the survey anonymous, the links sent by the system are uniquely coded and can only be used once. All survey links must be generated by the system and individually sent out meaning coaches cannot simply send out the link themselves.

Details of Survey can be found [HERE](#)



### Qualifiers Age Group Champs

Tristan Arghiroopol, Peyton Becker, 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 9/16/19)

<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 5 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](#)