



[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 Changes for Week of Mar 2<sup>nd</sup>

Sat March 7<sup>th</sup> – Sr & Sr. Perf 7:30am-10am

No practice for Challenge, Expl. Adv, Expl groups

Schedule Changes for Week of March 9<sup>th</sup>

No practice for any group – except NCSA swimmers  
**Spring Break**

Schedule Changes for Week of March 17<sup>th</sup>

Bootcamp Begins March 17-March 28<sup>th</sup>  
Click [HERE](#) for Schedule

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

**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](#)**

**Personalized Caps Orders [HERE](#)**

We are taking orders for the "light blue" silicone cap this week. You may choose from non-personalized (\$12 each) or personalized (\$30 for each set of two-same personalization). Accounts will be invoiced for any caps ordered.

Orders will remain open through Friday March 6<sup>th</sup>.

**Mar 5<sup>th</sup>-8<sup>th</sup> – Short Course Tags**

Final Entries [HERE](#)

Hotel/Meet info [HERE](#)

Psych Sheet [HERE](#)

**Mar 9<sup>th</sup> -15<sup>th</sup> – Spring Break-** No practice except NCSA Swimmers

**Mar 17-21<sup>st</sup> – NCSA Jr. Nationals**

Orlando, Florida

**Mar 29<sup>th</sup> – Sharks Banquet**-Details to follow

**Apr 4<sup>th</sup> – Sprint Series Meet –** Qualifying 12 & Under Swimmers – Declare [HERE](#)

**Apr 18-19<sup>th</sup> – SWAT Long Course Meet –** Qualifying Swimmers – Declare [HERE](#)

**Apr 25<sup>th</sup> – Swim-A-Thon-Mark your calendars – more info coming soon!**

**Jun 4-8<sup>th</sup> - Nu Wav Travel Meet**

More Info [HERE](#)

For Sale or Trade Page [HERE](#)

**[Important Deadlines](#)**

**March 4 – April Sprint Series**

**March 6 – Caps Order Due**

**March 11 – SWAT LC Meet**

**Coaches Corner: [The Importance of Dryland Training for Swimmers](#)**

**Gulf Swimming** is hosting webinars with Missy Hayes – watch your emails for future dates. Handouts from the first webinar on Nutrition located below

Pre-Workout & Mid meet snacks Nutrition [HERE](#)  
 Recovery Nutrition [HERE](#)

**Short Course Champs 3 – Full Recap coming soon –**

Sharks placed 2<sup>nd</sup> overall, Sharks Ladies placed 1<sup>st</sup> overall!



**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>



**Sharks Swim Club**  
**ADAPTIVE**  
**SWIM LESSONS**

Sharks Adaptive Swim Lessons use techniques that place emphasis on swimming skills modified or adapted to accommodate individual abilities, needs, and goals, regardless of age. Lessons are specially designed to benefit children and adults with a range of special needs including autism, cerebral palsy, spina bifida, down syndrome, sensory disorders, ADHD, and visual impairment.

Our goal is to help each swimmer push past their physical, cognitive, or neurological challenges to be successful in learning to swim, learning water safety, developing confidence, increasing fitness, and having fun, all while creating a calm, patient, and reassuring atmosphere suited to the individual needs and abilities of each swimmer!

**Choose:** 4 Levels to choose from that fit best for your swimmer!  
 Visit [www.sharks-swim-club.org](http://www.sharks-swim-club.org) to view the full Program Overview.

**When:** Monday and Wednesday mornings

**Where:** Friendswood HS Natatorium  
 1115 Falling Leaf • Friendswood, TX 77546

**Register:** [www.sharks-swim-club.org](http://www.sharks-swim-club.org)  
 Click Sharks Swim School tab

Contact us with questions:  
 email [sharkadaptiveswim@gmail.com](mailto:sharkadaptiveswim@gmail.com)  
 phone 281-400-1175  
 Visit us online for more information  
[www.sharks-swim-club.org](http://www.sharks-swim-club.org)

Only Governed!

Neither this organization or this event is sponsored, endorsed or otherwise affiliated with Friendswood ISD.



**Qualifiers**

**Age Group Champs**

Tristan Arghiropol, 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**

Peyton Becker, 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](#)

