Week of March 30th Newsletter



Training Schedule: (click to view)

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

Physical group workouts are suspended through April.

Letter from Board HERE

Letter from Coach Tim to parents **HERE**

Daily Virtual drylands through Zoom with Coach Matt/Coach Dacia

Monday-Friday 5pm – Zoom # <mark>971-241-3075 *new number*</mark>

Sharks Youtube channel: sharksswimclub gu

Week 2 Challenge: Obstacle course. Design the best obstacle course in your backyard, bonus points for including some swim specific skills to it. Send a video of your obstacle course to Coach Kate @ sharkscoachkate@gmail.com

Weekly group Zoom talks/learning with your coach Schedule:

Discovery Pre-Team/Disc.Adv/Exploratory: Thurs 4-4:30pm Coach Kate Zoom #971-241-3075

Exploratory Advance: Thurs: 10-10:30am Coach Lou Zoom #778-544-8086

Challenge: Thurs 9:15-9:45am

Coach Lou Zoom #778-544-8086

Pre-Senior: Friday 4-4:30pm

Coach Matt Zoom #612-829-8220

Senior/Senior Perf: Friday 4:30-5pm

Coach Kate & Coach Tim Zoom#971-241-3075



Click to view Meet Announcement & other important information if available

Coaches want to see their Sharks!

Please send photos of daily drylands, challenges completed or how you are staying active to:

sharkscoachkate@gmail.com

Parent Meeting – Thursday April 2nd 6pm – Zoom # 971-241-3075

College Recruiting Meeting – Saturday April 4th 10am-11am (with Q&A) – Zoom #971-241-3075

Sharks Banquet-Postponed

Discovery Groups Party - Postponed

Apr 4th - Sprint Series Meet- Canceled

Apr 18-19th – Swat Long Course - Canceled

Apr 25th - Swim-A-Thon-Postponed

Travel Trips-With meets being canceled, and IOC postponing Olympics we are awaiting a new date for Trials.

Important Deadlines

Please follow Sharks <u>facebook</u> & <u>Instagram</u> for updates. *Always be prepared for dryland with running shoes & dryland clothes*

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

Billing Info: Billing for April training fees will not occur tomorrow. Only billing will be any outstanding amounts on accounts.

Parent Reps: Get to know your group parent reps! Each group has 1-2 parent reps. Find you parent reps <u>HERE</u>

Sharks Summer Squad Now Open for Returning Swimmers! Learn More HERE Register HERE

Sharks Short Course Records Updated – See last page!

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 <u>HERE</u>

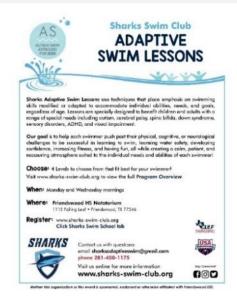
IMR Results HERE

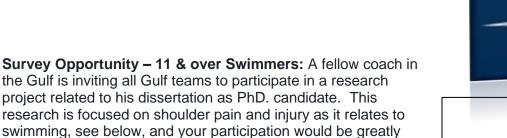
IMX Results HERE





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





Provide email contacts for families of senior swimmers to jtreed@uh.edu:

appreciated. To participate you only need to do the following:

- 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 <u>HERE</u>



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 Top Performances (updated 3/24/20)

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

<u>USA Motivational Time Standards for 2017-2020</u> <u>Age Group Champs Time Standards 2019-2020</u> TAGS Time Standards 2020 NCSA Jr. National Standards 2020
Sectional Time Standards 2020
Southern Senior Zones Time Standards 2017-2020

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