



## [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 # **971-241-3075 \*new number\***

Sharks Youtube channel: [sharksswimclub\\_gu](https://www.youtube.com/channel/UCsharksswimclub_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](mailto: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



### [Upcoming Events](#)

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](mailto:sharkscoachkate@gmail.com)

**Parent Meeting – Thursday April 2<sup>nd</sup>  
6pm – Zoom # 971-241-3075**

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

**Sharks Banquet-Postponed**

**Discovery Groups Party – Postponed**

**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**

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

**[Important Deadlines](#)**

Please follow Sharks [facebook](#) & [Instagram](#) 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 [HERE](#)

**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 [HERE](#)

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

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



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, 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)

|                          |                                    |                                    |
|--------------------------|------------------------------------|------------------------------------|
| <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](#)

