



[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 March 9th

No practice for any group – except NCSA swimmers

Spring Break

Schedule Changes for Week of March 16th

Bootcamp Begins March 16th-March 28th

Click [HERE](#) for full Schedule & Important Details

Sr Perf/Sr/Pre-Sen: Mon-Thu: 4:45pm-7pm

Sr Perf/Sr/Pre-Sen: Fri: 4:45pm-6:30pm

Sr Perf/Sr: Sat: 7:00am-9:30am

Challenge/Expl Adv/Expl/Disc Adv/Disc Pre-Team come according to age:

8&Under: Mon,Wed, Fri: 4:45pm-6:00pm

9&Over: Mon-Fri: 6:00pm-8:00pm

Parent Meetings:

8 & Under Swimmers: Fri 3/20-6:00pm

9 & Over Swimmers: Fri 3/20-7:45pm

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 your parent reps [HERE](#)

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

Mar 9th -15th – Spring Break- No practice except NCSA Swimmers

Mar 17-21st – NCSA Jr. Nationals
Orlando, Florida

Mar 29th – Sharks Banquet-Signup [HERE](#)

Mar 31st – Discovery Groups Party –
Main Event, Webster
Signup [HERE](#)

Apr 4th – Sprint Series Meet – Qualifying
12 & Under Swimmers –
Preliminary Entries [HERE](#)

Apr 18-19th – SWAT Long Course Meet –
Qualifying Swimmers – Declare [HERE](#)

Apr 25th – Swim-A-Thon-Mark your
calendars – more info coming soon!

Jun 4-8th - Nu Wav Travel Meet
More Info [HERE](#)

For Sale or Trade Page [HERE](#)

[Important Deadlines](#)

March 11 – SWAT LC Meet

Mar 20 – Discovery Groups Party

Mar 22 – Short Course Banquet

Coaches Corner: 5 Mistakes that Swimmers Make at the Beginning of the Season

TAGS Meet Results

The Sharks foursome of Gabi Volpe, KK LeBlanc, Edi Jakob and Abigail Lowman attended the 2020 SC TAGS meet in Lewisville Texas March 5-8. The girls 200 freestyle relay team placed 13th scoring 8 points. Gabi lead off with a best time of 26.95 and qualified in the 50 and 100 breast in the meet. KK LeBlanc qualified in seven events and placed 3rd in the 50 free (AAAA) and team record 25.13, 6th in the 50 back (AAAA) and team record 28.59 and won consolation finals (9th) with a team record in the 50 fly (27.78). Abigail and Edi swim both the 200 medley/free relays and Edi time trialed the 200 IM with a best time and a new Age Group champs cut. The girls combined for 46 points in the meet for the Sharks. **Congrats to all!**

Sharks End of Short Course Season Banquet:

Please join the Sharks Swim Club at our annual swim banquet to celebrate the end of the Short Course Season:

Sunday March 29th- 4:45pm-7:00pm
Friendswood High School Cafeteria.

This banquet will include the following groups: Exploratory, Exploratory Advance, Challenge, Pre-Senior, Senior & Senior Performance groups. (See Discovery Group party for their own end of season celebration)

Dinner will be catered from Luna's Mexican restaurant and fajitas will be served.

Cost is \$12 a person, children 5 years and younger will eat for free. There will be no family cap this year.

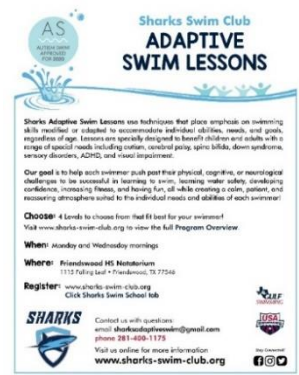
Please list in the notes how many from your family will be attending.

We are putting a slide show together of the past year, please email SharksSocial01@gmail.com with your swim pictures!



March Birthdays Age-Date

Alejandra Acosta	16 – 2 nd
Grace Goins	6 – 3 rd
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- 21 st
Scarlett Thompson	8-22 nd
Keith Remington	11-27 th
Addyson Moad	12-27 th
Joseph Lukner	16-31 st



Discovery Groups End of Short Course Party:

Come celebrate our Discovery Pre Team and Discovery Advance swimmers at their end of short course season party! All Discovery group swimmers are invited for an evening of bowling at Main Event-Webster.

Please confirm your attendance by **Friday, March 20.**

Time: 5:30-7:30pm

Location: Main Event, Webster (1125 Magnolia Ave, Webster, TX 77598)

Cost: \$15/ per swimmer will be charged to your account.

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:

- 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

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)

Team Records	Short Course Yards	Long Course Meters
Top 10 Individual	Short Course Yards	Long Course Meters
Top 5 Relays	Short Course Yards	Long Course Meters

[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](#)