



[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.

**Physical group workouts are suspended through April.**

**Daily Virtual drylands through Zoom with Coach**

**10& Under Swimmers** – 5pm Mon,Tue,Thur – Coach Dacia  
Zoom # 605-075-0665 – password – 4SharksSC  
Wednesday only – 5pm – 743-2735-0896 PW: 017292

**11& Older Swimmers** – 3:30-4:30pm Mon,Tues,Thu – Coach Matt - Zoom # 971-241-3075 – password – 665972  
11&Older Swimmers – 3:30-4:30pm Wed – Coach Troy  
Zoom #743 2735 0896, password: 017292  
Or:  
5pm Mon-Thurs – Coach Matt  
Zoom # 971-241-3075 – password - 665972

**All swimmers** – 5pm Friday for AMRAP Challenge  
Zoom 971-241-3075 – password 665972

**Thurs – Sr Perf/Sr: Replacement practice for Monday cancel – same time and group assignment.**

**Google Classroom Code:** bpxtqa6

**Weekly group Zoom talks/learning with your coach**

Discovery Pre-Team/Disc.Adv/Exploratory: Thursday 4-4:30pm  
Coach Dacia Zoom #605-075-0665 – password 4SharksSC

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

Challenge: Thursday 9:15-9:45am  
Coach Lou Zoom #778-544-8086

Pre-Senior: Wednesday 4-4:30pm  
Coach Matt Zoom #612-829-8220

Senior/Senior Perf: **Thursdays 1:30pm-2:30pm change**  
Coach Kate & Coach Tim Zoom#971-241-3075

**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 from May 2<sup>nd</sup> – Audio File** [HERE](#)

**May 18<sup>th</sup> – Sr Perf & Senior return to practice**

**May 25<sup>th</sup> – All other groups resume practice**

**June 1<sup>st</sup> – Summer Squad begins**

For Sale or Trade Page [HERE](#)

**Birthday Parades! We will continue these while we are unable to meet – keep checking your email for details. If you haven't already participated – please consider doing so – they are so fun!**

**[Important Deadlines](#)**

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

## Coaches Corner:

Board Letter (4/28) [HERE](#)

**Return to Practice Info:** All swimmers must be registered through the COVID Health Policies event [HERE](#) before returning to practice.

Print the layout of the Mag Creek Pool showing drop off/pickup [HERE](#) and go over with your swimmer.

Print the Back to Practice document [HERE](#) and go over with your swimmer.

Printable copy of the agreement signed in COVID Health policies: Sharks Return to Practice [HERE](#)

Download the On Deck app: This is our method of communicating practice alerts for use of outdoor pools.



Team Alias: GUTXSST

**Competition for 13 & Over Swimmers:** Jolyn and Finis have put together an amazing contest for our 13 and over swimmers!!!! Check out the details below and play!!! You could win a Zoom call with Olivia Smoliga or Anthony Irvin!

**GULF SWIMMING CHALLENGE**  
HOSTED BY JOLYN & FINIS  
#gulfswimmingchallenge

**HELLO GULF SWIMMING TEAM!**  
You're invited to our first ever **GULF SWIMMING CHALLENGE**. It starts Friday 5/15!

**WHAT WE NEED FROM YOU:**

- 1) Video yourself doing the following exercises consecutively:
  - 1) 20 SQUATS
  - 2) 10 PUSH UPS
  - 3) 15 FULL SIT UPS
  - 4) 10 BURpees W/ JUMP
- 2) Post your video on IGTV on Instagram and hashtag #gulfswimmingchallenge #jolyn #finis and write your time in your caption.
- 3) The person with the fastest time wins!
- 4) Contest ends Friday 5/21 at 11:59 CT.
- 5) You must be 13 or older and have a public account. Winner receives a 30 min Zoom call with either Olympian: Anthony Irvin or Olivia Smoliga.

2020 GULF SWIMMING CHALLENGE

**Swim School** – Registration is now OPEN for Small group and private lesson options. Click [HERE](#)

**Summer Squad** – Registration Open for returning swimmers – Click [HERE](#) to learn more about Summer Squad Sign up for tryouts for New swimmers [HERE](#)



### May Birthdays Age-Date

Skye Thompson	10 – 1 <sup>st</sup>
Abigail Lowman	13 – 4 <sup>th</sup>
Anjali Friedman	17 – 4 <sup>th</sup>
Benjamin Kulcsar	9 – 5 <sup>th</sup>
Jovan Stojkovski	11– 13 <sup>th</sup>
Wyatt Hughes	6 – 14 <sup>th</sup>
Loralai Weatherall	12 - 14 <sup>th</sup>
Annaliese Hughes	9– 15 <sup>th</sup>
Gabi Volpe	13 – 15 <sup>th</sup>
Birsu Diker	8 – 18 <sup>th</sup>
Chase Ferguson	17 - 17 <sup>th</sup>
Sam Wilderman	9 – 19 <sup>th</sup>
James Henley	8 - 25 <sup>th</sup>
Jeslyn Do	9 - 25 <sup>th</sup>

### Congrats to Our Winners:

#### AMRAP Week 5 8&Under:

Olivia Ellington

#### 9&10's:

Ethan Ellington

#### 11&12's:

Ishan Pendyala & Nathan Garcia (NOCH)

#### 13&14's:

Braylynn Moore

#### 15 & older:

Jorge Guerrero (NOCH)

#### Coaches:

Ross Davis (SSAN)

Thank you to all that have already donated! Please consider donating if you are able!

If you wish to donate all or part of your training fees for May you may choose from the following two options:

1. Via paypal [HERE](#)

You can copy and paste the following link if the direct link does not work for you

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=XWAVZY4DWAQA&source=url](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=XWAVZY4DWAQA&source=url)

2. Through the job signup [HERE](#)

(Donations are tax deductible)

**Sharks Social Media – Links to follow:**

Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)

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

**COVID-19 AMRAP Challenge!**

**How it Works?**

Will take place each Friday during the normal dryland Zoom call. Swimmers may also do early and then submit their numbers to Coach Troy

**Rules.**

- 1) Challenge must be done on Friday either with the zoom Drylands or under adult supervision
- 2) Athlete must have counter for challenge
- 3) Results MUST BE entered into google sheets and document by Sunday at Noon. (email to Coach Troy) Results will be announced Sunday evening.
- 4) Any questions can be directed to Coach Troy, [sharkscoachtroy@gmail.com](mailto:sharkscoachtroy@gmail.com)

**Week 7 Challenge: “Liquid Legs Challenge” Fri May 22nd**



**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](#)