



[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 – 4pm Mon-Thurs – Coach Troy
Zoom # 743-2735-0896, Password 017292

11& Older Swimmers – Mon-Fri 4pm
11&Older Swimmers – 3:30-4:30pm Wed – Coach Troy
Zoom # 971-241-3075 – password - 665972

All swimmers – 4pm Friday for AMRAP Challenge
Zoom 971-241-3075 – password 665972

Google Classroom Code: bpxtqa6

Weekly group Zoom talks/learning with your coach

Discovery Pre-Team/Disc.Adv/Exploratory: NO CALL THIS WEEK

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 *3pm* Change
Coach Matt Zoom #612-829-8220

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

Always be prepared for dryland with running shoes & dryland clothes

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 from May 2nd – Audio File [HERE](#)

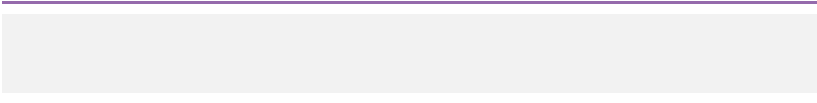
May 25th – All other groups resume practice

June 1st – 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](#)



Coaches Corner: [Swimming in Syrup Vs Water](#)

June schedule Note to Shark Families: The staff is still awaiting word from other pools which will help us determine practice group schedules beginning Monday, June 1st. We will post no later than Friday May 29 what our schedule will be for June 1st. At some point we may have some groups go 3 to 4 swimmers in a lane depending on the group and the ability to keep social distance in mind. We are still encouraging dry-land for the swimmers.

Please- notify your primary coach if you know you will be absent for any extended period of time (ex. vacations or more than 3 days so we can plan appropriately). We will also be offering some race opportunities as the summer unfolds even in the form of intra-squad, virtual dual meets or possibly even dual meets. Note at this time there is a good chance we will be continuing practices in August, as consistency aids in learning and fitness improvement.

It's great to see the kids back in the water, please be patient with your kids, as they gradually get a feel back in the water, regain cardio capacity and strength. Those who weren't able to do some form of dry-land and other forms of conditioning, realize they may come back a little slower. So please understand, the staff will start with lots of body position, stroke efficiency and basic skills as gradually we'll increase the work volume and intensity over time, especially with the more experienced groups.

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 only method of communicating practice alerts for use of outdoor pools.



Team Alias: GUTXSST

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
Signup for tryouts for New swimmers [HERE](#)



May Birthdays Age-Date

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

Congrats to Our Winners:

AMRAP Week 5

8&Under:

Kivy Moore

9&100's:

Evan Vidinha

11&12's:

Ishan Pendyala

13&14's:

Justin Gonzales

15 & older:

Maven Moore

Coaches:

Coach Matt

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

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

Week 8 Challenge: “Return of the Burpee” Fri May 29th



**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)

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

- [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](#)