Week of May 31st Newsletter





Click to view Meet Announcement & other important information if available

June Training Schedule

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

Physical group workouts have resumed at practices – check your group schedule to see if before or after pool workout.

Sr Perf/Sr/Pre-Senior Drylands: Monday & Wed 8AM –
The Sr. group swimmers will be participating on zoom in a strength-focused workout using dumbells/kettlebells.
ALL Sr. Perf/Senior swimmers are expected to attend.
Zoom# 971-241-3075 Password 665972
(A couple of swimmers with expectations have been spoken to)

Google Classroom Code: bpxtqa6

Weekly group Zoom talks/learning with your coach – Some weekly zoom calls have been suspended due to coaches being on deck/in the water.

Disc. Adv: Zoom calls suspended

Exploratory: Zoom calls suspended

Expl Adv: Zoom calls suspended

Challenge: Zoom calls suspended

Pre-Senior: Wednesday 3pm - 612-829-8220

Sr Perf/Senior: Zoom call suspended

ALL Groups back in the water!

June 1st – Summer Squad begins
We have spaces in both Group 3 & 4 –
Tell your friends! More Info HERE

Optional Additional Sunday practice for Exploratory & Exploratory Advance June 6th – Click <u>HERE</u>

For Sale or Trade Page HERE

Important Deadlines

Always be prepared for dryland with running shoes & dryland clothes

Drop Off & Pickup Notes for Magnolia Creek:

Line up on Bay Area Blvd for drop off.

No Parking on Spring Canyon – only to be used for temporary stay for pickup.

Please remember that we are guests in Magnolia Creek.

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Return to Practice Info: All swimmers must be registered through the COVID Health Policies event <u>HERE</u> before returning to practice.

Print the layout of the Mag Creek Pool showing drop off/pickup <u>HERE</u> and go over with your swimmer.

Print the Back to Practice document <u>HERE</u> 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 <u>HERE</u>

Summer Squad – Registration Open for returning swimmers – Click <u>HERE</u> to learn more about Summer Squad Summer Squad families join our Remind Group for alerts

Class code: sssharks20

Signup for tryouts for New swimmers **HERE**

Sharks In the News: click HERE

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 inforegarding google classroom, webinars etc.



14 – 1st
13 - 2 nd 8 - 3 rd 13 - 3 rd 11 - 7 th 9 - 10 th 9 - 13 th 12- 18 th 17- 18 th 13- 23 rd 10 -25 th

Congrats to Our Winners:

AMRAP Week 8 - FINAL WEEK

8&Under:

Kivy Moore

9&100's:

Streeter Moore

11&12's:

Noah Givens & Hayden Nielsen

13&14's:

Braylynn Moore

15 & older:

Maven Moore

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COVID-19 AMRAP Challenge! Thank you to all who participated.





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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