



[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-Thurs – Coach Dacia
Zoom # 605-075-0665 – password – 4SharksSC

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

Google Classroom Code: bpxtqa6 – Swimmers will need a gmail account to log in. Their school email will NOT work as it is already tied to a different school district.

Weekly group Zoom talks/learning with your coach

Discovery Pre-Team/Disc.Adv/Exploratory: Thursday 4-4:30pm
Coach Kate Zoom #971-241-3075

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: Wednesday 4:15-4:45pm 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](#)

Thu May 14th 3:30pm – Team building leadership opportunity for Pre-Senior, Senior or Senior Performance swimmers. (see page 2 for details)

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:

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

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=XWAVZY4DWHAQA&source=url

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

(Donations are tax deductible)

Team Building Experience with Performance Leadership:

Thursday May 14th 3:30pm - For Sr Perf, Senior & Pre-Senior swimmers that are interested. Signups are limited to 16 total swimmers – a signup will be emailed out.

Food Donation Drive: Two of our swimmers, Lauren & Emery Fitzharris, have set up the following to help the Galveston County Food Bank. See flyer for more info on how you can help! Please email alli_doty@yahoo.com to schedule drop of or pick up of food donation.



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 4

8&Under:

Loukas Arghiropol & Kivy Moore

9&10's:

Madelyn Endress (TEST)

11&12's:

Sarah Spalding (TEST)

13&14's:

Lauren Tillman

15 & older:

Emily (TEST)

Coaches:

Coach Ross Davis (SSAN)

HELP US HELP THE GALVESTON COUNTY FOOD BANK!

HOW CAN YOU HELP GET FOOD TO FAMILIES?

Monetary Donations!

\$1 = 3 meals for people in need of food. See below for details.

Food Donations!

Food donations can be purchased online through sites like Amazon and shipped directly to the food bank's secondary building at:

Galveston County Food Bank
ATTN: Kidz Pacz
213 6th Street N.
Texas City, TX 77590

Food Collection!

You may drop items off at our house or we can pick up items at your house





308 Green Oaks
League City, TX 77573

Everyone is essential when it comes to ending hunger! When the COVID-19 crisis hit our area, the Galveston County Food Bank was working on collecting items needed for their children's summer meal program, Kidz Pacz. The program provides meals to children that need food assistance while school is out of session. Now, the food bank fears that the need is going to be much larger this summer due to hardships that COVID-19 has caused for families in our community.

KIDZ PACZ FOOD DRIVE

Help a child impacted by COVID-19. Donate to our summer meal program.

MOST NEEDED ITEMS

<p>Meals</p>  <p>7.25 - 10 oz/ pop top lids/ any flavor / any brand</p>	<p>Crackers</p>  <p>cheese or peanut butter individually wrapped</p>
<p>Juice</p>  <p>6 - 7 oz/ 100% Juice any flavors/ box or pouch</p>	<p>Granola Bars</p>  <p>chewy/ any brand individually wrapped</p>

(409) 943-4232 | www.galvestoncountyfoodbank.org
213 6th St N. Texas City, TX 77590

To make a monetary donation go to the food bank website:
<http://www.galvestoncountyfoodbank.org>

Click on "Donate Now"! Be sure to select other and enter "Fitzharris Food Drive"

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 5 Challenge: K.I.S.S. Challenge Friday May 8th



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](#)

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, Streeeter 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