



[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.

PLEASE NOTE – STEVENSON PARK POOL IS HEATED IN PREPARATION FOR SHARKS PRACTICES.

Schedule Changes Week of Nov 11th

Wednesday November 13th – Stevenson Park Pool

Senior & Senior Perf: 4:30pm – 7:00pm
Exploratory: 4:45pm – 6:15pm
Pre-Senior, Challenge & Expl. Adv: 6:10pm – 8:00pm

Friday November 15th – Stevenson Park Pool

Senior & Senior Perf: 4:30pm – 7:00pm
Exploratory: 4:45pm – 6:15pm
Pre-Senior, Challenge & Expl. Adv: 6:10pm – 8:00pm

Saturday November 16th – Natatorium

Discovery Advance: 9:30am – 10am Dry – 10am-11:30am Pool

Always be prepared for dryland with running shoes & dryland clothes

Championship Meets:

Swimmers in Sr. Perf, Senior, Pre-Senior, Challenge, Expl. Adv & Expl groups will be automatically entered into their qualifying championship.

Swimmers in Discovery Advance group are invited to participate in the 12 & Under Championship meet Dec 13-15 – Declare [HERE](#) Be sure to "save" after you have committed your swimmer.

ALL Sharks Swimmers qualify for a Championship Meet!

Nov 16th – 11am – 11:15am

Parent Meeting for 12 & Under Swimmers in Bleachers with Coach Kate

**Nov 23rd – 1st Annual Sharks Quad Meet
10am – 12Noon**

TEAM BLACK TEAM BLUE
TEAM GREY TEAM WHITE

All committed swimmers will be divided into 4 teams for a morning of FUN racing. The BIG Sharks will help organize the teams and **lead them to victory.**

If your swimmer would like to participate, commit YES so that we can have them on a team. Late entries will be accepted.

Official Big Shark-Little Shark Day – Declare [HERE](#) -Commit YES to attend **ALL SHARKS groups invited!**

Dec 5-8th – Southern Senior Championships – (TWST) – Qualifying Senior Swimmers
Preliminary Entries [HERE](#)

Dec 6-8th – Age Group Champs (Texas A&M – Qualifying Swimmers
Preliminary Entries [HERE](#)

Dec 6-8th – 13 & Over Champs – Location - TBD by Gulf
Preliminary Entries [HERE](#)

Important Deadlines

Nov 15th – 12 & Under Dec Champs

Coaches Corner:

[Four Tools That Can Help Build Resilience](#)

Meet your Parent Reps!

Below you will find a link to a page with the names of our awesome parent reps for each of our groups. You should have already heard from them, if not please reach out to them to ensure that they have the correct contact information and that their emails are not going to spam. Our parent reps will coordinate birthday celebrations and help out like at our Big Shark/Little Shark glow practice and can also answer general questions that you may have.

Developmental Groups:

Discovery Pre-Team & Discovery Advance: [HERE](#)

Age Groups:

Exploratory, Exploratory Advance & Challenge: [HERE](#)

Senior Groups:

Pre-Senior, Senior & Senior Performance: [HERE](#)

Parent Meeting for 12 & Under Swimmers:

Saturday November 16th – 11am – 11:15am in bleachers
Going over Quad Meet, December champ meets & holiday training schedules. Open to questions time. Please send any questions/topics to Coach Kate: sharkcoachkate@gmail.com



[Nov Birthdays](#)

Age-Date

Trent Conlon	6 – 3 rd
Ethan Ellington	9 – 5 th
Ishan Pendyala	12 -- 6 th
William Esbeck	9 -- 11 th
Addison Ho	7 -- 19 th
Steffan Ivanoff	8 – 21 st
Nate Henderson	12 – 21 st
Elleri Charl	5 – 23 rd
Kathrin Dickamore	10 – 25 th
Lauren Tillman	13 – 27 th

Sharks Hosted Meet Nov 9/10 – Thank you!

*Thank you to the many Sharks parents that volunteered for our hosted meet this past weekend. So many went above and beyond over these two days. There isn't enough room to thank everyone individually, it was most certainly a team effort, with many families volunteering even when their own swimmer was not participating. So many stepped in to cover gaps where needed, even when they had already finished their own shifts. **YOU ARE APPRECIATED** – It's because of great families like you that we can host these meets that are both an essential opportunity for our newer swimmers to swim in a meet close to home, but a fundraiser for our team as well.*

Congratulations to our Senior swimmers - for a successful Senior meet at SHAC 1st place as a team -

Some good racing, some good/mix results, while maintaining good training/practices. Though that was not the objective of this meet - we did learn a lot about race strategy & racing well the last 1/4 of their races, also folks realized that you can perform well outdoors & in beautiful 60 degree weather. Want folks to realize this is common in many states, including teams up north in the summer. Many of our Houston area teams training outdoors as well all year, it's us getting used to it and learning how to maintain body heat with wearing hats/shoes & layered clothing.

Sharks Clinic Series: Introducing the Sharks Swim Club Clinic Series! The clinics are open to all athletes 4 yrs & older who would like to improve their swimming technique and fitness. The different clinic series will be: Fall, Winter, and Spring Tune Up. Sign up for all 3 at once and receive a \$20 discount.

Click [HERE](#) to learn more info

Email Coach Matt for more info mtroquille@gmail.com



Sharks Swim School is open for registration for the Fall. Classes are available both mornings and afternoons at Friendswood High School. Click [HERE](#) to learn more and register
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New Team Records:

- Jason Marsh – 25 & 50 Breaststroke
- William Esbeck – 100 Breaststroke
- Annaliese Hughes – 100 Backstroke

Qualifiers

Age Group Champs

Tristan Arghiroopol, Peyton Becker, Elaine Bentley, Ellie Burke, Caden Cupisz, Emery Fitzharris, Andi Jeanes, KK LeBlanc, Alex Linden, Cameron Lowman, Paige McCray, Spencer Meyers. Emma Vestal, Allie Vidinha, Evan Vidinha, Gabi Volpe

Southern Senior Champs

Alejandra Acosta, Stevie Balistreri, Peyton Becker, Elaine Bentley, Kara Boemio, Ellie Burke, Emery Fitzharris, Lauren Fitzharris, Anjali Friedman, Leah Givens, David Hensley, Katie Hillegeist, Andi Jeanes, Elliot Kessler, Alex Linden, Joseph Lukner, Spencer Meyers, Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Emma Vestal, Allie Vidinha, Lauren Vidinha, Gabi Volpe, Jodyrn Waters, Erika Yeguez

Tags (4)

Andi Jeanes, Lauren Vidinha, Gabi Volpe, Peyton Becker

Sectionals (12)

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

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 2018-2019](#)
[TAGS Time Standards 2019](#)

[NCSA Jr National Time Standards 2019](#)
[Sectional Time Standards 2019](#)

