



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. ALL PRACTICES ARE AT FRIENDSWOOD NATATORIUM, UNLESS OTHERWISE NOTED**

**Schedule Changes for Week of Nov 18<sup>th</sup>**

**Sat Nov 23<sup>rd</sup> –**

Expl Adv & Pre-Senior 7:45am-9:45am  
Exploratory & Disc Adv & Pre-Team 9:30am 11:30am

**Schedule Changes for Week of Nov 25<sup>th</sup>**

**Wed Nov 27<sup>th</sup>**

**AM:**

Sr. & Sr. Perf – 7:00am-9:45am (last 45 min dry)  
Challenge & Pre-Sr – 7:30am-9:20am (last 20 min dry)

**PM:**

Sr. & Sr. Perf – 4:45pm-7:00pm  
Expl Adv, Challenge, Pre-Senior – 6:00pm-7:45pm  
Exploratory & Discovery Advance: 4:45pm-6:15pm  
Masters: 6:50pm-8:00pm

**Thu Nov 28<sup>th</sup> – NO PRACTICE ANY GROUP  
HAPPY THANKSGIVING**

**Fri Nov 29<sup>th</sup> –** Disc Pre-Team & Disc. Adv: 4:45pm-6:15pm

**Sat Nov 30<sup>th</sup> –** Discovery Pre-Team 10:00am-11:15am  
Discovery Advance 9:30am-11:15am

**Schedule Changes for Week of Dec 2<sup>nd</sup>**

**Sat Dec 7<sup>th</sup> -** Discovery Advance 9:30am-11:15am

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

**Nov 23<sup>rd</sup> – 1<sup>st</sup> Annual Sharks Quad Meet**

**10am – 12Noon**

TEAM BLACK TEAM BLUE  
TEAM GREY TEAM WHITE.

Declare [HERE](#)- BY FRIDAY Commit YES to attend

**ALL SHARKS groups invited!**

Itinerary [HERE](#)

See Page 2 for more details

**PLEASE REVIEW ENTRIES – NO CHANGES  
AFTER FRIDAY**

**Dec 5-8<sup>th</sup> – Southern Senior**

**Championships – (TWST) –** Qualifying Senior Swimmers

Revised Preliminary Entries [HERE](#)

**Dec 6-8<sup>th</sup> – Age Group Champs (Texas**

A&M – Qualifying Swimmers

Revised Preliminary Entries [HERE](#)

**Dec 6-8<sup>th</sup> – 13 & Over Champs –**

Location - TBD by Gulf

Preliminary Entries [HERE](#)

**Dec 14-15<sup>th</sup> – 12 & Under Champs –**

Location – TBD by Gulf

Preliminary Entries [HERE](#)

**ALL SWIMMERS DISC. ADV & UP  
QUALIFY FOR A CHAMP MEET!**

**Important Deadlines**

**Final Chance for Disc. Adv swimmers to opt in to 12 & U Champs – email your coach to declare BY FRIDAY 11/22**

### Championship Meets:

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

### Coaches Corner: [Volunteering is the best kept secret for mental health](#)

### Sharks 1<sup>st</sup> Annual Quad Meet – Saturday November 23<sup>rd</sup>

9:45am (warmup and placed in teams at this time)

Sign up BEFORE Friday on page 1 for the Quad meet. This is a fun 4-way dual intrasquad meet. We will have hot heats, raffle drawings and fun racing for everyone!

Sr/Sr Perf swimmers will be helping run the meet and lead the teams. Discovery Pre-team through Challenge swimmers will be divided on teams for head to head competitions.

### Sharks Christmas Toy Drive – Benefitting Friendswood Police Department - Blue Santa Program!

Please see the attached flyer [HERE](#). We will have a box for collecting toys and gift cards beginning December 2<sup>nd</sup>. Gifts are always easiest to buy for the younger ones but let's not forget the older children and teens.



### Nov Birthdays Age-Date

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



SHARK SWIM CLUB'S

## ANNUAL HOLIDAY TOY DRIVE

Benefitting Friendswood PD Blue Santa program

DROP OFF TOYS IN THE NATATORIUM  
STARTING DECEMBER 2

While new toys for all ages are welcome, let's focus on older kids who are often overlooked in Toy Drives! Ideas include skateboards, sports equipment, make-up, journals, movie passes, and gift cards!  
Email Meg at mcarthur@unne@gmail.com with questions.



**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](mailto: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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**Sharks All Time Top Performances**(updated 9/16/19)

<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 5 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 2018-2019](#)  
[TAGS Time Standards 2019](#)

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

**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**

Andi Jeanes, Lauren Vidinha, Gabi Volpe, Peyton Becker

**Sectionals**

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

**Winter Junior Nationals**

Sarh Szklaruk-Traipe

