



[Training Schedule: \(click to view\)](#)

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

Schedule Changes Week of Oct 21st

Friday Oct 25th – Stevenson Park Pool

Sr. Perf & Senior 4:30pm – 6:45pm
Exploratory 4:45-6:15pm
Pre-Senior 6:10pm – 8pm
Challenge 6:10pm – 8pm
Expl. Advance 6:10pm – 8pm

Saturday Oct 26th – Friendswood Natatorium Glow In the Dark Practice

Senior & Senior Perf – Regular Schedule
Challenge – Regular schedule
Expl. Advance – 9:45am – 11:30am
Pre-Senior, Expl. Disc. Adv & Disc. Pre-Team 9:30-11:30
Come ready for Dryland!

Schedule Changes Week of Oct 28th

Thursday Oct 31st

Senior & Senior Perf: 4:45pm – 7pm
Pre-Senior: 5:30pm – 7pm
Challenge 4:45pm – 6pm
Exploratory Adv, Expl & Disc. Adv & Pre-Team:
Groups 4:45-6pm

Always be prepared for dryland with running shoes & dryland clothes

Sponsorship T-Shirts & Cap Pickup: You may pick up your swimmer's sponsorship t-shirt and any caps ordered beginning **today through Thursday from 4:45pm-7pm.**

13 & Over swimmers may sign for their own items. 12 & Under swimmers must have parents sign/pick up.

If you have not yet received your latex cap as part of registration, you may get this at this time, can also purchase non-personalized silicone instead (invoiced to account)



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

Oct 26th – Big Shark-Little Shark Glow Practice!

Oct 27th – Rice Open Water – Twin

Lakes Manvel

Final Entries [HERE](#)

Itinerary [HERE](#)

Open Water All Star Team Selection Info [HERE](#)

Bring \$5 Cash for parking per vehicle

Nov 2nd-3rd - SHAC Senior Invite

Final Entries [HERE](#)

Nov 9th-10th – Sharks Hosted Invitational

Preliminary Entries [HERE](#)

Job Signup [HERE](#)

Concessions/Hospitality Signup [HERE](#)

Nov 23rd – Sharks Quad Meet – Official

Big Shark-Little Shark Day – Declare [HERE](#)

[Important Deadlines](#)

Nov 5th – Age Group Champs

Nov 9th – Southern Senior Champs & Senior (13 & Over) Champs

Nov 15th – 12 & Under Dec Champs

Coaches Corner- [Sleep & Learning](#)

[1961 AAU Nationals 200IM](#)

Sharks Hosted Meet Nov 9/10 – We are only a couple of weeks away from our 2-day hosted meet.

Preliminary entries are listed on the first page of our newsletter. Please verify that your swimmer's entry, this is your final week to contact your group coach if you wish to add or remove your swimmer.

Job Signup has been posted [HERE](#) We have MANY positions to fill.

11 & Older girls & 13 & Older boys will swim AM

10 & Under girls and 12 & Under boys will swim PM

Because this is a large meet with around 500+ swimmers plus their families, coaches and the amazing officials that also volunteer we are in need of assistance for both concessions and hospitality, both monetary and non-monetary. Please sign up [HERE](#). Please consider donating \$10 per day, any donations will be invoiced to your account.

If you sign up for any items like tables etc, please be sure to use masking tape to place your name on the items so that we can be sure it is returned to the correct person.

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.



[Oct Birthdays](#)

[Age-Date](#)

Abel Kruger	8 -- 2 nd
Layla Webb	10 -- 2 nd
Andi Jeanes	13 -- 3 rd
Aisling Finnerty	9 -- 4 th
Hannah Giles	14 -- 4 th
Tyler Gianocaró	14 -- 5 th
Ava Ariss	16 -- 10 th
Jared Remington	12 - 13 th
Pallas Pinkoski	12 -- 13 th
Azalea Parkhurst	13 -- 20 th
Katie Hillegeist	16 -- 22 nd

Sharks Masters Program – Program has resumed – Practices are Monday-Thursday 7:50pm – 8:50pm (First ten minutes dryland/warmup) Interested in our Masters program? Learn more about it [HERE](#)



JUMP INTO FALL WITH THE SHARKS

THE SHARKS SWIM CLUB
OFFERS
MORNING LESSONS ALL YEAR ROUND.

- MONDAY & WEDNESDAY
- FRIENDSWOOD HS POOL
- 9-10:30AM
- \$125/MO + \$25 ANNUAL REG FEE

Multi student discounts available

Beginners to pre team

Small Groups

Experienced Coaches

www.sharks-swim-club.org 832.895.1571

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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Qualifiers

Age Group Champs
(Coming soon)

Southern Senior Champs
(Coming soon)

Tags (4)

Andi Jeanes, Lauren Vidinha, Gabi Volpe, Peyton Becker

Sectionals (12)

Allie Vidinha, Joseph Lukner, Peyton Becker, Anjali Friedman, Maven Moore, Sarah Szklaruk-Traipe, Jodyn Waters, Leah Givens, Erika Yeguez, Abigail Nelson, Kara Boemio, David Hensley

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](#)