



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

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

**PLEASE NOTE PRE-SENIOR WILL NOW BEGIN THEIR DAILY DRYLAND AT 6:30pm.**

**Schedule Changes Week of Oct 8<sup>th</sup>**

**Wednesday Oct 9<sup>th</sup> -Stevenson Park Pool:**

Sr Perf 4:30-6:30pm

Senior: 5:45-8:15pm

Pre-Senior: 6:40pm – 8:30pm

Challenge: 6:10pm – 8:00pm

Exploratory & Expl. Adv: 4:45pm – 6:15pm

**Thursday Oct 10<sup>th</sup>** – Senior Perf – Normal practice at Natatorium

**Saturday Oct 12<sup>th</sup> – Friendswood Natatorium**

Expl. & Expl Adv 10 & Under: 9:30am – 11:30am

Discovery Advance: 10:30am – 11:30am

**Schedule Changes Week of Oct 15<sup>th</sup>**

**Monday Oct 15<sup>th</sup> 8pm-8:30pm** – Senior Perf & Senior training trip parent meeting in bleachers.

**Saturday Oct 19<sup>th</sup>**

Sr. Perf, Senior & Pre-Senior Invited:

7am-10:15am (dry 7am – 8am)

Expl & Expl A. 11 & Up 9:30am – 11:30am

**All 10 & Unders at Aqua Meet**

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

**Oct 12-13 – HCAP Invitational**

Final Entries [HERE](#)

Timing Signup [HERE](#)

Meet Itinerary [HERE](#)

11 & UP Swimmers

Sat AM/PM & Sun AM Sessions

**Oct 19-20 – 10&Under Aqua Invite**

Final Entries [HERE](#)

**Oct 27<sup>th</sup> – Rice Open Water – Twin**

Lakes Marvel

Final Entries [HERE](#)

**Nov 2<sup>nd</sup>-3<sup>rd</sup> - SHAC Senior Invite**

13 & Over with qualifying times

Preliminary Entries Coming soon

**Nov 9<sup>th</sup>-10<sup>th</sup> – Sharks Hosted Invitational**

Declare/Opt Out [HERE](#)

**Meet results from the Oct 5 Intrasquad Meet.** Good Job to everyone who participated and THANKS to all the parents that helped make it a successful morning. The coaching staff is working on the group assignments and programming for Fall Squad swimmers interested in swimming through the winter. Please contact Coach Matt or Coach Kate if you're interested in swimming year-round. Coach Kate: [sharkscoachkate@gmail.com](mailto:sharkscoachkate@gmail.com)  
Coach Matt: [mtroquille@gmail.com](mailto:mtroquille@gmail.com)

## Update on Shirts, Caps & Suits:

**Caps:** It was hoped that caps would be in prior to this weekend's meet, however, personalized caps will not be in by then. Please email Susan at [hille6@yahoo.com](mailto:hille6@yahoo.com) if you ordered a plain silicone or latex and need by this weekend.

**Shirts:** We hope to have the sponsorship shirts prior to the meet – be watching for an email regarding pickup times.

**Suits:** If you have ordered a suit from the parent meeting and have not received it, please contact Swim Shops or the Southwest at 281-485-3100

## Capital Sponsorship Campaign –

Final sponsorship wrap up and raffle winner will be announced soon!

**HCAP 11 & Up Invitational** – Timing assignments are up for this weekend's 11 & Up invitational meet. Please note this meet has swimmers participating in both Saturday AM & PM (starting at 5pm) and Sunday AM sessions. Please check your swimmer's entries [HERE](#) and Timeline of events [HERE](#) Timing will remain open through Wednesday evening. Any remaining positions Thursday am will be assigned to those participating but not signed up to time or officiate.

**Senior Performance & Senior Training Trip to Nebraska & Olympic Trials** – Signups Open Now.

Click [HERE](#) to see more information & Sign up

Parent meeting for Senior Perf & Senior Parents Monday October 14<sup>th</sup> 8pm – 8:30pm to answer questions.

**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](#)

## Important Deadlines

**Oct 15 – Sharks Hosted November Meet**



## Oct Birthdays

Age-Date

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

**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



[Qualifiers](#)

**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, Jordyn Waters, Leah Givens, Erika Yeguez, Abigail Nelson, Kara Boemio, David Hensley

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

**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](#)