Week of Oct 8th Newsletter



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 8th Wednesday Oct 9th - 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 10th – Senior Perf – Normal practice at

Natatorium

Saturday Oct 12th – Friendswood Natatorium

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

Schedule Changes Week of Oct 15th

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

Saturday Oct 19th

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 27th - Rice Open Water - Twin

Lakes Manvel Final Entries HERE

Nov 2nd-3rd - SHAC Senior Invite

13 & Over with qualifying times Preliminary Entries Coming soon

Nov 9th-10th – 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 Coach Matt: 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 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 14th 8pm – 8:30pm to answer questions.

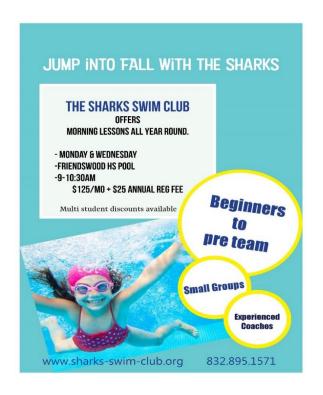
Sharks Masters Program – Program has resumed – Practices are Monday-Thursday 7:50pm – 8:50pm (First ten minutes dryland/warmup) Interested in our Masters program? Learn more about it HERE

Important Deadlines

Oct 15 – Sharks Hosted November Meet



| Oct Birthdays | Age-Date |
|--|--|
| Abel Kruger Layla Webb Andi Jeanes Aisling Finnerty Hannah Giles Tyler Gianocaro Ava Ariss Jared Remington Pallas Pinkoski Azalea Parkhurst Katie Hillegeist | 8 2nd 10 2nd 13 3rd 9 - 4th 14 4th 14 5th 16 10th 12 - 13th 13 20th 16 22nd |
| Kana i magaai | 10 22 |





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 <u>HERE</u> to learn more and register.

Sharks All Time Top Performances (updated 9/16/19)

| Team Records | Short Course Yards | Long Course Meters |
|-------------------|---------------------------|--------------------|
| Top 10 Individual | <u>Short Course Yards</u> | 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

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