Week of Sept 10th Newsletter





Training Schedule: (click to view)

Schedule Changes Week of Sept 10th Friday Sept 13th – Stevenson Park Pool

Sr Perf, Sr. & Pre-Senior 4:30pm - 7:00pm Challenge, Expl Adv, Expl. 6:00pm - 8:00pm (and any Pre-Sen that cannot make the earlier time)

Saturday September 14th-Sunday September 15th See Jim Richardson Clinic for times

Schedule Changes Week of Sept 17th

None as yet

Always be prepared for dryland with running shoes & dryland clothes

Thank you to all that have already taken meals to Coach Lou - he is continuing to recover, but since this will be a long process we are asking for your consideration in adding one serving to your own family dinner. Since Coach Lou lives alone, full meals are not necessary, but instead you need only adjust your own meal by adding one serving. We have two swim

moms that are helping to coordinate this: <u>Jennifer Hubenak</u> and <u>Rachel Ariss</u> Sign up <u>HERE</u>. **Let's** bless Coach Lou and speed his recovery with some home cooked meals!

Sharks Custom Cap Orders! We are now taking orders for both Silicone (Personalized and nonpersonalized) and latex caps for this competition year. Your swimmer's registration includes a latex cap, so your account will be credited with \$6 (cost of the latex cap) toward your order. All accounts will be invoiced. Please complete the google form HERE to order your caps. **DEADLINE IS** WEDNESDAY SEPT 18th. Please do this today!

Sharks Parents - Please note - Due to new Minor Athlete Protection Policies by USA Swimming -Parents that are not "non-athlete certified" may not be on deck during practices. Use of the locker rooms by parents is prohibited - please utilize the restrooms in the lobby if your swimmer requires assistance in changing.



Click to view Meet Announcement & other important information if available

Sept 13-15 – Jim Richardson – DETAILS BELOW

Sept 21 – Sharks Hosted Pentathlon Job signup HERE Preliminary Entries HERE 11 & over girls & 13 & over boys AM, 10 & under girls & 12 & under boys PM

Sept 29 – Senior Retreat – Sr. Perf, Sr & Pre-Senior Groups (13 & Older). Location TBD.

Oct 5 – Sharks Developmental Meet (Mag Creek Spring Canyon pool) Fall squad entered automatically Discovery Groups, Expl & Some PreSenior (\$10 cost for non-fall squad swime Click HERE to Commit/Decline

Oct 12-13 – HCAP Invitational 11& UP Swimmers-CLICK HERE TO DECLARE Sat AM/PM & Sun AM Sessions

Oct 19-20 – 10&Under Aqua Invitational Click HERE for more info & to declare

Important News

Sharks Hosted Pentathlon – Sat Sept 21 – Job signups are now open for signing up. We have many positions to fill. 11 & Older girls & 13 & Older boys will compete AM. 10 & Under girls & 12 & Under boys will compete PM

To sign up please click HERE

Please note, these times are only preliminary and WILL be adjusted

We are in need of some teens to also help at the meet that are looking for National Honor Hours – Please email Susan at <a href="https://hilleas.ni.nlm.ni.n

Capital Sponsorship Campaign – Update 9/10

While our sponsorship campaign is off to a fantastic start, we are only 20% of the way to our goal. We still have a long way to go! Thank you to the families who have brought in donations this week. This week we received donations from J.Kru Land Services, Decorative Pools & Landscape, Texan Bank, WRWCO LLC and C.Foster Physical Therapy. All of the sponsor donation information can be found on our website in the Sponsor Donation tab. Take the forms everywhere! Share the donation information on Facebook. Ask your local donut shop, restaurants, doctors...

Remember, aside from our combined goal, we have a goal to get \$250 in donations from each family!

Donations can be made by check, payable to "Sharks Swim Club", and either placed in the black box at the Natatorium or mailed to P.O. Box 361, Friendswood, 77549

Donations can be made online via the sharks paypal account – send to paypal@sharks-swim-club.org Please also complete the google sponsorship form for ALL donations HERE and include a copy of the completed sponsor form with all check donations. Copies can be found under the Sponsor Donations page on the Sharks website.

Important Deadlines

Sept 20 – HCAP Invitational (11&Up Swimmers)

Sept 23 – 10 & Under Aqua Invitational



Sept Birthdays	Age-Date
Paige McCray	13 - 1st
Jordyn Phillips	10 2 nd
Jackson Morlock	13 6 th
Madeline Schmid	9 7 th
Jordyn Waters	17 8 th
Caitlyn Gandara	13 9 th
Michael Moad	9 9 th
Koban Heallen	8 14 th
Lili Clepper	$13 - 15^{th}$
Corbin Kulcsar	10 17 th
Jaycee Duke	10 17 th
Abdullah Borji	12 18 th
Clara McGarvey	7 19 th
Ava Van Slooten	6 20 th
Maryam Borji	7 20 th
Kylie Petry	12 25 th
Moira McGregor	10 25 th
Grayson See	7 26 th

Jim Richardson Clinic – Sept 13-15

Hangar: 901 Buckingham Drive, Friendswood)

Sr. Perf/Senior/Pre-Senior:

Friday - Stevenson 4:30pm - 6:15pm - pool (body position/free/back

focus)

6:20pm - 8:00pm - dryland

Saturday - Natatorium 7am - 8am - out of water clinic for swimmers (fly/breast/neurology/grit presentation)

8am - 10:15am - pool time (primarily fly/breast)

Hangar 2:30pm -3:30 with parents

Nat 3:45-5pm swim

Sunday - Hangar 9am - 12 approx - swimmers only working on goals etc (if earlier finish, will be communicated)

Challenge/Expl. Adv/Expl:

Friday -Stevenson 6pm - 8pm

Swim/clinic (body position/free/back focus)

Sat Hangar 9:15-10:15am with parents

(neurology/grit presentation)

Natatorium 10:25-12noon swim clinic (fly/breast focus)

Hangar 1:40pm - 2:40pm with parents (Return on character RICH)

Natatorium 2:45-4pm swim clinic



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

Summer Southern Senior Zones (20)

Peyton Becker, Kara Boemio, Lauren Fitzharris, Anjali Friedman, Leah Givens, Angela Kapp, Alex Linden, Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Emma Vestal, Allie Vidinha, Jordyn Waters, Erika Yeguez, David Hensley, Joseph Lukner, Andi Jeanes, Stevie Balistreri, Spencer Meyers, Fitzharris



Sharks Swim School is open for registration for the Fall. Classes available at both Friendswood High School & Magnolia Creek. Click <u>HERE</u> to learn more and register. **AM Classes (Mag Creek)** Have spots available for September. PM Class at Friendswood – Level 2 Full, Level 1 has spots available. Spaces available for Mom & Me Class for Swimmers 2yrs & Up.

Sharks All Time Top Performances (updated 6/25/19)

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 Southern Senior Champs Time Standards 2018 TAGS Time Standards 2019 NCSA Jr National Time Standards 2019
Futures Time Standards 2018
Sectional Time Standards 2019

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