# Week of Sept 24th Newsletter





Click to view Meet Announcement & other important information if available

Sept 29 – Senior Retreat – Sr. Perf, Sr & Pre-Senior Groups MUST OPT IN TO ATTEND. Location: Camp Cullen – See Below

### Oct 5 – Sharks Developmental Meet

Meet Itinerary HERE

(Mag Creek Spring Canyon pool) Fall squad entered automatically Discovery Groups, Expl & Some PreSenior (\$10 cost for non-fall squad swimmers) Click HERE to Commit/Decline by Oct 2

#### Oct 12-13 – HCAP Invitational

Preliminary Entries HERE 11& UP Swimmers Sat AM/PM & Sun AM Sessions

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

Oct 27th - Rice Open Water Must opt IN to attend CLICK HERE

**Nov 2- SHAC Senior Invite** 13 & Over with qualifying times Declare **HERE** 

# Training Schedule: (click to view)

## Schedule Changes Week of Sept 24th

Sat Sept 28 – Stevenson Park Pool – ALL Groups begin with Dryland – WEAR SHORTS & TENNIS SHOES Senior Perf/Senior 7am-10:15am (7am-8am Dry) Challenge/Expl.Adv & Expl (A Group) 9:45am-11:30am

Expl (B Group), Disc. Adv & Fall Squad 11am-12:30pm

# Schedule Changes Week of Oct 1st

**Friday Oct 4** – Stevenson Park Pool Senior Perf/Senior 4:30pm - 6:30pm Pre-Senior 6:40pm – 8:00pm Challenge/Expl Adv 6:10pm - 8:00pm (1st 30min dry/educ) Exploratory 4:45pm – 6:15pm

Sat Oct 5 – Stevenson Park Pool – ALL Groups begin with Dryland – Wear Shorts & Tennis shoes Senior Perf/Senior 7am – 10:15am (7am-8am Dry) Challenge/Expl. Adv 9:45am – 11:30am NO PRACTICE EXPLORATORY – DEVELOPMENTAL MEET MAG CREEK POOL

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

Sharks Swim School will be running make up classes Wednesday & Friday at the Friendswood Nat and Saturday at the Stevenson Park pool. YOU MUST REGISTER FOR YOUR MAKE UP CLASS HERE.

The Exploratory kids will be divided into A & B groups to fit with the combined groups this weekend. Exploratory A & B Group Listed HERE The A group comes during the Challenge/Expl Adv practice and the B group comes during the Disc Adv/ Fall Squad practice.

Fall Squad Combo practice at Stevenson Park 11-12:30pm - all will start with drylands so have sneakers.

11-11:15am Parent Open Forum for age group swimmers & fall squad. Coach Kate will be available to answer questions about the group changes this year, the upcoming swim season, etc.

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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

# Coaches Corner - 5 Traps Swim Parents Should Avoid

# **Important Deadlines**

Sept 24 – 10 & Under Aqua Invitational

Sept 30 – Rice Open Water Twin Lakes

Oct 7 - SHAC Senior Invite

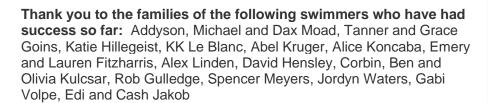
### **Sharks Hosted Pentathlon – Thank you!**

Thank you to the many, many volunteers who helped to coordinate this large meet for our swimmers. Many people spent time in preparation for, during and even after the meet for cleanup. This is much appreciated.

Our next hosted meet is November 9th & 10th.

# Capital Sponsorship Campaign - Final Week! There is

just ONE week left to gather sponsors for our sponsorship campaign, and it is NOT TOO LATE! Many of you have hit the pavement asking for donations...please take this week to follow up with forms you have left! Sometimes a phone call is all that is needed to remind a business about their promise of a SHARK donation. Remember, sponsors and donors can include you, your family, friends, a favorite business/restaurant, physician or urgent care, a physical therapist, favorite realtor, etc. MANY BUSINESSES WANT TO SUPPORT THEIR COMMUNITY, IT'S JUST A MATTER OF ASKING!! The Sponsor Letter and Information Form are attached to this email as well as the Sharks website on the sponsor donation page. (We are happy to accept a donation at any time, but we must have donations by the end of this week to include the sponsor on the back of our team tshirts and hoodies.)



If your company matches donations, we are happy to fill out your company paperwork or provide a formal letter with our tax ID number. We are a NON-PROFIT organization and tax benefits for your company DO apply!



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

AND last but not least, THANK YOU to so many of you who have told me you are really trying for our team, even going out of your comfort zone!!! For those who have not had a chance yet, PLEASE HELP US MAKE OUR GOAL, and pick at least 1-2 businesses to stop by and ask this week...it is a great learning experience for your swimmer to present the program him/herself!

<u>The deadline for businesses to be included on our sponsor merchandies is this Friday, September</u> 27, 2019, by 8pm.

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Donations may be made by CHECK (payable to SHARKS Swim Club, placed in black box on deck) - OR- PAYPAL via paypal@sharks-swim-club.org

**Thank you to everyone for all your help!!** Questions? Please contact: Allison Fitzharris 281-636 8991, sharks.sponsors@gmail.com

To print forms click <u>HERE</u> Each sponsor must be entered on the google form HERE

# Team Swag Store – Inked Design – Store Closes This Friday September 27<sup>th</sup>!

Lots of awesome merchandise available at the Sharks fall merchandise store will be open through Friday Sept 27th!

Stock up on new Sharks gear for your whole family!

Please be sure to click local pick up when checking out to avoid shipping charges. Click <u>HERE</u> to see what's available & to order.

Note: all swimmers will receive a free sponsor shirt (paid for already with registration) If you would like extras, adult sizes or other styles they will also be available in the store. Happy shopping!!



#### **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

**Big Shark/Little Shark Program:** Each year we pair up our Senior Perf & Senior swimmers with swimmers in the Discovery Adv/Pre team and Exploratory groups. We hope to create a connection for both our youngest & older swimmers across the program and use it as a learning experience for all. The link shows the Big-Little groupings for the short course season and dates where we have planned activities. Most events will be held on Saturdays after the Sr/Sr Perf practice to work with everyone's schedules. We have some new events scheduled for the fall, a Glow practice at the end of October and a fun Quad meet before Thanksgiving to name a few. Talk to any of the coaches if you have any questions about the program. Click HERE to See the Big Shark-Little Shark pairings and schedule of upcoming events.



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.

#### **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

<u>USA Motivational Time Standards for 2017-2020</u> <u>Age Group Champs Time Standards 2018-2019</u> TAGS Time Standards 2019 NCSA Jr National Time Standards 2019 Sectional Time Standards 2019

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