



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

[Training Schedule: \(click to view\) begins 9/3](#)

Schedule Changes Week of Sept 3rd

Monday September 2nd – No Practice Any Group

Tuesday September 3rd – **Regular Schedule resumes** [HERE](#)

Saturday September 7th – Team Pictures Schedule

Sr. Perf, Senior, Pre-Senior, Challenge, Expl. Adv, Expl & Discovery Groups:

Team Picture – 8am SHARP!

Individual Pictures – after team pics

Big Shark/Little Shark – after team pic – until 10am

Schedule Changes Week of Sept 10th

None as yet

Always be prepared for dryland with running shoes & dryland clothes

Sept 3 – Regular training schedule begins - [HERE](#)

Sept 7 – Team Pictures – Print your order form [HERE](#)

Team Picture: 8am

Individual Pictures: following team pic
Big Shark/Little Shark activities until 10am

Sept 13-15 – Jim Richardson – DETAILS BELOW

Sept 21 – Sharks Hosted Pentathlon Job signup [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.

As you will have heard, Coach Lou just underwent surgery. Thankfully he is now home, recovering, but will need some assistance in the form of meals. 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: [Jennifer Hubenak](#) and [Rachel Ariss](#) Sign up [HERE](#). Let's bless Coach Lou and speed his recovery with some home cooked meals!

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.

Coaches' Corner

[How to Help your athlete fight the culture of comparison](#)

Important News

Big Shark/Little Shark - This is a program where we pair up the 'little shark' Discovery Pre-Team, Discovery Adv and Exploratory swimmers with 'big shark' swimmers from the Senior & Senior Performance team. We will have big shark - little shark Saturdays throughout the year.

Click [HERE](#) to see the master Big Shark/Little Shark list.

Team Pictures: For the following groups: Senior Performance, Senior, Pre-Senior, Challenge, Exploratory Advance, Exploratory, Discovery Advance & Discovery Pre-Team.

Please be patient and understanding that although the photographers will move very quickly, you may have to wait for individual pictures. Thank you for your patience ahead – Coach Dacia.

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 hille6@yahoo.com if you have an interested teen.

Capital Sponsorship Campaign – Update 9/3

Our Sponsorship Campaign is off to a great start. Last week we received several more donations! Thank you to Ellis Moon Orthodontics, League City Donuts, Kolaches and Tacos, The Family of KK Le Blanc, Brasserie 1895, Gina's & Gringos! Remember, you will be entered into a raffle for a month of free training fees for every \$500 you raise. Two winners will be chosen.

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 Birthdays

	<u>Age-Date</u>
Paige McCray	13 – 1 st
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
Clara McGarvey	7 -- 19 th
Ava Van Slooten	6 -- 20 th
Kylie Petry	12 -- 25 th
Moira McGregor	10 -- 25 th
Grayson See	7 -- 26 th

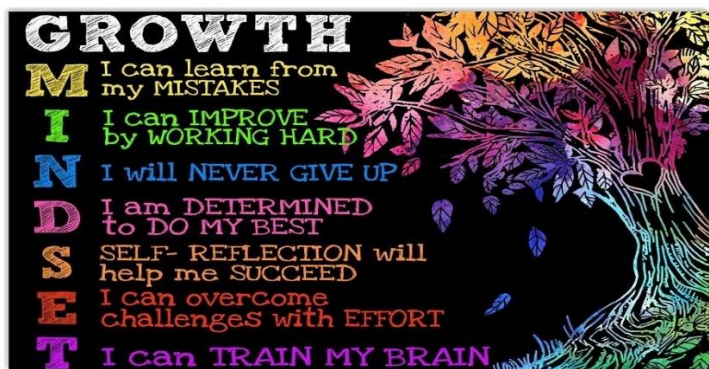
Jim Richardson Clinic – Sept 13-15

Sharks Clinic & Educational talks with Jim Richardson.

Coach Richardson was the University of Michigan Head Coach for 20 years and continues to run their swim camp. This clinic will be for ALL Sharks families with topics that everyone can learn from.

Save the date! Topics to be discussed:

- Stroke technique for all strokes
- Mindset & Grit
- How we learn and neuropsychology
- RICH (return on character) and guiding principles for Senior groups



Sharks Swim School is open for registration for the Fall. Classes available at both Friendswood High School & Magnolia Creek. Click [HERE](#) 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](#)

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, Emery Fitzharris