



MASKS MUST BE WORN WHEN OUT OF THE POOL BY ALL SWIMMERS WHEN THEY ARE CLOSE TOGETHER.

2020-2021 Practice Schedule

Conflict Dates

Only changes to regular schedule will be listed below

Friday Jan 29th – Stevenson Park Pool

Sr/Sr Perf – 4:30pm-6:00pm
Expl 1 – 5:45pm-7:15pm
Expl Adv 1 – 5:45pm-7:15pm
Challenge – 6:30pm-8:15pm
Pre-Sr 6:30pm-8:15pm
NO DISCOVERY PRE-TEAM PRACTICE

Saturday Jan 30th – Stevenson Park Pool

Sr/Sr Perf – 7:15am-9:45am
Challenge – 7:15am-9:00am
Expl 2 – 9:00am-10:15am
Expl Adv 1&2 – 9:45am-11:15am
Swim Fit – 10:15am-11:15am
Disc. Adv 1 & 2 – 11:15am-12:00pm

Always be prepared for dryland with running shoes & dryland clothes

Coaches Corner [Stuff That Might Not Work](#)

[How to overcome fear TED Talk](#)

Spring break this year for all swimmers is: Fri. March 12-Sun. March 21, when the pool is closed down and want folks to recharge/reset. Then will start back up Mon. March 22nd with stroke/skill improvement work in preparations for our Spring/Summer Long course season. We will still offer short course meets for those we feel need to race more short course yards. Our goal is to complete approx. 1 LC or SC meet a month. Once we have meets we will post them.

Progress Reports & Test Sets by group [HERE](#)

Upcoming Events

Links will be highlighted in blue to click on and take directly to page on website.

Bleacher signup – sign up to be in the natatorium while your swimmer is in the pool – [HERE](#) Updated each Sunday

Jan 31st – Optional Practice – Signup [HERE](#)

Jan 31st – Developmental Meet – Discovery Pre-Team & Swim Fit Groups ONLY are invited.

Feb 13th-14th- SSAN Feb Champs – 12& Under swimmers. (All Disc Adv, All Expl) Klein Oak High School
More Info & Opt In/Decline [HERE](#)

Feb 19th 21st – 13 & Older Invite at Fleet – All Sr & Sr Perf. 13 & Over Challenge Prelim Final Meet – split into 2 prelims sessions Preliminary Entries [HERE](#)

Feb 26th-28th – Fleet 12 & Under Champs – 3 Day Prelim/Final meet for swimmers in: Challenge, Expl Adv & Expl siblings of Challenge & Expl Adv.
More Info [HERE](#)

Feb 27th-28th – Ambush February Champs – (If you cannot attend the SSAN Meet) Opt in/Out [HERE](#)

March 5th-7th – Spring Champs Prelim/Finals Spring Champ meet at FHS. All Sr & Sr Perf, 13 & Over Pre-Senior & Challenge with 3/BB times [HERE](#) Details & time standards tbd.

March 5-7th – Texas Age Group Champs – For qualified swimmers Woodlands [HERE](#)

Hosted Meet Job Descriptions [HERE](#)

Important Deadlines

12 & Under Champs at Fleet – Feb 1st

Sharks Hosted Spring Prelim Finals Champs – Feb 15th

Small group signup for Exploratory & Disc. Adv Swimmers – can sign up for 1 spot each month, a second, if space is available. [HERE](#)

February/March Champ Meet Info [HERE](#)

IMX/ IMR reports for fall 2020 short course season. The IMX (IM extreme) and IMR (IMR ready) programs is a national program that encourages swimmers to swim all events. Swimmers are ranked in single year age groups against all the other swimmers in the country in the year. Our team wants all swimmers to be well rounded and swim every event each season. Each group has either an IMR or IMX goal.

13 & Over swimmers: IMX of 2000 (200s of stroke + 500free)
12 & Under swimmers: IMX of 1500 (100s of stroke + 200/500free)

Exploratory- all swimmers with an IMR score
Exploratory Adv- all swimmers with an IMX score

You can find your swimmer's score and ranking on the attachments. We currently have 35 swimmers who have completed their IMX events and 78 who have completed their IMR events.

[IMR as of Jan 26, 2021](#)

[IMX as of Jan 26, 2021](#)

Sharks Social Media – Links to follow:

Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)
Sharks Youtube channel [HERE](#)

Sharks All Time Top Performances (updated 3/24/20)

Team Records: [Short Course Yards](#) [Long Course Meters](#)
Top 10 Individual: [Short Course Yards](#) [Long Course Meters](#)
Top Relays: [Short Course Yards](#) [Long Course Meters](#)

Time Standards are linked [HERE](#) on our website



Qualifiers

Age Group Champs

Emery Fitzharris, Hayden Holcomb, Andi Jeanes, KK LeBlanc, Cameron Lowman, Paige McCray, Selim Mahmoud, Vanessa Marsh, Streeter Moore, Ben Nendza, Hayden Nielsen, Lauren Tillman, Gabi Volpe

Tags

Emery Fitzharris, KK LeBlanc, Selim Mahmoud, Ben Nendza

Sectionals

Stevie Balistreri, Kara Boemio, Chase Ferguson, Emery Fitzharris, Anjali Friedman, Leah Givens, David Hensley, KK LeBlanc, Joseph Lukner, Maven Moore, Abigail Nelson, Allie Vidinha, Erika Yeguez

Southern Senior Zones

Stevie Balistreri, Elaine, Bentley, Kara Boemio, Chase Ferguson, Emery Fitzharris, Anjali Friedman, Leah Givens, David Hensley, Katie Hillegeist, Andi Jeanes, KK LeBlanc, Alex Linden, Abigail Lowman, Joseph Lukner, Paige McCray, Spencer Meyers, Maven Moore, Abigail Nelson, Lauren Tillman, Emma Vestal, Allie Vidinha, Gabi Volpe, Erika Yeguez

NCSA's

Kara Boemio, David Hensley, KK LeBlanc, Maven Moore, Abigail Neslon, Erika Yeguez