Week of November 1st Newsletter



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 normal practice schedule will be listed – if schedule is normal it will NOT be listed below.

Friday Nov 6th - Stevenson Park Pool

Sr/Sr Perf - 4:30pm-6pm Exploratory 1 – 5:45pm-6:45pm Expl Adv 1 – 5:45pm-7:15pm Challenge – 6:30pm-8:15pm Discovery Pre Team – OFF

Saturday Nov 7th – Friendswood Natatorium Pre-Senior 1 & 2 – 6:45am-8:30am (additional option to Stevenson practice) 6:45-7:15 Dry, 7:15-8:30 Pool.

Always be prepared for dryland with running shoes & dryland clothes

Coaches Corner

Progress Reports & Test Sets by group HERE

Sharks Cap Pickup: For those that have not yet picked up their caps – we will have one more opportunity to pick them up – tomorrow, Wednesday, Nov 4th 4:30-7:30pm outside the Natatorium.



Click to view Meet Announcement & other important information if available

Bleacher signup – sign up to be in the natatorium while your swimmer is in the pool – as we are limited on numbers <u>HERE</u> This list will be refreshed each Sunday for the upcoming week.

Cap Pickup – Wed Signup <u>HERE</u>

Nov 7th & 8th – SHAC Senior meet 13 & Overs with 3 BB times. (Times will be updated before final entries are submitted) Itinerary to follow once info from host Timing signup to follow Final Entries <u>HERE</u>

Nov 8th_- Optional Practice. Signup HERE

Fri Nov 13th – Friday night distance races – Distance Free during Friday night practice 14 & U 500 Free, 11 & Over 1000 Free (unsanctioned) Commit <u>HERE</u>

Nov 14th – Sharks Hosted 11 & Over Meet – for all 11-12 & 13 & Over not in SHAC Senior meet.

Friday Nov 20th – Friday night IM races during practice – 14 & Under 200IM, 11 & Over 400IM (unsanctioned) Commit <u>HERE</u>

Nov 21st - Sharks Hosted 10 & Under meet

Dec 6th – Developmental Meet Discovery Groups, Swim Fit & select Exploratory

Important Deadlines

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Nov	Age-Date
Ava Boring	7 – 1 st
Trent Conlon	7 – 3 rd
Ethan Ellington	10 – 5 th
Addi Davis	10 – 11 th
Sydney Bonewald	13 – 15 th
Steffan Ivanoff	9 – 21 st
Elleri Chari	6 – 23 rd
Kathrin Dickamore	11 – 25 th
Lauren Tillman	14 – 27 th

Sharks Social Media – Links to follow:

Sharks Facebook <u>HERE</u> Sharks Instagram <u>HERE</u> Sharks Youtube channel <u>HERE</u>

Sharks All TimeTopPerformances (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 <u>HERE</u> on our website

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