Week of November 22nd Newsletter



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

2020-2021 Practice Schedule

Conflict Dates

Thanksgiving Week Schedule To give families traveling on Wed 11/25 a practice opportunity. AM or PM for several groups signup HERE

Wednesday Nov 25th -

AM - All at Stevenson -

Sr/Sr Perf – 7:45am-10:00am

Signup Required:

Challenge – 9:30am-11:00am

Pre-Senior – 9:30am-11:00am

Exploratory & Exploratory Adv 10:30am-12:00pm

PM - All at FHS -

Discovery Pre-Team - 5:00pm-5:30pm

Senior - 5:40pm-8:00pm

Sr Perf - 4:45pm - 7:00pm

Signup Required:

Expl & Expl Adv - 4:45pm-6:15pm

Challenge - 6:00pm-8:00pm

Pre-Senior - 6:00pm-8:00pm

Thursday Nov 26th - No practice any group

Friday Nov 27th - FHS

Exploratory 1 & 2 – 4:5pm-6:15pm

Discovery Adv 1 & 2 – 4:45pm-5;45pm

Sr/Sr Perf – 4:45pm-6:45pm/7:00pm

Challenge - 6:00pm-8:00pm

Expl Adv 1 & 2 - 6:30pm-8:00pm

Pre-Senior - 6:30pm-8:00pm

NO Discovery Pre-Team practice

Saturday Nov 28th - FHS

Sr/Sr Perf – 7:00am-10:15am

Challenge – 7:45am-9:30am

Discovery Advance 1&2 - 9:30am-10:15am

Exploratory 1 & 2 – 10:00am-11:30am

Exploratory Advance 1 & 2 – 10:00am-11:30am

Swim Fit – 10:30am-11:30am

Always be prepared for dryland with running shoes & dryland clothes

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 – as we are limited on numbers HERE This list will be refreshed each Sunday for the upcoming week.

Nov 29th - Optional Sunday Practice - Signup HERE

December Champ Meet Info HERE

Dec 5&6 – 12 & Under Champ Meet at SSAN (Challenge, Exploratory Adv & select Exploratory swimmers)

Dec 6th – Developmental Meet-Discovery Groups, Swim Fit & select Exploratory swimmers. Commit <u>HERE</u> Deadline Nov 30) Meet Info <u>HERE</u> Estimated Itinerary HERE

Dec 18-20th – Sharks Winter Invite for 13 & Over – commit $\underline{\mathsf{HERE}}$

Friday Timed Finals, Sat & Sun Prelim/Finals and Timed finals middle session

Jan 15-17th – Belton Travel Meet - HERE

Important Deadlines

Mon Nov 30th-Developmental Meet Dec 6

Mon Nov 30th - Sharks Winter Invite Dec 18-20

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Coaches Corner

Progress Reports & Test Sets by group <u>HERE</u>

<u>Senior Performance Dryland</u>: Monday, Wednesday & Friday or Saturday to be determined on the week.

Holiday Practice Schedule HERE

Swimmers should be signed up for the days they will attend. This will allow coaches to better plan lanes at practice,



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



Tristan Arghiropol, Emery Fitzharris, Ayden Hilliard, Hayden Holcomb, Edi Jakob, Andi Jeanes, KK LeBlanc, Cameron Lowman, Paige McCray, Selim Mahmoud, Nicole Medina, Streeter Moore, Hayden Nielsen, Andrew Sugunan, Lauren Tillman, Evan Vidinha, Gabi Volpe

Tags

KK LeBlanc, Gabi Volpe

Sectionals

Stevie Balistreri, Kara Boemio, Anjali Friedman, Leah Givens, David Hensley, Joseph Lukner, Maven Moore, Abigail Nelson, Allie Vidinha, Erika Yeguez

Southern Senior Zones

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

NCSA's

Maven Moore, Abigail Nelson, Erika Yeguez

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 HERE on our website