



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.

Thursday Nov 12th - Stevenson Park Pool

Sr/Sr Perf - 4:30pm-6pm (dryland 6-6:30pm)
Disc. Adv 1 & 2 & Exploratory 2 – 5:45pm-6:45pm
Expl Adv 2 – 4:45pm-6:00pm
Challenge/Pre-Sr – 6:45pm-8:15pm
No Swim Fit

Friday Nov 13th – FHS – Friday Night Races

Exploratory 1 & Disc.Pre-Team regular practice

Friday Night Races: If your swimmer is not entered in the final entries, they do not have practice)
Sr/Sr Perf 4:45pm-7:20pm (Meet 5:45-6:15) Dryland & Pizza 6:30pm-7:20pm
Expl Adv 1&2 – 5:45pm-7:00pm (Meet 6:30pm-7pm)
Challenge – 6:15pm-7:00pm (Meet 7-7:30pm)
Pre-Sr 1 & 2 – 6:40pm-8:00pm (Meet 7:30pm-8pm)

Saturday Nov 14th – Stevenson Park Pool-Swimmers not in meet:

Sr/Sr Performance – 7:30am-9:45am
Disc Adv 1 & 2 – 11:00am-11:45am
Exploratory 2 – 9:45am-11:00am
Expl Adv 2 not in meet – 9:45am-11:00am
Swim Fit – 11:00am-11:45am

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

Coaches Corner

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



Upcoming Events

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 [HERE](#)
This list will be refreshed each Sunday for the upcoming week.

Fri Nov 13th – Friday night distance races – Distance Free during Friday night practice 14 & U 500 Free, 11 & Over 1000 Free (unsanctioned)
Itinerary [HERE](#)
Entries [HERE](#)

Swimmers will need to provide own timers & counters as necessary.

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

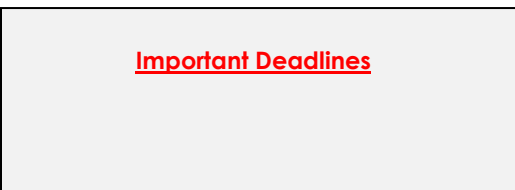
Final Entries [HERE](#)
Job Signup [HERE](#)
Itinerary [HERE](#)
Timeline [HERE](#)

Nov 15th – Optional Practice. Signup [HERE](#)

Friday Nov 20th – Friday night IM races during practice – 14 & Under 200IM, 11 & Over 400IM (unsanctioned)

Nov 21st – Sharks Hosted 10 & Under meet
Final Entries [HERE](#)

Dec 6th – Developmental Meet-Discovery Groups, Swim Fit & select Exploratory swimmers. Commit [HERE](#)



Important Deadlines

Practice Changes for Challenge, Exploratory Adv

2 & Pre-Senior groups: (except for Scheduled conflicts)

Beginning Monday, November 16th:

Challenge – will move back to FHS schedule

Exploratory Adv 2 – will move back to FHS

Exploratory Adv 1 & 2 Saturdays will move back to FHS.

Pre-Senior – now will offer 6 practices, Sunday-Friday, but due to offering all the days, we may have to implement signup on some days (ex-Mondays so as to keep our #s at max 20 swimmers)

Pre-Senior – Tuesdays & Thursdays -Stevenson 5:45-7:30pm

Monday & Wednesday – FHS – 6:30pm-8:30pm

Friday – FHS – 6:30pm-8:00pm

Swim Fit will still be offered Tue & Thu at Stevenson 5:00-5:45pm as well as Saturdays and Sundays at FHS per schedule, as changes will occur due to FHS closures at times.

Sharks Hosted 11 & Over Meet Nov 14th

Job signup is now open for this Saturday's meet for our 11 & Overs that did not attend the SHAC Senior meet. Final entries, timeline and itinerary are linked above. Job signup will remain open through Thursday at midnight. Any remaining open positions not filled will be assigned to those in the meet but not signed up or officiating. This is the perfect opportunity to get hours even if your swimmer is NOT participating.

Sharks Social Media – Links to follow:

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

Sharks Youtube channel [HERE](#)



Qualifiers Age Group Champs

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