

## Upcoming Events

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

Week of Dec 13<sup>th</sup> Newsletter



Masks are strongly recommended at practice, but not required.

2021-2022 Practice Schedule

[Holiday Training Schedule 21](#)  
(updated 12/14/21)



**Practice changes this week:**

**Sat Dec 18<sup>th</sup>** – No Discovery Advance practice due to the Reindeer Races meet.

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

**Coaches Corner:** [What Swimmers Should Eat Before, During, and After a swim meet.](#)

Visiting guest coach Gordy Westerborg will be doing some fly drills/skill work during a portion of our Friday & Saturday practices.

We strongly encourage all our groups to take advantage of the weekend and Holiday practice sessions.



Sydney Yost was left off the birthday list last week-Sydney turns 16 on Dec 28<sup>th</sup>

**[Sharks Toy Drive – last day December 15<sup>th</sup> – TOMORROW!](#)**

Sharks will be collecting toys for the Blue Santa program this year. Blue Santa is sponsored by the Friendswood Police Officers Association. Read more in the above link. There is a list of possible gifts. We will begin collection **December 6<sup>th</sup>** and continue until **December 15<sup>th</sup>**. Don't forget to pick up an extra new unwrapped toy for a child less fortunate and drop off in the bin we will have in the lobby.

**Team Relay Policy for Champs Meets:**  
[HERE](#)

**Dec 17<sup>th</sup>-19<sup>th</sup>** – [Gulf Age Group Champs](#)

14 & Unders with qualifying times  
Entries [HERE](#) Itinerary [HERE](#)  
Warmup & Timing [HERE](#)  
Psych Sheet [HERE](#)

**Dec 18<sup>th</sup>** - [Developmental Meet – Reindeer Races](#)

Opt IN by Dec 16<sup>th</sup>  
Itinerary to follow by email.  
Job signup today 7pm along with tshirt pickup. [HERE](#)

**Dec 18<sup>th</sup>** – Tshirt & Cap Pickup/Sales (signup under Reindeer races meet)

**Dec 21<sup>st</sup> – Sr & Sr Perf Axe Throwing**

team bonding activity – 1pm at Axe Experts in League City. Email Coach Dacia if swimmer wants to go \$18/swimmer.

**Jan 2<sup>nd</sup>** – [Sulfur Day Trip](#) Sr/Sr Perf & Invited Pre-Senior training/racing day in Louisiana.

Opt In by Dec 10<sup>th</sup>

**Fri Jan 7<sup>th</sup>** – 4:30pm-7:30pm Speedo Rep coming for high performance tech suit sizing for 13 & ups.

**Sun Jan 9<sup>th</sup> – Winter Warrior Celebration**  
– Dinner & a movie

**Jan 15<sup>th</sup>-16<sup>th</sup>**– [Aqua Meet](#)

Preliminary Entries [HERE](#)  
Final Entries 12/21/21  
No changes after 12/23/21 @ Noon

**Jan 14<sup>th</sup>-16<sup>th</sup>** – [TWST Prelim/Finals Meet](#)  
Opt Out by Dec 12<sup>th</sup>



**Shirts & Caps** – we still have sponsorship t-shirts that were not picked up along with caps. We will have one final pickup this Saturday during practice and the developmental meet. Job signup will open tonight for caps/shirts pickup at 7pm.

We also have extra older design shirts that will be available for sale during this time at a discounted price. You may purchase a shirt/sign for it, and your account will be invoiced accordingly. Please do not try to pay for shirts there.

**Winter Warrior** -Winter Warrior is a challenge for all of our swimmers to come to 100% of their practices over the holiday break. Swimmers in the Discovery Pre-Team-Senior Performance groups who come to 100% of their practices have a winter warrior celebration on January 9.

[IMR-Report](#) through Dec Champs Meet – Congrats to the 99 swimmers that have swum all of their IMR events. The goal is for all of our Exploratory-Sr Performance swimmers to complete the events with a minimum score of 1000.

[IMX-report](#) through Dec Champs meets. Congrats to the 36 swimmers that have swum all of their IMX events. The goal is for all of our Exploratory Advance-Sr Performance swimmers to complete their events with a minimum score of 1500.

**[Sr/Sr Perf & Invited Pre-Senior Sulfur Day Trip & Racing:](#)**

Short team bonding trip & training, along with racing a few Louisiana teams. More specific info coming. Need to know commitment and numbers before Dec 10<sup>th</sup>.

**Reindeer Races Developmental Meet – Sat 18<sup>th</sup> – at FHS.** Itinerary and other details will be emailed out. Job signup will open this evening at 7pm. This will include tshirt and cap pickup for those that have not already picked up their sponsorship shirt or caps.  
12/14/21 7pm – one signup per family (link on page 1)  
12/16/21 7pm – unlimited signup for any remaining open positions  
12/17/21 9am – any positions remaining open will be assigned to those not already signed up.

**Sharks Social Media – Links to follow:**

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

**Sharks All Time Top Performances (updated 11/16/21)**

**Team Records:** [Short Course Yards](#) [Long Course Meters](#)

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

**Qualifiers**

**Age Group Champs**

Tanner Antley, Macey DeGroot, Ethan Ellington, Ayden Hilliard, Annaliese Hughes, Edi Jakob, KK LeBlanc, Caleb Livesay, Abigail Lowman, Vanessa Marsh, Ben Nendza, Hayden Nielsen, Lauren Tillman, Gabi Volpe

**Tags**

Macey Degroot, KK LeBlanc, Ben Nendza, Gabi Volpe

**Sectionals**

Stevie Balistreri, Kara Boemio, Chase Ferguson, Leah Givens, David Hensley, KK LeBlanc, Spencer Meyers, Maven Moore, Abigail Nelson

**Southern Senior Zones**

Stevie Balistreri, Kara Boemio, Ethan Bonow, Macey Degroot, Chase Ferguson, Leah Givens, Natalie Goza, David Hensley, Katie Hillegeist, Edi Jakob, Andi Jeanes, Katie Koenst, KK LeBlanc, Abigail Lowman, Paige McCray, Spencer Meyers, Braylynn Moore, Maven Moore, Abigail Nelson, Joe Nendza, David Szklaruk-Traipe, Lauren Tillman, Gabi Volpe, Caroline Westbrook

**NCSA's**

Stevie Balistreri, Kara Boemio, Chase Ferguson, David Hensley, KK LeBlanc, Maven Moore, Abigail Nelson

**Futures**

Stevie Balistreri, Kara Boemio, KK LeBlanc, Maven Moore