



Masks are strongly recommended at practice, but not required.

[2021-2022 Practice Schedule](#)

[Holiday Training Schedule 21](#)
(updated 12/20/21)



Practice changes this week:

NO SWIM FIT THIS WEEK

Fri Dec 31st– Please see Holiday training schedule for adjustments today.

Sat Jan 1st – No training any groups – Happy New Year

Mon Jan 3rd – No Swim fit
FHS groups regular practice times (Sr/Sr Perf OFF)

Tue Jan 4th – ALL Groups to back to regular schedule, FHS Groups, Stevenson groups, Masters & Learn to Swim.

Always be prepared for dryland with running shoes & dryland clothes

Coaches Corner: The Sharks staff wants to share our gratitude and thanks for the gifts and kind words we have received over the holidays and in our daily exchanges – Thank You!

Upcoming Events

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

Jan 2nd – [Sulfur Day Trip](#) Sr/Sr Perf & Invited Pre-Senior training/racing day in Louisiana.
Opt In by Dec 10th

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

Sat Jan 8th – Team Pictures – More info to come

Sun Jan 9th – Winter Warrior Celebration – Dinner & a movie

Jan 15th-16th– [Aqua Meet](#)
Final Entries [HERE](#) (updated 12/23)
No changes after 12/23/21 @ Noon

Jan 14th-16th – [TWST Prelim/Finals Meet](#)
Final Entries [HERE](#)
No Changes after 12/30/21 @ Noon

Feb 5th – [Sharks Developmental Meet](#)
Opt IN Deadline Feb 3rd

On Being Grateful – “It is a wise person who does not grieve for things she/he has not but rejoices for those things she/he does have, especially friendship, family, and purpose.” – Inspired by Epictetus.

No, I'm not that well educated that I actually knew this on my own. Rather, this came to me (last year) from a coaching friend in the Bay Area-Calif who's been a speaker all over the world (outside of swimming) and who I have a great deal of respect for as a person, as he's always sharing.

We are reminded that in this age of self-absorption that the truly important qualities in life are not how fast we swim not how well we coach; rather the impact we each have on our surrounding circles is vastly more significant.

We ask each of you to make a positive impact on someone today as you move through your routines. When you smile at a person you are connecting with, watch the gratefulness play out over their countenance. When you see this, you will know you made a difference.

Whatever it is you want in life – give it away, for free. It will come back to you tenfold.

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

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.

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

Short team bonding trip & training, along with racing a few Louisiana teams. All details are in event.

Sharks Social Media – Links to follow:

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

Sharks Youtube channel [HERE](#)

Sharks All Time Top Performances (updated 12/21/21)

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, Leighton Haver, KK LeBlanc, Ben Nendza, Gabi Volpe
Girls 13-14 4x100 Relay: Macey DeGroot, Edi Jakob, Abigail Lowman & KK LeBlanc

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