

Upcoming Events

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

Week of Dec 6th Newsletter



Masks are strongly recommended at practice, but not required.

2021-2022 Practice Schedule

[Holiday Training Schedule 21](#)



Practice changes this week:

Tue Dec 7th – Stevenson – No swim fit – return tomorrow, Wednesday. Check email for signups for each practice group at FHS tonight.

Fri Dec 10th – Stevenson

Sr/Sr Perf: 4:30pm-6:45pm

Expl (only those in meet) 5:00pm-6:15pm

Expl Adv (only those in meet) 5:45pm-7:00pm

PreSr/Challenge & Expl Adv in AG Champs: 6:30pm-8:00pm

Sat Dec 11th – Stevenson

Sr/Sr Perf: 7:30am-10:00am

Challenge/AG Champ Swimmers in Expl Adv: 9:15am-11:00am

No other groups practice due to meet

Always be prepared for dryland with running shoes & dryland clothes

Coaches Corner: Sharks success at 2 Senior Champ Meets:

Southern Senior Champs with teams from Arizona, Calif, Colorado & Gulf was highly competitive. Our 10 qualifiers had some great results and finished 12th (9th Gulf team) over all 30+ teams. Men 10th (2pts out of 7th) and Women 12th. Our 2 outstanding performers were: **Aron Jonnson** – won the 200 breast, made Jr National cut & had top 2 times in the 200 & 400IM, headed off to college in January. **Maven Moore** – who had top 8 finishes in 200 & 400IM and 100 Breast.

Also scoring in the top 8 places were Stevie Balistreri-100Fly & Spencer Moore in 1650 Free. New Sharks team records from this meet were: Women: 50 breast-Maven Moore, 200 Free & 200 Medley relay. Men: All 5 of our Sharks relays: 200, 400 & 800 free and 200 & 400 Medley relays. 100 free-Stevie Balistreri, 1650 Free-Spencer Meyers, 50, 100 & 200 Breast & 2IM-Aron Jonnson. We suspect we'll see more in the next few weeks & months.

Champs Meet Assignments Per Group
[HERE](#)

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

Dec 10th-12th – [12 & Under Short Course Champs](#)

Location TBD by Gulf

Final Entries [HERE](#) Itinerary [HERE](#)

Job Signup [HERE](#) – opens 7pm tonight

Officials Signup [HERE](#)

Timeline [HERE](#) Heat Sheet [HERE](#)

Dec 17th-19th – [Gulf Age Group Champs](#)

14 & Unders with qualifying times

Entries [HERE](#)

No changes after 12/10/2 at Noon

Dec 18th – [Developmental Meet – Reindeer Races](#)

Opt IN by Dec 16th

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.

Jan 15th-16th– [Aqua Meet](#)

Opt Out by Dec 12th

Jan 14th-16th – [TWST Prelim/Finals Meet](#)

Opt Out by Dec 12th



Gulf 13 & Over meet at Noch: Congrats Sharks – 1st place finisher overall – out of 18 Gulf teams. Girls were 1st & boys 2nd. This meet saw many Sharks (of our 40+ swimmers) picking up Sr Southern Zones cuts, TAGS, Gulf Age group champ standards and lots of improvement. Girls High Point – **Caroline Westbrook**, Girls Runner up High Point – **Andi Jeanes**. Outstanding performers: **Caroline Westbrook, Andi Jeanes, Natalie Goza, Hayden Nielsen & Ethan Bonow**

SSAN – 12 & Under Champs – Timing assignments open tonight, Tuesday Dec 7th at 7pm – limit one per family. The host is only allowing one timer per lane. Signups will open tonight at 7pm for one per family. As noted in the itinerary, parents are responsible for timing for their own swimmers Friday evening for both the 200IM & 500 Free if swimming.

[Sharks Toy Drive – Blue Santa – Started yesterday!!](#)

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 6th** and continue until **December 15th**. 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.

[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 10th.

| <u>Dec</u> | <u>Age-Date</u> |
|---------------------|-----------------------|
| Olivia Ellington | 9 – 1 st |
| Omo Ekhaese | 11 – 1 st |
| Alice Koncaba | 14 – 3 rd |
| Elsie Bendt | 6 – 4 th |
| Kivy Moore | 9 – 5 th |
| Hayden Nielsen | 14 – 5 th |
| Grace McDonald | 7 – 6 th |
| Hannah Robbins | 9 – 6 th |
| Samuel Contreras | 9 – 7 th |
| Adriana Arghiroopol | 7 – 12 th |
| Mikaeel Gagai | 10 – 13 th |
| Owen Saum | 10 – 14 th |
| Mia Chiari | 10 – 15 th |
| Christian Kim | 11 – 15 th |
| David Hensley | 18 – 16 th |
| Tanner Goins | 11 – 17 th |
| William Huynh | 6 – 20 th |
| Jennifer Williams | 8 – 20 th |
| Omar Mansour | 14 – 23 rd |
| Sahil Ganatra | 11 – 25 th |
| Alex Berndt | 8 – 31 st |
| Lily Ainsworth | 9 – 31 st |
| Sariel Nguyen | 14 – 31 st |

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

