



Masks are strongly recommended at practice, but not required.

[2021-2022 Practice Schedule](#)

All groups return to regular practice schedule

**[Practice changes this week:](#)**

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

**Coaches Corner:** We have all been there...what is the main set? How many rounds? Is there a way we can try to negotiate a different version of the main set. I heard all about the special New Year's Eve main set, known as the no breathers, and the week before, listening to swimmers say they cannot do it. It was an impossible set, but why was it not an I'm Possible set? What could they have done to better prepare themselves for main sets that seem like a setup for failure? This article gives insight at approaching the main set.

[How to Be More Fearless During the Main Set](#)

**Please welcome our new staff member:** Coach Ksenia Yuskova (Coach K or Senia) has been a part of the swimming world since she was very young. She began swimming at age 4. She is from Moscow, Russia and used to compete for the Russian National team when she was a teenager. At the age of 9 she was the top swimmer for her age group. She attended her first international competition representing the Russian Junior team at the age of 13. During her pro-swimming career, she participated in multiple European and World Championships. One of her all-time accomplishments was at the World Championships, where she was an anchor on the 800 free relay team and placed 2<sup>nd</sup> overall. She also competed and was an outstanding swimmer for the Houston Cougars during her collegiate career and graduated from the University of Houston with Bachelor's in Exercise Science. After college she has been working with developmental swimmers, swim & stroke lessons as well as dedicating most of her time to group fitness and personal training. She is passionate about exercise and helping people learn proper human body movement. Please welcome her when you see her at the pool or meets.

## Upcoming Events

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

**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 – details will be emailed to families.

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

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

**Jan 22<sup>nd</sup>** – Team Pics – postponed due to illness with photographer

**Feb 5<sup>th</sup>** – [Sharks Developmental Meet](#)  
Opt IN Deadline Feb 3<sup>rd</sup>

**Feb 12<sup>th</sup>** – [Short Course Champs 8 & Under](#) – Location TBD by Gulf  
Discovery Adv Opt in by Jan 30<sup>th</sup>  
Exploratory Opt OUT by Jan 30<sup>th</sup>

**Feb 18<sup>th</sup>-20<sup>th</sup>** – [SC Champs II – 9-14 yr olds](#), 13-14's with 2 or less A times.  
Location TBD by Gulf  
Swimmers in Expl & up opt OUT by Feb 6<sup>th</sup>

**Feb 25<sup>th</sup>-27<sup>th</sup>** – [SC Champs III – 13 & Over](#) Location TBD by Gulf.  
Opt Out by Feb 13<sup>th</sup>

**Mar 4<sup>th</sup>-6<sup>th</sup>** – [Sharks Hosted Prelim/Final Meet](#) – All 11 & Over swimmers  
Opt out by Feb 13<sup>th</sup>



**Winter Warrior:** This year we had 37 swimmers commit their Christmas Break to earn the 2021-2022 Sharks Winter Warrior. Swimmers in Senior & Senior Performance dedicated their days to 18 practices over 10 days and even traveled to Sulphur, Louisiana to practice on Sunday, and take part in a fun team building meet. Our age group swimmers were just as dedicated making every practice their group held and sacrificing family time or free time to become a warrior. Please check your emails about Sunday, January 9, Winter Warrior Celebration.

**Winter Warriors for 2021-2022**

Adriana Arghiropol, Loukas Arghiropol, Tristan Arghiropol, Kara Boemio, Sophia Boring, Deegan Butcher, Keegan Carr, Layne Carr, Kiara Cassarino, Peyton Clark, Macey DeGroot, Ethan Ellington, Olivia Ellington, Landry Ferguson, Lauren Ferguson, Grace Goins, Tanner Goins, Heidi Gross, Zosia Gross, Zoe Jackson, KK LeBlanc, Abigail Lowman, Charlotte Matthews, Luke Matthews, Faith McDonald, Grace McDonald, Clara McGarvey, Spencer Meyers, Braylynn Moore, Kivlyn Moore, Maven Moore, Streeter Moore, Ceara Roselin, Nickolay Samoylov, Aleissia Shutts, Eric Song, David Szklaruk-Traipe

**Merchandise Lead & assistant needed:** Volunteers are needed to learn and take over the merchandise for the team. You would learn alongside the current person, Megan Jakob, and then continue into next year and beyond (this is not a just finish out the year position) The duties include: Shirt design & coordinating with printer (Inked Design) throughout the season. Help with Sponsorship shirts and hoodies at the beginning of the season. Communicate with Chlorine Deckwear on merch sales and items. Communicate with Coaches and admin throughout season on shirts needed for meets and travel trips. Please email Megan Jakob at [mjakob1scs@gmail.com](mailto:mjakob1scs@gmail.com) for questions or if **seriously interested**.

<u>January</u>	<u>Age-Date</u>
Zoe Worthey	13 – 2 <sup>nd</sup>
Eileen Muller	9 – 3 <sup>rd</sup>
Chase Bennett	10 – 5 <sup>th</sup>
Stevie Balistreri	18 – 7 <sup>th</sup>
Chayton Budzik	17 – 11 <sup>th</sup>
Emelia Donde	13 – 13 <sup>th</sup>
Katherine Perez	12 – 17 <sup>th</sup>
Lilly Migl	14 – 17 <sup>th</sup>
Reagan Foster	11 – 18 <sup>th</sup>
Levi Godfrey	7 – 19 <sup>th</sup>
Maximo Ortiz	7 – 23 <sup>rd</sup>
Ben Goodman	12 – 25 <sup>th</sup>
Penny Toler	10 – 27 <sup>th</sup>
Wendy Cho	9 – 30 <sup>th</sup>
Sawyer Pettit	7 – 30 <sup>th</sup>
Faith McDonald	10 – 31 <sup>st</sup>
Reagan Nestrta	14 – 31 <sup>st</sup>

**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

