



Masks are strongly recommended at practice, but not required.

### 2021-2022 Practice Schedule

Practice changes this week:

**Fri Mar 11<sup>th</sup>** – Challenge, Expl Adv & Pre-Senior 6pm-8pm Come dressed for kickball 6pm-6:30pm before swim

**Sat Mar 12<sup>th</sup> – Stevenson Park Pool (NCSA Qualifiers only)**

8:00am-9:30am - **NO PRACTICE ANY OTHER GROUPS**

**No Practice for Spring Break – March 12 – March 19<sup>th</sup>**

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

**Coaches Corner** – American College Connection Newsletter March 2022 [HERE](#)

**Sharks Hosted Prelim/Final Meet:** Thank you to everyone who volunteered at our Sharks Spring Championships this past weekend. We have received numerous compliments from the attending teams on how well the meet went and it is all because we have amazing support from our Sharks families that made it possible. We would like to give a special shout-out to our certified volunteers that worked tirelessly all weekend to keep the meet running. Our A/O's Jim McMichael & Ann Esbeck, our Safety Marshalls John Atchison, Stephen Antley, Alyssa Jeanes & Derek Jeanes, our Meet Director Stephanie Meyers, our Meet Ref Casey Meyers and our Team Admin Susan Hillegeist.  
Sharks Coaches

**Texas Age Group Champs:** Great job to our 4 individual qualifiers! Gabi, Macey, KK and Leighton had great swims and all had 2+ final swims. Abigail Lowman came for relays & helped the 13/14 girls to top 8 finishes in their relays.

**New team records:** 200/400 Medley & 200 Freestyle relays  
200 Freestyle – 4<sup>th</sup> 200 Medley 6<sup>th</sup> 400 Medley 10<sup>th</sup>  
Leighton: 50/100 Back team records, 14<sup>th</sup> 100 breast, 7<sup>th</sup> 100 Back  
KK: 1<sup>st</sup> 50 Free, 1<sup>st</sup> 100 Free, 4<sup>th</sup> 500 Free, 6<sup>th</sup> 200IM (500 free & 2IM team records)  
Gabi: 10<sup>th</sup> 100 Breast, 12<sup>th</sup> 200 Breast  
Macey: 15<sup>th</sup> 100 Free, 16<sup>th</sup> 200 Back

## Upcoming Events

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

**Mar 15<sup>th</sup>-19<sup>th</sup>** – Spring Jr Nationals  
Qualifying Swimmers  
Orlando, Florida

**Mar 24<sup>th</sup>** – [Main Event End of Short Course Fun Event for Discovery Groups Swim Fit](#)

**Mar 26<sup>th</sup>** – Fly Tune Up Clinic – for swimmers in Swim Fit, Pre-Team, Disc. Adv & Exploratory register [HERE](#)  
Cost is \$20, space is limited

**Apr 2<sup>nd</sup>** – Dives & Br/Fly Open turns clinic. For swimmers in Swim Fit, Pre-Team, Disc. Adv & Exploratory  
Cost is \$20. Register [HERE](#) Space limited

**Sun Apr 3<sup>rd</sup>** – [Short Course End of Season Banquet – Exploratory & Up Groups](#)  
RSVP by end of today!

**Apr 9<sup>th</sup>** – Swim-A-Thon Fundraiser  
Lead Organizers: Valerie Ellington (Valerie.ellington@gmail.com)  
Lindsay Hughes ([Lindsaykhughes@gmail.com](mailto:Lindsaykhughes@gmail.com))

**Apr 16<sup>th</sup>** – Dives & Fr/Bk flip turns clinic  
For swimmer in Swim Fit, Pre-Team, Disc Adv & Expl. Cost \$20 register [HERE](#)  
Space limited

**Apr 23<sup>rd</sup>** – Kicking & Turns clinic  
For swimmers in Swim Fit, Pre-Team, Disc. Adv & Expl. Cost \$20. Register [HERE](#)



**Sharks 13 & Up Gulf Senior Champs Meet held at FHS Feb 25-27** Sharks won 1<sup>st</sup> place convincingly over 20 teams. We now have Sharks swimmers moving up to higher level time standards (qualifiers will be listed in next week's newsletter). Southern Senior Zones (US- approx. 12 states) being held at Univ of W. Virginia late July. We currently have 26 athletes qualified and expect more to qualify this summer for this team trip. Next level is NCSA Jr. Nationals with tighter time standards. Sharks have 11 qualifiers (most we have ever had) and many will attend this national level meet in Orlando March 15-19 for a 5 day prelim/final meet where future Olympians swim. Next is Futures, which we have 6 current qualifiers but we don't always attend, depends on location & timing with other team meets. USA Junior National which are extremely challenging times – currently we had 1, and had others in the past. See qualifiers next week! To reach these levels require consistent training habits in/out of the pool, while still maintaining quality academics and time management.

**Sharks Invite Recap:** This past weekend we had great success in the pool. All of our Sharks should be proud of bringing home 1<sup>st</sup> place as a team! We had a lot of amazing swims for everybody, and many swimmers got new cuts and best times. Prelims were fast every morning and Sharks secured places all over the events. Our 10 & under meet was very successful too and many little sharks tried new events! Our finals session was where the magic happened. Best times, cuts, smiles, and a few sore muscles gave the team multiple top finishes and the trophy to keep home! Overall, it was an amazing weekend full of surprises and a lot of effort. Every Shark swimmer did their job. It was a great way to finalize our Short Course season and head into spring break! Well Done!

**Short Course Service Hours:** A friendly reminder that you have until March 31 to complete your Short Course Service hours for the following groups: Discovery Adv 1 & 2, Exploratory, Exploratory Adv, Challenge, Pre-Senior, Senior & Senior Performance. Many families completed their hours this last weekend due to working one or more shifts! Unmet hours will be invoiced to accounts on March 31<sup>st</sup>. **You can check your service hours balance through my invoices/payments, click service hours at the top and scroll right to see the balance remaining.**

<u>March</u>	<u>Age-Date</u>
Alejandra Acosta	18 – Mar 2
Brooks Miller	11 – Mar 2
Grace Goins	8 – Mar 3
Ethan Bonow	16 – Mar 7
Ally Strawn	9 – Mar 8
Ayden Hilliard	15 – Mar 8
Joseph Ford	11 – Mar 13
Avi Orlando	12 – Mar 13
Vanessa Marsh	14 – Mar 13
Mattieu Chossiere	8 – Mar 14
Wyatt Kleinpeter	11 – Mar 14
Hayden Holcomb	14 – Mar 18
Olivia Fernandez	8 – Mar 21
Maven Moore	18 – Mar 21
Scarlett Thompson	10 – Mar 22
Analia Ortiz	13 – Mar 23
Charlotte Hull	8 – Mar 24
Kynlee Ferraro	11 – Mar 24
Faith Wetzig	13 – Mar 26
Cecilia Escamilla Rios	11 – Mar 31
Declan Page	13 – Mar 31

**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](#) (updated 1/25/22)  
[Long Course Meters](#)

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