

Upcoming Events

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

Week of Nov 22nd Newsletter



Masks are strongly recommended at practice, but not required.

2021-2022 Practice Schedule

[Holiday Training Schedule 21](#)



Practice changes this week:

Thursday Nov 25th – No Practice any group – Happy Thanksgiving!

Saturday Nov 27th – Swim Fit (both groups 11:00am-12:00pm at FHS.

Always be prepared for dryland with running shoes & dryland clothes

Coaches Corner: Just want to say how Grateful I am for having a staff that cares about the kids in their care & guidance – not just for swimming, but for giving them tools to grow personally as they explore the early years of childhood & teens. As mentors, let them know it's ok to fail & struggle, so they know where they are at. Let them experience & explore with our/parents' guidance. Continue to learn & grow both our sports skills & in teacher/life skills – things that don't show up in results but long-term impact. Recognize those kids who are willing to explore & try making changes – I'm sure you can think of kids who do this, or yourself. Let them know that effort & struggle matters.

So, what are YOU good at?

I know from my end in coaching I've made a lot of positive changes over the years, but my earlier years I did a better job in getting kids to believe in themselves and getting kids to value a good work ethic and caring about others.

This [Train Ugly](#) stuff has value but as we know we often get set in our ways of doing things – make one change in the next month before 2022 arrives – Coach Tim Hill.

Champs Meet Assignments Per Group
[HERE](#)

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

Dec 3rd-5th – [13 & Over Champs](#) (for 13 & overs not qualified for Senior champs) North Channel Aquatics Final Entries [HERE](#)

Dec 3rd-5th – [Southern Senior Champs](#) – Qualifying Swimmers Final Entries [HERE](#)

Dec 10th-12th – [12 & Under Short Course Champs](#)
Location TBD by Gulf
Final Entries [HERE](#)

Dec 17th-19th – [Gulf Age Group Champs](#)
14 & Unders with qualifying times
Opt OUT by Dec 5th

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 17th

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 26th

Jan 14th-16th – [TWST Prelim/Finals Meet](#)
Opt Out by Dec 26th



Bay Area Houston Food Lovers Cards – Fundraiser has completed, and accounts invoiced for cards not returned – thank you to all that participated! An additional \$1507 was raised for the team.

Sharks Toy Drive – Supporting Friendswood Blue Santa!

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.

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, Shahd Borji, Macey DeGroot, Adriana Duncan, Ethan Ellington, Leighton Haver, Tanner Goins, Edi Jakob, KK LeBlanc, Caleb Livesay, Abigail Lowman, 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, Macey Degroot, Chase Ferguson, Leah Givens, 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, Lauren Tillman, Emma Vestal, Gabi Volpe

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