

Upcoming Events

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

Week of Nov 29th Newsletter



Masks are strongly recommended at practice, but not required.

2021-2022 Practice Schedule

[Holiday Training Schedule 21](#)



Practice changes this week:

NO PRACTICE CHANGES THIS WEEK

Always be prepared for dryland with running shoes & dryland clothes

Coaches Corner: [Proof that you can learn](#)

Sponsorship Campaign Final Update:

THANK YOU to all who worked to make the Capital Sponsorship Campaign successful. Our team raised **\$27,985!!**

The participant who raised the most funds of **\$3,100** & receives a month of free training fees was **Spencer Meyers!**

Our raffle winners for one free month of training fees are **Cecily Svoboda & Joe Nendza!**

Participants, regardless of donation level, attended a thankyou lunch at Gina's Italian Kitchen (one of our sponsors) this past weekend. We hope to see more participants next year! Congrats to all!



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](#) Psych sheet [HERE](#) Itinerary [HERE](#) Job Signup [HERE](#) Timeline [HERE](#)

Dec 3rd-5th – [Southern Senior Champs](#) – Qualifying Swimmers Final Entries [HERE](#) Itinerary [HERE](#) Job Signup [HERE](#) Timeline [HERE](#) Psych Sheet [HERE](#) Meet Program [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 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 26th

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



[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.

[Southern Senior Champs: Timing assignments:](#)

Tue Nov 30th 7pm – Signups Open – one per family
Wed Dec 1st 7pm – Unlimited per family if any remaining open
Thu Dec 2nd – Any open positions assigned to those not signed up
Officials still needed for this meet – Signup [HERE](#)

[Sharks 13 & Over Champs: Timing assignments:](#)

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Thu Dec 1st 7pm – Unlimited per family if any remaining open
Fri Dec 2nd – Any open positions assigned to those not signed up.
Officials Signup [HERE](#)

As we have been assigned timing for finals, please look over the psych sheet to see if your swimmer will potentially be in finals – if so, please sign up for finals session. (Top 32 times in prelims will swim in finals)

[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.

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