

Upcoming Events

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

Week of Oct 18th Newsletter



Masks are strongly recommended at practice, but not required.

2021-2022 Practice Schedule

Practice changes this week:

Friday Oct 22nd (Football at FHS) **Stevenson Park Pool** [HERE](#)

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

Exploratory: 4:45pm-6:00pm

Challenge/Expl Adv: 6:00pm-8:00pm

NO DISCOVERY PRE-TEAM or PRE-SENIOR

Sat Oct 23rd FHS

Sr/Sr Perf: 7:00am-10:15am

Masters: 7:00am-8:00am

Challenge: 7:45am-9:30am

Expl Adv: 10:00am-11:30am

Sat Oct 23rd Stevenson

Pre-Senior: 8:00am-9:30am

Disc. Adv: 9:30am-10:30am

Exploratory: 10:00am-11:30am

Swim Fit (both age groups) 11:00am-12:00pm

Always be prepared for dryland with running shoes & dryland clothes

Coaches Corner:

Annie Lazor Clinic Opportunity:

There is availability Saturday: Ages 7-10 – 10 spots, Ages 11 & Up (8 spots)

Location: Klein Oak High School Natatorium, Sat Oct 23rd

What kids will learn: Tips on speed stroke technique taught by an Olympian.

Motivation talk by Annie Lazor. Pictures with Olympian.

Cost is \$75 per swimmer. Payable by check or cash to SSAN at the event.

There will be a waiver to be signed at the clinic. Parents can view from upstairs only.

Please contact sharkscoachkate@gmail.com or hille6@yahoo.com if interested.

Oct 18th & 19th: Team T-Shirt pickup
4:45pm-7:00pm at FHS for FHS groups.

Oct 29th – Halloween Glow Practices
Please commit [HERE](#) to allow for planning.

Stevenson:

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

Exp Adv & Challenge: 6pm-8pm

FHS:

Pre-Senior: 5pm-6:45pm

Discovery Pre-Team: 5pm-5:45pm

Disc Adv/Expl: 6pm-7:30pm

Nov 5th-Nov 7th – [SHAC Senior Meet](#)

13 & Overs with 3 or more BB times & all 15 & overs

Preliminary Entries [HERE](#)

Nov 12th-Nov 14th – [Sharks Nov Invite](#)

Open to Disc. Adv – Sr Perf Groups

Opt OUT by Oct 31

Dec 3rd-5th – [13 & Over Champs](#) (for 13 & overs not qualified for Senior champs)

Dec 3rd-5th – [Southern Senior Champs](#) –

Qualifying Swimmers

Opt OUT by Nov 21st

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

Opt OUT Nov 28th

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

14 & Unders with qualifying times

Opt OUT by Dec 5th



Team T-Shirts – Discovery Pre-Team & Adv, Exp & Expl Adv, Challenge, Pre-Senior, Sr & Sr Perf: T-Shirt pickup Today, Tuesday October 19th and Wednesday October 20th at FHS 4:45pm-7pm. **Please ensure all shirts are picked up.** These shirts are included as part of registration and each swimmer receives one.

Developmental Meet Wrap Up: This weekend was a weekend of great swims. Our fall squad, Discovery groups and even some of our lesson swimmers proudly showed the various skills they have developed the last few weeks. There were flip turns, streamlines and even some amazing dives. Great job to all swimmers!

Our Sharks Developmental Meet was a great success thanks to the many volunteers that we had, whether they were timing, scoring the meet or organizing swimmers for their heat, they were the key to our success. We had four swimmers who gave up their Saturday afternoon to give back to our team: Logan Atchison, Zoey Jackson, Reagan Nesrsta & Zoe Worthey. These swimmers went above and beyond to calm the nerves of swimmers, get them ready for their starts and even taught them the team cheer. Thank you to these families who went above and beyond: Andrepont, Evans, Maher, Muchna, Nipper, Obonyano, See, Svoboda, Tran & Walther to name a few. Last but not least, thank you to the Garay family for providing the perfect snow cones for a perfect meet!

Team Suits: Order received – If you ordered a new team suit from Swim Shops – they are in – you can pick up your suit at Stevenson Park Pool – Today, Tuesday October 19th – between 5pm and 7pm.

Sharks Equipment/Suit Ordering: Team Custom Store with Swim Shops of the Southwest. Please click on the link to take you to the custom store: <https://theswimteamstore.net/friendswood-sharks.html>

Equipment for each group is shown in pictures [HERE](#). Can order equipment/suits directly from Swim Shops.

Sharks Masters – Sharks Masters Program has resumed! We have multiple practice options available – more details can be found [HERE](#).

Sharks Social Media – Links to follow:

Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)

Sharks All Time Top Performances (updated 8/17/21)

Team Records: [Short Course Yards](#) [Long Course Meters](#)

Current Leaderboard: [Short Course Yards](#) [Long Course Meters](#)

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

Qualifiers

Age Group Champs

Tanner Antley, Macey DeGroot, Ethan Ellington, 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