



Week of Aug 15th, 2022

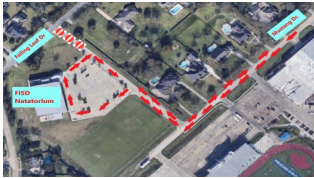
2022-2023 Training Schedule (Tentative)

Practice Changes This Week: See Transition Schedule for Times & Locations

Transition Schedule August 18—September 3rd [Page 1](#) [Page 2](#)

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

Please adjust your route to and from natatorium due to road construction beginning June 15th on Pride Rd from Falling Leaf



Coaches Corner:

Southern Senior Zones—Morgantown, West Virginia-8th Overall-team scores & 4th in Women behind big powerhouse teams, Lakeside out of Dallas and Knoxville, Tx, Nashville, Tn. Ahead of 33 other teams from throughout the southeastern states. We had 14 of our 28 qualifiers at the meet and our swimmers represented the team well. Many outstanding swims. Girls finished 1st in the 200 Meter Free Relay, 1st in 400 Medley Relay and 2nd in the 400 and 800 Free relays and 4th in the 200 Medley Relay. 1st Place Individuals: Macey DeGroot-50 back, KK LeBlanc, 50 Free. Scoring individual points were Gabi V-Breaststroke, Vanessa M-Breastroke/IM, Edi J 400 IM, Caroline W-Back/fly Tristan H in 50 back, Abigail L in back/free & David T in 1500 Free. Special shout out to Susan Hillegeist for doing so many little things, food runs & more while also holding down Sharks registrations at home. To Coach Kate for doing a great job getting our young ladies ready. For the swimmers staying positive and supporting each other when a few swims weren't up to their expectations. Next year we hope to see many new swimmers make this great team event with some of the top teams in the USA.

Registration for the 2022-2023 Season now open for returning swimmers. If you have not yet registered for the 2022-2023 season you will need to prior to returning to practice.

[Fall 2022-2023 Training Schedule](#)

Letter from Board regarding Registration & Fees [HERE](#)

Sharks Swim Fit—We now have two options for Swim Fit—School Year option with monthly training and seasonal/session option.

Upcoming Events

Links will be underlined click on and take directly to page on website.

Aug 27th-Parent Meeting for 2022-2023 registered families.

Leavesley Park—901 Buckingham Drive [HERE](#)

Returning Parents from Disc Pre-Team—Sr Perf 9:00am-9:45am

New Families from Disc. Pre-Team & Swim Fit groups: 10:15am-11:00am

Swim Shops will be available for suit sizing/equipment purchase **8:30am-11:45am**

Sept 17th—Shark Camp—Team event to kick off short course season. Discovery, Exploratory & Swim Fit groups invited to a day of skills, team work & fun.

Sept 24th—Pentathlon—Sharks Hosted Short Course Meet

Oct 1st-Oct 2nd—Senior Groups Retreat-Pre-Senior, Sr & Sr Performance overnight retreat at Camp Cho-Yeh.



<u>August</u>	<u>Age-Date</u>
Monica Ibrahim	12—1st
William Salter	6—2nd
Loukas Arghiropol	9—2nd
Joanne Antosiewicz	9—2nd
Easton Takeda	5—3rd
Tristan Arghiropol	13—15th
Yandi Fan	9—16th
Lily Anzaldua	14—19th
Sophia Boring	11—19th
Leighton Haver	11—20th
Peyton Clark	8—21st
Elyse Jennings	7—29th
Eric Song	16—29th

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 8/16/22)

[Long Course Meters](#)

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