



Week of Aug 22nd, 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 **

Coaches Corner:

Parents, we are changing the format of our Coaches Corner portion of the Newsletter. Now all you need to do is click on your swimmer's coach link below and that will take to you the specific information that has to do with that particular group. They are designed to be quick reads (less than 2 mins) for you to get the information that you need. Its just one more way that we are reaching out and trying to get information into your hands.

Coach Gordy (Levi's Lessons—Sr Performance) [HERE](#)

Coach Kate's Comments (Sr & Exploratory) [HERE](#)

Coach Tim's Tidbits (Challenge) [HERE](#)

Coach Juan's Wisdom (Pre-Senior & Exploratory Advance FHS) [HERE](#)

Coach Dacia's Directions (Discovery Advance & Discovery Pre-Team) [HERE](#)

Coach Rhys's Pieces (Exploratory Advance-Stevenson) [HERE](#)

Coach Stephanie's Swim Fit Statements (Swim Fit) [HERE](#)

Parent Meeting—Saturday, August 27th—Leavesley Park [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 of the Southwest will be available for suit sizing and equipment purchases between 8:30am-11:45am to work around practices.

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 to Sr Performance
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.
Opt IN by 9/13/22 \$25 each participant

Sept 24th—Pentathlon—Sharks Hosted Short Course Meet Friendswood High School. Discovery Adv—Senior Performance groups.

Opt OUT by 9/4/22

Preliminary Entries 9/6/22

Final Entries 9/13/22

No Changes after 9/20/22

Oct 1st-Oct 2nd—Senior Groups

Retreat-Pre-Senior, Sr & Sr Performance overnight retreat at Camp Cho-Yeh. \$100 per swimmer.

Opt IN by 9/17/22

Oct 14-16th SSAN Invite

Opt Out by 9/25/22

Preliminary Entries 09/27/22

Final Entries 10/4/22

No Changes after 10/7/22

Nov 5th-6th—SHAC Senior Meet

Opt OUT by 10/23/22

Nov 12th-13th—Sharks Hosted Nov Invite

Friendswood High School

Opt out by 10/23/22

Summer Champs Recap: We Placed 2nd in the overall team score, Girls, and Boys score. We had countless excellent swims in prelims and finals. Our relays performed very well with our 200-meter boys 13-14, and girls 15& over relay getting 2nd. For the 200 Free relay our 15& over girls, 13-14 boys, and 11-12 boys all got 1st! We had 24 swimmers with one or more top 3 placements 15 of which had 1 or more 1st finishes. Special shout out to our top male and female scorers Sophia Boring, and Caleb Livesay. Everyone had an amazing meet and it was a great way to end our long course season.



Qualifiers

Age Group Champs

Tanner Antley, Abdullah Borji,
Macey DeGroot, Olivia Esbeck, Dylan Haver,
Leighton Haver, Hayden Holcomb,
Cameron Lowman, Vanessa Marsh,
Kivy Moore, Streeter Moore, Ben Nendza,
Hayden Nielsen

Tags

Macey Degroot, Leighton Haver,
Vanessa Marsh, Ben Nendza

Sectionals

KK LeBlanc, Vanessa Marsh,
Spencer Meyers

Southern Senior Zones

Macey Degroot, Natalie Goza, Tristan Haver,
Edi Jakob, Andi Jeanes, Katie Koenst,
KK LeBlanc, Abigail Lowman,
Vanessa Marsh, Spencer Meyers,
Braylynn Moore, Ben Nendza, Joe Nendza,
Eric Song, Lauren Tillman, Gabi Volpe,
Caroline Westbrook

NCSA's

Macey DeGroot, KK LeBlanc, Gabi Volpe

Futures

KK LeBlanc

Speedo Winter Junior Nationals

KK LeBlanc

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.