



Week of Aug 29th, 2022

2022-2023 Training Schedule

Sharks Pool Locations

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

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

Changes This Week— Change from Transition Schedule:

Tuesday August 30th—NO STEVENSON

Expl Adv (ALL) Walker Pool 4:45pm-6:15pm

Challenge—Walker Pool 6:00pm-8:00pm

Pre-Senior—Walker Pool 6:00pm-8:00pm

Wednesday Aug 31st—Please monitor email for update regarding Stevenson practices.

Friday Sept 2nd—Monday September 5th

No Practice for Labor Day Weekend

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

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—Meeting Minutes [HERE](#)

Revised Covid Policy effective 8/17/22 [HERE](#)

Upcoming Events

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

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—**invoiced to account.**

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

Cap Orders: Sharks families, your registration includes a latex cap. Swim Fit families are receiving their cap at their practice. We also have an opportunity to order personalized or non-personalized silicone caps. The orders are open now through Sept 10th. Order through the google form [HERE](#). Personalized caps are ordered as a set of two for \$30. Non Personalized Cap are \$12 each. Latex Caps are \$6 each. You may apply your credit of \$6 from latex cap (if not already received) toward the purchase of personalized or non-personalized silicone.

Sponsorship Campaign—Now live! An email was sent to all members on Monday morning. You can find all information along with links to documents to print or to email to prospective sponsors on our website [HERE](#). Campaign will close Friday October 7th, in order to allow time for Sponsors graphics to be included on our Sponsorship T-Shirt received by all swimmers. Please direct specific questions to [Bethanie LeBlanc](#)



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

Macey DeGroot, KK LeBlanc,
Vanessa Marsh, Spencer Meyers, Gabi Volpe

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.