



Week of Dec 12th 2022

2022-2023 Training Schedule

updated 11/28/22

2022 Holiday Training Schedule

Sharks Pool Locations

Sat Dec 17th—Stevenson

Masters—7:00am—8:00am

Sr/Sr Perf—7:00am-9:30am (dryland after swim)

Challenge—9:00am-11:00am

Expl & Expl Adv (Both)- 10:30am-12:00pm

Disc. Adv 1 & 2: 11:00am-12:00pm

Christmas Holiday training begins Monday December 19th—see above

Senior Group Dryland Schedule [HERE](#)

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

Coaches Corner:

January Meet Assignment (Noch or Aqua 1/14-1/15) [HERE](#)

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

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

Coach Tim's Tidbits (Challenge & Exploratory Advance FHS) [HERE](#)

Coach Gordy's Wise Words (Pre-Senior) [HERE](#)

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

Coach Chris's Chronicles (Exploratory Advance Stevenson) [HERE](#)

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

For Sale or Trade [HERE](#)

Upcoming Events

Links will be bold & underlined in italics click on and take directly to page on website.

It's Great To Be A Shark!

Dec 18th—Gingerbread House Party

Opt IN by Dec 14th—\$10 per swimmer

Leavesley Park Hangar

1pm-2pm—Big Shark/Little Shark Pairs

2pm-3pm— Expl Adv/Challenge & Pre-Sr Groups

3pm-4pm-Swim Fit & Swim School

Dec 28th—Sponsorship Luncheon

For those swimmers who participated in the Sponsorship Campaign - Gina's in Friendswood 12pm-2pm

Opt IN by Dec 26th

Jan 13th-15th— Noch Invite

(Prelim/Final Meet) Opt out by: Dec 19th

Preliminary Entries: Dec 26

Final Entries Jan 2nd

No changes after: Jan 3 @ Noon

Jan 14th-15th—Aqua Timed Final—

FHS Natatorium

Jan 21st-Sharks Developmental Champs

Opt IN by: Jan 17

Sponsorship Luncheon—Wed, Dec 28th 12pm-2pm—Gina's Friendswood. For those swimmers who participated in the Sponsorship Campaign. Opt IN your swimmer by Dec 26th **HERE**

Spring Champs Shirt Order: (For Short Course Champs February) Inked Design Store—**DEADLINE EXTENDED TO END OF DAY, SUNDAY DEC 19th** Shirt pickup will be at Inked **HERE**

Lost & Found: Our lost and found pics will be linked along with the newsletter. Please ensure that your swimmer pics up their items by Saturday at the end of practice.

For Sale or Trade: Do you have equipment or suits etc that you wish to sell or trade with another family—swimmer outgrew their fins etc? We have a for sale or trade page **HERE**. This will be included in the weekly newsletter as a link that you can check and have items added.

Previous T-Shirts for Sale—Add your name to the google sheet **HERE**. Pickups will be on a regular basis and shirts will be invoiced to account.

Blue Santa Toy Drive—Ends THIS WEEK on Friday Dec 16th. There will be a box for you to drop off your items. Flyer **HERE**.

USA SWIMMING REGISTRATION: All swimmers must be renewed for the 2022-2023 Season.

Please be sure to use a desktop and not mobile device (this will not work on a mobile or ipad type device).

All parents must create a new account—this will be verified via “ping” with a new password requirement

For your swimmer's RENEWAL, please be sure to search for your swimmer instead of adding a new swimmer as this creates a duplicate. Your swimmer's NEW ID is located in your team unity account.

Swimmers in Discovery Pre-Team should be registered as FLEX.

Swimmers in Discovery Advance, Exploratory, Exploratory Adv 1 2, Challenge, Pre-Senior, Sr & Sr Performance should be registered as Premium.

Swimmers in Swim Fit will be told which registration via separate email.

Athletes not registered in December will not be able to be entered into January meets.

Gulf has 11,000 athletes that will need to be renewed and over 1000 non-athletes. Even if a small percentage have trouble they will not be able to be resolved prior to expiring. If they are expired, they may not practice or be on deck.

Register **HERE** Helpful Instructions **HERE**

Sharks Social Media – Links to follow:

Sharks Facebook **HERE** Sharks Instagram **HERE**

Sharks Youtube channel **HERE**

Team Records:

Short Course Yards (Updated 12/13/22)

Long Course Meters



Qualifiers

Age Group Champs

Lily Ainsworth, Tanner Antley, Lily Anzaldúa, Logan Atchison, Blake Carr, Morgan Carr, Olivia Esbeck, Emily Ferraco, Tyler Ferraco, Ben Goodman, Dylan Haver, Leighton Haver, Hayden Holcomb, Caleb Livesay, Cameron Lowman, Vanessa Marsh, Kivy Moore, Streeter Moore, Ben Nendza, Hayden Nielsen, Cameron Sustala

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, Lauren Ferguson, Natalie Goza, Dylan Haver, 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, Giancarlo Zamora

NCSA's

Macey DeGroot, KK LeBlanc, Gabi Volpe

Futures

Macey DeGroot, KK LeBlanc

Speedo Winter Junior Nationals

KK LeBlanc