



Week of Dec 19th 2022

**2022-2023 Training Schedule**

updated 11/28/22

**2022 Holiday Training Schedule—Updated**

**Sharks Pool Locations**

Christmas Holiday training begins Monday December 19th—see above

Tue Dec 20th—FHS

**Swim Fit White:** 4:45pm-5:30pm

**Swim Fit Blue/Black:** 7:15pm-8:15pm

Wed Dec 21st-FHS

**Swim Fit White:** 4:45pm-5:30pm

**Swim Fit Blue/Black:** 7:15pm-8:15pm

Senior Group Dryland Schedule [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 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 19

Preliminary Entries: [HERE](#)

Final Entries Jan 3rd

No changes after: Jan 4 @ Noon

**Jan 14th-15th—Aqua Timed Final—**

FHS Natatorium

Preliminary Entries [HERE](#)

Final Entries Jan 3

No Changes after Jan 4 @ Noon

**Jan 21st-Sharks Developmental Champs**

Opt IN by: Jan 17

**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](#)

Lost & Found Pics [HERE](#)

**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**

**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.

**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 unify 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 Anzaldua, Logan Atchison, Blake Carr, Morgan Carr, Olivia Esbeck, Emily Ferraco, Tyler Ferraco, Ben Goodman, Dylan Haver, Leighton Haver, Hayden Holcomb, Caleb Livesay, Cameron Lowman, Grady Marici, 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