



## Week of Dec 5th 2022

### 2022-2023 Training Schedule

updated 11/28/22

### 2022 Holiday Training Schedule

### Sharks Pool Locations

#### Practice Changes This Week:

##### Tue Dec 6th—

##### Clear Springs:

Expl Adv (Both): 4:45pm-6:15pm

Sr Perf: 4:45pm-7:00pm

Senior: 5:45pm-8:00pm

Pre Senior: 6:15pm-8:15pm

##### Stevenson:

Disc. Adv 1: 4:45pm-5:45pm

Disc. Adv 2: 5:30pm-6:30pm

Swim Fit White: 5:00pm-5:45pm

Swim Fit Blue: 5:45pm-7:00pm

Swim Fit Black: 6:00pm-7:30pm

Masters: 6:30pm-7:30pm

Challenge: 6:00pm-8:00pm

##### Fri Dec 9th—Stevenson:

Disc Pre-Team: 4:45pm-5:30pm

Exploratory: 4:45pm-6:00pm

Sr/Sr Perf/Pre-Sr/Challenge not in meet: 5:45pm-8:00pm

(No Expl Adv Practice)

##### Sat Dec 10th—Stevenson:

Sr/Sr Perf: Drylands 7:00-7:45am, Water: 8:00am-10:00am

(All other groups off)

#### **Coaches Corner:**

#### **Champ Meets Assignments: [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](#)

For Sale or Trade [HERE](#)

## Upcoming Events

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

### RELAY POLICY

Relays-Swimmers may be changed at the meet or if new swimmers qualify. Final decision on swimmers in the relays will be made at the meet by the coaching staff.

#### **Dec 9th-11th—Gulf Fall Champs—**

Location TBD. All 12 & Under swimmers not qualified for Age group champs  
Final Entries [HERE](#) Itinerary to follow  
Job Signup to follow Timeline to follow

#### **Dec 7th-Dec 11th—Speedo Winter Jr Nat.**

[Austin, Tx](#)

Event Entries [HERE](#)

Bonus Entries [HERE](#)

#### **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 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 13th-15th-TWST Prelim/Final Meet**

Opt out by: Dec 22nd

#### **Jan 21st-Sharks Developmental Champs**

Opt IN by: Jan 17

**Spring Champs Shirt Order:** (For Short Course Champs February)  
Inked Design Store—store will close Dec 12th—shirt pickup will be at  
Inked [HERE](#)

**Lost & Found:** Our lost and found pics will be attached along with the  
newsletter. Please ensure that your swimmer picks 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.

**Blue Santa Toy Drive**—We will begin our toy drive to benefit the  
Friendswood Blue Santa program on December 5th through December  
16th. There will be a box for you to drop off your items. Flyer [HERE](#).

**Timing Assignments Fall Champs:** To Follow by email once  
received from host.

**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](#)



<u>Dec</u>	<u>Age-Date</u>
Olivia Ellington	11 - 1st
Lily Schendel	8—2nd
Alice Konkaba	16—3rd
Harper Weisman	10—4th
Kivy Moore	10—5th
Hayden Nielsen	15—5th
Hannah Robbins	10—6th
Haley Tinney	11—11th
Adriana Arghiropol	8—12th
Mikael Gagai	11—13th
Owen Saum	11—14th
Kirthana Pennika	9—17th
Tanner Goins	12—17th
Sam Meecham	9—19th
William Huynh	7—20th
Jenny Williams	9—20th
Omar Mansour	15—23rd
Connor Cooke	8—24th
Landon Bomar	10—24th
Cannon Fortenberry	12—24th
Sahil Ganatra	12—25th
Lylie Reves	12—28th
Ava Fox	9—30th
Lily Ainsworth	10—31st
Sariel Nguyen	15—31st

**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 9/27/22)

**Senior Champs Recap:** awesome and full of great swims for many of our swimmers. Seeing their hard work pay off in the pool with that amazing start of the block, no breaths into their turns, and finishing their races without breathing in the flags was awesome. There were so many great swims, and I am sorry for not mentioning them all, but here are some races I will think about for a while:

Fergie's 200 freestyle in finals was Phenomenal. She did everything that was asked, great turns, amazing tempo, and getting out of her head to swim her race and earning her invite to zones.

Abdullah's final races, all of them, were fun and enjoyable, despite being tired, he went out and race, and found there was some left in the tank. He led the team to believe there was always more if you try.

Daniel's & Mark's final 200 breast race had them next to one another and they were going to push each other to give their best. Each 50 they pushed one another to dig down and find more to give. It was a race until they touched the wall.

Nick's 100 breast was so awesome. He wanted to scratch, but we knew he had so much more. He came back and raced, dropping another second in finals.

Alexa finalized in everything and was very tired, but you could see how much she wanted to score points for the team and race. She always came back and found she was a better swimmer than she thought she was. My favorite race was the 100 free, when she just went out and raced.

Imina finalized in the 100 breast and enjoyed racing it again. She had a great tempo, kick and overall great race, learning she is a breaststroker.

Chayton's 50 free was amazing, breaking into the 22 second club, realizing he just needed to come to practice more and he could maximize his potential.

Andrew's 200 fly was awesome, hitting tempo, and demonstrating how beautiful his strokes are. His mile was impressive, finishing his weekend with over a minute drop.

Zoe's 200 fly in finals allowed her to see she can do anything she puts her mind to and butterfly happens to be one of her strokes. She overcame her fear of having to swim it again, but crushing it at night.