



Week of Feb 20 2023

2022-2023 Training Schedule

Updated 2/7/23 (Challenge & Pre-Senior changes)

Sharks Pool Locations

Practice Changes this Week:

Fri 2/24—FHS

Challenge-6:00pm-8:00pm

Pre-Sr/Senior/Senior Perf: No practice

Sat 2/25-FHS

Sr/Sr Perf-Canceled

Challenge-Canceled

Masters-Canceled

Expl & Expl Adv-Canceled

Disc Adv (both) 9:00am-10:00am

Senior Group Dryland Schedule [HERE](#)

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

Coaches Corner:

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](#)

Upcoming Events

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

Sharks Relay Policy

It's Great To Be A Shark!

Feb 24th-26th—Gulf 13 & over

Champs—Cy Fair ISD Natatorium

Itinerary [HERE](#) Meet Program [HERE](#)

Job Signup [HERE](#)

Final Entries [HERE](#)

No Changes after 2/2 @ Noon

Mar 3rd-5th—Sharks Prelim/Final

Meet—Location FHS

Opt out by 2/12/23

Preliminary Entries [HERE](#)

Final Entries [HERE](#)

No Changes after 2/23

Mar 14th-18th-NCSA Spring Jr.

Nationals-Orlando, Fl.

Qualified Swimmers only

Mar 29—Discovery & Swim Fit

Groups Banquet 5pm-8pm (Main Event)

Apr 2nd—Competitive Groups

Banquet 1pm-4pm (Save the date)

Apr 15th—Open Water Champs

Lake Longhorn, League City

Jul 26-30th—Southern Senior Zones

Tupelo, MS. Qualified swimmers

Job Signup 13 & over Champs [HERE](#)

Opens as follows:

1 per family 2/21 @ 7:30pm

Unlimited per family 2/22 @ 7:30pm

Any open positions assigned 2/23

Hospitality Helps March Meet—we are in need of coolers, ice and \$10 donations to help cover the meals and snacks that are being provided across all 7 sessions of this meet to coaches and officials on deck. Each line item donation is \$10—invoiced to your account. Signup [HERE](#)

Sharks Hosted Meet—Job Signup—We are less than 2 weeks away from our hosted meet. This is a large prelim/final meet with many teams in attendance. There are sessions Friday Evening, Saturday AM, PM & Evening as well as Sunday AM, PM and Evening. This requires MANY volunteers and we currently still have over 50 positions to be filled at this time. ALL positions must be filled. If you have not signed up yet, please log in and signup now. [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.

Lost & Found—Please check the site for updated pics of lost and found items. We do have two girls speedo endurance suits with Sharks emblem on them in lost and found—please be sure to check if your swimmer is missing a suit. They have been in lost & found for some time. Approx size 24 or 26. email lucylgodfrey@gmail.com with questions.

Sharks Social Media – Links to follow:

Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)

Team Records:

Short Course Yards

Long Course Meters



Qualifiers

Age Group Champs

Lily Ainsworth, Caitlyn Alley,
Tanner Antley, Lily Anzaldua,
Logan Atchison, Blake Carr,
Morgan Carr, Jayden Dickamore,
Ethan Ellington, 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, Kiley Stock

Tags

Leighton Haver, Vanessa Marsh

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,
Cameron Sustala, 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