



Week of Feb 27th 2023

2022-2023 Training Schedule

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

Sharks Pool Locations

Practice Changes this Week:

Fri—3/4—FHS

ALL GROUP PRACTICES CANCELED DUE TO HOSTED MEET

Sat 3/5-FHS

ALL GROUP PRACTICES CANCELED DUE TO HOSTED MEET

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!

Mar 3rd-5th—Sharks Prelim/Final Meet—Location FHS

Opt out by 2/12/23

Final Entries [HERE](#) Itinerary [HERE](#)

Job Signup [HERE](#)

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

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** **Thank you to all of you have already signed up—we are still in need of coolers and ice drop offs.**

Sharks Hosted Meet—Job Signup—The final timeline is available and job times have been adjusted accordingly as needed to the exact times. Please review your signup **HERE**

If you have not already signed up—do so NOW, **WE HAVE 59 OPEN POSITIONS THAT MUST BE FILLED**, Signups will close tomorrow, Wednesday at 1pm. Families will then be assigned and emailed by 5pm. **Please note:** with so many open positions, you MAY be assigned additional positions or assigned if not already signed up, even if your hours have been met.

Even if your swimmer is NOT participating in this meet, this is a great opportunity for you to meet your hours at a meet close to home. You can still sign up for positions as this is a major fundraising event for the team, and many hand are needed to make this large meet run smoothly.

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,
Mark Argyelan, Logan Atchison,
Blake Carr, Morgan Carr,
Daniel Dickamore, Jayden Dickamore,
Ethan Ellington, 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, Andi Jeanes,
KK LeBlanc, Vanessa Marsh,
Spencer Meyers, Gabi Volpe,
Giancarlo Zamora

Southern Senior Zones

Macey Degroot, Lauren Ferguson,
Natalie Goza, Dylan Haver,
Tristan Haver, Hayden Holcomb,
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