



Week of Feb 6 2023

2022-2023 Training Schedule

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

Sharks Pool Locations

Practice Changes this Week:

Fri Feb 10th-Springs

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

Fri Feb 10th-FHS

Challenge/Pre-Senior: 5:15pm-7:15pm

(please note—this is a permanent time change)

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 website.

Sharks Relay Policy

It's Great To Be A Shark!

Feb 17-19-Gulf 12 & Under Champs -

Location TBD by Gulf

Opt OUT by 1/22

Final Entries [HERE](#)

No Changes after 2/2 @ Noon

Feb 24th-26th—Gulf 13 & over

Champs—location TBD by Gulf

Opt Out by 1/22

Final Entries [HERE](#)

Tentative Relays [HERE](#)

No Changes after 2/2 @ Noon

Mar 3rd-5th—Sharks Prelim/Final

Meet—Location FHS

Opt out by 2/12/23

Preliminary Entries 2/13

Final Entries 2/20

No Changes after

Mar 14th-18th-NCSA Spring Jr.

Nationals-Orlando, Fl.

Qualified Swimmers only

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.



February

Age-Date

Evan Takeda	9	1st
Alex Linden	18	2nd
Brielle McGonagle	13	4th
Ben Nendza	15	6th
Spencer Meyers	18	7th
Emily Ferraco	11	10th
Camille Chossiere	7	15th
Logan Atchison	13	15th
Olivia Esbeck	15	15th
Julia Rupp	15	15th
Layne Carr	9	17th
Rilee Huynh	11	17th
Elise Walther	9	19th
Sofia Rodriguez	10	19th
Joseph Sanchez	10	19th
Caleb Livesay	14	19th
Maddalyn Mabe	6	21st
Ainara Aranzadi	8	21st
Landon Blount	10	21st
Maddie Rust	10	22nd
Molly Muchna	8	23rd
Christopher Garcia	19	25th
Kiley Stock	11	26th
Adam Chang	9	27th
Liam Chang	9	27th
Aditi Abbaraju	14	27th

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