



Week of Jan 23rd 2023

2022-2023 Training Schedule

Updated 1/3/23 (Challenge & Pre-Senior changes)

Sharks Pool Locations

Practice Changes this Week:

Fri 1/27/23—

Springs

Sr/Sr Perf—4:45pm-7:00pm

Stevenson

Disc. Pre-Team— 4:45pm-5:30pm

Exploratory—5:00pm-6:30pm

Challenge—5:15pm-7:15pm

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

Expl Adv (BOTH) - 6:00pm-8:00pm

Sat 1/28-Stevenson

Masters—7:00am-8:00am

Sr & Sr Perf Dryland— 7:00am-8:00am

Sr & Sr Perf Swim— 8:00am-10:00am

Challenge—7:45am-9:45am

Disc. Adv 1 & 2—9:30am-10:10am

Expl & Expl Adv (BOTH) - 10:00am-11:30am

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

Preliminary Entries [HERE](#)

Final Entries 1/31

No Changes after 2/2 @ Noon

Feb 24th-26th—Gulf 13 & over

Champs—location TBD by Gulf

Opt Out by 1/22

Preliminary Entries [HERE](#)

Tentative Relays [HERE](#)

Final Entries 1/31

No Changes after 2/2 @ Noon

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.



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,
Ben Nendza, Hayden Nielsen, Kiley Stock,
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, 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

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