



Week of Jan 2nd 2023

2022-2023 Training Schedule

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

Sharks Pool Locations

Tue Jan 3rd—Stevenson

Expl Adv 2: 4:45pm-6:15pm

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

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

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

Wed Jan 4th-Stevenson

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

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

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

Thu Jan 5th-Stevenson

Expl Adv 2: 4:45pm-6:15pm

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

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

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

Fri Jan 6th

FHS:

Challenge: 5:00pm-7:00pm

Pre-Senior: 5:00pm-7:00pm

Stevenson:

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

Sat Jan 7th

FHS:

Discovery Pre-Team: 9:30am-10:30am

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](#)

Upcoming Events

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

It's Great To Be A Shark!

Jan 13th-15th— Noch Invite

(Prelim/Final Meet) Opt out by: Dec 19

Final Entries [HERE](#)

No changes after: Jan 4 @ Noon

Jan 14th-15th—Aqua Timed Final—

FHS Natatorium

Final Entries [HERE](#)

No Changes after Jan 4 @ Noon

Jan 21st-Sharks Developmental

Champs

Opt IN by: Jan 17

Feb 17-19-Gulf 12 & Under Champs -

Location TBD by Gulf

Opt OUT by 1/22

Preliminary Entries 1/24

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 1/24

Final Entries 1/31

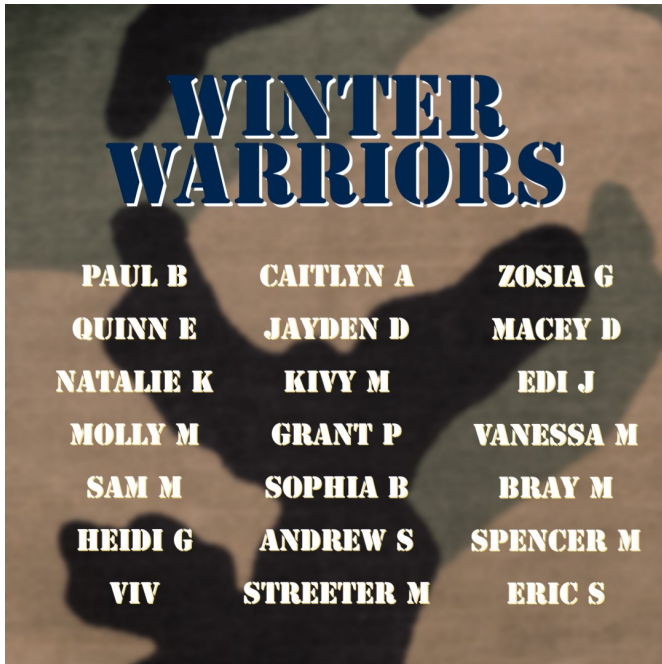
No Changes after 2/2 @ Noon

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.

USA Swimming Registration—those swimmers that have still not registered by 12/31 will NOT be able to return to practice Jan 2 and may not be able to compete in meets.

Congratulations to our Winter Warrior participants for 2022!



January	Age-Date
Zoe Worthey	14 - 2nd
Cameron Sustala	15 - 3rd
Delaney Sustala	15 - 3rd
Stefano Fiocca	14 - 8th
Chayton Budzik	18 - 11th
Kayla Fox	7 - 13th
Grant Dischler	7 - 13th
Caleb Garza	9 - 14th
Audrey Ta	11 - 15th
Natalie Kahms	8 - 18th
Reagan Foster	12 - 18th
Levi Godfrey	8 - 19th
Sophia Patrick	11 - 20th
Lily Smart	14 - 20th
Ben Goodman	13 - 25th
Quinn Epperson	7 - 27th
Alexa Arevalo	15 - 29th
Wendy Cho	10 - 30th
Sawyer Pettit	8 - 30th
Reagan Nesrsta	15 - 31st

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