



Week of Jan 30th 2023

2022-2023 Training Schedule

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

Sharks Pool Locations

Practice Changes this Week:

Wed 2/1—Springs

Sr Performance: 4:45pm-7:00pm

Fri 2/3—Springs

Sr & Sr Performance: 4:45pm-7:00pm

Senior Group Dryland Schedule [HERE](#)

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

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

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](#)

Sharks Prelim/Final Meet: Our large prelim final meet will be Friday March 3—Sunday March 5. This is a total of seven sessions which will need MANY volunteers. The preliminary signup is opening as follows [HERE](#)

Today, @ 7pm—one position per family
Thu Feb 2nd @ 7pm—2 positions per family
Sat Feb 4th @ 9am-unlimited positions per family

PLEASE NOTE—TIMES ARE PRELIMINARY START & END TIMES, FINAL START AND END TIMES FOR JOBS WILL NOT BE AVAILABLE UNTIL THE WEEK OF THE MEET. THEREFORE PLEASE BE CAREFUL NOT TO SIGN UP FOR BACK TO BACK SLOTS IN DIFFERENT AREAS AS NOT ALL JOBS WILL CHANGE SHIFT AT THE SAME TIME. EVENT SHOWS WHICH SWIMMERS WILL BE SWIMMING IN WHICH SESSION.

Jobs—A list of possible jobs is listed [HERE](#) for your review, this gives a description (Some positions will not be available for signup at this meet)

Volunteer Short Course Hours Update: Due to the cancellation of the November hosted swim meet, the board voted to extend the deadline for completing the short course to April 30th. This will allow an additional opportunity to complete the required short course hours. The board will re-evaluate the required long course hours in April when the long course schedule is updated.

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](#) (Updated 12/13/22)

[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,
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