



Week of Jan 9th 2023

2022-2023 Training Schedule

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

Sharks Pool Locations

Tue Jan 10th

FHS:

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

Challenge & Pre-Senior: 5:15pm-7:00pm

NO DISC ADV 1 or 2, No Expl Adv 1 or 2, NO SWIM FIT

Wed Jan 11th

FHS:

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

Challenge: 5:15pm-7:15pm

Clear Springs HS:

Swim Fit White: 4:45pm-5:30pm

Expl Adv 1 & 2: 4:45pm-6:15pm

Exploratory: 5:00pm-6:30pm

Swim Fit Blue: 6:00pm-7:00pm

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

NO PRE-SENIOR, MASTERS, DISCOVERY PRE-TEAM

Thu Jan 12th

Stevenson:

Sr/Sr Perf: 4:30pm-7:15pm (dryland 6:30pm-7:15pm)

Challenge & Pre-Senior: 6:00pm-8:00pm

Clear Springs HS:

Disc Adv 1: 4:45pm-5:45pm

Disc Adv 2: 5:30pm-6:30pm

Swim Fit White: 4:45pm-5:30pm

Expl Adv 1 & 2: 4:45pm-6:15pm

Swim Fit Blue: 6:15pm-7:15pm

Swim Fit Black: 6:15pm-7:15pm

Masters: 7:00pm-8:00pm

NO EXPLORATORY PRACTICE

Fri Jan 13th:

Stevenson:

Disc. Pre-Team: 4:45pm-5:30pm

Swim Fit White: 4:45pm-5:30pm

Expl & Expl Adv 1 & 2: 5:00pm-6:30pm

Swim Fit Blue & Black: 6:30pm-7:30pm

NO PRACTICE DUE TO MEET: Sr, Sr Perf, Challenge, Pre-Senior

Sat Jan 14th: ALL GROUPS CANCELED DUE TO SWIM MEETS

Senior Group Dryland Schedule [HERE](#)

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.

It's Great To Be A Shark!

Jan 13th-15th— Noch Invite

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

Final Entries [HERE](#)

Job Signup [HERE](#) Itinerary [HERE](#)

Timeline [HERE](#)

Jan 14th-15th—Aqua Timed Final—

FHS Natatorium

Final Entries [HERE](#)

Itinerary [HERE](#) Psych Sheet [HERE](#)

Job Signup [HERE](#)

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

Job Signup Noch & Aqua Meet: This weekend's meet Job signup will open this evening, Tuesday, January 10th @ 7pm, 1 signup per family.

Wednesday, January 11th @ 7pm, unlimited per family

Thursday, January 12th—any open positions will be assigned to those in the meet, not already signed up.

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.



Qualifiers

Age Group Champs

Lily Ainsworth, Tanner Antley, Lily Anzaldua,
Logan Atchison, Blake Carr, Morgan Carr,
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, 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, 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