



Week of July 17th, 2023

New Schedule beginning April 3

Sharks Pool Locations

Practice changes: To be emailed by coaches

Senior 3 Group Dryland Schedule [HERE](#)

Senior 3 Summer Schedule: [HERE](#)

Senior 2 Summer Schedule : [HERE](#)

Senior Performance Summer Schedule: [HERE](#) (updated 6/6)

*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 3 & Exploratory) [HERE](#)

Coach Gordy's Wise Words (Senior 2) [HERE](#)

Coach Rhys Pieces (Senior 1) [HERE](#)

Coach Tim's Tidbits (Challenge & Exploratory Advance) [HERE](#)

Coach Chris's Chronicles (Exploratory Advance 2) [HERE](#)

Coach Dacia's Directions (Discovery Advance & Discovery Pre-Team) [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!

Tentative Long Course Meet Schedule
Sharks Relay Policy

**Last Day of Practice is Thursday, July 27th —
Family Frenzy Friday July 28th
No Practice Sat July 29th or Mon July 31st**

July 21-23rd-12 & Under Long Course

Champs—Don Cook Natatorium

Final Entries [HERE](#) Itinerary [HERE](#)

Job Signup [HERE](#)

July 21-23rd- 13 & over Champs

FBISD Training Pool

Final Entries [HERE](#) Itinerary [HERE](#)

Job Signup [HERE](#)

July 21st-Sharks Summer Squad Champs (FHS)

Preliminary Entries [HERE](#) Job Signup [HERE](#)

Itinerary [HERE](#)

Jul 24-30th-Southern Senior Zones—

Final entries [HERE](#) Travel Info [HERE](#)

Jul 25th-Jul 29th-ISCA Summer Senior Blast

Qualifying Swimmers, St. Petersburg, Florida

Preliminary Entries [HERE](#)

Final Entries [HERE](#)

July 25th—TAGS—Qualifying Swimmers

Northside Aquatic Center, San Antonio

Preliminary Entries [HERE](#) Final Entries [HERE](#)

No changes after

July 28th—Sharks Family Frenzy-FHS

Signup [HERE](#) (for those not attending a champ meet this date) **Opt in deadline Fri 7/21**

Parents attending **MUST** complete the Parent Safe Sport Training and email their certificate to Susan.

Sharks Relay Policy [HERE](#)

Final regular practice of the season will be Thursday July 27th. Family frenzy event, Friday July 28th. No practice any group Saturday July 29th or Monday July 31st. Be on the lookout for registration for the 2023-2024 season coming soon!

Timing Assignments 12 & Under Long Course Champs—open schedule

1 per family today, Tuesday July 18th @ 6:30pm
unlimited per family, Wednesday July 19th @ 6:30pm
any open positions assigned Thursday July 20th

Timing Assignments 13 & Over Champs at FCST

1 per family today, Tuesday July 18th @ 6:30pm
unlimited per family, Wednesday July 19th @ 6:30pm
any open positions assigned Thursday July 20th

Take note of name of person you are relieving as we are splitting Lane 6 on Sunday—if you do not relieve the correct person you may be fined for a no show.

Summer Squad Champs—Job Signup open schedule (FHS)

Timing of jobs may adjust slightly prior to meet depending on final entries
1 per family today, Tuesday July 18th @ 6:30pm
unlimited per family, Wednesday July 19th @ 6:30pm
any open positions assigned Thursday July 20th

Long Course Champs Meet Breakdown (who should attend which meet in groups) [HERE](#)

Sharks Family Frenzy—Friday July 28th 4:45pm at FHS

Any sharks swimmer/parent not attending a swim meet this date—any adults participating **MUST** complete adult athlete safe sport course. Signup [HERE](#)
APT Course is in your USA Swimming account and looks like this:



Completed Safe sport certificate for parent must be emailed to Susan at hille6@yahoo.com

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 FHS—Please check the site for updated pics of lost and found items email lucylgodfrey@gmail.com with questions.

Sharks Social Media – Links to follow:

Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)

Parent Rep Contacts by group: [HERE](#)

Team Records:

[Short Course Yards](#)

[Long Course Meters](#)



Qualifiers

Age Group Champs

Lily Ainsworth, Tanner Antley, Lily Anzaldua, Blake Carr, Ethan Ellington, Tyler Ferraco, Leighton Haver, Caleb Livesay, Brielle McGonagle, Kivy Moore, Streeter Moore, Hannah Robbins

Tags

Lily Ainsworth, Tyler Ferraco, Leighton Haver, Kivy Moore

Southern Senior Zones

Tanner Antley, Chayton Budzik, Morgan Carr, Macey Degroot, Olivia Esbeck, Lauren Ferguson, Natalie Goza, Dylan Haver, Leighton Haver, Tristan Haver, Hayden Holcomb, Edi Jakob, Andi Jeanes, Katie Koenst, KK LeBlanc, Alex Linden, Caleb Livesay, Abigail Lowman, Valeria Madrid, Vanessa Marsh, Spencer Meyers, Braylynn Moore, Ben Nendza, Hayden Nielsen, Eric Song, Cameron Sustala, Lauren Tillman, Gabi Volpe, Caroline Westbrook, Giancarlo Zamora

Sectionals

Macey DeGroot, Edi Jakob, Andi Jeanes, KK LeBlanc, Valeria Madrid, Vanessa Marsh, Spencer Meyers, Valeria Madrid, 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

Speedo Summer Junior Nationals

Macey DeGroot, KK LeBlanc