



Week of July 3rd & 10th, 2023

New Schedule beginning April 3

Sharks Pool Locations

There will be NO newsletter for Tuesday July 11 as Susan is out of town—practice changes and important meet information will be emailed by your coaches. I may not have easy access to internet so will not be able to respond to emails promptly—please send urgent questions to your group coach. I will return Monday July 17th.

Practice Changes this week and week of 3rd & July 10th:

Fri Jul 7th FHS

Challenge & Sr 2: 5:30pm-7:30pm

Expl Adv 2: 5:15pm-7:15pm

Exploratory: 4:45pm-6:15pm

Sat Jul 8th FHS

Challenge & Expl Adv 2: 8:30am-10:30am (plus any Expl Adv 1 kids not swimming SHAC B Champs)

Disc. Adv 1 & 2 & Exploratory—Canceled due to SHAC meet

Tue Jul 11th—Springs

Sr Perf—PM Practice at Springs Canceled

Senior 2—5:15pm-7:15pm (moved earlier)

Thu Jul 13th—FHS

Senior 2—6:45am-8:45am

Springs:

Sr Perf—PM Practice at Springs Canceled

Senior 2—NO PM Practice—AM at FHS

Fri Jul 14th—FHS

Challenge & Senior 2: 5:30pm-7:30pm

Expl Adv 2: 5:15pm-7:15pm

Sr Perf & Sr 3—Canceled (Sr Champs Meet)

Sat Jul 15th—FHS

Challenge & Expl Adv 2: 8:15am-10:00am

Sr Perf & Sr 3—Canceled (Sr Champs Meet)

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 7th—Summer Squad Meet @ Peak

Final entries HERE Itinerary HERE

Job signup HERE Timeline HERE

Heat Sheet HERE

July 8th-12 & Under Champs (SCY)

Swim Houston Aquatics Center, 8454 Airport Blvd

Final entries HERE Itinerary HERE

Job Signup HERE

July 14-16th-Age Group Champs (FLEET)

Final Entries HERE

July 14-16th—Senior Champs (TWST)

Preliminary Entries HERE

Final Entries HERE

No Changes after 6/28 @noon

July 21-23rd-12 & Under Long Course Champs—Don Cook Natatorium

Final Entries HERE No Changes after 7/5 @ Noon

July 21-23rd- 13 & over Champs

Location TBD by Gulf

Final Entries HERE No Changes after 6/28 @ noon

July 21st-Sharks Summer Squad Champs (FHS)

Jul 24-30th-Southern Senior Zones—

Preliminary Entries HERE

Final entries 7/17

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

Qualifying Swimmers, St. Petersburg, Florida

Preliminary Entries HERE

July 25th—TAGS—Qualifying Swimmers

San Antonio

Preliminary Entries HERE

July 28th—Sharks Family Frenzy-FHS

Signup HERE (for those not attending a champ meet this date)

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!

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:



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 acco **Lost & Found FHS**-Please check the site for updated pics of lost and found items email lucylgodfrey@gmail.com with questions.

Summer Swim with the Sharks! Tell your friends about our summer programs.

Sharks Summer Squad—seasonal swim team for ages 5+. Swimmers need to be able to swim 25 yards free & back to join. Convenient morning or evening practices

Sharks Swim School—small group, adaptive & private lessons in League City (west), Friendswood, Pomona or mobile Contact Coach Kate with questions about our summer program.



July

	<u>Age-Date</u>
Katie Koenst	18—2nd
Cameron Lowman	13—3rd
Caitlyn Alley	11— 5th
Liv Foley	10 - 8th
Luke Matthews	14—10th
L1yla Richardson	6—11th
Andrew Sugunan	14—12th
Leah Givens	19—12th
Jayden Dickamore	11—13th
Aleissia Shutts	14—13th
Heid Gross	10—14th
Jaxson Meyer	8—15th
Taytum Potter	7—16th
Inaaya Hassan	9—16th
Zosia Gross	14—20th
Lorelei McGarvey	8—21st
Wesley Hill	8—23rd
Hudson Maher	8—23rd
Ella Pereira	13—23rd
Keegan Carr	11—24th
Edi Jakob	16—26th
Streeter Moore	13— 27th
Hannah Raju	9—30th
Tanner Antley	15—31st

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