



Week of Mar 6th 2023

2022-2023 Training Schedule

Updated 2/7/23 (Challenge & Pre-Senior changes)

Sharks Pool Locations

Practice Changes this Week:

Spring Break: Saturday March 11th-Saturday March 18th—No Practice for ANY group.

Return to regular practice Monday, March 20th.

Senior Group Dryland Schedule [HERE](#)

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

Please note: Emails to Susan (billing/admin) or calls to the Sharks phone number will be returned AFTER spring break.

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 website.

It's Great To Be A Shark!

Mar 14th-18th-NCSA Spring Jr. Nationals-Orlando, Fl.

Qualified Swimmers only

Mar 29—Discovery & Swim Fit Groups Banquet 5pm-8pm (Main Event)

Apr 2nd—Competitive Groups Banquet 1pm-4pm (Save the date)

Apr 15th—Open Water Champs
Lake Longhorn, League City

Jul 26-30th—Southern Senior Zones

Tupelo, MS. Qualified swimmers

Long Course Cap Personalized Cap Orders—

Light blue Sharks personalized or non-personalized caps are available for ordering for short course **HERE**. Orders will remain open through Saturday March 18th.

Personalized silicone caps must be ordered in a set of two for \$30

Non personalized silicone caps \$12 each

Latex caps \$6 each.

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.



Qualifiers

Age Group Champs

Lily Ainsworth, Caitlyn Alley,
Tanner Antley, Lily Anzaldua,
Mark Argyelan, Logan Atchison,
Blake Carr, Daniel Dickamore,
Jayden Dickamore, Ethan Ellington,
Emily Ferraco, Tyler Ferraco,
Dylan Haver, Leighton Haver,
Caleb Livesay, Cameron Lowman,
Grady Marici, Kivy Moore,
Streeter Moore

Tags

Leighton Haver, Vanessa Marsh

Sectionals

Macey DeGroot, Andi Jeanes,
KK LeBlanc, Vanessa Marsh,
Spencer Meyers, Gabi Volpe,
Giancarlo Zamora

Southern Senior Zones

Chayton Budzik, Macey Degroot,
Lauren Ferguson, Natalie Goza,
Dylan Haver, Tristan Haver,
Hayden Holcomb, Edi Jakob,
Andi Jeanes, Katie Koenst,
Alex Linden, 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

Sharks Social Media – Links to follow:

Sharks Facebook **HERE** Sharks Instagram **HERE**

Sharks Youtube channel **HERE**

Team Records:

Short Course Yards

Long Course Meters