



Week of Mar 27th 2023

2022-2023 Training Schedule

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

New Schedule beginning April 3

Sharks Pool Locations

Practice Changes this Week:

Wed Mar 29th

Springs

Swim Fit White, Blue & Black Canceled due to team banquet

Masters practice canceled

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

Pre-Senior: 6:15pm-8:15pm

FHS

Discovery Pre-Team— Canceled due to team banquet

Fri Mar 31st

Springs

Expl Adv 1 & 2: 6:00pm-8:00pm

Challenge: 5:15pm-7:15pm

Pre-Senior: 5:15pm-7:15pm

Sat Apr 1st—FHS

Challenge (For those NOT swimming open water) 7:45am-9:45am

Sr & Sr Perf (DRYLAND ONLY) 8:30am-9:30am (bring food for right after to snack on before big shark/little shark.)

Disc. Adv—Attends Big Shark/Little Shark 10:15am-Noon

Expl & Expl Adv (BOTH) - Attends Big Shark/Little Shark 10:15am-Noon

Open Water Swim at Lake Longhorn 8:00am-10am (Sr, Sr Perf, Challenge that are attending Open Water meet 4/16)

Senior 3 Group Dryland Schedule [HERE](#)

****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 & 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!

Tentative Long Course Meet Schedule

Mar 29th—Discovery & Swim Fit Groups Banquet 5pm-8pm (Main Event)
Some volunteers needed. Signup [HERE](#)
(opens tonight @ 7:30pm)

Apr 1st—Big Shark—Little Shark Day
Discovery Pre-Team, Adv, Expl & Swim Fit groups \$15 each swimmer
[Big Shark/Little Shark Schedule & List](#)

April 1st-Open Water Practice—(for those entered in the Open Water Meet 4/16)=
8:00am-10:00am

Apr 1st—Spring Parent Meeting-FWD
Library—10:30am-11:00am
Discovery pre/adv, & expl group parents invited. Seating limited to 1 parent only.

Apr 2nd—Competitive Groups Banquet
1pm-4pm Bay Area Community Center. Opt In deadline Mar 22nd \$20-\$25 per person—please indicate how many additional tickets in notes)

Apr 8th-Rush Ride-Senior Groups—Opt in by Apr 6
\$9-\$10 per swimmer.

Apr 14th & 15th—Swim-A-Thon—Swim-A-Thon is now open for your fundraising—more details [HERE](#) (see banner on homepage)

Apr 16th—Open Water Champs
Lake Longhorn, League City—**preliminary entries will be emailed 3/31**
Final entries 4/4
No changes after 4/5

Apr 22nd-Short Course Series Meet #1

Apr 28-29-Sharks April LCM Hosted Meet

May 19-21st SPA May LCM Invite

New Training Schedule—This takes effect Monday April 3rd, Please print the schedule listed on page 1 so that you are aware of your swimmer's practice times if they have changed.

Swim-A-Thon—Friday April 14th & Saturday April 15th— banner for fundraising has begun on homepage of site. More Info [HERE](#)

Big Shark/Little Shark Day \$15 per little Shark swimmer. Schedule & List of Big Shark/Little Shark [HERE](#)

Discovery & Swim Fit Groups Banquet at Main Event—Wed March 29th. Volunteer signup opens tonight @ 7:30pm (few spots to oversee activities) [HERE](#)

Competitive Groups Banquet—April 2nd—Exploratory & Up groups. Bay Area Community Center, 5002 E Nasa Parkway, Seabrook. 1pm-4pm. RSVP Deadline to opt your swimmer in is tomorrow, March 22nd. Be sure to indicate in notes section how many additional tickets (limit of two additional). Event has link for slideshow pics to be uploaded and separate link for Graduating seniors to upload their pics to specific folders.

We are still in need of volunteers, for those attending the banquet this will in no way affect your ability to enjoy the event. Signup [HERE](#)

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

Sharks Social Media – Links to follow:

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

Sharks Youtube channel [HERE](#)

Team Records:

Short Course Yards

Long Course Meters



Qualifiers

Age Group Champs

Lily Ainsworth, Caitlyn Alley,
Tanner Antley, Lily Anzaldúa,
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