



## Week of Mar 6th 2023

### 2022-2023 Training Schedule

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

### Sharks Pool Locations

#### Practice Changes this Week:

#### Fri Mar 10th—FHS

Challenge—6:00pm-7:30pm

Pre-Senior— 6:00pm-7:30pm

Expl Adv (BOTH) - 6:00pm-7:30pm

#### Sat Mar 11th—FHS

NCSA Swimmers only-8am-10am

Masters—7am-8am

**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 \**

#### 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

**Thank you to the many, many Sharks parents who went above and beyond this last weekend for our large hosted prelim/final meet!**

**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](mailto:lucylgodfrey@gmail.com) with questions.



<u>March</u>	<u>Age-Date</u>	
Meah Thomas	8	2nd
Natalia Youens	12	2nd
Violet Harris	10	2nd
Grace Goins	9	3rd
Grant Peterman	11	6th
Caden Garrison	14	7th
Cameron Bomar	8	9th
Kenleigh Le	13	12th
Vanessa Marsh	15	13th
Matthieu Chossiere	9	14th
Wyatt Kleinpeter	12	14th
Frankie Muchna	6	16th
Graham Schuessler	7	17th
Sarai Reyes	12	18th
Hayden Holcomb	15	18th
Arturo Garcia	9	20th
Alaina Anchondo	6	21st
Olivia Fernandez	9	21st
Scarlett Thompson	11	22nd
Sawyer Denman	9	23rd
Charlotte Hull	9	24th
Kylie Ruffin	11	26th
Morgan Carr	15	28th
Emma Gazave	9	31st

**Sharks Social Media – Links to follow:**

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

**Team Records:**

**Short Course Yards**

**Long Course Meters**