



Week of May 1st 2023

New Schedule beginning April 3

Sharks Pool Locations

Practice Changes this Week:

Fri May 5th– Springs

Sr Perf/Sr 3/Sr 2: 4:45pm-7:00pm

Sat May 6th-Walker

Sr Perf/Sr 3/Sr 2: 7:30am-10:00am

Senior 3 Group Dryland Schedule [HERE](#)

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

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.

Southern Senior Zones—Tupelo, MS. July 26-July 30th

For qualifying swimmers A survey was sent to the qualifying groups to gauge interest in attending this team trip. Coaches and chaperones would supervise. There is some reimbursement available from Gulf Swimming for qualified swimmers. Please add your swimmer if interested in the survey link [HERE](#)

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](#)

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

May 6th—Free Lost & Found Pickup at FHS

Your opportunity to get one free unclaimed item from our lost and found at FHS.
9am-12Noon.

May 12th-13th-Swim-A-Thon

May 19-21st SPA May LCM Invite

Don Cook Natatorium, Opt Out by Apr 23

Preliminary entries [HERE](#)

Final Entries [HERE](#)

No changes after May 4th @ 2pm

May 20th-Short Course Series Meet #2

Friendswood High School

Opt Out by April 30th

Preliminary Entries [HERE](#)

Final Entries May 9th

No Changes after May 10th @ 2pm|

May 28th—Shark Open Water Race

Lake Longhorn

Opt IN by May 6

Preliminary Entries May 9

Final Entries May 16th

No changes after May 17th @ 2 PM

June 8th-11th—Team Travel Trip—Austin Swim Club

Costs are detailed in event

Opt IN by May 4th

Preliminary Entries 5/23, Final entries 5/30

No changes after 5/31

June 17th—Short Course Series Meet #3

June 23-25th— FCST LCM Invite

Swim Fit/Summer Squad: For those swimmers that are registered for Summer Squad they will have modified practice at Clear Springs in the evenings—

Monday, Tuesday & Thursdays at the following times:

White: 5:15pm-6:00pm

Blue: 5:45pm-6:45pm

Black: 6:45pm-8:00pm

HERE for details on both options.

Please reach out to Susan @hille6@yahoo.com with any questions.

April 28th-29th Hosted Meet LOST & FOUND: Many items were left behind at the meet this weekend, please reach out to Kathryn, the aquatics director if you or your swimmer left items. Items will be held for one week and then disposed of.

Swim-A-Thon—May 12 & 13 - We are officially 41.4% of the way to our goal of \$15,000. We surpassed last week for our largest 1 week increase. Our top 2 producers for the week were Sophia Rodriguez (\$425) and Aubrey Galvan (\$400)

Group Totals: Sr Performance: \$1750

Exploratory: \$1525

Senior 2: \$1085

Discovery Pre-Team: \$450

Discovery Advance: \$450

Senior 1: \$250

Expl. Advance 2: \$225

Expl. Advance 1: \$200

Senior 3: \$0

Challenge: \$0

We have 10 more days to raise money! Take advantage of your social media. If you have received donations, go back on and give an update..and ALWAYS remember to thank them for HELPING you!

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. 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.

Lost & Found FREE PICKUP: May 6 during practice at FHS, we will have a collection of lost and found items that have not been claimed that can be taken for free—one item per person. Volunteer signup opens today at 6:30pm **HERE**



May

Age-Date

Skye Thompson	13 - 1st
Abigail Lowman	16 - 4th
William Bennett	11 - 10th
Kiara Cassarino	14 - 11th
Jovan Stojkovski	14 - 13th
Wyatt Hughes	9 - 14th
Amir Bouaziz	13 - 14th
Ryan Yan	10 - 15th
Annaliese Hughes	12 - 15th
Gabi Volpe	16 - 15th
Jackson Castillo	7 - 20th
Liam Yahchouchi	7 - 24th
Jeslyn Do	12 - 25th
Ruby Follmar	6 - 26th
Rhea Salodkar	8 - 28th
Bella Follmar	10 - 28th
Kathryn Sicuro	14 - 29th
Alicia Garcia	10 - 31st

Sharks Social Media – Links to follow:

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

Sharks Youtube channel **HERE**

Parent Rep Contacts by group: **HERE**

2

Team Records:

Short Course Yards

Long Course Meters