



Week of May 22nd 2023

New Schedule beginning April 3

Sharks Pool Locations

Practice Changes this Week:

Fri-5/26—FHS

Sr Perf/Sr 3/Sr 2: 2:15pm-4:30pm

Challenge: 5:15pm-7:15pm

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

Monday 5/29-ALL GROUPS CANCELED for Memorial Day

Senior 3 Group Dryland Schedule [HERE](#)

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

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](#)

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!

Tentative Long Course Meet Schedule

May 28th—Shark Open Water Race Lake Longhorn

Opt IN by May 6

Preliminary Entries [HERE](#)

Final Entries [HERE](#) Itinerary [HERE](#)

No changes after May 17th @ 2 PM

Swimmer & Volunteer Waiver [HERE](#)

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

Costs are detailed in event

Opt IN by May 4th

Preliminary Entries [HERE](#)

Final entries 5/30

No changes after 5/31

Medical Release forms PAST DUE

June 16th—Summer Squad Meet-FHS

Opt IN—by May 29th

Preliminary Entries May 30th

Final Entries June 5th

No changes after June 13th @ 2pm

June 17th—Short Course Series Meet #3

Opt out by May 29

Preliminary Entries May 30th

Final Entries June 5th

No changes after June 12th @ 2pm

June 23-25th—FCST LCM Invite

June 26th—Team Day at Schlitterbahn

ticket info to follow



Open Water Meet—Swimmers & Volunteers: EVERYONE attending the Open Water Meet at Lake Longhorn on Sunday is REQUIRED to complete the online premises registration waiver prior to Sunday . If you are registering a minor, please enter their information first and then the parent or guardian. Please follow the directions in the link. We will be sending them a list of name this week in order to make things go a little faster on race morning. Complete the form **HERE**

Austin Travel Trip—if you have not yet sent in the required documentation for your swimmer, travel policy etc, they are on the event, please email to Susan at **hille6@yahoo.com** **These forms are due NOW.**

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 email **lucylgodfrey@gmail.com** with questions.

Qualifiers

Age Group Champs

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

Tags

Leighton Haver, Kivy Moore

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 Summer Junior Nationals

KK LeBlanc

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