



Week of Nov 14th 2022

2022-2023 Training Schedule

Sharks Pool Locations

Practice Changes This Week: **HERE**

Swim Fit Google Sheet Signup this week **HERE**

Expl & Expl Adv Signup Sun 11/20 **HERE**

Senior Group Dryland Schedule **HERE**

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

Coaches Corner: Due to the cancelation of the Shark November invite, the entry timelines for the Dec champ meets will not follow the regular entry timelines. Attached in the newsletter today are the final entries for the Dec Champ meets. **Families have until Friday, Nov 18th at 12pm to contact their coach for changes.** The attached relays are tentative and are subject to change on the day of the meet. Swimmers in the BATS meet that pick up new time standards for either Southern Sr or Age Group Champ meets will have their entries adjusted Monday, Nov 21.

Champ Meets Assignments: HERE

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**

Upcoming Events

Links will be bold & underlined click on and take directly to page on website.

RELAY POLICY

Relays-Swimmers may be changed at the meet or if new swimmers qualify. Final decision on swimmers in the relays will be made at the meet by the coaching staff.

Nov 19th-20th—BATS November Invite—FBISD Training pool

Final Entries **HERE**

Timing Assignments **HERE**

Itinerary to follow by email

Dec 1st-4th Southern Senior Champs

Opt out by Nov 6

Final Entries HERE

Relays **HERE**

No Changes after Nov 18 @ Noon

Dec 2nd-4th—Gulf Age Group Champs—Texas A&M— qualifying swimmers

Relays **HERE**

Final Entries **HERE**

No changes after 11/18 @ Noon

Dec 2nd-4th—Gulf Senior Champs— Location TBD—Qualifying 13 & Over swimmers

Relays **HERE**

Final Entries **HERE**

No changes after 11/18 @ Noon

Dec 9th-11th—Gulf Fall Champs—

Location TBD. All 12 & Under swimmers not qualified for Age group champs

Relays **HERE**

Final Entries **HERE**

No Changes after 11/18 @ Noon

Dec 7th-Dec 11th—Speedo Winter Jr Nat.

Austin, Tx

Event Entries **HERE**

Bonus Entries **HERE**

Blue Santa Toy Drive—We will begin our toy drive to benefit the Friendswood Blue Santa program on December 5th through December 16th. There will be a box for you to drop off your items. Flyer [HERE](#).

BATS Nov Invite Timing: Job signup will open as follows:
Tuesday, Nov 15th @ 7:30pm—1 per family
Wednesday, Nov 16th @ 7:30pm—unlimited per family if any open
Thursday, Nov 17th—any open positions assigned to those in the meet and not yet signed up. [HERE](#)

USA SWIMMING REGISTRATION: All swimmers must be renewed for the 2022-2023 Season.

- Please be sure to use a desktop and not mobile device (this will not work on a mobile or ipad type device).
- All parents must create a new account—this will be verified via “ping” with a new password requirement
- For your swimmer’s RENEWAL, please be sure to search for your swimmer instead of adding a new swimmer as this creates a duplicate. Your swimmer’s NEW ID is located in your team unify account.
- Swimmers in Discovery Pre-Team should be registered as FLEX.
- Swimmers in Discovery Advance, Exploratory, Exploratory Adv 1 2, Challenge, Pre-Senior, Sr & Sr Performance should be registered as Premium.
- Swimmers in Swim Fit will be told which registration via separate email.
- Register [HERE](#) Helpful Instructions [HERE](#)



Qualifiers

Age Group Champs

Lily Ainsworth, Tanner Antley, Lily Anzaldua, Logan Atchison, Macey DeGroot, Olivia Esbeck, Emily Ferraco, Tyler Ferraco, Dylan Haver, Leighton Haver, Hayden Holcomb, Caleb Livesay, Cameron Lowman, Vanessa Marsh, Kivy Moore, Streeter Moore, Ben Nendza, Hayden Nielsen, Cameron Sustala

Tags

Macey Degroot, Leighton Haver, Vanessa Marsh, Ben Nendza

Sectionals

Macey DeGroot, KK LeBlanc, Vanessa Marsh, Spencer Meyers, Gabi Volpe

Southern Senior Zones

Macey Degroot, Natalie Goza, Dylan Haver, Tristan Haver, Edi Jakob, Andi Jeanes, Katie Koenst, KK LeBlanc, Abigail Lowman, Vanessa Marsh, Spencer Meyers, Braylynn Moore, Ben Nendza, Joe Nendza, Eric Song, Lauren Tillman, Gabi Volpe, Caroline Westbrook, Giancarlo Zamora

NCSA's

Macey DeGroot, KK LeBlanc, Gabi Volpe

Futures

KK LeBlanc

Speedo Winter Junior Nationals

KK LeBlanc

Sharks Social Media – Links to follow:

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

Sharks Youtube channel [HERE](#)

Sharks All Time Top Performances (updated 12/21/21)

Team Records:

Short Course Yards (updated 9/27/22)

Long Course Meters