



**Week of Nov 21st 2022**

**2022-2023 Training Schedule**

**Sharks Pool Locations**

Thanksgiving Week Schedule [HERE](#)

Thanksgiving Week Practice Signup (if your group requires) [HERE](#)

Senior Group Dryland Schedule [HERE](#)

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

**Coaches Corner:** FHS Pool Update: Next week to be confirmed Monday—please be monitoring email.

**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.

**Dec 1st-4th Southern Senior Champs**

**Opt out by Nov 6**

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

Relays [HERE](#)

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

Relays [HERE](#)

Final Entries [HERE](#)

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

Relays [HERE](#)

Final Entries [HERE](#)

**Dec 9th-11th—Gulf Fall Champs**—

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

Final Entries [HERE](#)

**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](#).

**Bay Area Houston Food Lovers Card Fundraiser:**

Tomorrow, Wednesday, November 23rd is your last day to return any unsold cards. Cards can be returned to Jocelyn at HEB Friendswood Pharmacy between 7:30am-4:00pm. (If you are unable to make it during this time, please text Liz at 832-385-2390  
Any cards not returned will be invoiced to your account at \$25 per card.

**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.
- Athletes not registered in December will not be able to be entered into January meets.
- Gulf has 11,000 athletes that will need to be renewed and over 1000 non-athletes. Even if a small percentage have trouble they will not be able to be resolved prior to expiring. If they are expired, they may not practice or be on deck.
- Register [HERE](#) Helpful Instructions [HERE](#)



**Qualifiers**

**Age Group Champs**

Lily Ainsworth, Tanner Antley, Lily Anzaldua, Logan Atchison, Blake Carr, Morgan Carr, Olivia Esbeck, Emily Ferraco, Tyler Ferraco, Benjamin Goodman, 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**

Macey DeGroot, 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**