



Week of Nov 28th 2022

2022-2023 Training Schedule

updated 11/28/22

Sharks Pool Locations

Practice Changes This Week:

Fri Dec 2nd—FHS

Expl: 4:45pm-6:15pm

Expl Adv (Both): 6:00pm-7:45pm

Challenge/Pre-Sr/Sr/Sr Perf Combined: 6:00pm-8:00pm

Sat Dec 3rd—FHS

Disc. Pre & Disc. Adv 1 & 2: 10:00am-11:00am

Expl/Expl Adv (Both) & Challenge: 9:00am-10:30am

No Senior or Senior Perf due to Champ meets

Senior Group Dryland Schedule [HERE](#)

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

Champs Shirt Link: (For Short Course Champs February) Inked Design Store—store will close Dec 12th—shirt pickup will be at Inked [HERE](#)

Coaches Corner:

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

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

Itinerary [HERE](#) Job Signup [HERE](#)

Meet Program [HERE](#) Timeline [HERE](#)

Psych Sheet [HERE](#)

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

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

Itinerary [HERE](#) Job Signup [HERE](#)

Timeline [HERE](#) Psych Sheet [HERE](#)

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

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

Itinerary [HERE](#) Job Signup [HERE](#)

Psych Sheet [HERE](#) Timeline [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](#).

Timing Assignments Champs Meets:

Age Group Champs (A&M)—opened Monday 11/28 1 per family
Opens Tues 11/29—unlimited
Thursday 12/1—any open positions assigned (including positions in finals)
[HERE](#) **Timing in finals must be filled ahead of time**, use psych sheet to determine if your child may possibly be in finals.

Southern Senior Champs (TWST)—Opens Tuesday 11/29 @ 7:30pm-1 per family
Wednesday 11/30 @ 7:30pm- unlimited per family
Thu Dec 1st—any open positions assigned to those in meet not already signed up to time or officiate. [HERE](#) (Please note timers will stay through 400IM, 500 Free and relays in prelim session)

Senior Champs (NOCH) Opens Tues 11/29 @ 7:30pm—1 per family
Wednesday 11/30 @ 7:30pm—unlimited per family
Thu Dec 1st—any open positions assigned to those in meet not already signed up to time or officiate. [HERE](#) (Please note we have been assigned timing in finals as well—**these must be filled**—use Psych sheet to determine if your child will be in finals.

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.**

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)



Qualifiers

Age Group Champs

Lily Ainsworth, Tanner Antley, Lily Anzaldúa,
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