



Week of Nov 7th 2022

**2022-2023 Training Schedule**

**Holiday Training Schedule—Thanksgiving Week**

**Sharks Pool Locations**

Practice Changes This Week:

**Tuesday Nov 8th**

Stevenson:

**Sr Perf:** 4:45pm-7:30pm (includes dryland)

**Expl Adv (Both):** 4:45pm-6:15pm

**Senior:** 5:30pm-8:00pm (Dryland from 5:30pm-6pm)

**Disc. Adv 1: & 2: NO PRACTICE**

**Swim Fit : NO PRACTICE**

**Challenge:** 6:15pm-8:15pm

**Pre-Senior:** 6:15pm-8:15pm

Further practice changes will be emailed out—please be monitoring your email.

Senior Group Dryland Schedule [HERE](#)

**PLEASE NOTE—We have a change in location & schedule for the Sharks Nov invite due to the repairs at FHS. Details of the changes will be out after practice. Due to the amounts of changes the job sign up will start fresh—the current signups WILL be removed. Details regarding the sign up will be emailed out.**

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

**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**

**Nov 11th-13th—[Sharks Hosted Nov Invite](#) Friendswood High School**

Final Entries [HERE](#)

No changes after 11/3 @ Noon

**Dec 1st-4th [Southern Senior Champs](#)**

**Opt out by Nov 6**

Preliminary Entries to follow

Relays [HERE](#)

Final Entries Nov 15

No Changes after Nov 19 @ Noon

**Dec 2nd-4th—[Gulf Age Group Champs](#)—Texas A&M—qualifying swimmers**

Opt Out by Nov 6

Preliminary Entries to follow

Relays [HERE](#)

Final Entries 11/15

No changes after 11/19 @ Noon

**Dec 2nd-4th—[Gulf Senior Champs](#)—**

Location TBD—Qualifying 13 & Over swimmers

Opt out by 11/6

Preliminary Entries to follow

Relays [HERE](#)

Final Entries 11/15

No changes after 11/19 @ Noon

**Dec 9th-11th—[Gulf Fall Champs](#)—**

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

Opt out by 11/6

Preliminary Entries to follow

Relays [HERE](#)

Final Entries 11/15

No Changes after 11/19 @ Noon

**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**



**November**

**Age-Date**

Ava Boring	9 – 1st
Michael Li	10 – 1st
Trent Conlon	9 - 3rd
Romtyl Golabian	9 – 4th
Amna Babar	10 – 4th
Ethan Ellington	12 - 5th
Mateen Kayser	11 - 5th
Noah Hall	15 - 7th
Tres Johnson	13 - 8th
William Esbeck	12 - 11th
Addi Davis	12 - 11th
Jimmy Shi	9 - 12th
Brinley Livesay	9 - 18th
Macey DeGroot	15 - 18th
Kathrin Dickamore	13 - 25th
Jack Scott	11 - 27th
Lauren Tillman	16 - 27th

**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**