



Week of Oct 10th, 2022

2022-2023 Training Schedule  
(Updated 10/4/22-Slight Challenge Sat Change)

Sharks Pool Locations

**Practice Changes This Week:**

**Tue Oct 11th-(Water Polo @ FHS)**

Mag Creek-

**Swim Fit White:** 5:00pm-5:45pm

**Swim Fit Blue:** 5:45pm-7:00pm

**Swim Fit Black:** 6:00pm-7:30pm

Stevenson-

**Disc. Adv 1:** 4:45pm-5:45pm

**Disc. Adv 2:** 5:30pm-6:30pm

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

**Challenge & Pre-Senior:** 6:00pm-8:00pm

**Masters:** 7:00pm-8:00pm

Springs-

**Sr Perf:** 5:00pm-7:00pm

**Senior:** 5:30pm-7:45pm

**Friday Oct 14th—No Practice for Sr/Sr Perf, Pre-Sr, Challenge.**

Stevenson—

**Disc. Pre-Team:** 4:45pm-5:30pm

**Exploratory:** 5:15pm-6:45pm

**Expl Adv 1 & 2:** 5:15pm-6:45pm

**Sat Oct 15th—No Practice ANY Group due to SSAN Meet**

**Senior Group Dryland Schedule [HERE](#)**

**Parents Note: For the weeks of Oct 10-15 and Oct 17-22:**

- These are the weeks for the Water Polo District playoff games
- The way these are set up is that the winners decide where the next games will be held at! So, it will impact both the Springs and FHS pools. We won't know where the next game is played until the coaches have agreed to a site...that could be as little as 24 hours notice, so please be watching for last minute schedule changes—ensure your email is verified.

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

**Coaches Corner:**

Coach Gordy (Levi's Lessons—Sr Performance) [HERE](#)

Coach Kate's Comments (Sr & Exploratory) [HERE](#)

Coach Tim's Tidbits (Challenge) [HERE](#)

Coach Juan's Wisdom (Pre-Senior & Exploratory Advance FHS) [HERE](#)

Coach Dacia's Directions (Discovery Advance & Discovery Pre-Team) [HERE](#)

Coach Rhys's Pieces (Exploratory Advance-Stevenson) [HERE](#)

Coach Stephanie's Swim Fit Statements (Swim Fit) [HERE](#)

**Upcoming Events**

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

**Oct 14-16th [SSAN Invite](#)**

**LOCATION CHANGE: Klein Cain High School—10201 Spring Cypress Road.**

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

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

Meet Program [HERE](#)

No Changes after 10/5/22 @Noon

**Oct 22nd—[Sharks Developmental Meet](#)**

Swim Fit & Discovery (Invited)

Opt IN by 10/17/22

**Oct 27th—[Swim Fit Halloween Glow](#)**

**Practice** \$7 per swimmer—(includes cost of Pizza & Glow sticks & costume competition

White: 5-6, Blue/Black: 6:15-7:30

OPT IN by Oct 25th

**Oct 28th—[Challenge/Pre-Sr Halloween](#)**

**Glow Practice** (at Stevenson) \$7 per

swimmer—(includes cost of Pizza & Glow sticks)

Challenge/Pre-Sr: 5-7pm

OPT IN by Oct 25th

**Oct 28th—[Discovery & Exploratory](#)**

**Groups Halloween Glow Practice** \$7 per

swimmer—(includes cost of Pizza & Glow sticks)

PreTeam: 5:30-6:30, D Adv, Expl & Expl Adv 6:30-8

OPT IN by Oct 25th

**Nov 5th-6th—SHAC Senior Meet**

Opt OUT by 10/16/22

**Nov 11th-13th—[Sharks Hosted Nov](#)**

**Invite**

Friendswood High School

Opt out by 10/23/22

**Dec 2-4th—[Gulf Age Group](#)**

**Champs**—Texas A&M—qualifying swimmers

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

Location TBD—Qualifying13 & Over swimmers

**Dec 9-11th—[Gulf Fall Champs](#)**—

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

**Sharks Sponsorship Campaign Final Update** —AMAZING! Sharks (and parents) are AMAZING! **We raised \$34,631, or 139% OF OUR ORIGINAL GOAL OF \$25,000!** This includes cash of \$27,295 and in-kind donations of \$7,336. We have 71 sponsors and about 80 swimmers involved in gathering these sponsors! We have 15 platinum sponsors, 18 gold sponsors, 25 silver sponsors and 6 bronze sponsors. This is incredible! Our TOP SPONSOR is Speedo! Our swimmer with the highest amount of sponsor donations was SPENCER MEYERS with \$2,721. We will have a raffle drawing for one free month of training fees for those that received GOLD and above sponsors soon. Tax/Thank you letters will go out over the coming month. Thank you for all your hard work on the campaign!



**SSAN Job Signup:** Signups opened last night for timing assignments. Signups will be changed to unlimited per family TODAY @ 7:30pm. Any positions remaining open Thursday will be assigned. Signup [HERE](#)

**USA SWIMMING REGISTRATION: All emails for registering with USA Swimming have been sent.** Thank you to those families that have already completed their swimmer’s registration!

- 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.

**Halloween Glow Practices:** \$7 per swimmer—must be opted IN if attending, account invoiced \$7-cost includes pizza, glow sticks & prizes for costume competition)

**Swim Fit Glow Practice—Thu Oct 27th (Stevenson)**

- Swim Fit White: 5:00pm-6:00pm
- Swim Fit Blue/Black: 6:15pm-7:30pm

**Challenge/Pre-Sen Glow Practice-Fri Oct 28th**

Stevenson Pool: 5:00pm-7:00pm

**Disc & Expl/Expl Adv Groups Glow Practice-Fri Oct 28th (FHS)**

- Discovery Pre-Team: 5:30pm-6:30pm
- Disc. Adv 1 & 2, Exploratory & Expl Adv (both) 6:30pm-8:00pm

**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](#)

**Qualifiers**

**Age Group Champs**

Lily Ainsworth, Tanner Antley, Logan Atchison, Abdullah Borji, Macey DeGroot, Olivia Esbeck, 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, 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