



Week of Oct 17th, 2022

2022-2023 Training Schedule

Holiday Training Schedule—Thanksgiving Week

Sharks Pool Locations

Practice Changes for this week:

Tue Oct 18th—

Clear Springs:

Sr/Sr Perf: 5:45pm-8:00pm

Expl Adv (Both groups): 4:45pm-6:00pm

Stevenson-

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

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

Swim Fit White: 4:45pm-5:30pm

Swim Fit Blue: 5:30pm-6:30pm

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

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

Sat Oct 22nd-

Discovery Adv 1 & 2: NO PRACTICE DUE TO DEVELOPMENTAL MEET

Senior Group Dryland Schedule [HERE](#)

Parents Note: For this week 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 clothes ****

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 22nd—[Sharks Developmental Meet](#)
Swim Fit & Discovery (Invited)
Final entries, itinerary & job signup will be finalized and emailed separately once confirmed water polo schedule is received.

Oct 27th—[Swim Fit Halloween Glow Practice](#) \$5 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 \(at Stevenson\)](#) \$5 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](#) \$5 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
Preliminary Entries [HERE](#)

Nov 11th-13th—[Sharks Hosted Nov Invite](#)
Friendswood High School
Opt out by 10/23/22

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

[Dec 1st-4th—Gulf Senior Champs](#)—Location TBD—Qualifying 13 & Over swimmers

[Dec 9th-11th—Gulf Fall Champs](#)—Location TBD. All 12 & Under swimmers not qualified for Age group champs

Developmental Meet—Job Signup:

There will be a variety of meet positions as well as one final t-shirt pickup during the developmental meet. Final details, job signup, itinerary etc will be emailed separately once water polo game schedule is confirmed.



USA SWIMMING REGISTRATION: All emails for registering with USA Swimming have been sent.

- 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.

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, 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](#)