



Week of Oct 24th, 2022

2022-2023 Training Schedule

Holiday Training Schedule—Thanksgiving Week

Sharks Pool Locations

Practice Changes This Week:

Thu Oct 27th-

Stevenson—Swim Fit Halloween Glow Practice

Swim Fit White: 5:00pm-6:00pm

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

Fri Oct 28th-

Stevenson-Halloween Glow Practice

Challenge & Pre-Senior: 5:15pm-7:15pm

FHS- Halloween Glow Practice

Discovery Pre-Team: 5:30pm-6:30pm

Disc. Adv 1 & 2, Exploratory, Expl Adv (Both) 6:30pm-8:00pm

Senior Group Dryland Schedule [HERE](#)

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

Coaches Corner:

Champ Meets Assignments: [HERE](#)

Goodbye to Coach Juan [HERE](#)

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 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: 5:15pm-7:15pm

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](#)

Final Entries [HERE](#)

No changes after 10/26 @ Noon

Nov 11th-13th—[Sharks Hosted Nov](#)

[Invite](#) Friendswood High School

Preliminary Entries [HERE](#)

Final Entries 11/1

No changes after 11/3 @ Noon

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

Opt out by Nov 8.

Preliminary Entries Nov 11

Final Entries Nov 18

No Changes after Nov 19 @ Noon

Dec 2nd-4th—[Gulf Age Group](#)

[Champs](#)—Texas A&M—qualifying swim-

mers Opt Out by Nov 8

Preliminary Entries 11/11

Final Entries 11/18

No changes after 11/19 @ Noon

Dec 2nd-4th—[Gulf Senior Champs](#)—

Location TBD—Qualifying 13 & Over

swimmers Opt out by 11/8

Preliminary Entries 11/11

Final Entries 11/18

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 11/8

Preliminary Entries 11/11

Final Entries 11/18

No Changes after 11/19 @ Noon

Halloween Glow Practices—Each event is linked on Page 1 of newsletter. Opt IN deadline is TODAY. Each swimmer who attends this practice will be invoiced \$7 to cover cost of pizza, prizes and glow sticks. Be sure to OPT in.

Volunteer signups will open this evening, Tue @ 7:30pm

South Senior Champs: Hotel Block—
A block of rooms have been reserved for those Sharks qualifying families to book at get the group rate. This must be done by adding your name to the room list [HERE](#) by end of day 10/31. After this date the extra rooms will be released. Please indicate which nights you would like. Please see list [HERE](#) to check if your swimmer is going to Southern Senior Champs.

USA SWIMMING REGISTRATION: All swimmers must be renewed for the 2022-2023 Season.

- Please be sure to use a desktop and not mobile device
- Your swimmer's NEW ID is located in your team unify account—be sure to specify returning.
- 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](#)

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,
Macey DeGroot, Olivia Esbeck, Emily Ferraco,
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