



Upcoming Events

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

Week of Oct 31st, 2022

2022-2023 Training Schedule

Holiday Training Schedule—Thanksgiving Week

Sharks Pool Locations

Practice Changes This Week:

Thursday Nov 3rd-

Stevenson:

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

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

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

Swim Fit White: 5:00pm-5:45pm (arrive 4:45pm)

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

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

Challenge: 6:00pm-8:00pm

Springs:

Sr/Sr Perf: 4:45pm-7:00pm

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

Friday Nov 4th-

Stevenson:

Discovery Pre-Team: 4:45pm-5:30pm

Exploratory: 4:45pm-6:15pm

Exploratory Adv (Both): 6:00pm-8:00pm

Challenge: 6:00pm-8:00pm

Springs:

Sr/Sr Perf: 4:45pm-7:00pm

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

Saturday Nov 5th— FHS

Sr/Sr Perf: NO PRACTICE DUE TO SHAC MEET

Expl & Expl Adv (BOTH) 9:45am-11:15am

Disc Adv 1 & 2: 9:30am-10:30am

Senior Group Dryland Schedule [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](#)

Nov 5th-6th—SHAC Senior Meet

Final Entries [HERE](#)

No changes after 10/26 @ Noon

Itinerary & Job Signup will be emailed out once received from host.

Nov 11th-13th—Sharks Hosted Nov

[Invite](#) Friendswood High School

Preliminary Entries [HERE](#)

Final Entries [HERE](#)

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 swimmers 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

T-Shirt & Cap Pickup: Sponsorship Shirts for the following groups: Discovery Pre-Team, Discovery Advance, Exploratory, Exploratory Advance, Challenge, Pre-Senior, Sr & Sr Performance will be available for pickup along with our caps during the following times at FHS this week.
 Tuesday, Nov 1st 4:45pm-7pm
 Wednesday, Nov 2nd 4:45pm-7pm
 Saturday, Nov 5th 9am-11am



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](#)

November

Age-Date

Ava Boring	9 – 1st
Michael Li	10 – 1st
Trent Conlon	9 - 3rd
Romtyn 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

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](#)