



Week of Sept 12th, 2022

2022-2023 Training Schedule
(Updated 9/9/22-Expl Group slight change)

Sharks Pool Locations

Practice Changes This Week:

Friday—Sept 16th

Stevenson

Sr/Sr Performance: 4:30pm-7:00pm

Challenge/Pre-Senior: 6:30pm-8:00pm

Mag Creek Spring Canyon

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

Exploratory: 4:45pm-6:15pm

Expl. Adv 1 & 2: 6:00pm-7:30pm

Sat-Sept 17th

**NO REGULAR PRACTICE FOR DISCOVERY & EXPLORATORY-
INVITED TO SHARK CAMP—BE SURE TO OPT IN SO THAT
WE HAVE THE FOOD.**

Stevenson

Expl Adv 1 & 2: 10:00am-11:30am

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

Volunteer Committees Form [HERE](#)

Respect our facility: Parents, please take care to ensure your area that is clear after you leave the bleachers each night, food is being left on the bleachers and is causing an ant problem. Ensure that your children are not leaving any crackers etc.

Coaches Corner:

Congratulations to Coach Tim for being voted onto the ASCA (American Swim Coaches Association) He will serve in that capacity for 2 years...this is a real honor and very well deserved!

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.

Sept 14th—Parent Rep Meetings— Discovery Pre-Team, Disc. Adv, Exploratory & Exploratory Advance Parent reps with Coach Dacia 5pm.

Challenge Pre-Senior, Senior & Sr Perf Parent Reps with Coach Gordy at 7:45pm

Sept 17th—Shark Camp—10am-1pm Team event to kick off short course season. Discovery, Exploratory & Swim Fit groups invited to a day of skills, team work & fun.

Opt IN by 9/13/22 \$25 each participant—invoiced to account.

Sept 24th—Pentathlon—Sharks Hosted Short Course Meet Friendswood High School. Discovery Adv—Senior Performance groups.

Preliminary Entries [HERE](#)

Final Entries [HERE](#)

No Changes after 9/20/22

Oct 1st-Oct 2nd—Senior Groups Retreat-Pre-Senior, Sr & Sr Performance overnight retreat at Camp Cho-Yeh. \$100 per swimmer.

Opt IN by [9/15/22](#)

Oct 14-16th SSAN Invite

Opt Out by 9/25/22

Preliminary Entries 09/27/22

Final Entries 10/4/22

No Changes after 10/7/22

Nov 5th-6th—SHAC Senior Meet

Opt OUT by 10/23/22

Nov 12th-13th—Sharks Hosted Nov Invite

Friendswood High School

Opt out by 10/23/22

Sharks Sponsorship Campaign update—Keep up the great work Sharks! We are halfway there! To date, **we have raised pledges of \$13,732, which is 55% of our goal of \$25,000** We have **FOUR WEEKS** of sponsorship campaign time left for those businesses/families that want their logos printed on our team shirts and banners. Please reach out to Bethanie LeBlanc at sharks.Sponsors@gmail.com if you have any questions. The swimmer listed on the google form will be copied on an email sent confirming the donation from their sponsor. Please make sure to fill out the google form if your sponsor will not complete it. Step out and ask a local business to sponsor our fantastic team! Thanks, Bethanie.



Shark Camp—For Swim Fit, Discovery Pre-Team, Discovery Advance & Exploratory Groups: Click Edit Commitment to commit your swimmer. Cost of \$25 per swimmer—to be invoiced to account. Signup by Wednesday.

Sharks Senior Retreat: Deadline of 9/15. Sr/Sr Perf & Pre-Senior swimmers invited. Overnight at Camp Cho-Yeh. Register cost of \$100. Required paperwork is linked in event. [HERE](#) (YOU MUST REGISTER ONLINE through the website and NOT the on deck app).

USA SWIMMING REGISTRATION: Please note, you may see a prompt within on deck to go ahead and register for USA Swimming—We are asking that you **DO NOT** do this right now. PLEASE BE MONITORING YOUR EMAIL FOR THE LINK TO REGISTER (New to USA/Sharks Swimmers may have already received the email—do not try to register before receiving the link)

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 8/16/22)
[Long Course Meters](#)

Time Standards are linked [HERE](#) on our website.

Qualifiers

Age Group Champs

Tanner Antley, Logan Atchison, Abdullah Borji, Macey DeGroot, Olivia Esbeck, Tyler Ferraco, Dylan Haver, Leighton Haver, Hayden Holcomb, 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

NCSA's

Macey DeGroot, KK LeBlanc, Gabi Volpe

Futures

KK LeBlanc

Speedo Winter Junior Nationals

KK LeBlanc