



Week of Sept 19th, 2022

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

Sharks Pool Locations

Practice Changes This Week:

Friday—Sept 23rd

Stevenson

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

Challenge/Pre-Senior: 6:00pm-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 24th

NO PRACTICE ANY GROUPS DUE TO PENTATHLON

**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:

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 24th—Pentathlon—Sharks Hosted Short Course Meet Friendswood High School. Discovery Adv—Senior Performance groups.
Final Entries [HERE](#) Job Signup [HERE](#)
Itinerary [HERE](#)

Oct 1st-Oct 2nd—Senior Groups Retreat-Pre-Senior, Sr & Sr Performance overnight retreat at Camp Cho-Yeh. \$100 per swimmer.
Waivers & Insurance Card copies MUST be emailed to Susan

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

Oct 22nd—Sharks Developmental Meet
Swim Fit & Discovery (Invited)
Opt IN by 10/17/22
Preliminary Entries
Final Entries
No changes after

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

Sharks Sponsorship Campaign update—You are doing a fantastic job Sharks! To date, **we have raised pledges of \$18,482 which is 74% of our goal of \$25,000.** We have **THREE WEEKS** of sponsorship campaign time left for those business/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. Step out and ask a local business to sponsor our fantastic team!

Sharks Caps—Our personalized caps will unfortunately NOT arrive in time for this weekend's pentathlon, however, we do have both Latex & Silicone available for purchase. If you would like either a silicone or latex cap for the Saturday's meet, please email Susan @ hille6@yahoo.com and let her know which one and we will adjust your order/invoice accordingly. Latex Caps are \$6, Silicone are \$12.

Inked Design Merch Store: Store is open today through Sunday, October 9th at Midnight. Items will be shipped and can be picked up from the store. Order your shirts etc [HERE](#)

Sharks Senior Retreat: If you have not as yet sent in your waiver and code of conduct along with insurance card please do so by the end of this week to hille6@yahoo.com

Sharks Pentathlon—Job Signup: [HERE](#)

Monday—Sept 19th @ 7:30pm (email sent Mon AM) 1 position per family.

Wednesday-Sept 21st @ 7:30pm unlimited spots per family

Thursday-Sept 22nd Any open positions assigned to those in meet not signed up or officiating

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—please 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