



Week of Sept 26th, 2022

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

Sharks Pool Locations

Practice Changes This Week:

PLEASE NOTE—NO T-SHIRT PICKUP TODAY DUE TO NO FHS

Tuesday Sept 27th

Walker Pool

Expl Adv (BOTH FHS & STEVENSON GROUPS) 4:45pm—6:15pm

Challenge: 6:00pm-8:00pm

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

Senior & Sr Performance: 6:00pm-8:00pm

Magnolia Creek

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

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

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

Discovery Advance 1: 4:45pm-5:45pm

Discovery Advance 2: 5:30pm-6:30pm

Wed Sept 28th—Magnolia Creek

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

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

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

Thu Sept 29th—Magnolia Creek

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

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

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

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

Volunteer Committees Form [HERE](#)

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 1st-Oct 2nd—[Senior Groups](#)

[Retreat](#)-Pre-Senior, Sr & Sr Performance overnight retreat at Camp Cho-Yeh. \$100 per swimmer.

Itinerary [HERE](#)

Oct 14-16th [SSAN Invite](#)

Opt Out by 9/25/22

Preliminary Entries [HERE](#)

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

[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

Dec 2-4th—Gulf Age Group

Champs—Texas A&M—qualifying swimmers

Dec 2-4th—Gulf Senior Champs—

Location TBD—Qualifying 13 & Over swimmers

Dec 9-11th—Gulf Fall Champs—

Location TBD. All 12 & Under swimmers not qualified for Age group champs

Sharks Sponsorship Campaign update—Keep Going Sharks! We are almost there! To date, **we have raised pledges of \$21,197 which is 85% of our goal of \$25,000.** The sponsorship campaign closes NEXT FRIDAY, OCTOBER 7th 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. Step out and ask a local business to sponsor our fantastic team.



T-Shirt Pickup –Available Wednesday & Thursday 4:45pm-7pm. (NO PICKUP TUESDAY WITH PRACTICE CHANGE)

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](#)

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**)

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, 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](#)