



## Upcoming Events

It's Great To Be A Shark!

### Week of Apr 15th, 2024

#### Training Schedule (Updated 4/2/24)

Changes highlighted in Blue

#### Sharks Pool Locations

### Practice Changes This Week

#### Tue 4/16:

No Springs  
No Swim Fit  
No Senior 1

FHS: Sr Perf: 4:30pm arrival, 4:45pm-6:45pm  
Sr 2: 6pm-8pm (come dressed for drylands)

#### Wed 4/17:

Clear Springs Groups @ Stevenson at regular times

#### Thu 4/18:

*Stevenson is not available if springs is still having boiler issues*

No Swim Fit

FHS: No Expl. Advance 1  
Sr Perf: 4:45pm-7pm—with drylands post pool  
Sr 2: 6pm-8pm beginning with drylands

#### Fri 4/19:

No Expl. Adv 1, 2, Challenge, Sr 2/3/Perf due to FCST Invite

FHS: Disc Pre-Team & Exploratory regular times  
Swim Fit regular times (white 5:15pm-6pm, blue 5:45pm-6:45pm,  
black 6:30pm-7:30pm)  
Sr 1: 6:30pm-7:45pm

Sat 4/20: No Disc. Adv, Expl, Expl Adv 1 or 2, Challenge, Sr 2/3/Perf due to swimmers at 2 different meets.

Swim Fit @ FHS:  
White 9-9:45am, blue & black: 9-10am

Drylands— off site drylands—**signup ahead of time is required.**

Saturdays @ Beast Mode or Sundays @ Create the Finish—

#### **Coaches Corner:**

Coach Mark (Sr Perf & Sr 2) [HERE](#)  
Coach Kate's Comments (Sr 3 & Exploratory) [HERE](#)  
Coach Tim's Tidbits (Challenge & Exploratory Advance) [HERE](#)  
Coach Chris's Chronicles (Sr 1 & Exploratory Advance 2) [HERE](#)  
Coach Dacia's Directions (Discovery Advance & Discovery Pre-Team) [HERE](#)

#### **Billing/Admin**

Please note: Updated email address for contacting Admin -  
[sharksswimclub@yahoo.com](mailto:sharksswimclub@yahoo.com)

#### Apr 19-21st FCST LCM Invite

Don Cook Natatorium Opt out by March 29  
Preliminary entries [HERE](#) Final Entries [HERE](#)  
Itinerary [HERE](#) Timeline [HERE](#)  
Timing signup [HERE](#)  
No changes after Apr 10 @ 5pm

#### Apr 20—SPA Developmental Meet

Club Sienna, Missouri City.  
Opt out by Apr 1—Preliminary Entries [HERE](#)  
Final Entries [HERE](#) Itinerary [HERE](#)  
No Timing—host will provide all timers  
No changes after Apr 10 @ 5pm

#### May 17-19—Fleet LCM Invite—Cy Fair Swim Club

Opt out by Apr 19  
Preliminary Entries Apr 22  
Final Entries Apr 29  
no changes after May 1 @ 5pm

#### May 18-19-SPA Developmental Meet

Opt out by April 22  
Preliminary Entries April 23  
Final Entries April 30  
No changes after May 3 @ 5pm

#### May 30-June 3—Duel in the Pool—Indianapolis

Qualifying swimmers—Application [HERE](#)

#### May 31-June 2—TWST LCM Invite

Opt out by May 6 Preliminary Entries May 7  
Final entries May 14 no changes after May 17 @ 5pm

#### Jun 21-23—FCST Prelim/Final Meet

3 day prelim/final meet  
opt out by May 27, Preliminary entries May 28  
Final entries June 4, no changes after June 7 @ 5pm

#### Jul 12-14—Gulf Age Group Champs

Qualifying swimmers

#### Jul 12-14—Gulf Senior Champs

Qualifying swimmers

#### Jul 20-21—Gulf B & Under Champs

#### Jul 24-27—Southern Senior Zones –Team

Travel for qualifying swimmers (West Virginia)  
Register & Pay deposit [HERE](#)

#### Jul 26-28—Gulf Long Course Champs

**FCST Timing:** Opened last night to 1 position for family, almost half of positions have been filled. It opens to multiple per family tonight at 6:30pm. Any open positions will be assigned Thu 4/18.

**SPA Timing**—Host will provide all timers from their senior level swimmers.

**Swim-A-Thon 2024:** Thank you everyone for your generous donations!  
Thank you to McGarvey PLLC for matching donations during week 3 of Swim-A-Thon

**We were able to raise \$24,743.08!!!!**

**Week 3 Top Earners:**

Swim Fit/Disc/Expl: Miguel Cardenas Jr.  
Expl Adv/Challenge: Charlotte Matthews  
Sr: Logan Atchison

Overall Top Earners by Group:

Swim Fit: Avery Lambourn  
Pre-Team: Elliott Saum  
Disc. Adv: Kayla Fox  
Expl: Miguel Cardenas Jr.  
Expl Adv 1: Natalie Kahms  
Expl Adv 2: Hannah Robbins  
Challenge: Gabe Laurito  
Sr 1: Deegan Butcher  
Sr 2: Logan Atchison  
Sr 3: Carmen Laurito  
Sr Perf: Edi Jakob

Prizes will be distributed ASAP. Additional prizes will need to be purchased and may require some time to be delivered and distributed. Thank you for your patience!



## Qualifiers

### Age Group Champs

Sophia Boring, Matthieu Chossiere,  
Adrianna Duncan, Tyler Ferraco, Grace Goins,  
Leighton Haver, Carmen Laurito, Gabe Laurito,  
Thien Luu, Cameron Lowman, Omar Mahmoud,  
Brielle McGonagle, Kivy Moore,  
Sophia Patrick, Jovan Stojkovski, Evan Takeda,  
Ava Van Slooten

### Tags

Leighton Haver, Gabe Laurito

### Southern Senior Zones

Tanner Antley, Rian Bleyendaal, Morgan Carr,  
Macey Degroot, Daniel Dickamore,  
Olivia Esbeck, Lauren Ferguson, Martin Gomez,  
Natalie Goza, Dylan Haver, Leighton Haver,  
Tristan Haver, Hayden Holcomb, Edi Jakob,  
Andi Jeanes, Carmen Laurito, Caleb Livesay,  
Abigail Lowman, Vanessa Marsh,  
Braylynn Moore, Hayden Nielsen,  
Cameron Sustala, Lauren Tillman, Gabi Volpe,  
Giancarlo Zamora

### Sectionals

Rian Bleyendaal, Macey DeGroot, Edi Jakob,  
Selim Mahmoud, Vanessa Marsh, Gabi Volpe,  
Giancarlo Zamora

### NCSA's

Macey DeGroot, Gabi Volpe, Giancarlo Zamora

### Futures

Macey DeGroot

### Speedo Winter Junior Nationals

Macey DeGroot

### Speedo Summer Junior Nationals

Macey DeGroot

**Sharks Social Media – Links to follow:**

Sharks Facebook [HERE](#) Sharks Instagram [HERE](#)

Sharks Youtube channel [HERE](#)

Parent Rep Contacts by group: [HERE](#)

**Team Records:**

[Short Course Yards](#)

[Long Course Meters](#)