



Week of Apr 8th, 2024

[Training Schedule \(Updated 4/2/24\)](#)

Changes highlighted in Blue

[Sharks Pool Locations](#)

Practice Changes This Week

Fri—Apr 12th—Walker LCM Pool

Sr 3, Sr Perf, Sr 2 invites: 4:30pm-6:45pm
Challenge, Sr 2, Expl Adv 2: 6pm-8pm

Sat—Apr 13th-FHS

Sr 3, Sr Perf, Sr 2 invites: 8am-10am
Challenge & Sr 2: 7:45am-9:45am

Swim-A-Thon Signup [HERE](#) All groups should sign up for their slot if attending.

Drylands— off site drylands begin this weekend for most groups—**signup ahead of time is required.**

[Saturdays @ Beast Mode](#)— Sr 3, Sr Perf, Sr 2 invites 6:45am-7:45am

When we are out of FHS in June/July this will be the location for our PM dryland workouts, we are starting Saturdays there in April.

[Sundays @ Create the Finish](#)—Exploratory through Sr 2

12 & Under: 3:30pm-4:30pm

13 & Over: 4:30pm-5:30pm (challenge can attend either time slot)

Nikki, the owner is a Strength & Conditioning coach with U of H and will be working with the Sharks staff on drylands. We are doing 4 Sundays in April/May and then will have 2-3 afternoon options when we get to June.

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

Upcoming Events

It's Great To Be A Shark!

[Apr 13th—Swim-A-Thon—FHS 9am-1pm](#)

[Apr 14—Gulf Open Water Qualifier](#)—Lake Longhorn, League City

Opt in by Mar 29 Final Entries [HERE](#)
No changes after April 1 @ 9pm
Itinerary to follow by email once sent by host.

[Apr 19-21st FCST LCM Invite](#)

Don Cook Natatorium Opt out by March 29
Preliminary entries [HERE](#) Final Entries [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](#)
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](#)

Competitive Groups Banquet—thank you again to all that helped this come together at short notice. You can find the program [HERE](#)
You can also access the pictures from the photobooth [HERE](#) (no paid dropbox is required—you can just use the free one.

Travel Trip Escrow Option—if you are interested in setting aside money for summer travel trip/competitions (senior zones etc) please reach out to billing@sharks-swim-club.org to set up the additional charge to your account. If the funds are not used the money will be refunded.

Sharks Team Swim-A-Thon April 13th from 7:45am-1pm at Friendswood High School. Sign up for a swimming slot [HERE](#)
Food will be available for family members and swimmers who did not raise any \$ for a \$5 cost
Flyer [HERE](#) Volunteer signup [HERE](#) (only 1 position left open)
Can each group raise a little bit more money?!?!?! Let's support the Sharks!
Teams that have each swimmer raise \$50 (cumulative during Swim-A-Thon) will earn a pizza party!

This week's donations will be matched by McGarvey Law Firm up to \$1,500! Thank you!



Ready to donate??? It's easy....scan the QR code and donate NOW!

(qr code also hyperlinked)
Thank you to everyone for your generous donations!
As of week 2 our total is: **\$9,000!!!!**

Please donate to help us reach our \$20,000 goal!

Swim Fit: \$152.78
Discovery Pre-Team: \$353.55
Discovery Advance:: \$434.87
Exploratory: \$317.06
Exploratory Advance 1: \$1,124.20
Exploratory Advance 2: \$0
Challenge: \$222.53
Sr 1: \$0
Sr 2: \$250.00
Sr 3: \$140.00
Sr Perf: \$0
Top Earners:
Swim Fit/Disc/Expl: Joesph Zaid
Expl Adv/Challenge: Natalie Kahms
Sr: Andrew Sugunan
Don't want to use paypal?, come donate via credit card outside of the Natatorium.

Sharks Swap & Sell Facebook Page—New page to post, must be active members to join. You can list items for sale or swap. [HERE](#) **(Lost & Found pics will also be included here)**

Parent Reps for the 2023-2024 Season
Parent rep contacts for each group can be found [HERE](#)

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](#)



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