

Week of Dec 11th, 2023

Training Schedule (updated 11/6)

Christmas Schedule
12/26-1/6
Sharks Pool Locations

Practice Changes This Week

Tue Dec 12

Springs

Senior 1: 6:30pm-8:15pm

Wed Dec 13

Springs

Senior 1: 6:30pm-8:15pm

Fri Dec 15 (NO FHS due to HS Meet)

Stevenson

Disc. Pre 1 & 2: 4:45pm-5:30pm Exploratory 5:00pm-6:30pm Sr 3: 4:45pm-7:00pm Expl Adv 1: CANCELED

Springs

Challenge & Expl Adv 2: 6:15pm-8:15pm Sr 2: 6:15pm-8:15pm Sr Perf: 4:30pm-6:15pm

Sat Dec 16 (NO FHS due to HS Meet)

Stevenson

Sr perf 6:15am-8:15am Sr 3 & Sr 2: 7:30am-10:00am Masters: 6:30am-7:30am Disc. Adv 1 & 2, Exploratory, Expl Adv 1—CANCELED Challenge & Expl Adv 2: 8:15am-10:15am

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

Coaches Corner:

<u>Swimmer of the Month November</u>

Coach Gordy (Levi's Lessons—Sr Performance) <u>HERE</u> Coach Kate's Comments (Sr 3 & Exploratory) <u>HERE</u> Coach Gordy's Wise Words (Senior 2) <u>HERE</u>

Coach Rhys Pieces (Senior 1) HERE

Coach Tim's Tidbits (Challenge & Exploratory Advance) HERE

Coach Chris's Chronicles (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

Emails will be responded to next business day if after hours or on weekend

Upcoming Events

It's Great To Be A Shark!

Dec 15-17th-Gulf Fall Champs

location TBD by Gulf (12 & under swimmers)
Opt out by Nov 12
Preliminary Entries <u>HERE</u> Final entries <u>HERE</u>
No changes after Nov 22 (noon) Itinerary <u>HERE</u>
Job Signup <u>HERE</u>

<u>Dec 23-Gingerbread House Party</u>

Hangar—901 Buckingham Drive Opt In by Dec 18 \$10 per swimmer Volunteers needed *HERE*

Jan 12th-Noch Prelim/Finals Meet

Preliminary Entries 12/26 Final Entries 1/2 No Changes after 1/3 @ noon

Feb 16-18-14 & Under Champs

Opt out by 1/14, Preliminary Entries 1/16 Final entries 1/23 No changes after 1/24 @ noon

Mar 1—Mar 3—Sharks Hosted 13 & Over Champs

Opt out by 1/28 Preliminary Entries 1/30 Final entries 2/6 No changes after 2/7 @ noon

Mar 1-Mar 3-TAGS

Opt out by 2/11 Preliminary entries 2/13 Final entries 2/20 No changes after 2/21 @ noon

Fall Champs Timing Assignments

Timing will open as follows:
Today, Tuesday Dec 12th @ 6:30pm—1 per family
Tomorrow, Wednesday Dec 13th @ 6:30pm—unlimited per family
Thursday December 14th –any open positions assigned
Signup HERE

Gingerbread House Party: Sat Dec 23rd—Leavesley Park Hangar—

901 Buckingham Drive

9:30am-10:30am Exploratory, Discovery Pre Team 1 & 2, Discovery Advance 1 & 2 10:30am-11:30am Exploratory Adv 1 & 2, Challenge, Swim Fit, Sr 1, 2, 3 & Perf swimmers who did not join their little Sharks

Several of the groups will be having their holiday gift exchange during the event. Double check with your parent rep.

Volunteers needed ahead of time to bag candy and together house. VOLUNTEERS WILL NEED TO THEIR OWN GLUE GUN on prep days Signup



glue BRING <u>HERE</u>



Safe Sport Certification:

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

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 <u>HERE</u> Sharks Instagram <u>HERE</u> Sharks Youtube channel <u>HERE</u>

Parent Rep_Contacts by group: <u>HERE</u>

Team Records:

Short Course Yards

Long Course Meters



Qualifiers

Age Group Champs

Lily Ainsworth, Landon Bomar, Matthieu Chossiere,, Tyler Ferraco, Grace Goins, Tanner Goins, Leighton Haver, Caleb Livesay, Gabe Laurito, Cameron Lowman, Brielle McGonagle, Jovan Stojkovski

Tags

Lily Ainsworth, Leighton Haver, Caleb Livesay, Gabe Laurito

Southern Senior Zones

Tanner Antley, Morgan Carr, Macey Degroot,
Olivia Esbeck, Lauren Ferguson, Martin Gomez,
Natalie Goza, Dylan Haver, Leighton Haver,
Tristan Haver, Hayden Holcomb, Edi Jakob,
Andi Jeanes, KK LeBlanc, Caleb Livesay,
Abigail Lowman, Vanessa Marsh,
Braylynn Moore, Ben Nendza, Hayden Nielsen,
Eric Song, Cameron Sustala, Lauren Tillman,
Gabi Volpe, Caroline Westbrook,
Giancarlo Zamora

Sectionals

Macey DeGroot, Tristan Haver, Edi Jakob, KK LeBlanc, Vanessa Marsh, Valeria Madrid, Eric Song, Gabi Volpe, Caroline Westbrook, Giancarlo Zamora

NCSA's

Macey DeGroot, KK LeBlanc, Gabi Volpe

Futures

Macey DeGroot, KK LeBlanc

Speedo Winter Junior Nationals Macey DeGroot, KK LeBlanc

Speedo Summer Junior Nationals Macey DeGroot, KK LeBlanc

> **US Open** KK LeBlanc