

## Week of Dec 118th, 2023

## Training Schedule (updated 11/6)

<u>Christmas Schedule</u> 12/26-1/6 <u>Sharks Pool Locations</u>

## Practice Changes This Week

Wed 12/20-Springs Senior 1: 6:30pm-8:15pm

Thu 12/21-Springs Senior 1: 6:30pm-8:15pm

Sat 12/23-FHS

Masters: 6:30am-7:30am Sr Perf: 6:15am-9:15am Sr 3 & Sr 2: 7:00am-9:30am Expl Adv 2: 7:45am-9:45am Disc Adv 1 & 2, Exploratory, Expl Adv 1-Canceled due to gingerbread house event at the hangar.

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

# **Upcoming Events**

It's Great To Be A Shark!

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

Hangar—901 Buckingham Drive Opt In by Dec 18 \$10 per swimmer Volunteers needed <u>HERE</u>

Jan 12th—Noch Prelim/Finals Meet Preliminary Entries 12/26 Final Entries 1/2 No Changes after 1/3 @ noon

<u>Feb 16-18-14 & Under Champs</u> 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

<u>Mar 1-Mar 3—TAGS</u> Opt out by 2/11 Preliminary entries 2/13 Final entries 2/20 No changes after 2/21 @ noon

<u>Mar 7-10-Texas Sectionals</u> For qualifying swimmers Preliminary entries 2/13 Final Entries 2/20 No changes after 2/21 @ noon

### **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) <u>HERE</u> Coach Tim's Tidbits (Challenge & Exploratory Advance) <u>HERE</u> Coach Chris's Chronicles (Exploratory Advance 2) <u>HERE</u> Coach Dacia's Directions (Discovery Advance & Discovery Pre-Team) <u>HERE</u>

Billing/Admin

Please note: Updated email address for contacting Admin -<u>sharksswimclub@yahoo.com</u> **Emails will be responded to next business day if after hours or on weekend** 

## 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 glue together house. VOLUNTEERS WILL NEED TO BRING THEIR OWN GLUE GUN on prep days

Signup HERE



### 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> (Lost & Found pics will also be included here)

Parent Reps for the 2023-2024 Season Parent rep contacts for each group can be found <u>HERE</u>



## **Qualifiers**

Age Group Champs Lily Ainsworth, Landon Bomar, Sophia Boring, Matthieu Chossiere,, Adrianna Duncan, Tyler Ferraco, Grace Goins, Tanner Goins, Leighton Haver, Caleb Livesay, Gabe Laurito, Cameron Lowman, Omar Mahmoud, 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, Edi Jakob, KK LeBlanc, Selim Mahmoud, Vanessa Marsh, Ben Nendza, 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

**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: <u>Short Course Yards</u> <u>Long Course Meters</u>