



Week of Mar 18, 2024

Training Schedule (updated 2/1/24)

Sharks Pool Locations

Practice Changes This Week

Tue 3/19: FHS

Sr 3 & Sr Perf: 5:30pm-8:15pm—begin with drylands for all
 Challenge: 6pm-8pm—begin with drylands for all
 Sr 1: 6:30pm-8:15pm—begin with drylands for all
 Sr 2: swimmers can swim with either challenge or Sr 1

Wed 3/20: FHS

Sr 3 & Sr Perf: 5:45pm-8:15pm
 Challenge: 6pm-8pm
 Sr 1: 6:30pm-8:15pm
 Sr 2: swimmers can swim with either challenge or Sr 1

Thu 3/21: FHS

Sr 3 & Sr Perf: 5:45pm-8:15pm
 Challenge: 6pm-8pm—begin with drylands
 Sr 1: 6:30pm-8:15pm
 Sr 2: swimmer can swim with either challenge or Sr 1

Fri 3/22: FHS

Sr 3 & Sr Perf: 4:45pm-7pm
 Challenge & Expl Adv 2: 6:15pm-8:15pm
 Sr 2: swim with challenge group

Sat 3/23: FHS—SHARK CAMP

Masters 7am-8am
 Sr 3, Sr Perf, Sr 2: 7am-10am—begin with drylands
 Challenge & Expl Adv 2: 7:45am-9:45am
 Shark Camp 10am-12pm
 check in 10am-10:15am
 stations 10:30-11:45 then lunch

disc pre, disc adv, expl, expl adv 1, swim fit

*some expl adv 1 swimmers may be invited to expl adv 2 practice



Please welcome Coach Mark who is assisting during our transition of Head Coach. Mark Boerner who has previously worked with the Sharks. Coach Mark has a vast amount of experience. He was the former Head coach of the DADS club, Terrapins, and Nashville Aquatics. He's had great success at all levels-Olympians, National level, HS State champs and is noted as a great teacher.

Coach Mark's full bio can be found on our website [HERE](#)

Upcoming Events

It's Great To Be A Shark!

[Mar 23—Parent Talk with Dana Skelton from USA Swimming](#)

[Mar 23—Shark Camp](#)—10am-12pm
(Discovery, Exploratory & Swim Fit Groups)

[Sat Mar 23—Dana Skelton Parent Talk](#)
10:30am-11:30am at Library

[Mar 27th—Developmental Groups Banquet—Main Event](#)—Discovery & Swim Fit Groups

[Mar 30th—Nutrition Talk @ The Hangar](#) 13 & Overs 9-10:30am, 12 & Under 10:45am-11:45am

[Apr 7th—Sharks End of Short Course Banquet](#)

Bay Area Community Center
 Help us celebrate the summer LCM & SCY success of all of our swimmers! Full details & photo submission for the slide show on the event.
 3pm-6pm—Exploratory & Up groups. RSVP Now!
 (Cost \$20-\$25 per ticket—includes dinner)

[Apr 13th—Swim-A-Thon—FHS 9am-1pm](#)

[Apr 14—Gulf Open Water Qualifier](#)—Lake Longhorn, League City
Opt in by Mar 22

[Apr 19-21st FCST LCM Invite](#)—Don Cook Natatorium
Opt out by March 29

[Apr 20—SPA Developmental Meet](#)
More information as host provides closer to date

[May 17-19—Fleet LCM Invite—Cy Fair Swim Club](#) Opt out by Apr 26

[May 30-June 3—Duel in the Pool—Indianapolis](#)
Qualifying swimmers—Application will be added once available

[Jun 21-23—FCST Prelim/Final Meet](#)
More information as host provides closer to date

[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)

[Jul 26-28—Gulf Long Course Champs](#)

Long Course Cap Orders: Order deadline extended through **Wed 3/20**

Click [HERE](#) to order

Personalized caps set of 2 \$30

Non personalized silicone \$12, latex \$6

Nutrition Talk: Eat to Swim Fast!! Signup on event



Swimsuit Sizing Kit—we are in the process of receiving a sizing kit for team suits from swim outlet. This will allow you to better order the correct size online. More info to come!

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 Swim-A-Thon/Spring Fundraiser—Sat Apr 13th 9am-1pm at FHS!

Ever wish you could find team mates at swim meets? Help the Sharks buy new signage!

Ever get a broken headset or tempo trainer? Help the Sharks update equipment!

Enjoy the team banquet? Help the Sharks offset the cost for families!

Enjoy the experience of travel meets? Help the coaches get there!

Donations for Swim-A-Thon open on March 25th!

Safe Sport Certification:



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**

Coaches Corner: - Updates starting 3/26

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

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

Landon Bomar, Sophia Boring,
Matthieu Chossiere, Adrianna Duncan,
Tyler Ferraco, Grace Goins, Leighton Haver,
Gabe Laurito, Caleb Livesay, Cameron Lowman,
Thien Luu, Omar Mahmoud, Brielle McGonagle,
Kivy Moore, Jovan Stojkovski, Ava Van Slooten

Tags

Leighton Haver, Gabe Laurito

Southern Senior Zones

Tanner Antley, 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