



Week of Mar 25, 2024

Training Schedule (updated 2/1/24)

Sharks Pool Locations

Practice Changes This Week

Tue 3/26: FHS

Sr 3 & Sr Perf: 5:45pm-8:15pm

Sr 2: with Sr 1: 6:30pm-8:15pm or with Challenge 6-8pm

Wed 3/20: FHS

Sr 3 & Sr Perf: 5:45pm-8:15pm

Sr 2: with Sr 1: 6:30pm-8:15pm or with Challenge 6-8pm

NO DISCOVERY PRE-TEAM or DISC. ADV due to Banquet

Thu 3/21: FHS

Sr 3 & Sr Perf: 5:30pm-8:15pm

Sr 2: with Sr 1: 6:30pm-8:15pm or with Challenge 6pm-8pm

Fri 3/22: FHS

Sr 3 & Sr Perf: 4:45pm-6:45pm

Stevenson:

Challenge, Expl Adv 2 & Sr 2: 5:15pm-7:15pm

Sat 3/23: FHS—

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

Disc Adv 1 & 2: 9:30am-10:30am

Expl & Expl Adv 1 & 2: 9am-10:30am

Nutrition Talk at the Hangar

13 & Over: 9am-10:30am

12 & Under: 10:45am-11:45am

(register on right side events)

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

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

Upcoming Events

It's Great To Be A Shark!

[Mar 27th—Developmental Groups Banquet—](#)

[Main Event](#)—Discovery & Swim Fit Groups

Job signup [HERE](#)

[Mar 30th—Nutrition Talk @ The Hangar](#) 13 &

Overs 9-10:30am, 12 & Under 10:45am-11:45am

\$25 per family (this is the first in a series of talks—

talk #2 & #3 will be over zoom in May and July)

[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 (be sure to include how many additional tickets for parents)

Volunteer signup [HERE](#)

(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 29

No changes after April 1 @ 9pm

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

Natatorium

Opt out by March 29

Final Entries Mar 30—will be emailed to participants

No changes after April 1 @ 5pm

[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 18-19-SPA Developmental Meet](#)

More info once provided from host

[May 30-June 3—Duel in the Pool—Indianapolis](#)

Qualifying swimmers—Application [HERE](#)

[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)

Register & Pay deposit [HERE](#)

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

Thank you from the Haver family: The kids and I want to say thank you for the support the team has given us during this difficult time. The basket full of gift cards was amazing and really means a lot. It was unexpected and very appreciated. I have no way to say thank you to everyone who contributed but we are grateful.

Competitive groups Banquet—Volunteers needed (long course hours) Signup under event. Jobs available for during the event and at home washing table cloths after).

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.

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](#)
Flyer [HERE](#)

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



(qr code also hyperlinked)

Don't want to use paypal, come donate via credit card outside of the Natatorium.

All donations this week will be matched by **Zeal Rum up to \$1,000** Thank you so much!

Safe Sport Certification:



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