

Week of Oct 16th, 2023

Training Schedule (updates 9/25)

Sharks Pool Locations

Practice Changes This Week

<u>Tue Oct 17</u>-No Springs due to WP playoffs Stevenson:

venson:

Sr perf: 4:45pm-6:45pm

FHS:

Senior 2: 6:15pm-8:15pm

Fri Oct 20

Stevenson: Sr Retreat participants: 4:15pm-5:15pm (Arrive as soon as you can, we understand that some get out of school later—be there as soon as possible) FHS:

Sr Perf & Sr 2: 4:45pm-7:00pm

Sat Oct 21- Dads Developmental meet

All groups will be at FHS

Masters: 7:15am-8:00am—THIS IS A TIME CHANGE Challenge: 7:00am-10:00am—THIS IS A TIME CHANGE Disc Adv 1 & 2: 9:15am-10:15am– THIS IS A TIME CHANGE

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

Coaches Corner:

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>

Upcoming Events

It's Great To Be A Shark!

Oct 20th-21st-Senior Groups Retreat— Camp Cho Yeh-Lake Livingston Itinerary <u>HERE</u> Participant Waiver <u>HERE</u>

<u>Oct 21st-22nd-DADS Club Developmental</u> Meet

Opt OUT/IN by Oct 1 (Disc Adv & Sr 1 must opt IN to attend) Preliminary Entries <u>HERE</u> Final Entries <u>HERE</u> Itinerary <u>HERE</u> Timeline <u>HERE</u> Job Signup <u>HERE</u> No Changes after 10/11 @ Noon

<u>Oct 22nd–Sharks Fall Open Water</u> <u>Extravaganza</u>

Lake Longhorn, **Opt IN** by Oct 6 Preliminary Entries <u>HERE</u> Final Entries <u>HERE</u> Job Signup <u>HERE</u> Itinerary <u>HERE</u> No Changes after 10/19

Oct 26th-Halloween Glow Practice Swim Fit Groups Opt In by Oct 24

Oct 27th-Halloween Glow Practice (competitive groups) Opt IN by Oct 23rd \$10 per swimmer to cover costs

<u>Oct 28th – Developmental Meet (Swim Fit &</u>

Pre-Team groups) \$10 per swimmer in Pre-Team Opt IN by October 16 Preliminary Entries 10/17 Final Entries 10/20 no changes after Oct 25th

Nov 10th-12th-Sharks November Invite

Opt OUT by Oct 22 Preliminary Entries 10/24 Final Entries 10/31 No Changes after 11/1 @ Noon

<u>Nov 25th–Shark Camp</u>

Discovery Pre & Advance & Exploratory groups paired with Big Shark swimmers from the Senior group. Opt IN by Nov 21

Nov 30-Dec 3rd-Southern Senior Champs More info to come from Gulf

Dec 1-Dec 3rd—Gulf Age Group Champs More info to come from Gulf

Dec 8-10-Senior Champs More info to come from Gulf

Dec 23-Gingerbread House Party Opt In by Dec 18

Jan 12th—Noch Prelim/Finals Meet Preliminary Entries 12/26 Final Entries 1/2 No Changes after 1/3 @ noon **COVID Policy**—this is a new agreement that has been added by our board of directors. You will need to go to the agreements tab on your account to see the warning that an item is outstanding. You must read and agree to this as it is part of registration—This MUST be signed by October 30th. Failure to have all agreements signed will inhibit swimmer's ability to practice beginning 11/1—there will be no pro-rating of training fees.

Timing Assignments Dad Development Meet HERE

Signups open as follows: Today, Tuesday Oct 17th @ 7:30pm—1 per family Tomorrow, Wednesday Oct 18th @ 7:30pm—unlimited per family Thursday, Oct 19th—any open positions assigned

<u>Cap Pickup–Available at FHS: (HERE)</u>

Wednesday Oct 18th 4:45pm-7:15pm Thursday Oct 19th 4:45pm-7:15pm Friday Oct 20th 4:45pm-7;15pm Sat Oct 21st 9am-10:30am Volunteers needed—**signup opens tonight @ 7:30pm**. Caps are in the closet in the nat along with the sign-out book. **Caps MUST be signed for**—if not on the sheet, swimmers can purchase additional plain latex or silicone caps. There must be a log/signature for ALL caps received. (accounts will be invoiced for additional caps) **This is your FINAL opportunity to pickup caps.**

Open Water Meet-Job Signup: <u>HERE</u>- we are in need of kayakers!

Opens Tuesday Oct 10th @ 7pm—1 per family Thu Oct 11th @ 7pn—unlimited per family

Any open positions will be assigned to those NOT signed up but participating in the meet. We need many volunteers for this meet please sign up even if your swimmer is not participating.

Bay Area Houston Food Lovers Fundraiser Cards—these will be available for purchase toward the end of this month! Cards will be \$25 each with \$5 of each card going toward your fundraising requirement—begin promoting to family and friends now and get pre-orders in!

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

<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>

Parent Reps for the 2023-2024 Season

Parent rep contacts for each group can be found **HERE**



<u>Qualifiers</u>

Age Group Champs

Lily Ainsworth, Deegan Butcher, Blake Carr, Keegan Carr, Tyler Ferraco, Tanner Goins, Leighton Haver, Caleb Livesay, Brielle McGonagle, Kivy Moore, Hannah Robbins

Tags

Lily Ainsworth, Tyler Ferraco, Leighton Haver, Kivy Moore

Southern Senior Zones

Tanner Antley, Morgan Carr, Macey Degroot, Olivia Esbeck, Lauren Ferguson, 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, 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

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>