

Week of Oct 23rd, 2023

Training Schedule (updates 9/25)

Sharks Pool Locations

Practice Changes This Week

<u>Fri Oct 27th</u>—Halloween Glow Practice at FHS-ALL SWIMMERS MUST BE COMMITTED THROUGH EVENT—NO REGULAR PRACTICE DURING GLOW PRACTICE FOR DISCOVERY PRE-TEAM, EXPLORATORY, EXPL ADV 1/2, CHALLENGE <u>HERE</u>

Sr 3: 4:45pm-6:30pm (this is a time change)

Disc Adv 1 & 2 & Disc. Pre-Team 1 & 2: 5:30pm-6:30pm

Disc. Adv does not normally swim on Fridays but have been invited to this specialty practice—

Expl/Expl Adv 1/Expl Adv 2/Challenge: 6:15pm-8:00pm (this is a time change) Sr 1 swimmers may join if they have signed up on the website

Sat Oct 28th- FHS

Expl Adv 2 (combined with challenge)—7:45am-9:45am (this is a time change due to developmental meet)

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

Coaches Corner:

Coach Gordy (Levi's Lessons—Sr Performance) HERE

Coach Kate's Comments (Sr 3 & Exploratory) HERE

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) <u>HERE</u>

Coach Dacia's Directions (Discovery Advance & Discovery Pre-Team) *HERE*

Upcoming Events

It's Great To Be A Shark!

Oct 26th-Halloween Glow Practice Swim Fit Groups

Opt In by Oct 24 Cost approx. \$5 per swimmer

Oct 27th-Halloween Glow Practice

(competitive groups)
Opt IN by Oct 24th
\$10 per swimmer to cover costs

Oct 28th – Developmental Meet (Swim Fit & Pre-Team groups)

\$10 per swimmer in Pre-Team Opt IN by October 16 Final Entries <u>HERE</u> Itinerary <u>HERE</u> no changes after Oct 25th

Nov 10th-12th-Sharks November Invite Opt OUT by Oct 22

Preliminary Entries *HERE* (does not include all swimmers—if you do not see your swimmer's name please reach out to your group coach. Final Entries 10/31
No Changes after 11/1 @ Noon

Nov 25th-Shark Camp

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

CCISD Natatorium, Woodlands

Qualified swimmers—opt out by Nov 5th Preliminary entries Nov 7 Final Entries Nov 14 no changes after Nov 15 (noon)

Dec 1-Dec 3rd—Gulf Age Group Champs

Texas A & M University

Qualified swimmers—opt out by Nov 5th Preliminary entries Nov 7 Final entries Nov 14 no changes after Nov 15 (noon)

Dec 8-10th-Senior Champs

location TBD by Gulf (13 & Over swimmers)

Qualified swimmers—opt out by Nov 5 Preliminary entries Nov 7 Final entries Nov 14 No changes after Nov 15 (noon)

Dec 15-17th-Gulf Fall Champs

location TBD by Gulf (12 & under swimmers)
Opt out by Nov 12
Preliminary Entries Nov 14 Final entries Nov 21
No changes after Nov 22 (noon)

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

Cap Pickup—Available at FHS:

Volunteers needed—signup opens tonight @ 7:30pm. Wed 10/25, Thu 10/26, Fri 10/27: 4:45pm-7:15pm Sat 10/28 9am-11am Signup *HERE*

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.

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 -

sharksswimclub@yahoo.com

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

Sharks Swap & Sell Facebook Page—New page to post, must be active members to join. You can list items for sale or swap. **HERE**

Parent Reps for the 2023-2024 Season

Parent rep contacts for each group can be found <u>HERE</u>



<u>Qualifiers</u>

Age Group Champs

Lily Ainsworth, Deegan Butcher, Blake Carr, Keegan Carr, Adrianna Duncan, 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 **HERE**

Parent RepContacts by group: HERE

Team Records:

Short Course Yards Long Course Meters