



[Training Schedule: \(click to view\)](#)

Only "Changes" to normal practice schedule will be listed – if schedule is normal it will NOT be listed below.

Physical group workouts are suspended through April.

Letter from Board [HERE](#)

Letter from Coach Tim to parents [HERE](#)

Daily Virtual drylands through Zoom with Coach Matt/Coach Dacia

Monday-Friday 5pm – Zoom # 612-829-8220

Saturday 10am-Athlete zoom talk with Canadian Olympian Kierra Smith. This is for Sharks Swimmers only. All Swimmers welcome, geared toward Challenge & Up groups. Coach Kate Zoom #971-241-3075

Weekly group Zoom talks/learning with your coach
Schedule:

Discovery Pre-Team/Disc.Adv/Exploratory: Thurs 4-4:30pm
Coach Kate Zoom #971-241-3075

Exploratory Advance: Thurs: 10-10:30am
Coach Lou Zoom #778-544-8086

Challenge: Thurs 9:15-9:45am
Coach Lou Zoom #778-544-8086

Pre-Senior: Friday 4-4:30pm
Coach Matt Zoom #612-829-8220

Senior/Senior Perf: Friday 4:30-5pm
Coach Kate & Coach Tim Zoom#971-241-3075

Please follow Sharks [facebook](#) & [Instagram](#) for updates.

Always be prepared for dryland with running shoes & dryland clothes



[Upcoming Events](#)

Click to view Meet Announcement & other important information if available

Coaches want to see their Sharks!

Please send photos of daily drylands, challenges completed or how you are staying active to:

sharkscoachkate@gmail.com

Mar 29th – Sharks Banquet-Postponed until Mid-April

Mar 31st – Discovery Groups Party – Postponed until Mid-April.

Apr 4th – Sprint Series Meet- Canceled

Apr 18-19th – Swat Long Course - Canceled

Apr 25th- Swim-A-Thon-Postponed

Travel Trips-With meets being canceled, and IOC postponing Olympics more details regarding both New Orleans and Trials Training trips coming out next week.

For Sale or Trade Page [HERE](#)

[Important Deadlines](#)

COACHES CORNER: Coach Tim & Coach Lou will be contacting their groups directly about signing up for individual goals talks.

Parent Reps: Get to know your group parent reps! Each group has 1-2 parent reps. Find you parent reps [HERE](#)

Sharks Summer Squad Now Open for Returning Swimmers! Learn More [HERE](#) Register [HERE](#)

Sharks Short Course Records Updated – See last page!

IMR/IMX - We had 80 swimmers complete all IMX events for scy and 108 that completed their IMR events.

To learn more about USA Swimming IMR/IMX Program Click [HERE](#)

IMR Results [HERE](#)

IMX Results [HERE](#)

Sharks End of Short Course Season Banquet: Postponed

Discovery Groups End of Short Course Party: Postponed



March Birthdays Age-Date

Alejandra Acosta	16 – 2 nd
Grace Goins	6 – 3 rd
Ayden Hilliard	13 – 8 th
Emery Fitzharris	14 – 8 th
Vanessa Marsh	12–13 th
Wyatt Kleinpeter	9- 14 th
Mairead Finnerty	14 -14 th
Peyton Becker	15–15 th
Mason Ho	10- 17 th
Hayden Holcomb	12 -18 th
Maven Moore	16- 21 st
Scarlett Thompson	8-22 nd
Keith Remington	11-27 th
Addyson Moad	12-27 th
Joseph Lukner	16-31 st



**Sharks Swim Club
ADAPTIVE
SWIM LESSONS**

AS
ADAPTIVE SWIM
LESSONS
FOR 2023

Sharks Adaptive Swim Lessons use techniques that place emphasis on swimming skills modified or adapted to accommodate individual abilities, needs, and goals, regardless of age. Lessons are specially designed to benefit children and adults with a range of special needs including autism, cerebral palsy, spine bifida, down syndrome, sensory disorders, ADHD, and visual impairment.

Our goal is to help each swimmer push past their physical, cognitive, or neurological challenges to be successful in learning to swim, learning water safety, developing confidence, increasing fitness, and having fun, all while creating a calm, patient, and reassuring atmosphere suited to the individual needs and abilities of each swimmer!

Choose: 4 Levels to choose from that fit best for your swimmer!
Visit www.sharks-swim-club.org to view the full Program Overview.

When: Monday and Wednesday mornings

Where: Friendswood HS Natatorium
1115 Falling Leaf • Friendswood, TX 77546

Register: www.sharks-swim-club.org
Click Sharks Swim School tab

SHARKS Contact us with questions:
email: sharksadaptiveswim@gmail.com
phone 281-400-1175
Visit us online for more information
www.sharks-swim-club.org

By: (Approved)
USA SWIMMING
USA SWIMMING

Neither this organization or this event is sponsored, endorsed or otherwise affiliated with Friendswood ISD.

Survey Opportunity – 11 & over Swimmers: A fellow coach in the Gulf is inviting all Gulf teams to participate in a research project related to his dissertation as PhD. candidate. This research is focused on shoulder pain and injury as it relates to swimming, see below, and your participation would be greatly appreciated. To participate you only need to do the following:

Provide email contacts for families of senior swimmers to jtreed@uh.edu:

- 1) between 11-19 years of age.
- 2) enrolled year-round for the 2019/2020 season.

They will then receive a link to the survey with the content in the attached document and all information will be completely anonymous. In order to keep the survey anonymous, the links sent by the system are uniquely coded and can only be used once. All survey links must be generated by the system and individually sent out meaning coaches cannot simply send out the link themselves.

Details of Survey can be found [HERE](#)



**Qualifiers
Age Group Champs**

Tristan Arghiropol, Peyton Becker, Ellie Burke, Emery Fitzharris, Ayden Hilliard, Hayden Holcomb, Edi Jakob, Andi Jeanes, KK LeBlanc, Cameron Lowman, Paige McCray, Selim Mahmoud, Nicole Medina, Streeter Moore, Hayden Nielsen, Andrew Sugunan, Lauren Tillman, Emma Vestal, Evan Vidinha, Gabi Volpe

Tags

KK LeBlanc, Gabi Volpe 11/12 Girls 200 Free Relay: Gabi Volpe, KK LeBlanc, Abigail Lowman, Edi Jacob

Sectionals

Stevie Balistreri, Peyton Becker, Kara Boemio, Anjali Friedman, Leah Givens, David Hensley, Joseph Lukner, Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Allie Vidinha, Jordyn Waters, Erika Yeguez

Southern Senior Zones

Stevie Balistreri, Peyton Becker, Elaine Bentley, Kara Boemio, Lauren Fitzharris, Emery Fitzharris, Anjali Friedman, Leah Givens, David Hensley, Andi Jeanes, KK LeBlanc, Alex Linden, Joseph Lukner, Paige McCray, Spencer Meyers, Maven Moore, Abigail Nelson, Lauren Tillman, Sarah Szklaruk-Traipe, Emma Vestal, Allie Vidinha, Jordyn Waters, Erika Yeguez

NCSA's

Maven Moore, Abigail Nelson, Sarah Szklaruk-Traipe, Erika Yeguez

Sharks All Time Top Performances(updated 3/24/20)

Team Records	Short Course Yards	Long Course Meters
Top 10 Individual	Short Course Yards	Long Course Meters
Top Relays	Short Course Yards	Long Course Meters

[USA Motivational Time Standards for 2017-2020](#)
[Age Group Champs Time Standards 2019-2020](#)
[TAGS Time Standards 2020](#)

[NCSA Jr. National Standards 2020](#)
[Sectional Time Standards 2020](#)
[Southern Senior Zones Time Standards 2017-2020](#)