



New York Sharks

SOMS Coaches Corner – December 2, 2019

Age Group (9 & Under) Schedule

Date	AM Swim	PM Swim 1	PM Swim 2	Reminders	Competition
Monday December 2, 2019		OFF Snow Day	OFF Snow Day		
Tuesday December 3, 2019		5:40-6:20 pm SOMS	6:20-7:00 pm SOMS	TZ Varsity Meet	
Wednesday December 4, 2019					
Thursday December 5, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		US Open
Friday December 6, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		US Open
Saturday December 7, 2019	8:00-9:00 am SOMS				US Open
Sunday December 8, 2019					
Date	AM Swim	PM Swim 1	PM Swim 2	Reminders	Competition
Monday December 9, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		
Tuesday December 10, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		
Wednesday December 11, 2019					
Thursday December 12, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		MIT Invite
Friday December 13, 2019		5:40-6:20 pm SOMS	6:20-7:00 pm SOMS	TZ Varsity Meet	MIT Invite TYR Holiday
Saturday December 14, 2019					MIT Invite TYR Holiday
Sunday December 15, 2019					MIT Invite TYR Holiday
Date	AM Swim	PM Swim 1	PM Swim 2	Reminders	Competition
Monday December 16, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		
Tuesday December 17, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		
Wednesday December 18, 2019					
Thursday December 19, 2019		5:40-6:20 pm SOMS	6:20-7:00 pm SOMS	TZ Varsity Meet	
Friday December 20, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		
Saturday December 21, 2019	8:00-9:00 am SOMS				
Sunday December 22, 2019					
Date	AM Swim	PM Swim 1	PM Swim 2	Reminders	Competition
Monday December 23, 2019		5:30-6:15 pm SOMS	6:15-7:00 pm SOMS		
Tuesday December 24, 2019					
Wednesday December 25, 2019					
Thursday December 26, 2019		TBA	TBA		
Friday December 27, 2019		TBA	TBA		
Saturday December 28, 2019		TBA	TBA		
Sunday December 29, 2019					

Age Group (9-12) Schedule

Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday December 2, 2019		OFF Snow Day			
Tuesday December 3, 2019		5:40-7:00 pm SOMS		TZ Varsity Meet	
Wednesday December 4, 2019		5:30-7:00 pm SOMS			
Thursday December 5, 2019		5:30-7:00 pm SOMS			US Open
Friday December 6, 2019		5:30-7:00 pm SOMS			US Open
Saturday December 7, 2019	8:00-9:00 am SOMS				US Open
Sunday December 8, 2019					
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday December 9, 2019		5:30-7:00 pm SOMS			
Tuesday December 10, 2019		5:30-7:00 pm SOMS			
Wednesday December 11, 2019		5:30-7:00 pm SOMS			
Thursday December 12, 2019		5:30-7:00 pm SOMS			MIT Invite
Friday December 13, 2019		5:40-7:00 pm SOMS		TZ Varsity Meet	MIT Invite TYR Holiday
Saturday December 14, 2019					MIT Invite TYR Holiday
Sunday December 15, 2019					MIT Invite TYR Holiday
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday December 16, 2019		5:30-7:00 pm SOMS			
Tuesday December 17, 2019		5:30-7:00 pm SOMS			
Wednesday December 18, 2019		5:30-7:00 pm SOMS			
Thursday December 19, 2019		5:40-7:00 pm SOMS		TZ Varsity Meet	
Friday December 20, 2019		5:30-7:00 pm SOMS			
Saturday December 21, 2019	8:00-9:00 am SOMS				
Sunday December 22, 2019					
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday December 23, 2019		5:30-7:00 pm SOMS			
Tuesday December 24, 2019					
Wednesday December 25, 2019					
Thursday December 26, 2019		TBA			
Friday December 27, 2019		TBA			
Saturday December 28, 2019		TBA			
Sunday December 29, 2019					

Senior Schedule

Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday December 2, 2019		OFF Snow Day			
Tuesday December 3, 2019		5:40-7:00 pm SOMS		TZ Varsity Meet	
Wednesday December 4, 2019		5:30-7:00 pm SOMS			
Thursday December 5, 2019		5:30-7:00 pm SOMS			US Open
Friday December 6, 2019		5:30-7:00 pm SOMS			US Open
Saturday December 7, 2019	8:00-9:00 am SOMS				US Open
Sunday December 8, 2019					
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday December 9, 2019		5:30-7:00 pm SOMS			
Tuesday December 10, 2019		5:30-7:00 pm SOMS			
Wednesday December 11, 2019		5:30-7:00 pm SOMS			
Thursday December 12, 2019		5:30-7:00 pm SOMS			MIT Invite
Friday December 13, 2019		5:40-7:00 pm SOMS		TZ Varsity Meet	MIT Invite TYR Holiday
Saturday December 14, 2019					MIT Invite TYR Holiday
Sunday December 15, 2019					MIT Invite TYR Holiday
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday December 16, 2019		5:30-7:00 pm SOMS			
Tuesday December 17, 2019		5:30-7:00 pm SOMS			
Wednesday December 18, 2019		5:30-7:00 pm SOMS			
Thursday December 19, 2019		5:40-7:00 pm SOMS		TZ Varsity Meet	
Friday December 20, 2019		5:30-7:00 pm SOMS			
Saturday December 21, 2019	8:00-9:00 am SOMS				
Sunday December 22, 2019					
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday December 23, 2019		5:30-7:00 pm SOMS			
Tuesday December 24, 2019					
Wednesday December 25, 2019					
Thursday December 26, 2019		TBA			
Friday December 27, 2019		TBA			
Saturday December 28, 2019		TBA			
Sunday December 29, 2019					

To be entered in any of the following meets, you must be registered through the Team Unify website. For the meets that are in **Bold Red**, we take the information from the Team Unify website registration and enter the athletes in USA Swimming's Online Meet Entry (OME). These are typically championship level or certain high-level travel meets.

Dates	Meet Name	Groups Attending	Location	Deadline
December 4-7	Toyota US Open	All Qualifiers	Atlanta, GA	CLOSED
December 12-15	MIT Invite	All Qualifiers	Cambridge, MA	CLOSED
December 13-15	TYR Holiday Classic	All Groups	Felix Festa	CLOSED
December 21	2019 BAC December LC Challenge	All Groups	New Providence, NJ	CLOSED
January 10-12	Jim Wood Memorial Invite	All Qualifiers	Rutgers University, NJ	CLOSED
January 10-12	NBS Trials and Finals	All Groups	TBA	December 20, 2019
January 17-19	NYSA Winter Invite	All Groups	Valley Central	
January TBA	YMID 8 & Under Meet	All 8 & Unders	YWCA White Plains	
February 7	MWDA Sink or Swim Distance	All Groups	Washingtonville HS	
February 8-9	MWDA Sink or Swim	All Groups	Washingtonville HS	
February TBA	BGNW February 8 & Under	All Groups	Boys and Girls Mt Kisko	
February 13-16	Metro Senior Champs	All Qualifiers	Nassau County Aquatic Center	
February 28-March 1	Metro Silvers North	All Qualifiers	Felix Festa	
March 7-8	Metro 8 & Under	All 8 & Unders	Felix Festa	
March 13-15	15-18 Team Challenge	All Qualifiers	Nassau County Aquatic Center	
March 13-15	Metro 14&U Junior Olympics	All Qualifiers	Nassau County Aquatic Center	