2022 Sharks Spring Championships
March 4-6, 2022
FRIENDSWOOD HIGH SCHOOL NATATORIUM
1115 Falling Leaf Dr.
Friendswood, TX 77546

Meet Information:

Meet letter, Psych Sheet, Heat Sheet, and the Timeline will all be available on the team site:
https://www.teamunify.com/team/stbts/page/events/championship-meet-information

Suggested (non-exhaustive) Packing List:

Tech Suit (backup)	Warmup Suit	Clothing
Googles (backup)	Drag Socks	Snacks
Towel (backups)	Tempo Trainer	Phone Charger!
Cap (backups)	Deck Shoes	Headphones

	11 & Over			10 & Under			FINALS	
	WUTS	STWU	Start	WUTS	STWU	Start	WUTS	Start
Fri	4:15 PM	4:30 PM	5:30 PM	NA	NA	NA	NA	NA
Sat	7:15 AM	7:30 AM	9:00 AM	1:00 PM	1:15 PM	2:15 PM	4:00 PM	5:30 PM
Sun	7:15 AM	7:30 AM	9:00 AM	1:00 PM	1:15 PM	2:15 PM	4:00 PM	5:30 PM

***There will be A/B finals for 11-12 & 13+**

FRIDAY

11-18 200 IM
11-18 50 Back
11-18 50 Breast
11-18 50 Fly
11-18 500 Free

***Timers needed for 500**

SATURDAY

11-18 200 Back
11-18 100 Breast
11-18 50 Free
11-18 200 Fly
11-18 100 IM
11-18 200 Free
11-18 400 IM*

***400 IM top 8 in finals**

SUNDAY

11-18 100 Back
11-18 200 Breast
11-18 100 Free
11-18 100 Fly
11-18 1000 Free*

***400 IM top 8 in finals**

SATURDAY

10 & U 100 IM
10 & U 100 Back
10 & U 50 Fly
10 & U 100 Free
10 & U 50 Back
10 & U 50 Free

SUNDAY

10 & U 100 Breast
10 & U 50 Back
10 & U 100 Fly
10 & U 200 Free
10 & U 200 IM
10 & U 500 Free

***Timers needed for 500**

Maintaining the Shark Standard:

TST is the most prepared team.

- Athletes are expected to be on deck 15 mins (prepared*) prior to warmup, with suit on, read for WUTS
- Racing Suit, Training Suit, Equipment, Tennis Shoes, Socks, Food, Water, Etc.
- Race Strategy Implementation (will be discussed throughout prior week: tempo, stk count, approach)
- Nutrition & Hydration taken seriously throughout sessions, hotel, etc.

TST Teammates are the best teammates:

- We cheer for every swim we have. We're not a huge team, and every swim counts, they must be treated that way.
- We are always positive with our teammates, if someone is down, we pick them up, if they are up, we celebrate with them!

TST Engages coaches & athletes

- Regardless of the previous days successes or failures come ready to be successful today
- We speak in confident terms; we speak positively because we know that affects others in positive ways (even when we might not feel positive).
- We talk to our coach pre/post-race regardless of the outcome, because success is a constant process.

TST Looks like the best team:

- Athletes must wear TST gear at ever session of the meet.
- When wearing TST gear, athletes must remember they represent themselves, their families, teammates, coaches, and community, we will always do that with sportsmanship, dignity, and class.