



# Tiger Sharks of Texas



Age Group Newsletter-April 12<sup>th</sup>, 2024

## Upcoming Events

**April 19-21: TWST Swim Meet @ The Woodlands**

**May 3-5: AAAA Cinco de Mayo Invite**

**May 11th: Swim-A-Thon**

**May 17-19: Bud Dallmann Invite @ New Braunfels**

**Swim-A-Thon:** Our Swim-A-Thon is well underway! We have already surpassed \$10,000, but we only have a month left! With that being said, look for the weekly challenges on our instagram, so that you can raise money and get some fantastic prizes along the way! Remember, our Swim-A-Thon is May 11th! Keep raising money for our team and don't forget that all of the money is going to better our team and help your swimmers get the best possible experience!

**TWST Spring Fling:** The TWST Spring Fling is taking place right outside of Houston on 17th-19th. This is our second chance early on in the season to swim at a long course pool! This meet will be hosted by the Woodlands Swim Team and will allow our swimmers a chance to travel and compete once again! More information will follow in the coming weeks! **Registration is closed for this meet.**

**Tiger Shark Tuesday:** This upcoming week is Match a Coach Day! Our coaches will submit what they will be wearing for TSTuesday to the instagram. These pictures will be uploaded to our instagram today (Friday)! Your swimmer can choose to match any of their coaches and get a picture with them on TSTuesday!

**AAAA Cinco de Mayo:** This meet is taking place in San Antonio and requires a B cut from our swimmers to qualify for any event. If your swimmer meets this criteria, heavily consider attending this great opportunity to swim in a long course 50 meter pool! **The registration deadline is April 15th.**

**Bud Dallmann Invite:** This meet is taking place in New Braunfels and requires no cuts! This is one of the meets we have been pushing hard to each group, considering this is a great opportunity to swim in a long course 50 meter pool! **The registration deadline is April 30th.**

## Group Updates

### Swimmers of the Meet

#### 10&Under

Abi Whitzel (Evolution)



#### 11&Over

Hannah Voss (Apex)



**Apex:** This week, Apex increased the amount of Freestyle that we swam, compared to the amount we drilled. We also introduced Breaststroke to our training. This week was also a week filled with kicking, work on body line, and plenty of breath control work. Next week, Apex will be hitting mostly Freestyle and short-axis as we look forward to the TWST Invite this next weekend!

**Challenge:** This week challenge worked their walls and focus on building their foundational skills. They have been doing a great job so far this season and we are looking forward to seeing what they do this season!

**Launch Pad:** Launch Pad had some tough practices this week. Our main focus was working on drills for each stroke and keeping our endurance up. This is just in preparation for our swim meet next weekend!

**Foundations:** Foundations had some great practices this week. We worked on all of the strokes. Our main focus was having strong kicks for each stroke and keeping our endurance up! We ended the week with a fun game in the small pool!

**Evolution:** This past week, Evolution went back to the basics for each stroke and took extra time on making sure that everything was right! This included our body position and rotations, as well as perfect streamlines and underwaters off each wall! Next week will be much of the same for Evolution. We will be introducing some different concepts as we arrive closer to our mid-season, but alot of it will be the same!

**Exploration:** Exploration has had a great week of practice with hard work from everyone in the group on making improvements to their technique across all four strokes with a focus on their turns and strengthening kick as they prepare for the next meet in Houston!

**Discovery:** This week, Discovery had the chance to work on the basics for each of our strokes with a major focus on our head and body position. We have also stressed great streamlines off of each wall for every swimmer! Next week will be similar in our focus, but we will continue to add to our stroke techniques!

Monday (4/15)

Tuesday (4/16)

Wednesday (4/17)

Thursday (4/18)

Friday (4/19)

Sat. (4/20)

Apex	6:00-8:00 PM	Apex	6:00-8:00 PM	Apex	6:00-8:00 PM	Apex	6:00-8:00 PM	Apex	NONE	Apex
Challenge	6:00-7:45 PM	Challenge	6:00-7:45 PM	Challenge	6:00-7:45 PM	Challenge	6:00-7:45 PM	Challenge	NONE	Challenge
Launch	6:15-8:00 PM	Launch	6:15-8:00 PM	Launch	6:15-8:00 PM	Launch	6:15-8:00 PM	Launch	NONE	Launch
Evolution	6:00-7:30 PM	Evolution	6:00-7:30 PM	Evolution	6:00-7:30 PM	Evolution	6:00-7:30 PM	Evolution	NONE	Evolution
Exp.	5:15-6:15 PM	Exp.	5:15-6:15 PM	Exp.	5:15-6:15 PM	Exp.	5:15-6:15 PM	Exp.	NONE	Exp.
Discovery	4:15-5:15 PM	Discovery	4:15-5:15 PM	Discovery	4:15-5:15 PM	Discovery	4:15-5:15 PM	Discovery	NONE	Discovery
Found.	3:45-4:30 PM	Found.	3:45-4:30 PM	Found.	3:45-4:30 PM	Found.	3:45-4:30 PM	Found.	NONE	Found.
Found.	7:15-8:00 PM	Found.	7:15-8:00 PM	Found.	7:15-8:00 PM	Found.	7:15-8:00 PM	Found.	NONE	Found.