



Tiger Sharks of Texas



Age Group Newsletter-April 19th, 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! **For the fourth week, any swimmer that raises \$200 from March 21st-27th, will be allowed to pie any coach of their choice!**

TWST Spring Fling: The TWST Spring Fling is taking place right outside of Houston on 17th-19th. This meet is taking place this weekend and will be hosted by the Woodlands Swim Team! Meet information for this weekend can be found [HERE](#).

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 closed.**

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

Swimmer of the Week

Grace Furukawa (Apex)



Favorites

Color: **Blue**

Animal: **Dog**

Movie: **Inside Out**

Food: **Watermelon**

Event: **50 Freestyle**

**Congratulations,
Grace!!!**

Apex: Leading into our second meet of the season we focused heavily on our kick while swimming freestyle. On land we worked on hip mobility and core strength for our short axis strokes. Breaststroke and Butterfly we focused mainly on bodyline and kick position. On Wednesday we sat down at the beginning of practice and watched video of elite dolphin kickers to show the importance of the skill.

Challenge: This week Challenge has been focused on increasing the smaller skills like breathing patterns and number of dolphin kicks off each wall. They have done a great job of implementing better streamlines and we are excited to see more improvement as the season progresses. We are excited to see them get up and race this weekend at TWST Spring Fling!

Launch Pad: Launch Pad had some good practices this week! Our main focus was Breaststroke and some IM work, really working on our drills and keeping up with our endurance throughout the practice. We ended the week with the swim meet in Shenandoah, TX!

Foundations: Foundations had some fun practices this week. We worked on Breaststroke and Backstroke this week. Our main focus was keeping our feet in legal kick position for Breaststroke and maintaining a good rotation on Backstroke. We ended the week with penny game in the small pool!

Evolution: This week, Evolution spent plenty of time working on our head position and kick in each of the four strokes, as well as introductions to our recoveries. We also had the opportunity to work through our open turns, flip turns, starts, and underwaters! Next week, we will be shifting our attention towards recoveries on each stroke and the breathing technique involved. We are excited to see how we swim this weekend at TWST!

Exploration: Exploration had another great week of practice, continuing to build endurance, especially with their kick. Exploration also continued their improvements to technique/breath control and turns to be ready for best times this weekend!

Discovery: This week, Discovery spent plenty of time working on our body lines, kick, rotations, and streamlines for each stroke. Next week, we will begin to work more intently on our recoveries for each stroke. We look forward to the meet this weekend and wish our Discovery swimmers the best of luck at TWST!

Monday (4/22)

Tuesday (4/23)

Wednesday (4/24)

Thursday (4/25)

Friday (4/26)

Sat. (4/27)

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	6:00-8:00 PM	Apex	6:00-8:00 PM
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	6:00-7:45 PM	Challenge	9:30-11:30 AM
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	6:15-8:00 PM	Launch	9:15-11:15 AM
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	6:00-7:30 PM	Evolution	9:15-11:15 AM
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.	5:15-6:15 PM	Exp.	9:15-11:15 AM
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	4:15-5:15 PM	Discovery	9:15-11:15 AM
Found.	3:45-4:30 PM	Found.	3:45-4:30 PM	Found.	NONE	Found.	3:45-4:30 PM	Found.	3:45-4:30 PM	Found.	9:15-11:15 AM
Found.	7:15-8:00 PM	Found.	7:15-8:00 PM	Found.	NONE	Found.	7:15-8:00 PM	Found.	7:15-8:00 PM	Found.	9:15-11:15 AM