



Tiger Sharks of Texas



Age Group Newsletter-April 26th, 2024

Upcoming Events

May 3-5: AAAA Cinco de Mayo Invite

May 11th: Swim-A-Thon

May 17-19: Bud Dallmann Invite @ New Braunfels

June 7-9: Arena Surge Shark Sizzler

June 20-23: AggieLand Invite

Swim-A-Thon: Our Swim-A-Thon is well underway! We have already surpassed \$25,000, but we only have two weeks 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 fifth week, the top earning age group will be allowed to rent out the Beltonian for a movie trip!**

Tiger Shark Tuesday: This upcoming week is Find a Buddy day! Your swimmer must find another swimmer with a TST shirt, take a picture, and send it to Coach Chris over email or Instagram.

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! Meet information will be sent out next week, prior to the start of the meet. **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.**

Arena Surge Shark Sizzler: This meet will be hosted by our team and SURGE in Round Rock on June 7th through 9th! This is another amazing opportunity to compete in a 50m pool before Championship season begins! Since we are hosting, we want as many Tiger Sharks as possible! **The registration deadline is May 1st.**

Group Updates

Swimmers of the Meet

10&Under

Olivia Rymer (Challenge)



11&Over

Kate Peterson (Apex)



Apex: Coming off a great weekend at the Woodlands, Apex increased the amount of distance that we completed. This included some fairly challenging aerobic sets with some kick sets mixed in. We also increased the amount of power we are utilizing during practice. Next week, Apex will be looking forward to our meet preparation for the AAAA Cinco de Mayo meet!

Challenge: This week challenge continued to build their skills. Focused on body line and kick. They also increased their yardage while adding on additional skills. They've done a great job so far and we are excited to see how they do this season.

Launch Pad: Launch Pad had some great practices this week! Our main focus was good recovery and good rotation throughout our practices. We ended the week with a few races, getting our heads in the game for swim meets!

Foundations: Foundations had some challenging practices this week! We worked on all of the strokes. Our main focus was keeping up with our endurance and having powerful kicks on each stroke! We ended the week with jumps in the big pool!

Evolution: This week, Evolution had the opportunity to work through several facets of Freestyle, Backstroke, Butterfly, and our IM. Most these included Rotation, Recovery, proper Kick, and our Streamlines/Underwaters. Next week will be much of the same focuses applied to the same strokes, with an added element of our pull and introduction to some power work. Evolution is ready to rock at the AAAA Cinco de Mayo meet!

Exploration: Exploration had a great week of practice spending more time building their Aerobic base as well as focusing on improving technique in their strokes to be able to swim more efficiently and faster. With continued work on quality turns and starts they are looking well prepared to drop time at their next meets this summer!

Discovery: This week, Discovery focused heavily on our Body Line and Kick, with some work on our recoveries for each stroke. Next week will be much of the same with a heavier focus on our recovery and turns, as we prepare for our next meet in New Braunfels!

Monday (4/29)

Tuesday (4/30)

Wednesday (5/1)

Thursday (5/2)

Friday (5/3)

Sat. (5/4)

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| 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 | NONE |
| 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 | Challenge |
| 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 | NONE |
| 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 | Launch |
| 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 | NONE |
| 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 | Evolution |
| 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 | NONE |