

About Us

The Shenandoah Sharks are a summer league swim team affiliated with the Northwest Aquatic League. We feel that our swim team is truly the place where the best begin...the main focus of our swim team is sportsmanship and friendly competition.

Our coaches focus on stroke refinement, speed and endurance with all our swimmers. Summer swimming is unique in that it is a team sport and yet an individual competition to strive for new best times. Swim team is hard work, but can and should be fun along the way. Our season can be successful only with parental involvement. With active volunteers, our meets and our practices run quickly, smoothly and with less distractions and delays for the swimmers.

Meet the Coaches

Ryan Podraza is back for his seventh Shark Season! He is a graduate of Sam Houston State and is now working on his masters in Kinesiology as well as substitute teaching and coaching with TWST. His extensive resume includes coaching year-round, master's swimming, and high school with the John Cooper School and teaching private lessons.

Jamie Shamburger returns for her seventh season with the Sharks! She is a 2009 graduate of University of Houston with a degree in Hospitality and Restaurant Management. She grew up swimming for the Sharks and was also a four year letterman for Oak Ridge High School, competing at the state level. Jamie has been a year-round swim coach, water aerobics instructor and lifeguard, in addition to teaching private lessons. She is also a certified Aquatics Specialist with the CISD Natatorium.

Grant Woodby joins the Sharks for his fifth season coaching the team! He is finishing his studies at the University of Texas-Austin and plans to go to law school after graduation. Grant graduated from the Academy of Science and Technology and swam for Oak Ridge High School as a four year letterman and has been involved with both summer leagues (including time as a Shark!) and year-round swimming since the age of five. Grant is responsible for the invention of the "Shark Chomp."

Andrew Teague rejoins the coaching staff for his second season with the Sharks! Andrew graduated from Oak Ridge High School, where he was a multi-sport, multi-year letterman. He participated as a Shark swimmer from age 4 until graduation. He attends Texas State University in San Marcus where he is finishing his sophomore year.

Sarah Gray is an exciting addition to the Shark coaching staff! She comes to us with a wealth of summer league coaching skills from her work with other area teams. Sarah has been a lifeguard for the City of Oak Ridge for six years. She is also a graduate of Oak Ridge HS, where she was a four year letterman for the varsity team. She graduated from Sam Houston State in 2009.

Jennie Shamburger will be an advisor to the coaches. She looks forward to a very successful season working with such truly talented coaches and swimmers!!

Where the best begins
Their summer...



Registration for the
2010 season
at the Shenandoah
Pool
March 6th from
Noon – 3 PM
and
March 27th from
9 AM – Noon

For More Information
shellythames@hotmail.com

Note from the President

Hello everyone. It is that time of the year again! I'm Shelly Thames, the 2010 Shenandoah Shark Swim Team President. This will be my daughter's 9th year on the team. My family feels honored to be a part of the Shenandoah Sharks. The board and I hope to make this year another great one for all our children.

2010 Sharks Board Members

President-Shelly Thames

Vice President-OPEN

Treasurer-Beckey Billings

Member at Large-Deanna Mayes

Team Rep-Deb Stuart

Secretary-Susan Pinardo

Web Master-Mike McLeod

Coaching Advisor-Jennie Shamburger

Ryan Pondera will be our Head Coach this year. We have a staff of friendly, recognizable faces. All of them have extensive swimming experience and are highly motivated to help our swimmers achieve both individual and team success! This year we are an NWAL Division 2 team and we're looking forward to an exciting and challenging season. We are swimming against a few teams we know well and being introduced to some new ones.

We need ALL parents to get involved to ensure a successful season. The board alone cannot do it – it takes involvement from everyone. With all of your help, we can make the 2010 season full of excitement, enjoyment and memories for the whole family.

I look forward to meeting all of you as the season begins. Join me in making the 2010 season the best yet!!

Fee Schedule for The 2010 Sharks

Swim Team Registration:

1st Swimmer \$100

2nd Swimmer \$90

3rd Swimmer \$85

4th Swimmer Free!!

Swimmers 15 & Over Free!!

Please note that there is a minimum swim standard of one length unassisted for competition membership. We offer a shark School through the end of May for all other swimmers to help them attain this standard.

All new swimmers are asked to attend one night during our Assessment Week – to determine their skill level for the best practice placement.

*Parents, please remember to fill out the **VOLUNTEER FORM** at registration.*

No swimmer will be considered registered without a volunteer commitment from their family!

Shenandoah Pool

Yearly Family Memberships:

*All families who join the swim team **MUST** be members of the pool.*

City resident family fee \$50.00

Out of city family fee \$75.00

Please bring several checks as pool fees are paid separately from team fees!

IMPORTANT SHARKS SWIM DATES*

Dates and times may be subject to change

March 6th Registration at Pool Noon-3PM
March 27th Registration at Pool 9 AM-Noon
April 22nd & 23rd Assessments for new swimmers
April 26st Team Practice Begins All M-F
5:00PM -5:30PM Shark School
5:30PM-6:15PM 8 & Under
6:15PM-7:00PM 9-10
7:00PM-7:45PM 11-12
7:45PM-8:30 13 & Over

May 8th Team Pictures Individuals @ 5PM
Team @ 6PM **Mandatory Parent Meeting after photos**

May 8th Practice Meet @ Shenandoah
Warm-ups begin @ 7AM

May 15th Home Meet vs. Forest Oaks
May 22 th Away Meet vs. Cypresswood
May 29th Home Meet vs. Londonderry
June 5th Away Meet vs. Rivershire
June 7th Summer Practice Schedule Begins

Mornings 7:30-8:15 AM Shark School T/W/TH*
8:00-9:00AM 8 & Under
8:45-10:00AM 9-10
9:45-11:00 AM 11 & Over

Evenings **Mondays:** 5:30-6:00 Shark School*
6:00-7:00 PM 10 & Under
7:00-8:00 PM 11 & Up
Wednesdays: 8:00-9:00 PM All Ages

Red Cross Swim along to be Announced

June 12th Home Meet vs. Oak Ridge
June 19th DIVISIONALS-more info TBA (ALL swimmers are expected to attend)
June 26th Swim Practice for Invitationals qualifiers only Times TBA
June 26 & 27 –Invitational Meets++qualifying times needed
Team Awards Banquet date to be Announced

There will also be two mid-season invitational meets offered-dates for both still pending