



STREAMLINE



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www.swimaqua.org

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

AQUASTAR

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Johnston

Meet Entries
Jeaneen
Johnston

Head Coach
Harold
Johnston

NEXT BOARD MEETING

Tuesday
March 10
8:30 pm
15403
Pleasant Valley

**ALL PARENTS
INVITED AND
ENCOURAGED
TO ATTEND!**

2009 Is Well Underway!!

We are well and truly down to the home stretch in the short course season – keep pushing for the wall! Special thanks go to Coach Jeaneen for her contribution to “Swimming Stories” this month. Everybody keep up the good work!

Short Course Meets

March meets

5 - 8 Senior Sectionals
12 – 15 Short Course TAGS

April meets

17-19 Open Meet

Meet Results

13-Over Champs

Thirty-one AQUASTAR swimmers traveled to First Colony to participate in the 13 & Over Spring Championship meet, and improved in 64% of the events entered. Swimmer of the Meet, with 6 best times in 6 events entered, was Juvencio Bertrand. Others with 100% best times included Chris Berger,

William Coggins, Cameron Dyer, Molly Freeman, Daniel Massimino, Andrea Riojas, Brandon Steinkuehler, Preston Tran, and Mady Walker. Shaad Fincher earned a 14-year-old boys TAGS time in the 100 breast, and Francis Kim earned two 13-year-old boys TAGS times in the 100 and 200 breast.

SCAT Open Meet

Seventy-seven AQUASTAR swimmers traveled to Texas City to participate in the SCAT Open meet, and improved in 73% of the events entered. Swimmers of the Meet, with 7 best times in 7 events entered, were Gina Fossati and Samantha Norlin. Others with 100% best times included Chris Berger, Asa Clemons, Ethan Cranmer, Kelly Derauf, Morgan Fatora, Vince Fincher, Vriana Fincher, Vritney Fincher, J. T. Ford, Julia Ford, Carly Glass, Erin Hartmann, Allen Hu, Ranya Kaluarachchi, Mackenzie Karnilaw, Taylor Karnilaw, Tyler Kmiecik, Patrick LaBrode, Kendra May, Kaitlyn McMahon, Brittany Morgan, Christopher Mowry, Camille Mullery, Megan Murphy, Sam Peck, Taylor Ponder, Sarah Rose, Elizabeth Selmarten, Trevor Thomas, and Devin Tran. Tyler Kmiecik earned two 11-year-old girls TAGS times in the 100 and 200 breast.

Stanley Sun earned a 12-year-old boys TAGS time in the 100 breast.

We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.
Aristotle

Swimming Stories...

SUMMER SWIMMING

By Coach Jeaneen Johnston

I started swimming for the Clear Lake City Stars summer league team when I was 7 years old. I instantly loved swimming. My coach, Joe Swingle, was so much fun. I seriously thought he hung the moon. He taught me to swim the four basic strokes. I still remember the day he taught me butterfly. I was with a large group of kids on the side of the pool before practice, and Joe said, "Who knows how to do butterfly?" There were about five kids who raised their hands, and I think he picked one of those kids to demonstrate to the group what butterfly looks like. I was so glad that no one had noticed that I plopped down on the ground, Indian style, with my feet together and started flapping my legs (the stretch they taught me in gymnastics class). Needless to say, I didn't know much about swimming at that point. Some of the other things he taught me to do that summer were a freestyle flipturn, and how to dive from a starting block. I think my favorite day was when he taught us how to do a 25-yard no breather. I still remember on Friday's we would always play "Shark" in the diving well. But most importantly, I fell in love with the sport. The same sport that paid for a very expensive college 11 years later. Who would have known that I could pay for college by doing something I loved so much?

My first year on the Clear Lake City Stars, I was a good swimmer. I would usually place 2nd or 3rd in my heat. I started a pretty nice ribbon collection, which I proudly displayed in my room for everyone to admire. My team won every single meet, and when they announced our team as the winner at the end of each meet, we would push Coach Joe into the water and then we would all jump in behind as we

celebrated yet another victory. We also won the Champ Meet that year, and every other year Joe coached us. It was such a great experience. In July, when summer league ended, my parents knew this was something that needed to continue. We joined SCAT that fall, and I continued to swim. This was a lot harder, but I was improving so much. That year I really fine-tuned my strokes, and developed some endurance. I couldn't wait to start summer league again so I could show Coach Joe how much I had improved.

Finally, it was the beginning of May, and summer league was starting. We used to always have time trials the first few days of practice, and they would place us into our practice groups. This year, I had been placed with the big kids. This was the coolest thing ever. Here I was, a little shrimp just pounding the big kids into the ground. I loved it, until the first time I got clobbered by some huge guy who didn't even know how to circle swim. I remember thinking, "USA swimming really made me an awesome swimmer. Look at me, I rock!" That year, I got almost all first-place ribbons, and I placed very high at the Champ Meet. I continued to swim summer league, but I soon realized that I needed to go to my USA practices, too, if I was going to continue to improve. So, I would go to summer league practice in the morning, and USA practice in the afternoon. Sometimes, we would go to early morning practice with SCAT at the League City 50-meter pool, and then on the way home we would hit summer league practice at our Oak Brook West pool. I just loved it — I never complained once about doing doubles. I knew I needed both practices. I went to USA swimming practices to improve and get a good workout...so that I could keep building my endurance and continue to perfect my technique. I went to summer league to see all of my friends, have fun, and to show off. All of my friends on summer league just thought I was

unbelievable! I was so fast compared to all of them. It was a huge confidence builder, and confidence makes all the difference when it comes to competing.

So, I just wanted to share my experiences with summer swimming. I hope to encourage some of my swimmers who really love the sport to take advantage of the opportunity you have this summer to really improve. Summer is not the time to rest on your laurels. It is time to work harder than ever, and have a blast doing it! What is more fun than being the best swimmer you can be? Set some new goals, and work hard to achieve them. Your goal needs to be TAGS times! Remember, "Always shoot for the moon, and even if you miss, you will land among the stars!" You can be an AQUA-STAR!!

Happy Birthday!!

Emily Chiou	3/1
Katie Cummings	3/1
Mallory Gardner	3/4
Megan Schoppe	3/4
Jonathan Peck	3/5
Britton Smith	3/7
Angela Hembree	3/13
Lois Kim	3/14
Theodora Tsakalakis	3/15
Sydney Walsh	3/15
Vince Fincher	3/16
James Miller	3/17
Courtney Saxton	3/18
Vivian Jaouhari	3/22
Katherine Krueger	3/22
Mady Walker	3/22
Evan Fair	3/23
Michael Fowler	3/23
John Jacobs	3/23
Devin Tran	3/23
Lindsey Allender	3/24
Alyson Enk	3/24
Korbin Terpening	3/24
Anuk Desilva	3/26
Lauren Johnson	3/28



Training Group Promotions

Congratulations to the following swimmers who earned recent promotions — way to go!

Red - White Thomas Nagle
John-Phillip Nguyen

White - Aqua Ethan Cranmer
Carly Glass
Taylor Karnilaw
Taylor Litton
Daniel Massimino
Sarah Norlin
Sarah Rose

Aqua - Blue Vriana Fincher
Allen Hu
Tyler Kmiecik
Kaitlyn McMahon
Cassie Nagle

NEWS FLASH — SKYLAR SMITH, one of our star Senior Group swimmers, set two state 4A records in the 50 free and 100 free, as she claimed state titles in both events at the UIL State Swimming Championships



in Austin Feb. 27-28. Swimming for Richmond's Foster High School, Skylar also anchored a come-from-behind 200 free Foster relay team, which took state honors. Congratulations, Skylar, from your AQUASTAR family! Three state titles in one busy weekend!

[New Website This Month](#)

We are pleased to announce the upcoming deployment of our new team website and team management system, which will include new email communication and billing tools. This new toolset will enable our coaches and team administrators to better communicate and manage our team.

The new website will have the same address as our current www.swimaqua.org site. The switchover is scheduled the week of March 16. We think you're going to love the new design and functionality.

You will soon be sent an email with your login credentials to your own private account area on the site. **YOUR MAIN EMAIL ADDRESS IS YOUR LOGIN ID.** This email will grant you access to your own secure account. **Please login and update all of your contact information.** It is especially important that all swimmers' complete names (including middle initial), birthdates and USA ID# are entered correctly. Most have been imported already from the current database and should not require any changes.

In addition to all of your billing information (including real-time account balances), you will be able to check your swimmer's historical meet times right on our site, and use them for entering meets.

As we prepare for our new system, it is important that you update your email addresses with an email address that you use actively, as we will rely heavily on email communication from this system to keep you updated on team activities, events and billing, as we do now. Please ensure that the rest of your contact information is accurate as well. You will have one main email for logging in and receiving bills.



but now can add two other family email addresses if you desire. We are no longer limited to one email address per family!

Please contact Ed Mullery with any difficulties you may have logging in to your account or questions. We ask for your patience, as with anything new, there will be "blips" and learning curves.



February Attendance Leaders

Red

Amanda Jue	100%
Shannon Adkison	85%
Evelyn Marshall	80%
Elena Moore	80%

White

Emily Jue	100%
Thomas Nagle	95%
Daniel Nagle	90%
Tin Nguyen	90%

Aqua

Asa Clemons	95%
Taylor Litton	75%
Cameron Allsep	70%
Trevor Thomas	70%

Blue

Cassie Nagle	85%
Tyler Kmiecik	80%
Daniel Iwai	75%
Christopher Mowrey	75%
Blake Swaney	75%

Gold

Shaad Fincher	75%
Francis Kim	75%
Patrick LaBrode	75%