



# STREAMLINE



Volume 10, No. 11

[www.swimaqua.org](http://www.swimaqua.org)

AQUASTAR

July, 2018

Houston, TX 77062

*Turning today's potential into tomorrow's performance!*

## AQUASTAR

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Jeaneen Dale

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Jeaneen Dale

Newsletter  
Editor  
Christina Klun

**NEXT**  
**BOARD**  
**MEETING**  
Tuesday,  
July 10,, 2018  
8:30 pm  
15403  
Pleasant Valley

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

## July Meets

July 12-15	Sectionals UT
July 13-15	Gulf AG Champs CFSC
July 14-15	Gulf 2 BB- Champs NOCH
July 20-22	Gulf 3 BB + Champ CFSC
July 20-22	Gulf Senior Champs U of H
July 25-29	<b>TAGS</b> UT
July 3-1- Aug 4	<b>Junior Nationals</b> Irving,CA

**Team-** If anyone takes a great swimming picture of a swimmer/or team and would like to share it, please send it to [christina\\_klun@yahoo.com](mailto:christina_klun@yahoo.com)



*Way to go Swimmers,  
Keep up the hard work!*

## Meet Results

June 9-10 thirty-two Aquastar swimmers traveled to Don Cook Natatorium in First Colony to participate in the 2018 SWAT LC Open Meet and improved in 63% of events entered. Swimmer of the Meet, with 6 best times in 6 events entered, is Marshall Odom. Others with 100% best times are Mark Crawford, Marissa Klun, Shiv Malkani, Scott Mather, Adrian Nguyen, Amelie Nguyen, Anna Reichert, Caroline Song, and Livi Woolery.

June 16th, seven Aquastar swimmers traveled to the Swim Houston Aquatics Center in Houston to participate in the 2018 SHAC June Developmental Short Course Meet and

improved in 74% of events entered. **Right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. -Thomas Jefferson**

On June 22-23, 4 AQUASTAR swimmers attended the Senior Circuit #2 meet at Texas A&M University. Those swimmers were Sara Boone, Olivia Theall, Max Hardt, and Spencer Hoffman. This is a very elite, highly competitive meet for Senior swimmers. Olivia Theall got her 1st long course Junior National time in the 100 Fly!

June 22-24 Thirty-two Aquastar swimmers traveled to Don Cook Natatorium in First Colony to participate in the 2018 Gulf June LC Open Meet and improved in 70% of events entered. Swimmer of the Meet, with 8 best times in 8 events entered, is Zachary Joiner. Others with 100% best times are Dalton Gillard, Kimiya Hadaeagh, Mariam Hadaeagh, Avery Hearon, Shiv Malkani, Adrian Nguyen, and Robert Pheister.

# Congratulations!

## Training Promotions

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

### PROMOTIONS

Marshall Odom from Aqua to Blue

Kausav Adhikari from Red to White

Erin Voelker from White to Aqua

### NEW TAGS Time –LCM

Nick Hardt in 11-12 boys 200 fly

Kaylee Odom in the 10 & under girls 50 back

Tony Laurito in 11-12 boys 200 fly

### NEW LC Junior National TIME

Olivia Theall in the 100 butterfly

### NEW TEAM RECORD

Olivia Theall in the 15-18 girls 100 butterfly

**AQUASTAR WILL BE AT THE CCSL-SUMMER LEAGUE CHAMPS MEET THIS YEAR AND WE NEED YOUR HELP!!! LOOK FOR THE SIGN UP EMAIL TO SPEND AN HOUR OR TWO HELPING THE TEAM RECRUIT SOME NEW SWIMMERS! IF YOU WILL BE AT THE CHAMPS SERIES THIS WILL HELP MAKE THE TIME GO BY QUICKER! SO SIGN UP AS SOON AS YOU SEE THE EMAIL!**

# Congratulations!

## Happy Birthday!

ANGELINA WU	JULY 2
ERIN VOELKER	JULY 2
CAROLINE DELAURO	JULY 3
EVAN JOHNSON	JULY 3
CODY WANG	JULY 5
MARSHALL ODOM	JULY 7
ADRIAN NGUYEN	JULY 8
SAREENA TIEDEMAN	JULY 12
NINA LAURITO	JULY 12
TONY LAURITO	JULY 12
DAVID ABDELMALAK	JULY 14
HENRY ZHAO	JULY 14
SOFIA LOPEZ-ALFARO	JULY 15
BENJAMIN MYERS	JULY 16
RIN NAKASHIMA	JULY 21
KAUSAV ADHIKIRI	JULY 23
MARY CORTEZ	JULY 23
URIAS DEL ANGEL	JULY 24
NATALIE DIZAZZO	JULY 26
WILLIAM SCHAUSS	JULY 29
MEREDITH KENNEDY	JULY 29

**Teamwork makes the Dream work,**  
Aquastar t-shirts will be for sale as part of this fundraiser.  
Cost is \$18 for adult and youth  
50% of sales will be donated to Aquastar! **YOU CAN STILL ORDER SHIRTS!**

**Order yours today!**  
[christina@cjcustomsewing.com](mailto:christina@cjcustomsewing.com)

## ***NEW RESEARCH: CHOCOLATE MILK VS REGULAR SPORTS DRINKS***

Ever wonder if your kids are getting the nutrients they need – especially after a workout, practice or game? There's some compelling new research out about how chocolate milk affects high school athletes, compared to regular sports drinks.

Previous studies all looked at adults, but never at the 7.8 million high school athletes in the nation – yet nutrition is especially important for these young athletes, whose bodies are still growing while also handling the heavy physical demands of athletics.

### **How Did the Study Work?**

The Department of Kinesiology and Health Education at the University of Texas at Austin studied 100 high school athletes while they trained for about five weeks. Researchers gave chocolate milk to some of the athletes for recovery, and gave a regular sports drink to the others.

### **WHAT WERE THE RESULTS?**

At the end of five weeks, the two groups showed significant differences in two particular areas: bench press and squats.

- The athletes who drank chocolate milk **bench-pressed** an average of 3.5 percent more than they could before – whereas those who drank the commercial sports beverage actually *decreased* in bench-press strength by about 3.2 percent. That's a **net difference of 6.7 percent** for those who drank chocolate milk versus a commercial sports beverage.
- Both groups showed improvement with **squats**, but chocolate milk drinkers showed more, lifting 15 percent more weight than before – whereas commercial sports beverage drinkers only lifted 8 percent more. That's **nearly double the increase** in strength for chocolate milk drinkers.

### **WHY DOES CHOCOLATE MILK MAKE A DIFFERENCE?**

Both chocolate milk and the typical sports drink have carbohydrates to replenish the body. Both combine electrolytes and fluid for rehydration. But the typical sports drink lacks protein to rebuild muscles.

Milk naturally contains two types of high-quality protein: whey and casein. One is absorbed quickly and one is absorbed slowly, meaning your body reaps both short- and long-term benefits – and there's a whole gram of protein in every ounce of milk, which combines with the carbs in chocolate milk for the ideal muscle recovery ratio.

### **What Else Should We Know?**

Intense training, both on the field and in the weight room, can lead to overtraining. When the body lacks the resources to match physical demands, athletes are prone to fatigue, illness and injuries. One way to avoid overtraining is ensuring athletes get a recovery drink that accomplishes the three R's: **Rehydrate**, **Replenish** and **Rebuild**. Chocolate milk covers all three in one cost-effective package.

Further studies may determine how other factors affected the UT results – things like technique, or foods the athletes are eating at home. However, the study supports chocolate milk as a recovery supplement for adolescents participating in intense training, so we can add it to the growing pile of research about chocolate milk recovery for all ages.

Learn more about [chocolate milk and sports nutrition](#).

*Presented as a poster at the Annual Meeting of the American College of Sports Medicine. Denver. May 2017.*

<https://www.dairydiscoveryzone.com/blog/category/Sports%20Nutrition>

# TEAMWORK MAKES THE DREAM WORK



## America's #1 Swim Clinics Coming to League City, TX

**Curriculum:**  
High Performance  
Sprint vs. Distance  
Freestyle

There will also be a special parent session with Eddie Adams!



Taught by  
Olympic Gold Medalist



**Clark Smith**

**11 & Under - September 8th**  
Check-in: 8:00 AM - 8:30 AM  
Event: 8:30 AM - 11:00 AM

**Location:**  
CLEAR FALLS HIGH SCHOOL  
4380 Village Way  
League City, TX 77573

**12 & Older - September 8th**  
Check-in: 12:30 PM - 1:00 PM  
Event: 1:00 PM - 5:00 PM

At this high performance freestyle swim clinic, your swimmer will learn how to get more out of every stroke, achieve the right tempo to maximize speed, and stroke techniques to **DROP TIME** in every race from the 50 to the mile! Don't miss out on this opportunity to learn from Olympic gold medalist Clark Smith who specializes in teaching essential components of racing fast!

**PRICES WILL RISE AS THE CLINIC GETS CLOSER - SIGN UP TODAY!**

**For more details and to register please visit  
[FitterAndFaster.com](http://FitterAndFaster.com)**

## ARE YOUR STUDENT-ATHLETES GETTING THE RIGHT KINDS OF PROTEIN?

If you're an athlete, what you eat after a workout is important; choosing the right foods can help take you to the next level. Protein, for instance, is especially crucial for athletes, but while many foods have protein, not all proteins are created equal. To be truly high-quality, protein must feature all nine amino acids your body needs. Great sources of high-quality protein include milk, cheese and yogurt.

### WHY SEEK HIGH-QUALITY PROTEIN?

High-quality, complete protein sources like dairy foods and whey protein can aid in post-exercise recovery. As part of balanced training diet, high-quality protein supports key functions such as:

- Building and repairing strong muscles, ligaments and tendons
- Moving oxygen to the muscles
- Aiding in metabolism of other nutrients
- Maintaining a healthy immune system

### MILK PACKS A PROTEIN PUNCH

Powering up with milk is easy! Dairy foods are tasty, convenient and affordable. With 8 grams of high-quality protein naturally contained in every 1 cup serving, milk is like nature's sports drink – whereas almond milk and other nondairy alternatives may have only 1 gram. Incorporating the dairy foods you love as part of your post-workout recovery can help you push harder in your next workout.

[Learn more about sports nutrition and dairy.](#)

KELSEY BENCZE, MED, RD, LD

# Learn to Swim

AQUASTAR's **Learn to Swim** program introduces children of all ages and skill level to a new swimming program where they can learn to swim or improve their technique. It will teach children to swim in a positive, well-structured environment, while also teaching the importance of water safety. Our instructors are trained, experienced, and excited to teach swimming!

For **Learn to Swim** information and questions, call 832-816-6924 or see website for details!

## 2018 Schedule

**Session 1 – June 4 - 14**

**Session 2 – June 18 - 28**

**Session 3 – July 9 - 19**

**Session 4 – July 23 - Aug 2**



By: HikingArtist.com



## TENTATIVE MEET SCHEDULE



### 2018 Long Course Meet Schedule

April 6-8	Austin Swim Club Spring Slam (50 M pool)	Austin, TX
April 14	Developmental meet (25 yard pool)	SHAC
April 20-22	Gulf Open meet (50 M pool)	TBA
May 4-6	Gulf Sprint Series (25 yard pool)	SHARKS
May 11-12	AQUA/SSS Invite (50 M pool)	Hometown Heroes
May 18-20	Gulf Open meet (50 M pool)	PEAK
June 9-10	SWAT Invite (50 M pool)	SWAT
June 16	Developmental meet (25 yard pool)	SHAC
June 21-23	Senior Circuit	A&M
June 22-24	Gulf Open meet (50 M pool)	ESCA
July 12-15	Sectionals (must qualify) 50 M	UT
July 13-15	Gulf Champs (need AG Champ times) 50 M	CFSC
July 14-15	Gulf Sprint Series Champs (2 BB times or fewer)	NOCH
July 20-22	Gulf Summer Champs (need 3 BB times or more) 50 M	CFSC
July 20-22	Gulf Senior Champs	U of H
July 25-29	TAGS (must qualify) (50 M)	UT
July 31- Aug 4	Junior Nationals (must qualify) 50 M	Irving, CA

### Swim & Private Lessons

Many coaches are available for summer swim lessons!

If you would like private lessons please contact your coach or [www.swimaqua.com](http://www.swimaqua.com)

July

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