



STREAMLINE



AQUASTAR

President
Harold
Johnston

Vice-President
Jerry Hardt

Treasurer
Josh Johnston

Secretary
Jeaneanne Dale

Directors
John Mason
Amy Schauss
Christina Klun

Meet Entries
Jeaneanne Dale

Head Coach
Jeaneanne Dale

Newsletter
Editor
Christina Klun

NEXT
BOARD
MEETING
Tuesday,
March 13, 2017
8:30 pm
15403
Pleasant Valley

ALL PARENTS
INVITED AND
ENCOURAGED TO
ATTEND!

Volume 10, No. 7
March , 2018

www.swimaqua.org

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

March Meets

- | | |
|---|----------------------------|
| March 3 | Champs I (8 & under) |
| A&M Sectional this weekend (Sara attending) | |
| March 1-4 | TAGS 14 & under, TWST |
| March 22-25 | Super SECTIONALS, UT |
| March 28-31 | Elite Showcase Classic, FL |

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

Meet Results

February 16-18, 54 Aquastar swimmers traveled to Galena Park to participate in the 2018 Gulf Short Course Champs II Meet and improved in 80% of events entered. Swimmer of the Meet, with 53 team points earned in a championship meet, is Tony Laurito. Swimmers with 100% best times are Kausav Adhikari, Laine Anderson, Kennedy Brown, Dalton Gillard, Alexander Goddard, Zachary Joiner, Tony Laurito, Anna Loe, Adrian Nguyen, Adam Picco, Myah Rayburn, Kirstin Schauss, Caroline Song, Aban Tayel, Dennis Tran, Rebecca Wiley, Livi Woolery, and Julia Yamokoski. **AQUASTAR placed 3rd overall as a team.** On the same weekend was the Texas High School State swim meet in Austin, TX. Special recognition goes to Olivia Theall for finishing 4th in the 100 butterfly with a Junior National time.

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

Practice in the rain-swimming is a tough sport!!! Taken by Christina Klun February 2018



Feb. 23-25, 7 Aquastar swimmers traveled to Pearland to participate in the 2018 Gulf Short Course Champs III Meet and improved in 82% of events entered. Swimmer of the Meet, with 99 team points earned in a championship meet, is Max Hardt. Some of our other swimmers also scored lots of points for AQUASTAR... Olivia Theall scored 55 points, Sara Boone scored 46 points, Mitchell Mason scored 42 points, and Spencer Hoffman scored 32 points. Swimmers with 100% best times are Daniel Gutierrez, Max Hardt, Mitchell Mason, and Olivia Theall.

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. -Thomas Jefferson



Training Promotions

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

PROMOTIONS

Dalton Gillard from Blue to Gold



Alex Goddard from Blue to Gold

Nathaniel Joiner from Aqua to Blue

Anna Loe from Aqua to Blue

Adrian Nguyen from Blue to Gold

Caroline Song from Aqua to Blue

Aban Tayel from Red to White

Mitchell Mason from Gold to Senior

Tony Laurito promoted from Blue to Gold

NEW SC SECTIONAL TIMES



Sara Boone in 100 breast

Max Hardt in 100 free and 200 free

Mitchell Mason in 100 breast and 200 breast

Olivia Theall in 100 back

NEW SC TEAM RECORD

Olivia Theall in 15-18 girls 100 fly

In High School

Sara Boone named outstanding swimmer in her District

Olivia Theall named outstanding swimmer in her District

Olivia Theall named outstanding swimmer in the Region



March



AQUASTAR

Happy Birthday!

Anna Loe	3 rd
Kyle Odom	3 rd
Peter Ho	15 th
Avery Hearon	18 th
Abigail Costa	19 th
Danielle Trinh	22 nd
Jaxon Dale	23 rd
Adam Picco	24 th
Dalton Gillard	25 th
Isabella Zhang	28 th
Rebecca Wang	31 st
Vivian Young	31 st



Team work makes
the DREAM work

Team work makes the Dream work!

Please make sure get the company sponsors to Christina Klun! christina_lombardo@yahoo.com
See Coach Jeaneen's email in reference to the sponsorship campaign



Swimmer Spotlight

Olivia Theall

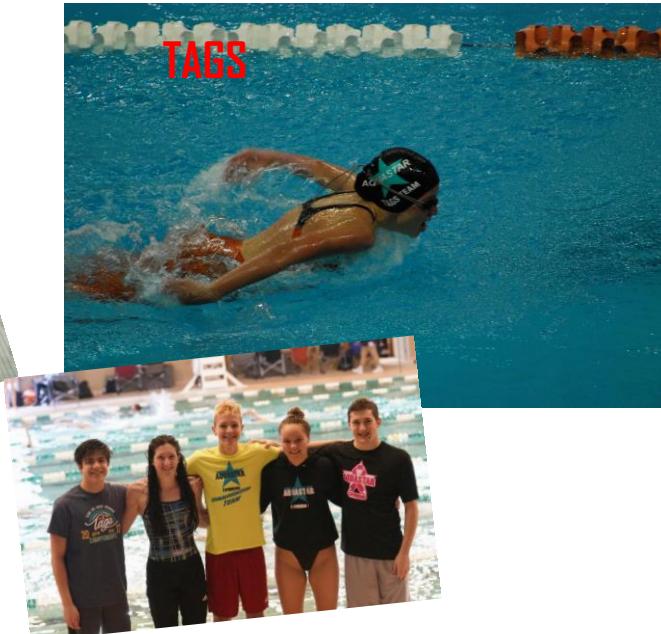
Olivia Theall was 9 years old when she joined AQUASTAR. She started in our White group. She is now 15 years old and currently swims in our Senior group with Coach Harold. Olivia has always been an extremely talented swimmer with a great attitude. She is a very hard worker and well-liked by her teammates and coaches. Olivia lives in Friendswood and is part of the FAST summer league team and the Friendswood High School swim team. She also is a very good runner competes with her high school team in track and cross country.

Olivia qualified for TAGS for the first time when she was 10 years old in the 50 Free and also the 200 Medley and 200 Free Relays. She qualified for TAGS again as a 12 year old in 100 Free, 50 Fly, and 100 Fly. She finaled in all of her events! As a 13 year old she qualified for the 3rd time in 200 Fly and 100 Fly. She finaled in both events with a 5th place finish in 200 Fly. As a 14 year old Olivia went to TAGS in 100 Fly and 200 Fly and earned 3rd place in both events! Olivia earned her first Sectionals time at 14 years old in 200 Fly. Currently Olivia has Sectionals cuts in 50 Free, 100 Free, 100 Back, 100 Breast, 100 Fly, 200 Fly, 200 IM, and 400 IM. She is looking forward to competing at Super Sectionals in Austin on March 22-25.

The thing that stands out to me most about Olivia is how competitive she is. When she sets her mind to do something or beat someone, watch out! She is one of the toughest competitors I have ever had the pleasure of knowing. I am continually impressed by her ability to “turn it up”! I truly enjoy watching her race every time.

This season Olivia was named High School District Swimmer of the meet along with Regional Athlete of the meet. She qualified for State in both 200 IM and 100 Fly. She did very well in both events. In the 100 Fly she made her first Junior Nationals time and was 4th in the State with a time of 53.91. Olivia's high school cross country team won districts this year and she came in 5th. Right now Olivia is running track and trying to break the 800 record... which is 2:17. Her current time is 2:21. Cross training has really helped her swimming a lot.

Olivia also has volunteered with her cross country team helping families with their flooded homes after Harvey, she has learned that she loves ripping out carpet. Olivia loves her brothers Daniel and Mark and tries to make them proud of her. She is such a sweet person and a tremendous athlete. We are very proud of Olivia and all of her achievements. –written by Coach Jeaneen Dale



March

AQUASTAR

WORDS OF WISDOM

Drink Up for Sports and Fitness

The best beverages to help you stay hydrated

By [Kathleen M. Zelman, MPH, RD, LD](#) FROM THE WEBMD ARCHIVES

Summertime is here, so you've got no more excuses for not going outside to get some [physical activity](#). Outdoor activity is a great way to put the fun into [fitness](#) -- but it requires paying special attention to hydration. When it's warm, your body perspires more to help you cool down. And depending on the temperature, humidity, and the nature of your activity, you might not even realize how much you are perspiring. Don't rely on thirst alone to tell you how much you need to drink. To keep those muscles working and avoid [fatigue](#); it's extremely important to drink plenty of liquids before, during, and after the activity.

Drink Up -- Before, During and After

A good guideline to use when preparing for an outdoor workout, whether it's walking, running, biking, or tennis, is to drink about two cups of fluid two hours before the activity. That helps make sure you are well-hydrated before you ever go outdoors. Then, during the activity, try to drink 4-6 ounces every 15-20 minutes to keep your muscles well-hydrated. If you are planning an hour-long walk or gym workout, fill a water bottle with about 16 ounces (2 cups) and take it with you. Last, drink up after you're finished with your exercise. If you really want to be precise, weigh yourself before you start exercising and again when you are finished. For each pound of water [weight](#) you lose, drink 20 ounces of fluid.

Which Liquids Are Best?

For most outdoor activities, good old-fashioned tap water does the trick. If your activity lasts an hour or more, either fruit juice diluted with water or a sports drink will provide carbohydrates for energy plus minerals to replace lost [electrolytes](#) (sodium, [potassium](#), [magnesium](#)) in your sweat. Sports drinks like Gatorade, PowerAde, and All Sport can give you a needed energy boost during your activity. They are designed to rapidly replace fluids and to increase the sugar (glucose) circulating in your blood. Read the label to determine which sports drink that is best for you. Ideally, it will provide around 14 grams of carbohydrates, 28 mg of potassium, and 100 mg of sodium per 8-ounce serving. The drink's carbohydrates should come from glucose, sucrose, and/or fructose -- all of which are easily and quickly absorbed. It shouldn't be carbonated, as the bubbles can lead to a stomach. Most sports beverages are well-diluted and contain relatively few calories. If the flavor of a sports drink helps you drink up and maintain [hydration](#), by all means enjoy. If you're worried about the added calories, try diluting your sports drink with water or pouring it into a thermos packed with ice.

What About Fitness and Designer Waters?

"Fitness waters" such as Propel are lightly flavored and have added [vitamins](#) and minerals. The additional [nutrients](#) are meant to supplement a healthy diet -- not replace losses from exercise. Fitness waters fall somewhere between the sports drinks and plain water. They contain fewer calories and electrolytes than sports drinks, but offer more taste than plain water. The choice is yours: once again, if drinking these beverages helps you stay hydrated, go for it. Bottled water has catapulted to the top of the beverage industry, with sales of \$8.3 billion in 2003. One of the fastest-growing segments of that market is designer waters. These "super-waters" are advertised as being enhanced with everything from [vitamins](#), oxygen and glucose, to alleged fat-burning minerals. Keep in mind that the FDA does not require proof of this kind of claim. So think of these products as designer waters that serve the primary purpose of [hydration](#) and little more. Don't be fooled by the claims that some can promote [weight loss](#)!

Beyond Hydration

Fluids are vital to help your muscles function throughout your activity -- but so is your [blood sugar](#). You need to eat a light meal or snack of at least 100 calories about an hour or so before your activity. The [nutrients](#) from the snack will help you perform better and keep [hunger](#) from interfering with your activity. The best snacks combine healthy carbohydrates, protein, and a small amount of fat. Fruit, yogurt, nuts, and granola bars are all good examples. Read "Recipe Doctor" Elaine Magee's article on snack bars for more options for fueling your workout.



TENTATIVE MEET SCHEDULE

2017-2018 Short Course Meet Schedule

October 14-15	HCAP Invitational (all ages)	HCAP
October 28	Halloween Classic (10 and under)	ESA
October 29	Halloween Classic (11 and over)	ESA
November 4-5	Senior meet (ages 15 and over)	PEAK
November 11-12	Gulf Open Meet (all ages)	SHRK
Nov. 30-Dec. 3	Southern Sr. Champs (15 and over)	TWST
Dec. 1-3	Gulf Senior Champs (15 and over)	NOCH
Dec. 2	8 & under champs	TBA
December 8-10	Fall Champs (ages 9-14)	TBA
December 15-17	Gulf Champs (14 and under/must qualify)	AGS
January 12-14	SSAN Invite Prelims/Finals	SSAN
January 20-21	Gulf Open Meet (all ages)	NOCH
February 16-18	Short Course Champs II (9-14)	NOCH
Feb. 23-25	Short Course Champs III (13 & over)	PEAK
March 3	Short Course Champs I (8 & under)	TBA
March 1-4	TAGS 14 & under (must qualify)	TWST
March 22-25	SECTIONALS (must qualify)	UT
March 28-31	Elite Showcase Classic (must qualify)	St. Petersburg, FL

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 22-24	Gulf Open meet (50 M pool)	TBA
July 13-15	Gulf Champs (need AG Champ times) 50 M	CFSC
July 20-22	Gulf Summer Champs (need BB times) 50 M	TBA
July 20-22	Gulf Senior Champs (50 M)	TBA
?	TAGS (must qualify) - (50 M)	TBA
?	SECTIONALS (must qualify) - (50 M)	TBA

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