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February 2011

Up Coming Events!

- PARENT MEETINGS

FEBRUARY 22

CLEAR LAKE HS @ 6:00 PM
w/Coach Travis

Discuss upcoming Long
Course Season & Summer
Events

FEBRUARY 24

Oakbrook West @ 5:30 PM
w/Coach Travis

Discuss upcoming Long
Course Season & Swimming
in College questions.

- SPRING SOCIAL

March 28

Up Coming Meets

**Feb 18-20 Short
Course I Champs,
PACK**

**Feb 25-27 Short
Course II Champs,
TWST**

**March 03-06 Speedo
Champions Series,
Texas A&M**

**March 10-13 TAGS,
Dallas, Texas**



Short Course Championship Season is here!!

February and March are busy months for our Aquastar swimmers. They will compete in six different championship meets that began Friday February 4th with the High School District Championships and will conclude March 10-13 with the TAGS (Texas Age Group Championship) meet in Dallas. Our High School swimmers started their championship season off well with over 20 Aquastar athletes moving on from District competition to compete at the Regional level. Last week, Christopher Mowery competed in the Texas Association of Private and Parochial Schools (TAPPS) Championship meet held in San Antonio. He helped his Lutheran South Academy finish 5th as team by placing 2nd in the 500 free, and 3rd in the 100 fly. This week, Casey Schneider will compete for Clear Lake High School in the 100 fly and 200 Medley Relay at the Texas High School 5A State Meet to be held in Austin. Up next, our 14&Under swimmers will compete at PACK in the Short Course Champs I meet February 18-20. Go AQUASTAR!

During our Championship season, let's make sure we cheer on our swimmers and teammates! Speaking of cheering for our swimmer's and teammates, I thought I would share an article written by American Swimming Coaches Association Executive Director John Lenard.

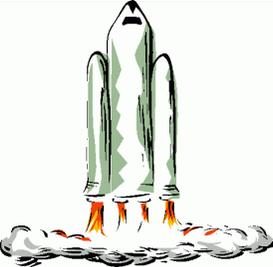
Why Do We Cheer for Our Teammates?

Swimming is an "individual" sport, right? So why should we cheer for our team mates? The team aspects of swimming are important to adults. Adults (coaches, parents and officials) all seem to understand and stress the importance of teamwork, team spirit and team effort. Why is that? The swimmer dives in the water... alone...and swims back and forth between the walls as fast as they can...alone...and then gets out and listens to a critique of their race from the coach... alone...and then either goes off to reflect on the race or goes up to get an award...alone. What's the big deal about "Team?" Adults make a big deal about team because of their experiences in life. Most adults have had the experience of working in a team environment. Perhaps in a sports setting, perhaps in a work environment, perhaps luckily in both. And so adults understand one basic principle...individuals perform best when they are supported by a team, performing for something other than themselves. Performing for the "team." Each of us will commit all of our intelligence, energy and effort to keep from letting down our friends and our team mates. If only our own ego or self esteem is on the line we can choose to offer less than full effort and still accept it. Yet

when we have to "answer to" a group, we commit more fully and thus perform better. Simply put, the team makes us better people and better athletes. Lets look one layer deeper. What does the team do for the individual that makes each of us so committed to it? Why should we "care" so much for the team? If you want a selfish motive, here it is: We can't improve nearly as effectively without our team mates support. This goes back to the name of our sport, "competitive swimming". To compete is to "strive with". Strive is defined as "to try". "With" is a cooperative word. That is exactly what we do in swimming, we "strive with" our team mates on every repeat, every set, every day. (Also with our fellow competitors in swim meets.) We dive in the pool side by side, and swim down the pool and back with them. We "compete" in practice everyday. As you swim a repeat faster, your friend will swim faster to stay with you. As he swims faster on the next repeat, you work harder to stay with him. Do that repeat after repeat, set after set, week after week, month after month and you help each other get better. Now, what if you didn't "compete"? What if you came to the wall after each repeat and your friend said, "hey Joe, chill out, no need to swim so hard, let's just cool it". Could you swim the next one harder? Not

AQUASTAR Swimmer's will be Blasting off in 2011!!

As we prepare to blast off at meets in 2011, we would also like to say "good luck" to Tony Boe's dad, Eric Boe, who will be the pilot on the next Shuttle mission currently scheduled to launch this month!!



Website Addition

Parents, please visit the new Parent Tab on our website. This page is currently under construction so check back every once in a while for new information.



Why Do We Cheer For Our Team Mates? Cont..

without alienating your friend. So each of us depend, to a certain extent, upon the friends in the lane around us, next to us, ahead of us and behind us to put in an honest effort everyday if we want to get better. Looking at it another way, when the swim in the middle or end of a set is hard, and your buddy is handling it, isn't it easier for you to keep pushing knowing that your friend is handling it, and it doesn't take a superman or superwoman to handle this set? What if no one else was there? Could you keep pushing? Sharing the load, the effort, halves the work. Doing it by yourself doubles the load. First you have to convince yourself you CAN do it, then

you have to do it. Your team mates are a critical factor in helping you to improve. Picture how awful it would be to train alone each day...just you and the coach. How much harder to push and keep pushing and go faster. Why cheer for your team mates? Because your destination in swimming is completely tied up in their destination and they are completely "dependent" on your support and effort. You have mutual interests...your mutual improvement. Everyday, in practice or in swim meets, how you do is going to be partly determined by how well those around you do. You have a stake in their success, and they

have an important stake in your success. None of us can accomplish individually what we can accomplish working together as a team. Be a cheerleader. Besides, it's fun. Enjoy it.

Swimming Education/Tip of the month – If you have an area you would like to see highlighted in the future, email:

Coach Travis at travis.sandifer@yahoo.com



\$10.00 per Person
 Unlimited buffet, soft drinks, 25 game points, 1 attraction (laser tag, etc.)

Bumper Cars, Mini-Golf, Bowling, Arcade

IT'Z PIZZA
 5950 Fairmont, Pasadena, Texas
 Monday, March 28th 2011
 6:00 PM
 RSVP to coach Jeaneen by Saturday, March 26th. Please include the number of people that will be attending.

HAPPY BIRTHDAY!! FEBRUARY

- 2/01—Jason Schuck
- 2/02—Spencer Hoffaman
- 2/02—James Tomerlin
- 2/04—Tin Nguyen
- 2/07—Sonia Hammer
- 2/08—Dylan Saxton
- 2/15—Eliza Packard

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- 2/16—Rachel Killingsworth
- 2/17—Ryan Craig
- 2/17—Samuel Ing
- 2/20—Benjamin Kuo
- 2/24—Hannah Goddard

January Meet Recaps

UH 8-UNDER MEET RESULTS, JAN. 8 -- Ten Aquastar swimmers traveled to U of H to participate in the 8 & Under Meet, and improved in 69% of the events entered. Swimmers of the Meet, with 4 best times in 4 events entered, were Sara Boone and Kent Pham. Promotions: Esther Argyelan from Red to White; Louise Angel from Red to White.

MAC SENIOR MEET RESULTS, JAN. 8-9 -- The weekend of January 8-9, 2011, 11 Aquastar swimmers traveled to Magnolia to participate in the Gulf Senior Meet, and improved in 63% of their swims. Jevaghn Hughes and K. C. Steblein were the Swimmers of the Meet, with five best times in five events entered. Other swimmers with 100% improvement were Will Griffin and Nick Guiscardo.

TWST ELITE MEET RESULTS, JAN. 15-16 -- Four Aquastar swimmers traveled to Conroe to participate in the Guf 9 to 14 Elite Meet, and improved in 80% of the events entered. Swimmer of the Meet, with 5 best times in 5 events entered, is Kevin Nguyen. Zac Carico also improved in all his events. Congratulations!

PACK JUNIOR MEET, JAN. 22-23

66 Aquastar swimmers traveled to Klein to participate in the PACK Junior Meet, and improved in 75% of events entered. Swimmer of the Meet, with 9 best times in 9 events entered, is Katy Killingsworth. Others with 100% best times include Tony Boe, Madison Caballero, David Cao, Michael Cao, Matthew Churchman, Nathan Craig, Anthony DeLauro, Annmarie Demsey, Matthew Deterling, Maggie Drake, Carson King, Faith Marschke, Heather Rhodes, Cristian Salinas, Rebecca Shaffer, Kendall Starcher and Cade Talley. Max Hardt has earned a TAGS time in 10 and Under Boys 100 yard Breast in Austin. The 10 and Under Boys (Erik Schlegel, Max, Dylan Rudisill, and Tony Boe) qualify to swim at TAGS in the 200 Medley Relay.

Promotions:

Autumn Brumfield from Red to White
Annmarie Dempsey from Red to White
Paul LeBlanc from Red to White
Erik Schlegel from White to Aqua
Daniel Shaffer from Red to White
Destiny Vincent from Red to White

Congratulations!

***“All our dreams
can come true
if we have the
courage to
pursue them” -
Walt Disney***

