



www.swimaqua.org

Up Coming Meets

**May 7-8 10&Under
Open Meet @CFSC**

**May 6-8 11-14 Jun-
ior Meet @ FCST**

**May13-15 11-14
Elite, 15&Over
Open @ SPA**

**May 27-29
10&Under Open, 11
-14 Junior @TWST**

**June 3-5 14&Under
Elite, 15&Over
Open@ TWST**

**June 17-19 Travel
Trip to Corpus
Christ—Valero
BEAT Unclassified**

**June 17-19 Junior
Meet @ RICE**



Below is an article from ASCA about Long Course..enjoy.

What is Long Course, What is Short Course?

Published by The American Club Swimming Association

“One of our pools is 25 yards wide by 50 meters long. Why isn't the pool 25 meters by 50 meters or 25 yards by 50 yards?” For years the "American Standard Short Course" pool has been a 25 yard pool. Almost all high school pools and most college pools are 25 yards and all high school and college meets are run as short course meets. Club teams generally swim short course meets from September through March. The international standard is meters. The Olympics, Pan-American Games, and World Championships are held in 50 meter pools. In this country, most 50 meter pools are outdoors due to the cost of building an indoor 50 meter pool. For that reason our long course season is generally

from March through August. As more and more indoor 50 meter pools are being built and as the United States focuses more on international swimming the distinction between the "short course season" and the "long course season" becomes less distinct and more and more meets are going to the long course standard throughout the year -- with the exception of high school and college swimming which will remain short course yards. At this time we are swimming short course. Eventually we will swim meets that are long course. This will cause some confusion about times. The times will be slower because a 50 meter swim is approximately 5 yards longer than a 50 yard swim. Another factor are turns. There are less turns in long course swimming. Generally, turns are faster than swimming -- we can push off the wall faster than we can swim. (Although for some of our swimmers who have not yet mastered a turn, the turning process is slower than swimming!) Some people attempt to "convert" a short course time to a long course time

or visa versa. The conversions factors are not precise due to differences in turns, strokes, and individual's ability to swim the extra distance at speed. Conversions can lead to unrealistic expectations and disappointments, or to a false sense of achievement. For those reasons we do not convert times. We simply say that each swimmer has two sets of best times, one for long course and one for short course

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

Spread the word about Aquastar Learn to Swim School

We are now accepting registrations for our Learn to Swim School (swim lessons)! To register for AQUASTAR Swim School, please contact Jeaneen Johnston at 832-816-6924 or email swimaquastar@sbcglobal.net. PLEASE SPREAD THE WORD TO FRIENDS AND NEIGHBORS!!!!

Learn to Swim with AQUASTAR Swim School

Our Learn to Swim program is designed for children ages 4 and up, from the beginner to advanced skill level.

The Learn to Swim program cost is \$90 for eight 30-minute lessons. Lessons are four days a week (Monday – Thursday) for two straight weeks. Sessions are scheduled between 8:30 AM and noon. Beginning swimming lessons have a 3:1 student to instructor ratio. All others have a 4:1 ratio.

Sign up today to save your spot today!!!!

Sessions available:

Session 1 – May 2 – 12

Session 2 – May 16 – 26

Session 3 – June 6 – 16

Session 4 – June 20 – 30

Session 5 – July 11 – 21

Session 6 – July 25 – Aug 4

Session 7 – Aug 8 – 18

All lessons are held at the Oakbrook West Pool at 14902 Penn Hills (at Pineloch Drive). For more information about the AQUASTAR Learn to Swim program, visit the website at www.swimaqua.org. You may also email swimaquastar@sbcglobal.net or call 832-816-6924 with any questions.

2011 Corpus Christi Travel Trip Information

Deadlines approaching for the Corpus Christi Meet in June!!

The meet host will limit entries to this meet, entries are due by Monday, May 9 !!

Bay's Edge Valero Unclassified: June 17-19, 2011

Hotel information: Check-in 6/17, Checkout: 6/19

Hawthorn Suites By Wyndham – Corpus Christi: 1.361.854.2100

1442 S. Padre Island Drive — Corpus Christi

Reserved block – 15 double/double rooms

(please let Coach Travis know when you reserve a room).

Cost: \$89.00 + tax per night

Registration code: Aquastar Swim Team

Breakfast: Breakfast buffet included w/room

Check-in: 3 pm. Checkout: 12

Deadline: 5/27/2011

First Long Course Meet Recaps

UH OPEN MEET RESULTS - April 15-17 - 90 Aquastar swimmers traveled to the University of Houston to participate in the Gulf Long Course Open Meet, and improved in 94% of the events entered. Swimmer of the Meet, with 8 best times in 8 events entered, is Hailey Short. Others with 100% best times are Victoria Basich, Juve Bertrand, Paige Blystone, Tony Boe, Sara Boone, Autumn Brumfield, Grace Burgess, Madison Caballero, Ana Carbajal, Zac Carico, Cynthia Chen, Matthew Churchman, Claire Collier, Ryan Craig, Annmarie Dempsey, Matthew Deterling, Cayley DeVries, Xan Ellessy, Vanessa Gonzalez, Liesl Hardin, Spencer Hoffman, Alan Hurlbert, Tori Jacobson, Lauren Johnson, Amanda Jue, Jason Juliette, Hannah Killingsworth, Katy Killingsworth, Carson King, Amber Nguyen, Jamie Nguyen, Kevin Nguyen, Megan Nguyen, Nicholas Nguyen, Muyan Pan, JP Peck, Sam Peck, Kent Pham, Carlos Puente, Heather Rhodes, Meagan Ridley, Daniel Riojas, Brianna Robertson, Cameron Romans, Joshua Romans, Cristian Salinas, Libby Saunders, Erik Schlegel, Jan Schlegel, Cameron Scott, Sinjin Sharma, Sirius Sharma, Kendall Starcher, K. C. Steblein, Cade Talley, Adriana Torres, Sonia Torres, Veronica Torres, Josh Woernley, Angelia Wu, Anqi Yang, and Taylor Yates.

Cade Talley earned 11-12 boys TAGS times in the 50 and 200 breast., his time in the 50 breast was a new team record ! Max Hardt set a new team record in the 10&Under boys 100 breast!!

The following promotions were earned: Ryan Craig from White to Aqua, Matthew Deterling from Aqua to Blue, Gabe Jacobson from Red to White, Jason Juliette from White to Aqua, Hannah Killingsworth from White to Aqua, Daniel Riojas from White to Aqua, Brianna Robertson from Aqua to Blue, Daniel Schmidt from Red to White, Sinjin Sharma from White to Aqua

ESA 8-under meet RESULTS - Apr 2 -- On April 2, 12 Aquastar swimmers traveled to Summer Creek High School to participate in the 8 & Under Short Course Open Meet, and improved in 78% of the events entered. Swimmers of the Meet, with 4 best times in 4 events entered, were Becca Killingsworth, Hanna Schlegel, and Bella Woernley. Others with 100% best times were Jason Schuck, Jason Shi, and Alan Su.

Max Hardt has achieved the times to qualify for promotion from Aqua to Blue. Max also has earned a 10 & Under TAGS time in the 50 fly.



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