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www.swimaqua.org
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Bay Area Aquanauts
Houston, TX 77062

"Turning Potential into Performance"

Busy Long Course

FOUR MEETS IN FIVE WEEKENDS

With thundering kicks and high elbows, AQUA continued its pattern of time improvement in three late May and early June meets after the DADS meet in early May.

At the STAR BB and Under meet, AQUA swimmers improved 64% of their swims. Swimmer of the Meet was **John Christopher** who went 6 for 6. Others with 100% best times were **Alyssa Mullery, Will Elmore, Kyle Funderburk, Diana Sepulveda, Jade Abner, Taylor Cryan, Trevor Whitworth, Natalie Logrono, and Sierra Dyer**. There were 8 new team records set collectively by **Cameron Dyer, Will Elmore, Will Kolodgie, Peter Silkowski, Kyle Funderburk, Teale Horbach, Katharine Silkowski, Christie Latimer, Jennifer Godinich, Lauren Barr, John Christopher, John McElhany, Alec Korogodsky, and Justin Russo**. AQUA also continued to place very high as a team, finishing 3rd.

AQUA swimmers improved times in 60% of their swims at the TWST A Meet May 31-June 2. There were 16 team records set collectively by **Caroline McElhany, Adriana Sepulveda, Julia Sepulveda, Ellen Lobb, Mark Grijalva, Lynn Fahey, Aaron Olszeski, Adam Olszeski, and Jared Schneider**. In addition, there were 5 new TAGS times by **Ellen Lobb, Caroline**

McElhany, Adriana Sepulveda, Will Elmore, and Mark Grijalva. Caroline McElhany also had 2 new Top 16 times. **John Christopher and Noelle Gilman** both set the pace with 100% best times.

At the CFSC BB and Under Meet this past weekend, AQUA swimmers improved their times at a 75% rate and finished 8th overall in a field of 27 teams. Swimmer of the Meet was **Katharine Silkowski** with 6 of 6 best times. Other swimmers with 100% best times were **Gabby Guthrie and Alyssa Mullery**. There was one new team record set at the meet by **Noelle Gilman**. Well done!

UPCOMING MEETS

Our next meets are the Aggie A & Up meet June 21-23 and the DADS BB and Under meet the following weekend. Check the calendar and bulletins at the pools or the website for meet formats and entry deadlines. Meet information, entry forms, and invitations are available at both pools typically 3 weeks prior to each meet and are posted on www.swimaqua.org as soon as they are made available from the meet host. Contact any of the coaches or Kelli Baliker at (281) 488-3943 or kkbaliker@ev1.net with questions about meets and entry procedures.

"Rise and shine, it's 100 Fly time!"

Cragin, McElhany, Lobb receive national recognition

What is a Top 16 time, you ask? In short, it is a national time standard from which a database (or ranking) of the fastest times in each age group, stroke and distance (for both boys and girls) is developed each year. AQUA had three swimmers record 12 individual times recognized as being in the Top 16 (including **four** No. 1-ranked swims) recorded nationwide during the 2001-2002 short course season. WOW! Congratulations to these athletes!

Swimmer	Event	Time	National Rank
Cole Cragin	50 Back	30.36	#1
	100 Back	1:05.40	#1
	50 Fly	29.38	#6
	100 Fly	1:06.24	#7
Caroline McElhany	50 Fly	28.75	#1
	100 Fly	1:04.37	#1
	50 Back	30.91	#3
	100 Back	1:05.93	#2
	100 Free	59.37	#7
	100 IM	1:07.68	#6
	200 IM	2:25.38	#7
Ellen Lobb	50 Back	31.59	#14

CCISD announces pool rotation

CCISD has implemented an annual rotation for the Brook, Creek and Lake pools among the year-round swim clubs. This provides each of the primary renters equal access to each pool and a predictable rental schedule. **AQUA will be at Brook for the 2002-2003 school year**, Creek for 2003-2004 school year and Lake for the 2004-2005 school year. As always, rental access is a privilege and to maintain our welcome in CCISD facilities, we should treat the facilities as we would our own. Leaving the pools clean and using them properly will reflect well on AQUA. 



On-deck policy adopted

AQUA Board has adopted a policy covering swimmer and spectator activities on deck during practices. There are no surprises in the policy, and it is founded on common sense. To paraphrase the highlights of the policy, swimmers should come to practice prepared and with their equipment ready to use, parents should supervise their youngest spectators (or spouses as needed) and allow coaches to focus uninterrupted on supervising practice. The policy will be included in a team handbook that is currently being crafted and posted on the website. 

Summer practice schedules

The summer practice schedule will basically be La Porte and Glenbrook (long course) in the mornings through the end of July and Creek in the evenings until at least the end of summer league. After summer league, we expect to return La Porte to the evening schedule. Sometime in mid August, we expect to begin a 6-8 pm schedule at Brook. Please keep close watch on the practice calendar via e-mail or posted at the pools or on the website. 



Fundraising made easy

AQUA's fundraising efforts have been paying off. We prefer low-pressure corporate grant and grocery rebate programs to help keep our fees the lowest in the area.

We have received a number of corporate grants, and have applications pending for two additional grants currently. Our families appear to be making better use of the Kroger Share and Randall's Good Neighbor Programs.

If you have not already done so, and you shop at Randall's, remember to enroll in



the Randall's Good Neighbor program at your next stop in an area store by simply

having the customer service people code #9266 onto your Randall's card, and then use the card when you shop. Randall's makes a donation to AQUA of 1% of purchases.



Alternatively, Marcy Barr has Kroger Share Cards for distribution. Simply have the cashier swipe the card at check-out, and Kroger will rebate to AQUA 1% of purchases. If you use the cards, thank you. If you don't, the cards cost nothing and are used in addition to any other

discount card you may also have for the store. Marcy can easily replace lost Kroger Share cards or provide extras for friends and relatives to use. Any "friend of AQUA" — whether a team member or not — can help by using these programs. See Marcy on pool deck or call at (281) 471-6666.

We believe that a large number of companies in the area have grant programs for tax-exempt organizations, and we find that AQUA typically qualifies for these grants. We need only identify the programs and submit applications. Please let Ken Baliker know at (713) 567-0187 if your employer has such a program and he will do the follow-up. 

The fundraising we do ultimately helps the team with its operation and allows AQUA to continue to provide services at the most affordable training fees possible. 

**Next Board Meeting
Tuesday, July 9, 8:30 pm
Gloria Dei Church
Nassau Bay**

Know the Gulf recruiting rules

To use a baseball analogy, AQUA is building as a team by developing a strong farm system. Unfortunately, others in the area prefer "free agency." Gulf Swimming rules prohibit anyone (coaches, parents or swimmers) from recruiting swimmers currently registered with other teams. If you are asked for information about AQUA (whether by a USA Swimming-registered swimmer or not), there is no problem. It is illegal, however, for any parent, or USA Swimming-registered coach or athlete to *initiate* a conversation with another USA Swimming-registered athlete or parent with the intent of encouraging a transfer to another team.

Given our consistent improvement at meets and our Top 10 short course finish at TAGS, it is not surprising that AQUA kids would be recruited by other teams. If you have been approached in a manner you think may be a violation of these Gulf Swimming rules, please contact a coach or a Board member. 



Continue to check the practice calendars and emails for updates and team info. Visit the AQUA website (www.swimaqua.org) for schedules, team news and other features. Keep submitting pictures for the website, and look in the local *Citizen*, the *Houston Chronicle This Week* and Friendswood papers for articles on AQUA swimmers. 



JULY BIRTHDAYS

Caitlin Blanding	7/ 1/87
Jade Abner	7/3/90
Daniel Shipman	7/ 5/92
Robert Chilton	7/ 7/93
Kirk Simons	7/12/88
Kyle Funderburk	7/18/91
Brad McKnight	7/21/88
Jack Preston	7/28/94
Lauren Barr	7/29/89
Gabby Guthrie	7/30/93
Casey Schneider	7/31/92