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[www.swimaqua.org](http://www.swimaqua.org)  
Hotline 281-488-1582

Bay Area Aquanauts  
Houston, TX 77062

“Turning Potential into Performance”

# That Championship feeling

## GULF, SUMMER AND TAGS AROUND THE CORNER

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**D**ropping time has become a way of life here at AQUA. That’s just the way we like it. All the kids (and young adults) have done a great job this summer.

Meet attendance and performances have been the best in our 2-year history. The swimmers and coaches should be justifiably proud of AQUA’s team accomplishments.

AQUA swimmers improved times in 66% of their swims at the A&M meet in mid-June. Swimmer of the Meet, with 100% best times in all six of his races, was **Cole Cragin**. Other swimmers with 100% best times were **Noelle Gilman and Katharine Silkowski, Ellen Lobb and Caroline McElhany**. There were three new T16 times recorded by the 10 & under girls 200 free relay of **Caroline, Julia Sepulveda, Adriana Sepulveda and Ellen**, and individually by **Caroline McElhany** in the 200 and 400 free. There were five new TAGS times by **Julia** in the 100 breast, **Mark Grijalva** in the 400 free, **Aaron Olszeski** in the 400 free and **Adam Olszeski** in the 400 free and the 100 back. In addition, there were 32 new team records set collectively by **Christie Latimer, Kacie Baker, Noelle Gilman, Diana Sepulveda, Aaron Olszeski, Adam Olszeski, John Christopher, John McElhany, Kim Anton, Cole Cragin, Lynn Fahey, Caroline McElhany, Ellen Lobb, Adriana Sepulveda, Julia Sepulveda,**

**Jared Schneider and Katharine Silkowski.** WOW! As impressive as that number is, it should not be a surprise when our swimmers drop time as they do. Thanks also go out to AQUA parents who not only filled AQUA timer assignments but also chairs of other teams, and helped keep the meet moving smoothly.

At the DADS BB & Under meet June 28-30, AQUA swimmers improved in 72% of their efforts. Swimmer of the Meet, with 100% best times in all seven of his events, was **Taylor Cryan**. Other swimmers with 100% best times were **Lauren Barr, Stephen Sun, Diana Sepulveda, Jennifer Joines, Adriana Sepulveda and Julia Sepulveda. Julia, Adriana, Caroline Baliker, Kim Anton, Noelle Gilman and Cameron Dyer** collectively recorded seven new A times at the meet, and **Taylor** added swims that helped qualify the 11-12 boys 200 and 400 medley relays for TAGS. One new team record was set by **Noelle Gilman** in the 200 breast. That’s another awesome meet, this time on a very hectic and soggy weekend. Way to go, AQUA! 🐬

### UPCOMING MEETS

Our next meets are Gulf Champs, Summer Champs and TAGS on consecutive weekends beginning July 12. Check the calendar and bulletins at the pools for meet

*The trouble is, if you don't risk anything, you risk even more.*

formats and entry deadlines. Meet information, entry forms and invitations are available at both pools typically three weeks prior to each meet and are posted on [www.swimaqua.org](http://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 [kbaliker@ev1.net](mailto:kbaliker@ev1.net) with

questions about meets and entry procedures.

One final note on meets in July – AQUA congratulates all our swimmers who participated in the CCSL Champ Series Meets. 🐟

## 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. A copy of the policy is included on the back page of this newsletter. The policy will also be included in a team handbook that is currently being crafted and is posted on the website. 🐟

## Summer practice schedules

La Porte should return to the summer schedule following completion of maintenance of the pool during the first few weeks of July. The summer practice schedule will basically include a combination of Creek, La Porte and Glenbrook (long-course) in the morning through the end of July. The evening schedule should include La Porte and Creek. The switch from Creek to Brook is expected between the middle of August and the first of September. Please keep close watch on the practice calendar via e-mail or posted at the pools or on the website. 🐟



**Next Board Meeting**  
**Tuesday, July 9, 8:00 pm**  
**Gloria Dei Church — Nassau Bay**

# Know the Gulf recruiting rules

AQUA's mission is, among other things, to promote youth swimming in southeast Houston. We have enjoyed great competitive success, and we would like to continue to grow as a team. However, there is a right way and a wrong way to grow. Let's allow our results *in the water* grow the team. Please avoid making (or initiating) contact with other known USA registered swimmers about AQUA. If they ask about AQUA, it's ok to answer. We should be careful to avoid situations that could be considered unsolicited recruiting, particularly with summer league teammates.

While we have not heard of any problem situations recently, others in the area may approach you promoting another team. This practice is discouraged by Gulf Swimming and it should be reported. 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](http://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. 

## AUGUST BIRTHDAYS



Samantha Strehler	8/4/87
John Craft	8/4/92
Alyssa Mullery	8/ 5/94
Jamie Smith	8/ 6/87
Khristopher Baker.	8/ 7/93
Ashley Johnson	8/13/85
Ellie Durel	8/17/91
Will Elmore	8/20/91
Blair Elmore	8/23/94

## MARK YOUR CALENDARS

AQUA's Long Course Social will be at the La Porte Wave Pool on **Sunday evening, August 18**. There will be more details, an invitation and maps available shortly.