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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”

# Long course underway!

## TEAM RECORDS SMASHED AT STAR OPEN

After the first two long course meets, AQUA has continued its string of high percent improvement. AQUA swimmers improved their times in 86% of their swims at the STAR Open the last weekend of April, and last weekend at DADS, the team continued this trend, despite windy conditions and just two weeks in the water between meets.

At the April meet, Swimmers of the Meet with 100% best times in seven events were **Taylor Cryan and Jennifer Joines**. Others achieving 100% best times were **Erica Anderson, Grace Baliker, Max Bernau, John Christopher, Rachel Cragin, Caitlin Dvorak, Cameron Dyer, Sierra Dyer, Will Elmore, Morgan Fox, Andrew Godinich, Jennifer Godinich, Ainsley Haley, Laynie Haley, Teale Horbach, Alec Korogodsky, Drew Manning, Amy Melancon, Alyssa Mullery, Matthew Roth, Jaci Russo, Jared Schneider, Adriana Sepulveda, Daniel Shipman, Peter Silkowski, Ryan Swaney, Trevor Whitworth and Dusty Wortman**.

AQUA had 51 swimmers at this meet in its largest team showing ever! AQUA swimmers **Kim Anton, Kacie Baker, John Christopher, Cole Cragin, Cameron Dyer, Lynn Fahey, Mark Grijalva, Will Kolodgie, Alec Korogodsky, Ellen Lobb, Caroline McElhany, Aaron Olszeski, Adam Olszeski, Justin Russo, Jared Schneider, Katharine Silkowski and Dusty Wortman**

combined to set 36 new team records. Swimmers **Kacie Baker, Cole Cragin, Will Elmore, Mark Grijalva, Ellen Lobb and Justin Russo** recorded 11 new TAGS times.

A group of 19 swimmers continued building on AQUA’s tradition of dropping time at the DADS A & Up meet last weekend. Check your e-mail for a summary of % drop, new records and TAGS times from Coach Harold. That will be available shortly after DADS publishes meet results this week.

### UPCOMING MEETS

Our next meets are the STAR BB & Under meet this weekend and an A & Up meet at the Woodlands June 1-2. Entries for that meet are due this weekend.

Check the calendar and bulletins at the pools for meet formats and entry deadlines. Meet information, entry forms and invitations are available at the pools, typically 3 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.

- Bay Area Aquanauts**
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*Motivation is what gets you started. Habit is what keeps you going.*

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## AQUA FOCUS

Our focus has been and will continue to be on dropping time. Meet success is the logical outcome. The coaches have challenged the kids to repeat or better this rate of improvement again in long course season. They are off to a great long course start.

### Next Board Meeting:

**Tuesday, June 11, 8:30 pm**  
**Gloria Dei Church**  
**Nassau Bay**

# On-Deck policy forthcoming

The AQUA Board is finalizing the adoption of a policy covering swimmer and spectator activities on deck during practices. There should be no surprises, and the policy will be formed by common sense.

To paraphrase the highlights of the policy, swimmers should come to practice prepared and with their equipment in hand, parents

should supervise their youngest spectators (or spouses as needed) and allow coaches to focus uninterrupted on supervising practice. We all share the obligation and the benefit of using our practice facilities safely and respectfully. 

# Summer practice schedules

The Board is finalizing the summer practice schedule this week. Due to summer league and maintenance on area pools, the schedule will be somewhat more dynamic than we experience during the school year. Please keep close watch on the practice calendar via e-mail or posted at the pools or on the website. In general, we will be at familiar locations over the summer with one early morning practice and one evening practice during June and July. 

# Fundraising made easy

AQUA's fundraising efforts have been paying off. We prefer low-pressure corporate grant and grocery rebate programs to other alternatives.

This month, AQUA received grants of \$1500 from ExxonMobil, and our families appear to be making more frequent use of the Kroger *Share Card* 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. The cost to you is zero but the benefit to AQUA is real \$\$.



Alternatively, Marcy Barr has Kroger *Share Cards*. Simply have the cashier swipe the card at checkout, and Kroger will rebate to AQUA 1% of the amount of your purchases.

It appears we have recently increased rebates from about \$25 per month to about \$40 per month between the two programs.

We can achieve closer to \$100 per month with greater awareness of the programs.

If you use the cards, keep it up. 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. So grab a handful for grandma, grandpa, Aunt Minnie, etc. You'll be a hit at the next family get-together! See Marcy on pool deck or call her at (281) 471-6666.

We believe that a large number of employers in the area have grant programs for tax-exempt organizations, and we find that AQUA typically qualifies for these grants of "free money." 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.

AQUA does not endorse any particular grocery chain, but we do ask that you participate in these programs in the store of your choice. 🐬



# 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](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. 🐟

## JUNE

Laynie Haley	6/ 2
Kendall Spear	6/ 2
John Christopher	6/ 5
Will Kolodgie	6/10
Kimi Butler	6/14
Erica Anderson	6/8

