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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”

## Short Course Underway FAST!

### Bay Area Aquanauts

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**R** EPORT OF MEET RESULTS SEEM LIKE “BROKEN RECORD” – Growing up in the age of DVD’s, our young athletes may never know the repeating sound made by a scratched old vinyl record on a turntable. *Turntable, what’s that?* Results from the first two meets of AQUA’s third year continue a familiar improvement pattern like a “broken record,” but are fortunately much easier on the ear than that scratched old vinyl.

At the STAR B & Under open meet held on October 5, AQUA swam best times in 62 out of 68 swims for a 91% improvement, and several BB times. *Swimmers of the Meet*, with 5 best times out of 5 swims each, were **Grace Baliker, Kaitlyn Martin, Alyssa Mullery, and Ryan Swaney**. Other swimmers with 100% best times were **Jonathon Berezin, Kari Burrell, Tristan Emig, Brandon Nguyen, Ana Pontes, Samantha Pride, Matthew Roth, and Blake Swaney**. Individual event winners were **Katie Crumpler, Alyssa (2 events), Ana and Ryan**.

### RECORDS FALL

At the BB and Up meet held October 11-13, AQUA swimmers improved times at a 84% rate. *Swimmers of the Meet* were **Caroline Baliker, Taylor**

**Cryan and Teale Horbach**, all with 9 best times in 9 swims. Others with 100% best times were **Kacie Baker, John Christopher, Caitlin Dvorak, Cameron Dyer, Sierra Dyer, Maggie Eicks, Nathan Galvan, Noelle Gilman, Jennifer Godinich, Gabby Guthrie, Alec Korogodsky, Howard Kuan, Natalie Logrono, Kyle Mitchell, Lauran McCormick, Adam Olszeski, Adriana Sepulveda, Diana Sepulveda, Julia Sepulveda and Katharine Silkowski**.


**Caroline McElhany** added a national Top 16 time, and there were 17 new TAGS times by **Kacie Baker (2), Jenny Claydon (2), Mark Grijalva (2), Ellen Lobb (2), Adam Olszeski (2), Adriana Sepulveda (5), and Julia Sepulveda (2)**.

In addition, 27 new AQUA team records were set by **Kim Anton (1), Kacie Baker (3), John Christopher (2), Jenny Claydon (6), Cameron Dyer (1), Lynn Fahey (1), Noelle Gilman (1), Mark Grijalva (1), Jennifer Joines (1), Caroline McElhany (3), Adam Olszeski (6) and Julia Sepulveda (1)**. WOW, that’s a pool full of fast swims. Keep it up, AQUA! 🐬

*Others can stop you temporarily; but only you can stop yourself permanently.*

## NEWSLETTER ON-LINE

There are now three ways to obtain a copy of this vital and informative monthly newsletter. Ed Mullery has been posting the document on the team website [www.swimaqua.org](http://www.swimaqua.org); if requested, it can be made available by e-mail to you; also, a limited number of hard copies will be available at each practice location. Refer to the

newsletter often to keep up with team events and information items. 

***Next AQUA Board Meeting***  
**Tuesday, November 12, 8:30 pm**  
**Gloria Dei Church — Nassau Bay**



# Get your *AQUA* in gear

Welcome new and returning AQUA families! Short Course season is well underway and what better place to show your team spirit than wearing AQUA apparel at a meet. AQUA offers black or white team towels with embroidered logo and swimmer name, tees and parent polo shirts at cost.

With the thermometer recently dipping below 80, it is time to think of protecting your swimmers during their travels to and from the pool. In the past few days you may have noticed our "seasoned" AQUA swimmers arriving with long, black, nylon parkas. These cover-ups offer excellent protection against the cold, even when your swimmer is wet. AQUA has made arrangements to purchase parkas at a very reasonable price of \$65.00.

The catch? We need to have a minimum order of 12 or more to secure this great deal. Sorry, due to ordering lead times, we can no longer guarantee a Christmas delivery.

If you are interested in a parka or any other team merchandise, please contact Susan Joines at 281-338-4424 or e-mail [mssmj@prodigy.net](mailto:mssmj@prodigy.net).

AQUA order forms, sizing and other AQUA items can be found on our web page: [www.swimaqua.org/store.htm](http://www.swimaqua.org/store.htm).

If you can't stand the wait, you may obtain non-embroidered parkas [at higher cost] at Texas Swim Shop or perhaps other area or on-line sporting goods/swim apparel stores. Marcy Barr has suggested the easiest and fastest way to get embroidered items is for parents to purchase the shirts, parkas or towels and give them to her for embroidering. The cost of the embroidering is reasonable, and the items really look sharp. Any new AQUAnauts should check out items brought to practice or meets by a veteran to see what they like. We will be designing and bulk-ordering a team t-shirt again this year, so watch for that also.


Other AQUA team items, including our very attractive rear window decals and team swim caps, are available at both practice pools AND at meets. These items are priced as follows:

Latex AQUA cap - \$3.00, Silicone AQUA cap - \$10.00  
AQUA car window decals - \$8.00 for one or \$15.00 for two

All apparel and embroidery is provided at cost, so get into short course season by proudly (and economically) displaying your AQUA caps, decals and apparel items.

## AQUA taking 2003 registrations


USA Swimming registration for calendar year 2003 began officially on September 1. Please complete the AQUA Registration Form as well as the USA Swimming (half-page) form. Turn both of these forms in with your payment made out to **AQUA**. If you have questions about fees, just ask one of our team information contacts at each pool or check the [www.swimaqua.org](http://www.swimaqua.org) website. You can turn in the registration forms on deck at either pool.

If you missed Texas Swim Shop [713-723-0910] at the combined La Porte practice last month and you still need equipment, you might consider calling them in advance of an upcoming meet to arrange for them to have on hand what you need at your next meet. 

## Upcoming meets

Our next two meets will be Open meets on October 26-27 and November 9-10. 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. 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.

It is always best to enter by the team deadline, so that Kelli can submit entries electronically and notify the coaches early who will be swimming in what events. Advance entry fees are typically one-half the cost of entering "on-deck" the day of the meet.

Also note that the coaches are encouraging swimmers to enter certain Open meets this Fall (due to format and timing) as B and Under, or BB and Up. The HEAT Meet October 26-27 should be considered for swimmers with *B and Under* [slower] times, and the STAR meet Nov. 9-10 for swimmers with *BB and Up* [faster] times. This will allow 3 weeks between meets for all swimmers to work on their strokes and improve techniques (starts and turns) critical in competition. 

## New Kroger *Share Cards*

AQUA now has mini (ultra convenient) Kroger Share Card stickers that may be used on your key chain Kroger Card. These work the same as the business card style we have been using. Simply have the cashier swipe the bar code on the card at checkout, and Kroger will donate 1% of the purchase amount to AQUA. If you have had a problem with the bar code wearing off, Susan, Marcy and Barb have plenty of replacements, and should be available on deck at evening practices. Otherwise, you might try laminating your existing card.



This program, along with the similar Randall's program (simply have a cashier or customer service person code our Good Neighbor number **9266** into your Randall's card), has become a high-impact, low-effort fundraising vehicle for AQUA and the benefits have helped AQUA maintain low training fees. We currently receive about \$50 per month between the two programs. That's a nice benefit, but still short of our goal of \$100 per month. Keep using the cards, and benefit AQUA at no cost to you.