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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”

# Successful Championship Series

## Bay Area Aquanauts

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The AQUA kids (and young adults) did a great job this summer dropping time at a 72% rate overall and leading all the Bay Area teams in the Championship Series meets. The swimmers, coaches and parents should be justifiably proud of AQUA's team accomplishments.

### GULF CHAMPS

At Gulf Champs, AQUA swimmers finished in 7th place, improving times in 72% of their events. **Ellen Lobb** was the *Swimmer of the Meet* with eight best times in eight events. Other swimmers with 100% best times were **Jill Cooke, Kyle Funderburk, Noelle Gilman, Christie Latimer, Haley Menard, Diana Sepulveda** and **Eileen Viscontini**. There were two new Top 16 times by **Ellen Lobb** and **Caroline McElhany**, 7 new TAGS times by **John Christopher, Mark Grijalva, Haley Menard, Aaron Olszeski, Julia Sepulveda** and by the 400 Free Relay of **Haley, Ashley Johnson, Jill and Eileen**.

*Twenty-eight* team records were set, including all four senior relays with **Haley, Ashley, Jill, Eileen, Stephanie Payne and Lynn Fahey** contributing, the 13-14 boys 200 medley, 400 medley, and 400 free relays with **John Christopher, John McElhany, Aaron Olszeski, Adam Olszeski and Justin Russo** contributing, the 11-12 boys 400 free and 400 medley relays of **Cole Cragin, Taylor Cryan, Mark Grijalva and Will Kolodgie**, the 11-12 girls

200 medley and 400 free relays of **Kacie Baker, Noelle Gilman, Christie Latimer and Diana Sepulveda**, the 10-&-under girls 200 medley relay of **Ellen Lobb, Caroline McElhany, Adriana Sepulveda and Julia Sepulveda**. Individual records were set by **Kacie Baker, John Christopher, Jill Cooke, Cole Cragin, Caroline McElhany, Haley Menard, Aaron Olszeski, Adam Olszeski, Julia Sepulveda and Eileen Viscontini**. Congratulations to AQUA's largest and most successful Gulf Champs team!!

### SUMMER CHAMPS

At Summer Champs, AQUA placed 9th as our swimmers improved in 68% of their events. *Swimmer of the Meet* was **Ryan Swaney** with 100% best times in all eight of his swims. Others improving in 100% of their swims were **Noelle Gilman, Andrew Godinich, Jennifer Godinich and Drew Manning**. There were four new team records set at the meet by **Kim Anton, Cameron Dyer, Noelle Gilman and Jared Schneider**. Congratulations on another great showing in competition.

### TAGS

At the final Long Course meet of the year, TAGS, AQUA swimmers dropped time in 70% of their events, finishing 15th in the state, 7th among Gulf teams and 1st in the greater southeast Houston area. The 10-&-under girls (**Ellen Lobb, Caroline McElhany, Adriana Sepulveda and Julia Sepulveda**) finished 2nd as a group in the

*The only true measure of your success is how close you come to 100% of your capabilities.*

state. **Caroline** was the AQUA *Swimmer of the Meet*, the 10-&-under girls high-point winner for the meet, and was awarded the plaque for the female *Swimmer of the Meet*.

As a team, AQUA accumulated 12 Top 16 times by **Caroline, Ellen** and the 10-&-under girls relays. In addition, **Caroline** set two TAGS records, one state record and narrowly missed setting a *national* record in the 50 fly. Overall, 22 team records were set by the 10-&-under girls relays, 11-12 boys 400 medley relay (**Cole Cragin, Taylor Cryan, Mark Grijalva, Will Kolodgie**), and in individual events by **Cole, Mark, Caroline, Aaron Olszeski, Adam Olszeski** and **Julia Sepulveda**. 

## UPCOMING MEETS

Our next meets will be the beginning of the Short Course season, in early October. Check the calendar and bulletins at the pools for meet formats and entry deadlines. Meet information, entry forms and invitations are available at both pools and on [www.swimaqua.org](http://www.swimaqua.org) typically three 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. 

# Practice schedule changes

Keep an eye on email practice calendars and those posted regularly at the pools and on the website. AQUA has returned to La Porte and will make the switch from Clear Creek to Clear Brook possibly as early as August 19 or perhaps as late as September 2 — depending on the efficiency of the bureaucracy at each school. The CCISD change is part of a 3-pool annual rotation. 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 and summer, 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. 

# AQUA welcomes new coaches

AQUA would like to welcome two coaches to our staff for 2002-2003. **Kelan Holloway** and **Loryn Samson** will be working and developing AQUA swimmers this year. Kelan has seven years of coaching experience (mostly with area USA and summer league teams), and he has considerable, high competitive level experience as an athlete.

Loryn has developed great coaching experience over the past two years with both AQUA and the CCSL Seabrook Stingrays. Both Kelan and Loryn are former La Porte Bulldog high school swimmers, and we are very pleased to have both on staff this year. The addition of Kelan to the La Porte pool coaching staff helps fill an anticipated need created by Coach Jennifer's graduation and start of a full-time position at MD Anderson Hospital. As Coach Jennifer learns more about her work schedule, she will work with the coaching staff to set her practice and meet schedule with AQUA. 

# 2003 registration approaching

An AQUA swimming registration form for calendar year 2003 is included in this mailing. We encourage returning swimmers to register prior to open registration, which will be held primarily for new swimmers at both pools during practice hours on September 5th. USA Swimming 2003 registration forms should be available from Gulf Swimming by the beginning of September. They will be made available to you at the pools. Registration fees are expected to remain unchanged from last year. You can turn in registration forms on deck at either pool. 



## Texas Swim Shop at practice

AQUA will make arrangements for Texas Swim Shop to be at our practice locations on a date shortly after the Sept 5th open registration. This will provide an opportunity for swimmers to obtain needed equipment and to try on suits, etc. We will post notices at the pools prior to the scheduled date so that you can make plans.

Tip: for size-specific items [swim fins, swim suits, etc.] you might give Texas Swim Shop a call at 713-723-0910 and request that your equipment size be brought to the AQUA practice date for your purchase. Be sure to ask for the team price discount. 



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. 



SEPTEMBER

Brooke Lera	9/ 4/92
Grace Baliker	9/ 5/94
Amanda Mowbray	9/5/86
Jordi Lera	9/6/88
Tina Mason	9/ 8/88
Katie Crumpler	9/ 8/92
Joseph Gonzalez	9/8/93
Blake Swaney	9/11
Jill Cooke	9/15/85
Sierra Dyer	9/16/88
Christine Suffredini	9/16/91
Kimberly Anton	9/17/88
Hannah Sawyer	9/17/92
Kirby Crumpler	9/18/95
Diana Sepulveda	9/26/89
Samantha Pride	9/29/90

## New Kroger *Share Cards*

AQUA has obtained mini (ultra convenient!) Kroger *Share Card* stickers that may be used on key chains. These work the same as the business card-sized cards 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. The mini cards are included with this mail out. Stick them onto the back of your Kroger key chain 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 improvement, but still short of our goal of \$100 per month. Keep using the cards, and benefit AQUA at no cost to you.

***Next AQUA Board Meeting***  
**Tuesday, September 10, 8:30 pm**  
**Gloria Dei Church — Nassau Bay**