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www.swimaqua.org
Hotline 281-488-1582



Bay Area Aquanauts
Houston, TX 77062

Turning today's potential into tomorrow's performance

Short course season underway

Bay Area Aquanauts

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Meet Entries
Kelli Baliker

Head Coach
Harold Johnston

Wow! Short course season is here already. In typical fashion, AQUA had great team performances in its first two meets. AQUA participated in the HCAP 12 & Under Open Meet, improving in 76% of the swims entered. Swimmers of the Meet, with 100% improvement in seven events each, were Aimee Pendegrass and Ryan Swaney. Other swimmers with 100% best times included Brian Bloomfield (3), Kelsey Castro (6), Sarah Cragin (2), Madi Kolodgie (1), Ellen Lobb (6), Jacob Pendegrass (2), Felecia Pfeiffer (3), Peter Silkowski (3), Stanley Sun (2), Stephen Sun (3), and Stephanie Tzouanas (3). Six new TAGS times were earned by Ellen Lobb (2), Caroline McElhany (1), Cole Cragin (2), and Cameron Dyer (1). In addition, there were 12 team records set by the 11-12 girls 200 free and medley relays (Kacie Baker, Ellen Lobb, Caroline McElhany, and Adriana Sepulveda), Kacie Baker (2), Caroline McElhany (4), and Cole Cragin (4).

Last weekend AQUA swimmers improved times in 79% of their events at the ALAC 13 & Up Meet. Swimmer of the Meet was Taylor Cryan, with 8 best times in 8 events; he also swam the greatest distance, 1800 yards. Other swimmers with 100% improvement included Kacie Baker (3), Kari Burrell (6), Jenny Claydon (7), Mark Egerman (7), Maggie Eicks (3), and Katharine Silkowski (6). Seven team records were set by Kacie Baker (1), Jenny Claydon (3), Lynn Fahey (1), Mark Grijalva (1), and Justin Russo (1). We also had

three of our parents on deck most of the meet as officials. What a great team effort.

MEET ENTRY NOTICE

Entry times in our first two meets were adjusted to conform to new Gulf Swimming rules. Basically, we are to enter the faster of short course or converted times from other courses in non-qualifying meets beginning this fall. Some of the entry times may look a little funny, not because they are incorrect entries, but because of the conversion method. Keep focused on swimming good races and on working with your coaches, and don't get distracted by an odd looking meet entry time.

This is a reminder to contact Kelli Baliker directly with your meet entries. Whenever possible, email her using the on-line form or just a regular email to kbaliker@houston.rr.com. As we grow as a team, and utilize multiple practice facilities, communication of things like meet entries becomes more complicated if we don't use email. Thankfully, we have not missed any entries, but there is a risk of that happening when the old forms are given to anyone other than Kelli. You can still pay entry fees to the coach or the board parent on deck.

AQUA Board Meeting

Mon., Nov. 10, 2003

8:30 pm

Gloria Dei Church — Nassau Bay

These meetings are informative. They allow parents to keep up on events and team plans. The Board welcomes participation by parents.

COACHES' CORNER

When we attend a meet, we focus on swimming our fastest. We also recognize that we need to eat, drink, and rest to make that possible. Listening to your coach's advice also seems like a reasonable routine to include. What did Mark's science fair project last year add to the mix? He concluded that the external item most likely to improve swimming performance is the presence of cheering teammates. We have always been an outgoing and enthusiastic team. Let's look for ways to encourage each other. When teammates are in the water, let's let them know that we want them to improve. Let's cheer!

WARM-UP / COOL-DOWN

This year, we plan to begin using the Friendswood-Stevenson Park outdoor HEATED pool 3 days per week. Check the calendar for schedule changes. We will continue to use this facility, weather permitting, as long as we have reasonable attendance at these practices.

2003-2004 MEET SCHEDULE

The meet schedule for the next year has been posted on the Gulf Swimming website www.gulfswimming.org. AQUA will be swimming at reasonable locations and at quality facilities on grouped-meet weekends. If you have questions about the schedule, contact a board member or coach.



BEWARE ILLEGAL RECRUITING

This has become a permanent feature of this newsletter because, unfortunately, illegal recruiting of USA Swimmers never seems to go out of season. What is illegal recruiting? The easiest way to identify this is, if you are approached by another swimmer, coach or parent about switching teams. Any contact or comment (no matter how innocent or subtle) by such persons with the intent to sell another program or encourage a transfer is illegal and can result in disciplinary action to the offending party and team. AQUA discourages its members from contacting other USA registered swimmers currently with other teams with the intent of marketing AQUA. If you are asked questions about AQUA by anyone (including USA swimmers or parents of swimmers on other teams), you can answer without any problem. If you are contacted, please report any unsavory recruiting activity to a coach or board member.

TRAINING FEES REMITTANCE

Please remember the correct address to which your monthly training fee remittances should be sent:

Bay Area Aquanauts
15403 Pleasant Valley
Houston, TX 77062

Mailing assures [pending the efficiency the US Postal Service] that your payment will not get misplaced if hand-delivered at the pools.

KROGER MINI-SHARE CARDS

AQUA 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, Marcy Barr and Barb Kolodgie have plenty of replacements 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 AQUA's 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 \$60 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.



PRE-PAID MEET ENTRY ACCOUNTS — CONVENIENCE!!

AQUA has optional meet entry fee accounts available to our members as a convenience. Accounts are set up and tracked by our treasurer, and they work something like pre-paid EZTag toll road accounts. Members open accounts by paying, for example, \$50 toward future meet entry fees, and then draw on the account over time. We will send a notice when the account balance drops below the amount of a typical meet entry. Some folks have even used the account to pay for AQUAstore purchases. Your choice. Contact Marcy Barr for info.

This is most convenient to families that email meet entries or use the new "eAQUA" on-line meet entry form, or to anyone not typically on-deck at practice when entries are due.

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