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www.swimaqua.org
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Bay Area Aquanauts
Houston, TX 77062

Turning today's potential into tomorrow's performance

AQUA shines in area meets

Bay Area Aquanauts

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AQUA swimmers continued along the steady path of improvement at the STAR A & Up Meet June 21-22 at the Don Cook Natatorium with 20 swimmers dropping time in at least one event. Swimmers of the Meet were Jenny Claydon and Jennifer Joines. Aquarians earned 6 new TAGS times: Jenny Claydon (1), Cameron Dyer (2), Ellen Lobb (1), Caroline McElhany (1), and Peter Silkowski (1). Twenty-one team records were set by the 11-12 girls 200 free and medley relays (Kacie Baker, Jenny Claydon, Ellen Lobb, and Caroline McElhany), the 13-14 girls 200 free and medley relays (Sierra Dyer, Lynn Fahey, Jennifer Joines, and Diana Sepulveda), and in individual events by Jenny Claydon (1), Cole Cragin (3), Lynn Fahey (2), Mark Grijalva (1), Devren Hobbs (2), Jennifer Joines (1), Caroline McElhany (2), Jared Schneider (2), Justin Russo (1), Aaron Olszeski (1), and Adam Olszeski (1). The 11-12 girls relays were both National T16 times as well, putting them in lofty company.

The following weekend, AQUA swimmers participated in the TWST BB & Under Meet improving in 76% of events entered. Swimmer of the Meet was Mark Egerman with 100% improvement in 7 events. Well done! Other swimmers with 100% improvement were Zachary Dao (5), Lauren Fiske (2), Mark Grijalva (1), Will Kolodgie (6), Adriana Sepulveda (1), Julia Sepulveda (1), Peter Silkowski (2), Stanley Sun (1), and Ryan Swaney (3). The 11-12 boys (Cole Cragin, Andrew Godinich, Will Kolodgie,

Stephen Sun) also qualified to swim the 400 medley relay at TAGS.

AQUA swimmers then participated in the Gulf Champs Meet held at The Woodlands July 11-13. Three new TAGS times were earned: Cole Cragin (100 free), and Ellen Lobb (200 back, 200 IM)

In addition, 24 team records were set: 11-12 girls 200 medley relay, 400 medley relay, 400 free relay (Kacie Baker, Jenny Claydon, Ellen Lobb, Caroline McElhany), 13-14 girls 400 free relay and 400 medley relay (Lynn Fahey, Jennifer Joines, Diana Sepulveda, Katharine Silkowski), Kacie Baker (50 breast, 100 breast, 200 breast), Jenny Claydon (200 free and 400 free), Cole Cragin (100 free, 50 fly, 200 fly), Lynn Fahey (50 free, 800 free, 1500 free, 400 IM), Mark Grijalva (1500 free), Jennifer Joines (100 breast), Ellen Lobb (100 back, 200 back), and Caroline McElhany (100 fly, 200 fly, 200 IM).

Special recognition goes to the 11-12 girls, who broke 14 of their group's 18 records during the weekend!!

TEAM SOCIAL

Long course season-end
Sunday, August 17
La Porte Wave Pool
6 pm - Awards
6:30 pm to 8:30 pm:
Swimming and social
See inside for more info

AQUA'S CCSL STARS

The CCSL Champ Meet had a large number of standout performances by AQUA swimmers, including **Alyssa Mullery** winning the high-point award for the 8 & under girls, **Kacie Baker** setting the league record in the 11-12 girls 50y breast, and **Lynn Fahey's** swims on record-setting 200y medley and freestyle relays. Other league records set during the season included **Kacie** in the 50m breast, **John Christopher** in the 50y and 50m breast, **Lynn Fahey** in the 50m fly and **Lynn** as a member of a record-setting 200m medley relay. Awesome!

LC AWARDS SOCIAL AUG. 17

AQUA will have its next social at the end of the long course season on Sunday, August 17 at the La Porte Wave Pool. Awards presentation will begin at 6 pm, then swimming, eating and socializing will start at 6:30 til 8:30 pm. A flyer will soon be available at the pools and posted on the website. AQUA will provide the main food, drinks and a "cool surprise," and families are asked to bring side dishes or dessert.

The board asks all those planning to attend to invite *another* AQUA swimmer not otherwise planning to attend. These events are too much fun for only half the team to participate, so let's each make an effort toward 100% participation.

SENIORS MOVING ON

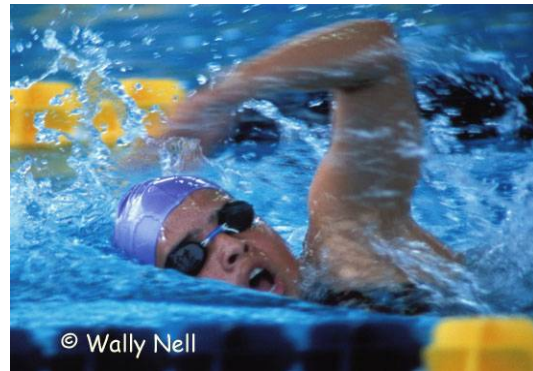
Congratulations to our AQUA senior high schoolers who are moving on to college:

Jill Cooke
Ashley Johnson
Eileen Viscontini

AQUA Board Meeting
Mon., August 11, 2003
8:30 pm
Gloria Dei Church — Nassau Bay

FEE CHANGES ON THE HORIZON

Gulf Swimming announced a registration fee increase of \$10 per year per swimmer beginning with Sept 2003 registrations for calendar year 2004. This is an increase in the fee AQUA pays to Gulf Swimming to fund such things as insurance, equipment, etc. AQUA will only be passing through to its member families one-half of this fee increase, or \$5 per swimmer. The registration process will be identical (except with a slightly modified form) as last year. To register for 2004, parents will now pay AQUA \$75 per swimmer rather than the \$70 fee in place last year, and, in turn, AQUA will pay the additional \$10 to Gulf Swimming. Rest assured that AQUA is working hard to continue providing quality services to our members at an affordable price.



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FALL SCHEDULE CHANGES

Thank you for your patience with the summer scheduling changes around summer leagues and school closures. Fall means the return to a more consistent practice calendar. We plan to use La Porte and our CCISD rotation pool (Clear Creek) in addition to Pearland while climate permits outside pool use. There may also be other minor changes around water polo and other events at the high schools. Please consult the weekly practice schedule updates available at the pools, on the web and via email.

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 \$65 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.



TRAINING FEES TO INCREASE IN SEPTEMBER

The AQUA board has, after much deliberation, decided to implement a modest training fee increase. This increase should help offset higher costs of pool rentals and allow AQUA to continue to enhance our coaching presence and emphasis on technique. We think you will find that our rates remain competitive, and we believe, a good value. The following monthly training fee schedule will apply beginning September 2003:

Red Group (1 hour): \$40
 White Group (1.5 hours): \$60
 Blue/Gold (2 hours): \$75
 High School: \$60
 Family Max: \$135

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.