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[www.swimaqua.org](http://www.swimaqua.org)  
Hotline 281-488-1582

Bay Area Aquanauts  
Houston, TX 77062

*Turning today's potential into tomorrow's performance*

## AQUA continues improvement

### Bay Area Aquanauts

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Meet Entries  
Kelli Baliker

Head Coach  
Harold Johnston

# D

uring its first three years, AQUA swimmers as a team improved at meets in roughly 7 of every 10 swims. Continuing this trend, AQUA had great team performances in the two meets since the last newsletter. At the ALAC BB & Under Meet October 25-26, our swimmers improved times in 77% of their events. *Swimmer of the Meet* was Sara Pendegrass. Other swimmers with 100% improvement included Benny Berezin, Jonathan Berezin, Jeremy Dao, Andrew Godinich, Greg Huntley, John McElhany, Aimee Pendegrass, Luke Romanko, Katharine Silkowski, and Peter Silkowski.

AQUA swimmers also participated in the 14 & Under A Meet Oct. 31-Nov. 2, improving in 69% of their events. Cole Cragin (4) and Ellen Lobb (3) improved in 100% of their swims. New TAGS times were earned by Cole (1) and Caroline McElhany (2), and 9 new team records were set by Jenny Claydon (2), Cole (2), Lynn Fahey (2), Jennifer Joines (1), Ellen (1), and Caroline McElhany (1). Coach Harold was especially impressed with the swims in the 400 IM including the fact that all resulted in best times, and that each of the swimmers applied effective strategies and outstanding efforts to the races. This meet also saw a high degree of team support for AQUA swimmers. Swimmers were cheering on deck for teammates in the water. This also means that our swimmers are reading Coaches Corner. Awesome!

Check out the new awards for swimmers of the meet—AQUA logo bag tags next time you see a recent swimmer of the meet on deck.

### MEET ENTRY NOTICE

Our meets have been well-attended so far this year. Keep it up. If you have any meet entry questions, contact Kelli Baliker at 281-488-3943. Next meets are November 21-23 (early deadline passed), December 5-7 (Gulf Senior Champs & Winter Champs), and December 12-14 (Gulf Champs). Whenever possible, email meet entries to Kelli via the on-line form for each meet. 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. You can still pay entry fees to the coach or parent on deck.

### *AQUA Board Meeting*

**Mon., Dec. 8, 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.

*Will you be a better swimmer tomorrow because of what you did in training today?*

## COACHES' CORNER

Attendance: "How many practices a week should I attend?" The answer to this FAQ depends on many variables, but most swimmers will fall into the following categories.

- The **red** swimmer is trying to determine whether swimming is the sport for him or her, while at the same time working to master the four strokes. Red group swimmers are likely involved with other activities. Two to three times a week would seem to be the best fit here.
- The **white** group swimmer has legal strokes but wants to be faster. The additional 30 minutes in the pool each day will increase endurance. Three times a week should fit most schedules.
- The **blue** group swimmer wants to see how much improvement will occur by increasing the time in the water each day to two hours. These swimmers may still be involved with a limited number of other activities, but a commitment to practice four times a week is needed here.
- The **gold** group swimmer has decided that swimming is the sport for him or her. Except when family or school priorities dictate otherwise, five times a week should be scheduled in this group.
- **Senior** swimming involves total dedication to the sport. **High school** swimming commitments should be coordinated such that daily doubles become part of the routine and six to eight practices per week should be expected.

The best progress reports are the ones generated by attendance and performance at meets. Swimmers should look carefully at the meet schedules and plan to participate in one meet each month.

## WARM-UP / COOL-DOWN

Note that we now have a M, W, F practice schedule at Stevenson Park pool in Friendswood. The pool is HEATED, and may be a good logistical fit for you or others you know in the area looking for a nearby pool to practice year-round. Check the calendar for practice schedules, and consider taking advantage of this additional practice facility. We will continue to use this facility, weather permitting, as long as we have reasonable attendance.

## HOT FASHIONS FOR COOL WEATHER

Check out AQUAwear on the team website [www.swimaqua.org](http://www.swimaqua.org). There are a large number of team logo items available, including sweatshirts, t-shirts, parkas, caps, window decals, and towels. AQUA makes these items available to members at cost as we are a swim team, not a clothing retailer. These items offer attractive designs, and really are a great value. If you want anything embroidered and personalized, you can contact Marcy Barr and she can supply information.

If you have any apparel questions, contact AQUA via the website or ask a parent on deck. Other teams comment regularly that our kids are a cohesive and enthusiastic group at meets, and a part of that is the recognized logo and team banner available on AQUAwear.



## BEWARE OF 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 Kelli Baliker 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.