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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*

## Long course times to write home about

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Meet Entries  
Kelli Baliker

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**A**QUA swimmers attended three meets since the June newsletter. In the first, at the STAR meet at the Medical Center pool May 16-18, times improved in 72% of events. Swimmers performed well despite difficult conditions. Had the sun had not been directly overhead during the backstroke events, improvement could have been as high as 87%. Where were those tinted goggles when we needed them most? Swimmer of the Meet was John McElhany, with 100% improvement in six events. Other swimmers with 100% improvement include Lauren Fiske (2), Alec Korogodsky (2), Lauran McCormick (2), Amy Pendegrass (4), and Stephen Sun (3). There were two new team records, one set by Peter Silkowski in the 400 free and other by the 13-14 girls 200 free relay of Katharine Silkowski, Sara Pendegrass, Lauren Barr, and Jennifer Godinich.

In the second meet, two dozen AQUA swimmers and almost that many parents traveled to San Antonio for the Alamo Area Aquatics Outback Invitational. In a competitive meet with a good format at a better than average facility, our swimmers turned in some inspired performances. Rachel Cragin was Swimmer of the Meet with 100% best times in six events. There were two new TAGS times by Cole Cragin and Christie Latimer, and 7 new AQUA records by Jenny Claydon (1), Cole Cragin (1), Ellen Lobb (1), and Caroline McElhany (4).

In the most recent meet June 6-8, AQUA invaded DADS club and swimmers improved times in 72% of their events. Swimmers with 100% best times were Lauren Barr (1), Mark Egerman (4), Lauren Fiske (2), Noelle Gilman (2), Diana Sepulveda (1), and Stephen Sun (3).

With only a couple of meets left in the long course season for most swimmers, Coach Harold asks that everyone look carefully at the leader and record boards. Many records can be set and there are some TAGS individual and relay times that can be attained with some good swims in the next meets.

### WHAT TIME IS IT?

Here at AQUA, what do we do following a great time at the short course social in April and some great meet events in May and June? The answer is to plan another social! AQUA will have its next social at the end of long course season **August 17 at the La Porte wave pool from 6:30 pm to 8:30 pm.** The Board asks all swimmers planning to attend to invite another AQUA swimmer not otherwise planning on coming. These events are too much fun for only half the team to participate, so let's each make an effort toward 100% participation!

*Next AQUA Board Meeting*  
**Mon., July 14, 2003 — 8:30 pm**  
**Gloria Dei Church — Nassau Bay**

## LC SEASON WINDING DOWN

Next meets on the schedule are the FCST/STAR A & Up meet June 20-22 and the TWST BB & Under the following weekend. Swimmers wanting to swim at the Summer and Gulf Champs meets in July will need times for entry. Our coaches strongly encourage our swimmers to compete to assess improvement and to gain experience. Check our practice schedule and team calendar for entry deadlines.

Meet information, entry forms, and invitations are available at all pools typically three weeks prior to each meet. You can eEnter meets with an on-line meet entry form and email link to Kelli Baliker available on the team website. Contact any of the coaches or Kelli at (281) 488-3943 or kbaliker@houston.rr.com with questions about meets and entry procedures.

## GOOD LUCK TO CCSL SWIMMERS

AQUA has a large number of swimmers that are competing in summer league. The Board and coaching staff wish our athletes good luck and fast times at the Champ Series meets coming up in early July. As usual, AQUA-affiliated swimmers will take many blue ribbons!

## SUMMER MEANS SCHEDULE CHANGES

Please consult the weekly practice schedule updates available at the pools and via email. This summer, we have utilized six different pools at various times to work around summer league, water polo and pool maintenance. Our schedule should become more consistent and be predictable in three primary locations beginning in July.

Thank you for your patience with the coaches and the "pool guy." Our fall schedule will include La Porte and Creek high schools, and Pearland (Independence Park).

## MEMBERS COME THROUGH AGAIN

We asked for greeters, and got some. We asked for timers and got them. We asked for First Aid kits and got those, too. One of the signs of a cohesive team is that its members cooperate for the benefit of the team, sharing the load of running this organization. Thank you to all that volunteer for AQUA, and those who will most certainly do so again in the coming months.

## MEET ENTRY FORMS MODIFIED

A minor modification has been made to our meet entry forms to indicate your preferred (early, middle, or late) slot as volunteer timer. AQUA has always done a great job supporting meet hosts by providing timers to help meets run smoothly. This change will help our volunteer coordinators fill chairs during meets. Thank you for your volunteer efforts.

## "eENTRY" ON-LINE MEET ENTRY

In an effort to make it easier than ever to complete your meet entries, AQUA offers the "eEntry" website-based electronic meet entry form, if you so desire to utilize it. The online entry form will be made available for each meet as soon as meet entry information is posted on the Gulf website.

When you "submit" the form, you will receive a confirmation page you can print out, AND it automatically sends Kelli Baliker an email with the info you entered. It will also not let you submit unless you have filled in all pertinent info, like name, age, USA ID#, total entry fees owed, etc. A built-in calculator will even figure your entry fee total for you !

The form, of course, works hand-in-hand with the new prepaid meet entry account system, if you desire to utilize THAT feature, **but you may still pay by cash or check the "old-fashioned way" and use this electronic meet entry form.** You simply indicate on the new form how you will pay.

This "eEntry" system virtually eliminates all paper handling when entering and paying for a meet entry! New entry forms will be posted for every meet and will be tailored to that

meet. Links to meet-specific forms are indicated in the "Upcoming Meets" sections of the website.

### 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, Susan, Marcy and Barb 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 (and increasing) 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.