



Volume 4, No. 10
October, 2003

www.swimaqua.org
Hotline 281-488-1582

Bay Area Aquanauts
Houston, TX 77062

Turning today's potential into tomorrow's performance

Short course season — bring it on!

Bay Area Aquanauts

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Meet Entries
Kelli Baliker

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BELIEVE IT OR NOT — this is one of just two newsletters during the year with *no* meet results to report; but, AQUAnauts are working hard to prepare for meets Oct 4-5 for 12-&-unders, and Oct 11-12 for 13-&-overs, and their parents are working almost as hard to get on board with our meet entry rules. There have been a lot of questions on this recently, so here are some helpful hints to make meet entries easy.

For “veterans,” there is really only one addition to the procedure from last year. AQUA will submit entries to host teams using the faster of short course times from last spring and long course times that, when converted by host teams, provide a better (more appropriate) seed time for meets this fall. Don't worry! Kelli Baliker will do the conversion using the same method as all teams in Gulf Swimming. All you need to do is submit times on the meet entry form at both distances of the same stroke (example, submit 100-yard and 100-meter free times when entering the 100-yard free) when both are available.

For first-timers, the procedure is pretty simple. First, refer to the meet invitation either on our website or www.gulfswimming.org (under Meet Information) or to copies of the invitations available at practices beginning about three weeks before each meet. The invitation will provide order of events and other guidelines (max. number of events per day, etc.). Complete the form, indicating, in particular, swimmer name, event number, and seed

time. If you have no times, or are not sure, simply put "NT" for no time. The handbook on the AQUA website is also helpful.

The most important thing to remember is the team entry deadline. Since we electronically submit our entries as a team, we are subject to strict deadlines. If you miss a team entry deadline, it's not the end of the world. Most meets allow on deck entries the morning of the meet, but the cost per event is double the day of the meet. If you miss a deadline and plan to enter "on-deck", let your coach know so they know to expect you the day of the meet. Meets are fun, and exciting. You'll see great numbers of personal best swims, occasional records, and perhaps even a parent enter the water accidentally.

COACHES' CORNER

This is a new feature that we'll include in the newsletter each month. Check out pearls of wisdom from the coaches, and feel free to request insights from our poolside pundits on a particular topic. Our only request is that topics be of broad appeal, and that they be related to swimming. Simply contact the newsletter editor via email from our website or Coach Harold with any special requests.

AQUA Board Meeting
Mon., Oct. 13, 2003
8:30 pm
Gloria Dei Church — Nassau Bay

Coming together is a beginning; keeping together is progress; working together is success.

TEAM SOCIAL: THE BIGGEST YET

AQUA held its long course social August 17. We had our best attendance yet for a team social. There were first-, second-, and third-year awards presented to all swimmers, and a number of T16 awards presented for 2002 LC season. Congratulations to Adriana and Julia Sepulveda, Caroline McElhany and Ellen Lobb for a series of relay and individual T16 awards. AQUA also recognized most valuable and most improved male/female in each age group.

10 & Under Girls

MV--Rachel Cragin

MI--Lauren Fiske

10 & Under Boys

MV--Cameron Dyer

MI--Ryan Swaney

11-12 Girls

MV--Caroline McElhany

MI--Aimee Pendegrass

11-12 Boys

MV--Cole Cragin

MI--Will Kolodgie

13-14 Girls

MV--Lynn Fahey

MI--Sara Pendegrass

13-14 Boys

MV--Mark Grijalva

MI--Taylor Cryan

15-18 Girls

MV--Devren Hobbs

15-18 Boys

MV--Alec Korogodsky

MI--Jared Schneider

Congratulations to award winners! One last item: when Coach Harold asks the method for determining MV and MI award recipients next spring at the SC awards picnic, here are the answers. MV is the swimmer scoring the most individual points (or placing the

highest if not scoring) at the highest-level meet attended by AQUA in that age group for that season. MI is the swimmer that showed the most improvement as measured by the percentage drop in time in each event contested at least two times during the season. Now there will be no excuses for wrong answers!

WARM-UP / COOL-DOWN

Mother Nature limits our access to unheated outdoor training facilities each year to the months of May through October. Best guess is that we only have a few more weeks before the Pearland pool will be too chilly to use for training. That is unfortunate, since long course training provides conditioning superior to short course training. Even when we are preparing for competitions in short course, the coaches encourage all swimmers to take advantage of this training opportunity while it is available. The current schedule has us at Pearland Tuesday, Thursday and Friday evenings.

2003-2004 MEET SCHEDULE

The meet schedule for the next year has been posted on the Gulf Swimming website www.gulfswimming.org. It looks like 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

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.

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 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.

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.