



Volume 4, No.9
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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 ends long course season on top

Bay Area Aquanauts

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AQUA performed best of any area USA Swimming team both in terms of individual performances and team results at the three season-ending July championship meets. AQUA is all about helping swimmers reach their potential, focusing on practice of good technique and encouraging our swimmers to perform their best in each competition we attend. The coaches and board commend all our swimmers for a great long course season, including most importantly the great number of personal best swims and team records achieved this summer.

At Gulf Champs, there were new TAGS times by Cole Cragin (1) and Ellen Lobb (2), and 24 new team records set by the 11-12 girls 200 medley and 400 medley and free relays (Kacie Baker, Jenny Claydon, Ellen, and Caroline McElhany), the 13-14 girls 400 free medley relays (Lynn Fahey, Jennifer Joines, Diana Sepulveda, Katharine Silkowski), and individually by Kacie (3), Jenny (2), Cole (3), Lynn (4), Mark Grijalva (1), Jennifer (1), Ellen (2), and Caroline (3). This record slate includes 14 of the 18 records in events swum by the 11-12 girls age group. Well done!

At Summer Champs the following weekend, AQUAnauts improved in 69% of the events swum. Swimmers of the Meet, with 100% improvement in all nine of their swims, were Taylor Cryan and Katharine Silkowski. Additional swimmers with 100% best times were Grace Baliker (2), Lauren Fiske (4), Jennifer Joines (4), Rebecca Pendegrass

(3), Peter Silkowski (1), and Blake Swaney (3). One new TAGS time (and team record) was earned by Lynn Fahey as she won the 200 free.

Finally, AQUA participated in the state championship for age group swimmers (TAGS) the last weekend in July. The team placed 15th in competition with all the USA Swimming teams in Texas. AQUA swimmers improved in 84% of their events. Swimmer of the Meet was Jenny Claydon, with 100% best times in seven events. Other swimmers with 100% best times were Cole Cragin (6) and Christie Latimer (2). Three individual Top 16 (in the nation) times were earned by Caroline McElhany, and the 11-12 girls (Kacie, Ellen, Jenny and Caroline) swam Top 16 times in all four of their relays. Twenty-two team records were set at this meet, including Kacie Baker (1), Jenny Claydon (5), Cole Cragin (6), Ellen Lobb (1), Caroline McElhany (5), and the 11-12 relay girls (4). The 11-12 girls as a group broke team records in 16 of their 18 events contested at this meet.

AQUA Board Meeting

Mon., Sept. 8, 2003

8:30 pm

Gloria Dei Church — Nassau Bay

Business meeting; all encouraged to attend

COACHES PRESCRIBE A LITTLE "R&R"

As seasons finish, it is wise to allow bodies time to Rest and Recover from a long and difficult training period. This should be followed by a Return (to the pool) & Recommitment to getting better next season!!

SCHEDULE CHANGES COMING

Please note as school begins that AQUA's training schedule will return to evenings only at several locations. We will be using Pearland, La Porte and Creek pools in the evening beginning later this month. In addition, due to growth in our registration last year, we will try to schedule training to maintain no fewer than 10 practices per week meaning typically no fewer than two practice locations each weekday evening. Keep an eye on our schedule for updates.

GOLD MEDAL CLINIC

Gulf Swimming sponsors clinics each spring and fall, led by a prominent figure in swimming, allowing each team a specific number of spaces to send swimmers. The fall clinic will be held on Sunday, September 21 from 10am-2pm at the new UH natatorium. Olympic athlete (gold medalist, 200m fly, Sydney 2000) and motivational speaker, Misty Hyman, will lead the clinic. The cost is \$10 per swimmer. Interested parties should email Coach Harold ASAP but in any case not later than Saturday August 16 so that AQUA will have time to prepare its application.

FEE CHANGES ON THE HORIZON

Last month, we reported that a portion of the increase in the USA Swimming and Gulf Swimming 2004 registration fees would be passed through to AQUA swimmers when they register for 2004 this fall. Of the total national and local LSC fee increase of \$15 per year per swimmer, AQUA will pass along just \$10 per swimmer per year. This will result in a registration fee increase from \$70 to \$80 payable to AQUA beginning this fall. Our apologies for an error in the newsletter last month when we reported the incorrect total new fee per swimmer.

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. The coaching staff will also be preparing a schedule including Gulf Age Group and Senior meets that the team will support, as well as search for a quality out-of-town meet. If you have questions about the schedule, contact a board member or coach.

NEW YEAR REGISTRATION DATES SET

AQUA will hold swimmer registration for 2004 the evenings of September 3 [Creek] & Sept. 4 [La Porte]. In addition, Texas Swim Shop will be at La Porte pool Wednesday, September 17th from 5 pm to 7 pm with equipment, suits, etc. This is a great opportunity and a convenience for families to have equipment easily available for purchase.

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.



BUSINESS MEETING UPCOMING

Our next board meeting is Monday, September 8 at 8:30pm at Gloria Dei in Nassau Bay. This will be the annual business meeting where the board considers the budget, among other things. The board encourages increased participation by parents at our monthly meetings.

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 this month.

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.