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www.swimaqua.org
Hotline 281-488-1582



Bay Area Aquanauts
Houston, TX 77062

Turning today's potential into tomorrow's performance

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Anyone who participated in meets this year must have now experienced the energy and excitement of a great swim or a close relay finish. Having witnessed several such exciting moments this year, the editorial staff hereby endorses meets and good, old-fashioned racing without equivocation or hesitation. Whether dropping time, making a goal time, earning a group promotion, making a final, setting a record, or winning an event as an individual or a team, AQUAnauts put on a great show this year, and they justly deserve our pride and praise.

MEET SUMMARIES

On February 14-15, 11 AQUA swimmers participated in the B & 12 & Under Meet at Alief dropping time in 59% of their events. Alyssa Mullery was the Swimmer of the Meet with 100% best times in six events. Ryan Swaney was also 100%.

Fourteen AQUA swimmers participated in Last Chance TAGS Feb 20-22, improving times in 71% of their swims. Swimmers of the Meet, with 100% improvement in their five events were Caroline McElhany, Adriana Sepulveda, and Justin Russo. Julia Sepulveda improved at a 100% rate in two swims. There were many notable efforts at this meet, including 10 new TAGS times by Adriana Sepulveda (2), Julia Sepulveda (1), Rachel Cragin (1), Will Kolodgie (2), Justin Russo (3), and Peter Silkowski (1). Thirteen AQUA records were set by Kacie Baker (1),

Jenny Claydon (3 including 1 Sectional and Senior Circuit time), Caroline McElhany (5 including one T16 time and one Sectional and Senior Circuit time), Cole Cragin (2), and Justin Russo (2).

Fifteen AQUA swimmers participated in the Katy 13 & Up Meet March 5-7, improving times in 74% of their events, and earning a very productive 5th place as a team. Swimmers of the Meet were Taylor Cryan for 100% improvement in 10 swims and Jenny Claydon who earned high-point honors for the team and 100% improvement in nine events. Other AQUA swimmers with 100% best times were Kari Burrell (6), Lauren McCormick (3), Alec Korogodsky (3), and John McElhany (7). There were five TAGS times and a Sectional time earned by Jenny, and a new Sectional time earned by Jared Schneider. In addition, no less than 22 team records were set by the 15-18 girls 400 free and medley relays teams of Jennifer Joines, Maggie Eicks, Lynn Fahey, and Sara Pendegrass, the 15-18 boys 400 free and medley relays with combined efforts of Jared Schneider, John Christopher, John McElhany, Mark Egerman, and Alec Korogodsky, Jenny Claydon (5), Lynn Fahey (1), Jennifer Joines (2), Sara Pendegrass (1), John Christopher (1), John McElhany (2), and Jared Schneider (6).

AQUA Board Meeting
Mon., April 12, 2004
8:30 pm
Gloria Dei Church — Nassau Bay
BOARD ELECTIONS !!

Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary.



WHEN 10th IS TOPS AT TAGS

AQUA swimmers participated in the Texas Age Group Swimming (TAGS) Meet Mar. 4-7 and improved in 78% of their events. Notably, 14 AQUAnauts qualified for the meet making Kacie Baker, Caroline Baliker, Jenny Claydon, Rachel Cragin, Ellen Lobb, Caroline McElhany, Adriana Sepulveda, Julia Sepulveda, Cole Cragin, Cameron Dyer, Will Kolodgie, Peter Silkowski, Steven Sun, and Justin Russo the largest AQUA team ever to qualify for TAGS.

This team combined for 154 points (most ever) and a 10th-place finish which was good for a second TAGS flag for AQUA in its 3½-year existence. This is a great team accomplishment for AQUA as it placed ahead of 14 larger teams in the standings. The flag is proudly displayed on the AQUA website. Swimmer of the Meet was Caroline McElhany who improved in 100% of her 9 swims (including nine T16 times, nine team records, six Sectional times, and five Senior Circuit times), and she had seven individual finals and five event wins, including two TAGS records in the 200 back and 200 IM. Cameron Dyer also had a great meet, improving in all seven of his events, making finals in five events, and setting two team records along the way.

AQUA set an additional 9 team records at TAGS, including the 11-12 girls 200 free relay (Caroline McElhany, Caroline Baliker, Adriana Sepulveda, Ellen Lobb), 11-12 girls 400 free and 400 medley relays (Caroline McElhany, Julia Sepulveda, Adriana Sepulveda, and Ellen Lobb), and Cole Cragin (6). AQUA swam an additional 9 Top 16 times at the meet including the three 11-12 girls relays, Ellen Lobb (2), and Cole Cragin (4). Ellen Lobb also added two Sectional qualifying times to the meet resume.

COACH'S CORNER

Team AQUA Greatness Shows (TAGS)

AQUA earned a 10th place flag at TAGS again. The issue was in doubt until the last race was finished; for sports fans, it could not have been more exciting. In a repeat of events two years ago, our last swim was a girls 400 medley relay that we swam in lane two and finished second by a fraction of a second. Those 14 points provided us with a 3-point edge over the 11th place team, Katy. This was a complete team accomplishment. Parents were cheering and keeping tabs on the exact score of all the teams close to tenth place. Even parents at home in Houston were communicating by cell phone to let us know the latest updates on the North Texas website. Swimmers encouraged their teammates. Parents banded together in the stands. Swimmers stayed together on deck.

It would be difficult to identify and express appreciation for all those who made this experience enjoyable. However, I would like to thank publicly the Cragins for hosting the TAGS dinner, and I would like to thank Patty McElhany and those assisting her for assembling the TAGS clothing and spirit bags. Both of these activities were greatly appreciated by our swimmers.

A casual observance of children in today's society shows how rude and crude they can be. Our society seems concerned with the wants of the children to a degree that manners and character frequently are not developed well. This TAGS weekend, our swimmers were respectful of others, of the facility, and of me. They displayed the very best sportsmanship and competitiveness. Several coaches complimented me on how well AQUA swimmers looked both in the water and on deck. I am extremely proud to have the honor of being associated with this AQUA group of young people. Both they and their parents have reason to be righteously proud.

Way to go, AQUA !!

PROMOTIONS KEEP COMING

Based on the Feb-Mar 2004 meet results, Jenny Claydon and Caroline McElhany have met the time requirements for the Senior group. We've had a large number of promotions in the last few months indicating the improvement our kids have been making. Extend the well-deserved congratulations to each of these swimmers at the next opportunity.

LOOKING FORWARD TO LONG COURSE SEASON

Long Course season opens with a split session Open meet April 23-25. We will probably swim at DADS with 13-and-overs in the morning and 12-and-unders in the afternoon. Please make plans to enter this meet. We are also considering out-of-town meet options for long course season to the extent we find a good meet with the right timing, at a good pool, in a good location. A meet satisfying these criteria will be announced and placed on the schedule. Get pumped about the Long Course season!

If you have any meet entry questions, contact Kelli Baliker at 281-488-3943. Whenever possible, please try to 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.

Memo to all AQUA meet volunteers – whether timers, officials, coaches or enablers behind the scenes such as meet entry and volunteer coordinators, or the treasurer – we continue to have successful meets and always help cover volunteer needs of the meet. Thank you!

AQUA TOWELS

Are you interested in a monogrammed AQUA towel? We are taking orders — white with our AQUA fish and swimmer's name for \$13.59 each. Please contact Patty McElhany if you are interested: mcelhany@earthlink.net

SPRING SOCIAL

The spring social will be a B-B-Q on **Sunday April 18, 2004 from 3-6 pm** at Frankie Carter Randolph Park on 2351 in Friendswood. We have the same pavilion and grill facilities we had for this event last year. This is a lot of fun and the weather has been ideal the past two years. More information will be forthcoming soon.

SUMMER WARM-UP IN SPRING

AQUA started a summer league warm-up program offering at Stevenson Park pool in Friendswood on Monday, Wednesday and Friday evenings during March and most of April. It's never too late to get in the water. Stop by the pool, or direct interested swimmers to the pool any M, W, or F, and try out AQUA.

HOT FASHIONS FOR SPRING WEATHER

Check out AQUAwear on the team website 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 have any 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.



NEXT BOARD MEETING & BOARD ELECTIONS

Please make plans to attend the Board meeting on April 12th, since we require a quorum of 25 percent of active members to validate the election. Annual elections cover one-half the Board for terms of two years. Whatever inspires you, it is our hope that all will participate in this election of members to carry on the administration and leadership of the team. Rock the vote!