



Volume 5, No.87  
August, 2004

[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*

## That championship feeling

### Bay Area Aquanauts

President  
Patty McElhany

Vice-President  
Ken Baliker

Treasurer  
Marcy Barr

Secretary  
Scott Cragin

Directors  
Rick Jones  
Fritz Claydon  
Dan Joines  
Jim Kolodgie

Meet Entries  
Kelli Baliker

Head Coach  
Harold Johnston

**L**ong Course championship season is here, and with it the last opportunities for most swimmers to compete before October 2004. The remaining championship season includes Summer Champs, TAGS, Sectionals, Nationals, and yes, the Olympics, making this a special year for swim fans to enjoy some new world records, and for others just to become swim fans for the first time. AQUA coaches encourage all AQUAnauts to "make a splash in competition". Consult the AQUA website for upcoming meets and invitations. A listing of area meets is also available on [www.gulfswimming.org](http://www.gulfswimming.org) under "Meet Information". Whatever your objective – dropping time, making a goal time, earning a group promotion, making finals, setting a record, or winning an event as an individual or as a team – none should miss the energy and excitement of a great swim or a close relay finish at a meet. If you have questions, ask a coach, consult the meet invitations, or contact our meet entry chairperson at [kbaliker@houston.rr.com](mailto:kbaliker@houston.rr.com).

will also help AQUA answer a challenge by the LSC that more teams, particularly mid-sized teams that have never hosted meets, become certified to host meets to the high standards set by Gulf Swimming. We have a large number of talented folks with meet operations experience, and we hope to tap this resource and run a professional and fast meet. Willing and able volunteers should contact Fritz Claydon, our Meet Director.

### TIME TRIALS SEPT. 11

The Board has also recommended AQUA offer a team time trial on September 11, also at LPHS. This will allow new swimmers the opportunity to become familiar with a meet environment, and it will allow AQUA to test equipment, and identify any needed repairs prior to the meet Oct 2-3..

### HOT MEET SUMMARIES

Eighteen AQUA swimmers participated in the DADS A Meet June 18-20. Despite another rainy DADS meet, AQUArrians improved in 59% of the events entered. Swimmers of the Meet were Cole Cragin and Jared Schneider, both improving in all six of their individual events. Among the individual highlights, Jared earned 3 Sectional times. Ellen Lobb and Caroline McElhany each added 1 new T16 time as well. Six new TAGS times were earned by Jenny Claydon (2), Rachel Cragin (2), Adriana Sepulveda (1), and Mark Grijalva (1). Team highlights included 21 new records by the 13-14 girls 400 free and

### AQUA TO HOST MEET OCTOBER 2-3

– AQUA bid for and won a meet hosting assignment from Gulf Swimming last month. We will host a 12-and-under open meet October 2-3 at La Porte HS pool. In the fall, AQUA will enter its fifth year of operation, and we feel it is time to take this volunteer step to promote swimming in our LSC. This

*Swimmers are like tea bags . . . the longer they are in water, the stronger they get.*

medley relays (Kacie Baker, Jenny, Diana Sepulveda, and Katharine Silkowski), Kacie Baker (1), Jenny (3), Jennifer Joines (2), Ellen (1), Caroline (3), Jared (6), Cole (2), and Taylor Cryan (1).

AQUA was required by the Gulf LSC to assist in hosting this meet. A number of families volunteered in completing this assignment, and we received a shining report card for our efforts. Thank you to the many volunteer timers, computer operators, runners, and clerks of course.

On June 25-27, fifteen AQUA swimmers participated in the U of H BB & Under meet and improved times in 81% of events entered. Swimmer of the Meet was Sara Pendegrass, with 100% improvement in 6 events. Additional swimmers with 100% best times were Caroline Baliker (1), Kelsey Castro (4), Sarah Cragin (5), Nika Cranmer (2), Aimee Pendegrass (4), and Travis Roof (3). Sara Pendegrass also set the team record in the 15-18 girls 1500 meter freestyle.

Thirteen AQUA swimmers participated in the Gulf LSC Champ Meet July 8-11, improving in 68% of their events. Swimmer of the Meet was Caroline McElhany, who dropped time in all 9 of her individual events. Other swimmers with 100% best times were Mark Grijalva (7) and Kacie Baker (2). There were 8 new TAGS times, one each by Rachel Cragin, Adriana Sepulveda, Kacie Baker and Jenny Claydon, and 2 each by Mark Grijalva and Cole Cragin. Caroline also had 4 T16 times, 1 Sectional time and 3 Senior Circuit times during the meet. There were 4 additional Sectional times by Ellen Lobb (2), Jenny (1) and Kacie (1).

Twenty-three AQUA team records were broken including the 11-12 girls 400 free relay (Caroline, Julia, Adriana, and Ellen), the 13-14 girls 200 medley relay (Katharine Silkowski, Kacie, Jenny, and Diana Sepulveda), Ellen (1), Caroline (6), Julia (1), Jenny (3), Kacie Baker (2), Mark Grijalva (3), Cole (2), and Jennifer Joines (3).

## NEWEST PROMOTIONS

Adriana Sepulveda and Mark Egerman have been promoted to gold group on the basis of meet results during June. Congratulations to these athletes for their hard work and improvement.

## KOLODGIE TO JOIN BOARD

Jim Kolodgie has agreed to serve on the AQUA board, effective as of the July 12 meeting. The board would also like to thank Ted Eicks for his service to AQUA, and wish the Eicks family well with their relocation to Kingwood.

## CCSL CHAMP SERIES COMPLETED

Congratulations to all the AQUARIANS who competed on area summer league teams. AQUA had 18 swimmers finish as Top 10 scorers in their respective age groups, including no fewer than 3 in any one age group. Congratulations to Will Kolodgie and Luke Romanko who finished as THE top scorers in the 11-12 boys and 9-10 boys age groups, respectively.

## NEXT SOCIAL DATE

The LC social will be Saturday evening August 28 at the La Porte wave pool and park. Planning for this event is in the capable hands of Barb Kolodgie. Start time will be 6:30 pm, but get there early for set-up and fellowship. More details will be announced as the date approaches.

## 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, at [mcelhany@earthlink.net](mailto:mcelhany@earthlink.net).

## KEEP UP WITH PRACTICE SCHEDULE CHANGES

In July and August, we expect to continue with a Pearland morning practices, and also utilize both La Porte and Creek in an evening schedule. Become familiar with the calendar updates sent by coach Harold, and also the hotline number 281-488-1582 for the very latest schedule changes in the event of bad weather. We are in the process of working out our rotation with CCISD. At this time, we expect this will occur beginning Monday, August 16.

## NEW *Streamline* FEATURE

AQUA members have asked if there was some good way to notify others about lightly-used, outgrown swim items and equipment. Many times, these items can be made available to other team members at a savings versus the cost of buying new. It was agreed at the last board meeting to offer space in this newsletter for such items, but please, swim-related equipment items only! Email information on the item, and size, and provide a contact number or email address to kbaliker@pmicim.com.

## INFO FOR THOSE ON SCHOOL PE WAIVERS

Coach Harold discussed with the board a proposed change to the PE waiver requirements wherein PE waiver athletes will have a modest meet participation requirement considered in the grade for each grading period. This change reflects our expectation as a team that our swimmers compete from time to time as a gauge of progress.

***AQUA Board Meeting***  
**Mon., August 9, 2004**  
**8:30 pm – Room 113 - Gloria Dei**  
**Nassau Bay**

## FRUSTRATED BY SWIM VERNACULAR?

By popular demand, consider the following key definitions of popular swim vocabulary.

You may see **NS** or No Swim in meet results from time-to-time. This normally indicates a swimmer entered in the meet (and circled-in the morning of the competition) but did not show at the blocks when their heat/event was contested. Gulf Swimming assesses fines for each NS to discourage empty lanes in deck seeded meets. Please, try not to miss your events. If you must miss an event because of illness, let your coach know and they can approach an official to scratch you from the event without penalty.

***AQUA Awards (Most Improved and Most Valuable)*** are two awards presented each season at the awards picnic. Before the presentation, Coach Harold always asks the criteria for these awards, and receives blank stares back. This year we are publishing these definitions in advance. Based on the answers to Coach Harold's question, we will learn whether anyone reads this newsletter. No excuses! ***Most Improved*** refers to the swimmer with the best aggregate improvement during that particular season, as measured by percent improvement in all events where percent improvement can be determined (normally a minimum of 2 swims of each event) considered in the calculation. ***Most Valuable*** refers the swimmer with the most points or the highest non-scoring finish at the highest level meet in which an AQUArian in that age group competes during the season.

***Conforming Course*** refers to a time achieved in an event and distance at a pool of the same course as another meet. Non-conforming course times may generally be used for qualification at a meet. Consult the meet invitation or you meet entry guru if there are any questions as to what time to enter. Why? . . . because in many meets, non-conforming times are seeded as though they are the slowest entry times for that event, even when an accepted conversion of the time to the conforming course would produce a better seed. Ironically, in these cases it is usually better to enter a slower

conforming course time (even if it does not meet the qualifying time standard) than to enter with a qualifying, non-conforming course time. Go figure!

**AQUAnaut (âk wâ-nôt') n** 1. any one or group of persons trained to live in underwater installations, and conduct, assist in, or be the subject of scientific research. 2. an affiliation with AQUA for purposes of fun and fast swimming. [AQUA + Gk. *nautês* sailor < *naus*, ship]. AQUAnauts can be identified by their proficiency in all strokes, their severely bleached hair, and their strain under the weight of ribbons and medals.

**Streamline** — this describes the body position least resistant to productive motion

in the water. Swimmers should strive, through a combination of practice and feel, to determine their best streamline body position.

If you hear any strange terminology, and would like a simple definition, please refer to the AQUA handbook available on the AQUA website, or just ask someone who appears to have suffered the effects of long-term chlorine exposure. This feature will continue for as long as there is unfamiliar swimming vocabulary out there.

## 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 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. Benefit of the programs has held steady at about \$60 per month between the 2 programs. That's nice, but renewed awareness and emphasis on these programs is now needed to reach our goal of \$100 per month. Keep using the cards, and benefit AQUA at no cost to you.

### **AQUAWEAR AVAILABLE**

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 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.