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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

Busy swim winter continues

Bay Area Aquanauts

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Meet Entries
Kelli Baliker

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AQUA OUT IN FORCE AT AREA MEETS – AQUA swimmers continued to improve at high rate in two meets since the last newsletter. AQUA swimmers participated in the 14 & Under Open Meet Nov 22-24 at Klein Oak High School, swimming best times in 69% of their events. Swimmer of the Meet was Sara Pendegrass, with 8 best times in 8 swims. Other swimmers with 100% best times included Ellen Lobb (7), Stephanie Tzouanas (6), Rachel Cragin (5), Brian Bloomfield (3), Jacob Pendegrass (3), Alison Stav (3), Ruth Bernay (2), Victoria McLaughlin (2), and Kimi Butler (1). There were 11 new TAGS times by Cole Cragin (1), Cameron Dyer (4), Ellen (5), and Peter Silkowski (1). Thirteen AQUA team records were set by the 11-12 girls 200 free relay (Caroline McElhany, Adriana Sepulveda, Christie Latimer, and Ellen), 13-14 girls 200 medley relay (Katharine Silkowski, Kacie Baker, Jennifer Joines, Jenny Claydon), Kacie (1), Cole (4), and Caroline McElhany (6). In addition, Caroline and Ellen each had T16 times in the 200 back, and Cole won each of his individual events. Forty-one AQUA swimmers participated in this meet, the largest number so far this season.

Twenty-one AQUA swimmers participated in the Winter Champs Meet Dec 5-7 at the HCAP location, improving in 69% of the events entered. Swimmer of the Meet was Will Kolodgie, with 100% improvement in nine events. Other swimmers with 100% improvement include Caroline Baliker (8), Adriana Sepulveda (3), Julia Sepulveda (4),

Katharine Silkowski (3), and Stephen Sun (3). Four team records were set, two each by Mark Egerman and Alec Korogodsky.

MAKE JANUARY MEET PLANS NOW

Now is the time to look at the January and February meets on the Gulf website and make plans to attend one meet each month to demonstrate the improvement that is being shown in the practice pools. Meets have been well attended so far this year and our percentage improvement is high. Kids are focused on this and are cheering teammates on to great swims with regularity. This is one of the things that makes AQUA special. If you have any meet entry questions, contact Kelli Baliker at 281-488-3943. Please submit short course times or NT (no time) with meet entries. Our next meets will be January 3 (8&under Sprint Meet), January 9-11 (11&Up Open), January 17-18 (10&Under Open) and January 30-1 (Open). 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.

AQUA Board Meeting
Mon., Jan. 12, 2004
8:30 pm
Gloria Dei Church — Nassau Bay

People may doubt what you say, but will always believe what you accomplish.

COACHES' CORNER

Staying Well: Swimmers seem to have the right formula.

One of the benefits of a regular swimming schedule is increased health. Swimmers miss fewer days of school due to illness than just about any other group of students. There seem to be several factors at work here. Swimmers seem to avoid and deflect all but the strongest viruses and infections, even when most other students are afflicted. This is easy to understand. What self-respecting bug would choose to stay on a body that dwells in chlorine-infested waters for a couple of hours each day? Swimmers also enjoy increased cardiovascular fitness. After moving arms and legs almost continuously for one to two hours a day, how can one not be well and feel well? It is not unusual for national swimmers to have resting heart rates in the area of 40 to 50. Compare that with athletes in other sports. Swimming requires so much time and effort that one must carefully manage time. This tends to make swimmers better students. Better students take care of themselves. They bundle up when it is cold outside, and they follow the guidance of parents when they seem to be just a little under the weather.

Unfortunately, even the best swimmers occasionally become genuinely ill. In order to take care of themselves and their teammates, this requires special attention. No swimmer with a fever should ever attend swim practice. Practicing with a fever can severely fatigue the swimmer such that recovery can be extended. Practicing with a fever can transmit germs that may cause others at the pool to become ill as well. Let's continue to enjoy the benefits of good health that swimming helps create. Let's also take good care of ourselves and of those around us. 'Tis the season to be joyous. Happy holidays to one and to all!

SWIMMER PROMOTIONS

AQUA would like to recognize several new promotions. Mike Huntley qualified to move from red to white, Sara Pendegrass qualified

to move from white to blue, and Taylor Cryan qualified to move from blue to gold. These promotions represent significant milestones for these athletes, so please remember to congratulate each of these folks on deck the next time you see them.

DECK RULE REMINDER

To those parents and swimmers that attend meets regularly, well done. It is a good idea to review deck rules periodically for the benefit of first-time and regular meet contestants. One of the first things to do upon arrival the morning of a meet is circle in. This lets the host team know a swimmer is present. Circle-in rules allow host teams to seed heats "on deck" as the meet runs, and helps assure heats are full. If you have registered for an event, but intend to scratch, please do not circle in for that event. If you do circle in and are seeded into a heat during the meet, but fail to appear for your scheduled heat, the team is fined by Gulf Swimming.

Kids miss events for a variety of reasons, but the most common is that they don't pay attention to progress of a fast-running meet. We do have situations come up where a swimmer becomes sick or is injured after circle-in, and is unable to compete. Rules permit late scratches without fines in such cases, so be sure to let the coach on deck know if this occurs so that the scratch can be done properly with meet officials.

COVER UP THAT WET HAIR

We continue to utilize the outdoor heated Stevenson Park pool in Friendswood most Mondays, Wednesdays and Fridays, but this applies to each of our practice locations. As the weather changes and occasionally becomes cold, swimmers should remember to come to practice well-equipped for transitions to and from the water, and on the trip to and from practice. Extra towels and warm clothing, especially that easily put on and taken off might be helpful. Check the calendar for practice schedules, and also consider taking advantage of the Stevenson Park practice facility if this is convenient for you.

HOT FASHIONS FOR COOL 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.



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 Kelli Baliker 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.

NEXT BOARD MEETING

Our next Board meeting is Monday, January 12 at 8:30pm at Gloria Dei in Nassau Bay. These meetings can be informative. They allow parents to keep up on events and team plans, and the Board always welcomes participation by parents.