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[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*

## AQUArians — fastest fish in the water

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**L**ong Course season is rapidly coming to a close, and opportunities to enter meets are becoming limited. Why? There is just one qualifying meet cycle remaining before the Championship season starts with Gulf Champs, Summer Champs, and TAGS.

The Championship meets generally do not allow "NT" entries, so swimmers must have participated in a prior meet in order to qualify. That leaves just the DADS A-&-up meet June 18-20, and the UH BB-&-under meet the following weekend to earn qualifying times for these end-of-season meets.

AQUA coaches encourage all swimmers to participate in meets. Our meet attendance has been good over the years, BUT . . . it can and should be even better. 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 – no one should miss the energy and excitement of a great swim or a close relay finish at a meet. If you have questions about which is the appropriate meet, you can ask a coach, consult the meet invitations, or contact our meet entry chairperson at [kbaliker@houston.rr.com](mailto:kbaliker@houston.rr.com).

### 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-&-under open meet October 2-3 at the La Porte HS pool for a group of Gulf teams yet to be determined. 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. 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.

### 4 MEET SUMMARIES IN A SINGLE MONTH

Ten AQUA swimmers participated in the MAC BB-&-under meet May 15-16 in Magnolia. Improvement in times was determined to be 94%. Swimmer of the Meet was Ryan Swaney with 7 best times in 7 events. Others with 100% best times included Mike Cragin (4), Jeremy Dao (4), Zachary Dao (6), Craig Hobbs (2), Shanna Jones (6), and Travis Roof (3).

As a result of the swims at this meet, promotions are in order for **Mike Cragin** to the White group, **Shanna Jones** to the Blue group, and **Travis Roof** to the Blue Group. Congratulations!

Fifteen AQUA swimmers participated in the DADS BB-&-under meet on June 4-6. Swimmers improved times in 73% of the events. Swimmers with 100% best times included Lauren Fiske (4), Alyssa Mullery (4), Shannon Orlando (3), and Jacob Pendegrass (4). Sara Pendegrass set a team record in the 15-18 girls 200 breast.

Fourteen AQUA swimmers participated in San Antonio meets the same June 4-6 weekend. The Swimmer of the Meet was Jenny Claydon. Ellen Lobb earned a new TAGS time in the 11-12 girls 200 breast. Also, eleven AQUA team records were set by Ellen Lobb (1), Jenny Claydon (4), Cole Cragin (2), Maggie Eicks (1), and Jennifer Joines (3).

AQUA did not include the TWST meet on Memorial Day weekend on the LC schedule, but we had 7 swimmers attend all or a portion of this meet to swim specific events. Although AQUA did not promote or support this meet as a team, we support the efforts of these athletes, and encourage them to compete.

**NEW PROMOTION:** Nika Cranmer is now eligible to move from the White practice group to the Blue group. Congratulations!

### NEXT SOCIAL DATE ANNOUNCED

The LC social will be Saturday evening **August 28** at the La Porte Wave Pool and Park. Start time is expected to be 6:30 pm. It's never early to make plans to attend this event. 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

June and July are expected to continue with a Pearland morning, La Porte HS afternoon and Clear Creek HS evening schedule. Coach Harold expects to move La Porte practices to evenings by mid-July once the CCSL season ends. 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. The practice schedule is also updated on the website as often as possible. We anticipate a rotation from Creek to Clear Lake HS beginning in August. For those using Pearland, keep in mind the bridge repairs at the regular park entrance are scheduled through the balance of June. The best/only access to the pool is currently off of Pearland Parkway. Keep an eye on the calendar.

### 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](mailto:kbaliker@pmicim.com).

### INFO FOR THOSE ON SCHOOL PE WAIVERS

The board recently discussed a 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.

## FRUSTRATED BY SWIM VERNACULAR?

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

**NT** or No Time is what we enter when a swimmer does not have an official time in an event. NT's are generally seeded in early heats of an event with other similarly-entered swimmers from other teams. As a team, AQUA does not support entering fictional times for swimmers to improve their meet seeds.

**Course** refers the pool size for a given competition. AQUA participates generally in short course (25-yd pools) between September and March, and long course between April and August. Long course can include either LCM (50-meter pools) or SCM (25-meter pools).

**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 be used for qualification at a meet but these are generally converted to conforming course times prior to seeding.

**Conversions** - depending on the meet format, swimmers are generally allowed to use times from any course to enter a meet contested in any other course. For example, a swimmer may use a LCM time to qualify for a SCY meet event of the same stroke and distance. Some teams enter swimmers with the faster of the conforming course or converted non-conforming course time. AQUA typically does not encourage use of converted times for entries since time conversion formulas may be inaccurate and this may create seeding disadvantages at certain meets.

**Swimmer of the Meet** - AQUA tries to recognize one or more swimmers each meet for the body of effort or performance demonstrated at that meet. Generally, a swimmer that improves in 100% of eligible events entered for the meet is so

recognized. From time-to time swimmers may not be recognized if 100% improvement is demonstrated in fewer events such as occurs if a swimmer attends one day of a 2-day meet, or swimmers may be recognized as SOM for less than 100% improvement if the overall conditions or swimmer performance at the meet warrants such recognition. The common thread in all SOM awards is unique performance at any level.

**Swim Mom** - this generally refers to the visor-wearing lady in the minivan or SUV, perpetually loaded with coolers, deck chairs and swim bags who can recite these definitions from personal experience. Swim moms are able to leap tall bleachers in a single bound, use laser vision to circle-in from great distances or when in large crowds, and are able to simultaneously put on a cap of one child with one eye and one hand while operating a stopwatch with the other hand and observing a race with the other eye.

**Body Balance** - this describes the desired body position in a number of the drills your children perform in practice. Swimmers should strive, through a combination of physical movements and motive forces during swimming to achieve a good balance in the water.

**Swim Dad** - refers to the male responding to the instructions of the Swim Mom.

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.

**AQUA Board Meeting**  
**Mon., July 12, 2004**  
**8:30 pm – Room 113 - Gloria Dei**  
**Nassau Bay**

## **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.

## **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 now 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.