



Volume 5, No. 6
June, 2004



www.swimaqua.org
Hotline 281-488-1582



Bay Area Aquanauts
Houston, TX 77062

Turning today's potential into tomorrow's performance

Meet me !!

Bay Area Aquanauts

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Meet Entries
Kelli Baliker

Head Coach
Harold Johnston

AQUA coaches encourage all swimmers to participate in meets, even when they are a soggy mess like the DADS meet April 23-25. 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 under "Meet Information". Meets provide great feedback on progress made in the practice pool. Meets are really easy to enter, and no matter what the situation, there will always be other AQUA swimmers and parents that can walk you through the process. 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.

LC SEASON OPENS WITH A CLOUDBURST

Forty (40) AQUA swimmers participated in the mudfest at DADS Club April 23-25 improving in 83% of their events. Swimmers of the Meet were Caroline Baliker, Ellen Lobb, Caroline McElhany, Adriana Sepulveda, and Julia Sepulveda, each with 7 best times in 7 events. Others with 100% improvement include Kari Burrell (3), Sarah Cragin (2), Sierra Dyer (3), Shannon Orlando (3), Aimee Pendegrass (2),

Rebecca Pendegrass (6), Sara Pendegrass (5), Ellen Preston (2), Mark Egerman (4), Mark Grijalva (4), John McElhany (4), Jacob Pendegrass (4), Stanley Sun (3), Stephen Sun (3), and Blake Swaney (6).

Ten new TAGS times were earned by Rachel Cragin (1), Ellen Lobb (4), Adriana Sepulveda (1), Julia Sepulveda (3), and Caroline McElhany (1). Caroline also added one Senior Circuit time. In addition, there were fifteen AQUA team records were set by Jenny Claydon (2), Lynn Fahey (3), Jennifer Joines (1), Caroline McElhany (5), Sara Pendegrass (2), Mark Grijalva (1), and Justin Russo (1).

AQUA had 15 swimmers at the FCST A Meet May 7-9 improving times in 80% of the events entered. Swimmers of the Meet were Jenny Claydon, Ellen Lobb, and Adriana Sepulveda, each with 100% best times in seven events. Other swimmers with 100% improvement are Taylor Cryan (1), Will Kolodgie (6), and John McElhany (6).

There were nine new TAGS times by Jenny Claydon (5), Ellen Lobb (1), Adriana Sepulveda (1), Will Kolodgie (1), and the 13-14 girls 200 medley relay (Katharine Silkowski, Kacie Baker, Jenny Claydon, and Diana Sepulveda). Congratulations to that relay as it is the first time AQUA has qualified relays in two age groups of boys or girls for the same TAGS meet. Also of note were 4 Sectional times by Jenny, and 2 T16 times, 1 Sectional and 1 Senior Circuit times by Ellen at the meet.

The monthly assault on the record board also continued with 21 AQUA new team records by Kacie Baker (2), Jenny Claydon (7), Lynn Fahey (1), Jennifer Joines (3), Ellen Lobb (3), the 13-14 girls 200 medley relay; Cole Cragin (1), Mark Grijlava (2), and John McElhany (1).

FRUSTRATED BY SWIM VERNACULAR?

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

Drop-or PR (Personal Record) may also be referred to as an LTB (Life Time Best) or just a great swim. This is what we strive for at AQUA, individual improvement producing a positive reflection on the athlete, the coaches and the team.

Prelims/Finals Meet - meets that have preliminary sessions to determine a qualifying field of swimmers for finals in each event. These meets are rewarding for recognition of finalists and they offer a second opportunity to swim an event in a high-energy Finals setting.

Pre-prove - AQUA pre-proves entries for all qualifying meets which is to say that it validates the eligibility of a swimmer to enter a meet. From time-to-time, you may be asked to alter an event on your meet entry form because of eligibility. Some meets require that entries be pre-proved. AQUA pre-proves all meets except Open format meets. If you have proofs available when you submit entries (qualifying time or times and meet it was achieved), please provide these to Kelli Balikerto help speed the meet entry process.

Pre-seeding - is not to be confused with preceding. Some meets are pre-seeded which, means that heat and lane assignments are made from individual entries received prior to the meet and published in a heat sheet. Pre-seeded meets, such as the Outback Meet coming up in San Antonio, may allow on-deck entries the day of the meet, but typically only to the

extent lanes may be available in planned heats of a particular event.

Psych Sheet - this is a sorted (not sordid) listing of swimmers entered in each event by seed time for a deck-seeded meet, and it is the proper name for what most people call a heat sheet. Technically, these documents do not list heats, but if you want to still call them heat sheets, feel free to do so. This is America!

Streamline - this describes body position at any time which has the lowest level of resistance to forward motion.

Disqualification or **DQ** - at times, swimmers may break the rules under the watchful eye of an official. Most DQ's are unintentional. In such cases, DQ's are not a crisis, but rather a signal to the swimmer and the coaches to correct the problem during preparation for the next meet. It happens to everyone from beginner to international elite level athletes. Just take your medicine, work on it with a coach at practice, and do better next time.

Cutoff Time - some meets have cut-off times, or times faster than intended for the field or meet format. For example, the meet invitation for a BB-&-under meet will indicate A times as the cut-off, meaning that swimmers may not compete in events in which they have A times. Teams should be careful about relay entries to be sure a swimmer does not swim a leg of a relay of a stroke and distance that they would not be eligible to swim individually at that same meet.

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., June 14, 2004
8:30 pm – Room 113 - Gloria Dei
Nassau Bay

GET READY FOR SAN ANTONIO, MATE

On June 4-6, AQUA swimmers will make their return to San Antonio for the Outback Invitational which has been divided into six sessions at two sites to keep sessions a comfortable length. Swimmers will actually be at 14-&-under BB-&-up sessions Saturday and Sunday mornings, and at 13-&-up Open sessions running Friday and Saturday evening in addition to Saturday and Sunday morning. We will no doubt have swimmers at one or the other (or both) meets in both locations, but we still have a great opportunity for fun, fast swimming, and cheering of teammates. Last year, AQUA had a great group of kids attend the meet and then stay over and go to Schlitterbahn on Monday. Make hotel reservations at Saturday and Sunday morning for the 14 & Under,.

Marriot Residence Inn S.A. Airport
1014 N.E. Loop 410
(210) 805 8118

There will be a separate announcement with more meet information, directions, and particulars of a social that will be organized at an area restaurant. Entries should be in to Kelli by May 22. If you have questions as to entry strategy or which meet the 13 and 14's should attend, just ask Coach Harold.

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

MEETS UPCOMING

There is a BB-&-under meet in Houston the same June 5-6 weekend that AQUA will attend the San Antonio meets. AQUA encourages all eligible swimmers to attend meets in SA and the BB-&-under meet this cycle. Please make plans to attend the appropriate meet. If you have questions

about which is the appropriate meet, you can ask a coach, consult the meet invitations available at each pool, or contact our Meet Entry Chairperson at kbaliker@houston.rr.com.

KEEP UP WITH PRACTICE SCHEDULE CHANGES

Everyone has endured the May shuffle well, so far. We have been at three pools this month, including two outdoor pools subject from time-to-time to weather outages. Become familiar with the calendar updates sent by coach Harold, and also the hotline number 281-488-1582 for the very latest schedule changes. June and the end of the school year means a shift to early am practice and regular pm practice times. For those using Pearland, keep in mind the bridge repairs at the regular park entrance have started, so the best access to the pool is currently off of Pearland Parkway. We hope that these schedule changes will be smooth and continue to allow the best available training situation for our members. Keep an eye on the calendar.

NEXT SOCIAL DATE ANNOUNCED

The LC social will be Saturday evening **August 28** at the La Porte Wave Pool and Park. More details will be announced as the date approaches.

NEW *Streamline* FEATURE

AQUA members have recently 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.

AQUAWEAR AVAILABLE

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.

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.

PROMOTIONS KEEP COMING

Natalie Brewer braved the elements at the DADS meet earning a promotion to white group, and **Ellen Lobb** was promoted to Senior group based on swims at the FCST meet. Congratulations to these athletes.

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

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.

