



Volume 5, No. 3
March, 2004

www.swimaqua.org
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Bay Area Aquanauts
Houston, TX 77062

Turning today's potential into tomorrow's performance

AQUA meet improvement sets standard

Bay Area Aquanauts

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Neither rain, nor sleet, nor dark of night (nor intense holiday training and fatigue) can keep AQUA swimmers from dropping time. Aquanauts proved that again in recent meets, setting an improvement standard for teams in Gulf Swimming despite working through the most intensive part of the short course training season.

A small group of AQUA swimmers participated in the HCAP 10-&-under meet January 17-18, improving in 50% of the swims. Among several great swims, Cameron Dyer earned TAGS times in the 100 free and 200 IM.

The weekend of Jan. 30-Feb. 1, 27 AQUA swimmers participated in two meets and dropped time in 65% of the events swum at each location.

At the Klein Oak Open Meet in Klein, four swimmers improved times in 100% of their swims: Samantha Krouse (1), Shannon Orlando (3), Emma Robinson (2), and Travis Roof (3). One new TAGS time was earned by Peter Silkowski in the 10-&-under boys 100 back. Two AQUA records were set by Mark Egerman in the 15-18 boys 500 free and by Jennifer Joines in the 15-18 girls 200 fly.

At the NIKE Greater Southwest Meet in Dallas, Swimmers of the Meet were Caroline McElhany for her high-point total in a competitive meet and Adriana Sepulveda for improving in all seven of her swims. One

new TAGS time was earned by Jenny Claydon in the 13-14 girls 100 free. One new National Reportable Top 16 time was earned by Cole Cragin in the 11-12 boys 100 back. Eighteen AQUA records were set as follows: 11-12 girls 200 free relay (Caroline McElhany, Caroline Baliker, Adriana Sepulveda, Ellen Lobb), 11-12 girls 200 medley relay (Ellen Lobb, Julia Sepulveda, Caroline McElhany, Adriana Sepulveda), Kacie Baker (13-14 girls 100 and 200 breast), Jenny Claydon (13-14 girls 100 free, 200 free, 500 free, 200 IM), Cole Cragin (11-12 boys 200 free, 100 back, 100 IM, 200 IM), and Caroline McElhany (50 free, 50 back, 50 breast, 50 fly, 100 fly, and 200 IM).

The weekend of Feb. 14-15, eleven AQUA swimmers participated in the B-&-12-&-under meet at the Alief pool. Swimmers improved times in 59% of their events. Alyssa Mullery was the Swimmer of the Meet with 100% best times in her six events. Ryan Swaney was also 100% in his one event.

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

COACHES' CORNER*End of Season Focus*

I would like to see all 13-and-over AQUA swimmers participating in a meet on the first weekend of March, either TAGS in Dallas or Spring Champs in Katy. They are both prelims/finals meets. They both provide excellent competition and the opportunity to develop and demonstrate team spirit. Some swimmers may have another meet that is the focus for the end of the season — Last Chance TAGS, High School Regional or State, or Sectionals. Regardless, one of these two early March meets should be the last meet of the short course season. The Katy meet will accept hard copies of high school meets as qualifying times.

It is customary for swimmers to take a week off after the last meet of the short course season. It does not need to be the first week after the last competition. In fact, it has been demonstrated recently that taking a break immediately after a tapered meet is not the most productive. Swimming for a week or two following the last competition and then taking a week off seems to provide the best training regimen. Since long course is actually an extension of the short course season, an extension of the taper period actually hurts long course performance. Perhaps taking the week of spring break off would work best for this year. Taking more than one week off is definitely not recommended. The first long course meet is scheduled for April 23.

Sometime during late March or early April, each swimmer should schedule time to visit with the coach to evaluate the short course and plan for the long course season. This session should take place out of the water and focus on both short-term and long-term goals.

WELL DONE, HIGHSCHOOLERS!

AQUA had more high school swimmers participating in Regional Meets this year than in any year since the formation of the team in 2000. The coaching staff has been justifiably pleased. Friends of AQUA congratulate each of these athletes: Lauren Barr, Maggie Eicks, Lynn Fahey, Devren Hobbs, Sierra Dyer, John Christopher, Jared Schneider, Alec Korogodsky, Justin Russo, Katherine McElhany, John McElhany, Challyndel Wine, and Shanna Jones.

PROMOTIONS KEEP COMING

Congratulations to the following swimmers who achieved the group promotion criteria in the last month: Sarah Cragin, Taylor Huntley, Samantha Krouse, and Blake Swaney for Red to White; Rachel Cragin for White to Blue; Alec Korogodsky for Blue to Gold, and Kacie Baker for Gold to Senior. These kids have done a great job, and all would appreciate your congratulations at the next opportunity.

LOOKING FORWARD TO LONG COURSE SEASON

If you are entered in late February and early March Championship meets, great! There are still meets available to everyone in February. We see great strides in the practice pools, and it is time for the kids to show off in competition. 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 3-6pm 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 has announced 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. The cost is \$140 per swimmer, which includes all registration and training fees. The sessions last for approximately 8 weeks leading into the CCSL season. Spread the word of this offering as we continue to utilize the outdoor heated Stevenson Park pool in Friendswood.

DECK RULE REMINDER

It is a good idea to review deck rules periodically for the benefit of all meet contestants, whether rookies or veterans. One of the first things to do upon arrival the morning of a meet is **circle in** for EACH event you have entered. This lets the host team know a swimmer is present for that event. 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. Also, if you have circled in, but find you can't swim an event, it may also be possible to scratch the swimmer on the circle-in sheet if it has not been pulled for seeding. Event circle-in sheets are typically pulled or "closed to scratches" 45 minutes or so before the event.

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 those 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.



NEXT BOARD MEETING & BOARD ELECTIONS

Please make plans to attend the Board meeting on April 12th, since we require a quorum of active members to validate the election. Annual elections cover one-half the board for terms of 2 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.

Our **next** Board meeting is Monday, March 8 at 8:30 pm in Room 113 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.