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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*

## Just do it !!

### Bay Area Aquanauts

President  
Patty McElhany

Vice-President  
Ken Baliker

Treasurer  
Marcy Barr

Secretary  
Jana Cryan

Directors  
Reik Jones  
Fritz Claydon  
Scott Cragin  
Ted Eicks

Meet Entries  
Kelli Baliker

Head Coach  
Harold Johnston

**A**QUA coaches encourage all swimmers to participate in meets. Our meet attendance has been good over the years, probably comparing favorably to other teams, BUT . . . it can and should be even better. AQUA will support all Gulf LSC meets this summer. A listing of these meets is available on [www.gulfswimming.org](http://www.gulfswimming.org) under "Meet Information." Meet attendance is not *required* at AQUA, but it is strongly encouraged. 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 APRIL 23-25

AQUA will have about 40 swimmers at the Long Course season opening split session Open meet at DADS. 13-and-overs will swim in the morning and 12-and-unders in the afternoon each of Saturday and Sunday. Please make plans to attend this meet, even though the early entry deadline is passed. You can enter "on-deck" prior to the start of events Friday evening and early each morning of the meet. If you have questions,

don't let them stand in the way of your participation. Ask another parent on deck at practice or a coach before or after practice about the entry procedures. Get pumped about the Long Course season.

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.

### BOARD ELECTIONS

The board welcomes newly-elected members Fritz Claydon, Rick Jones, Scott Cragin, and Ken Baliker to 2-year terms. The Board also recognizes significant contributions of retiring board members Barb Kolodgie (socials), Christine Swaney (president), Paul Russo (secretary) and Ed Mullery (website), all of whom we anticipate will continue to support AQUA with their time and talents.

The new officers for the '04-'05 business calendar year will be Patty McElhany (president), Ken Baliker (vice-president), Marcy Barr (treasurer), and Jana Cryan (secretary). To all those who came to exercise their membership rights to vote, THANK YOU! It was awesome to see such a full meeting room for the vote.

## AQUA TOWELS

Are you interested in a monogrammed AQUA towel? We are taking orders? write with our AQUA fish and swimmer's name for \$13.59 each. Please contact Patty McElhany if you are interested: [mcelhany@earthlink.net](mailto:mcelhany@earthlink.net)

## FRUSTRATED BY SWIM VERNACULAR?

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

**Open Meet** – the meet is open to all USA Swimming-registered athletes. There are no qualifying times. All you need is a heartbeat and a desire to compete.

**Time Standards or Qualifying times** - meets that are not Open meets will have time standards which are minimum qualifying times for a swimmer to be eligible to swim that event at that meet. These times are generally included in the meet invitation, and may include such terms as BB, A, Gulf Champs, TAGS, Sectionals, Senior Circuit, National, Olympic Trials, etc.

**3-Event Rule** - any swimmer with three qualifying times for a meet can swim any event at a meet where this rule is in effect.

**Up/Down Rule** - any swimmer with a qualifying time in an event may swim the next shorter and next longer event of that stroke at a meet where this rule is in effect. For example, a swimmer that qualifies to swim the 100 free may also swim the 50 free and the 200 free at such a meet.

**Session** - this is another name for a continuous period of meet operation. Meets may have one session each day, or in the case of a split-session meet, two sessions split by age or Prelims/Finals in the same day.

**Circle-in Sheets** - these are posted at a public area at the beginning of each meet session. By "circling-in," you let the meet operations people know you are at the meet and want to swim.

**Scratch** - you may scratch (or not swim) an event simply by not circling-in during the available period prior to your event. This sometimes refers to what you do to an itch.

**Deck Seeding** - most Gulf meets are deck-seeded, which means that heat and lane assignments are determined after circle-in and receipt of any on-deck entries for that session.

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.

## AQUA ANNOUNCES A RETURN DOWN UNDER

On June 5-6, AQUA swimmers will make their illustrious return to San Antonio for the Outback Invitational. This is a BB-and-up meet, which is an opportunity for fast swimming and fun. Last year, AQUA had about two dozen kids attend the meet and then stay over and go to Schlitterbahn on Monday. The standard disclaimer applies that AQUA is not responsible for any uncontrolled joy that may occur on "Master Blaster."

There is a BB-and-under meet in Houston the same weekend, which AQUA will also attend. 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](mailto:kbaliker@houston.rr.com).

***AQUA Board Meeting***  
**Mon., May 10, 2004**  
**8:30 pm**  
**Gloria Dei Church — Nassau Bay**

## **APRIL SHOWERS BRING MAY SCHEDULE CHANGES**

Every year at this time, long course season, summer leagues and school closures affect our training schedule and locations. We will not schedule La Porte during late April or the month of May, and will have access limited during June and part of July while the Dogfish use the facility. We also lose Friendswood to summer league after April 23. When these changes occur, AQUA will move practices to the Pearland Independence Park and Clear Lake Forest outdoor pools on a schedule to be determined by water temperature.

We will continue at Clear Creek HS in the evening throughout the spring and summer until our CCISD rotation to Clear Lake HS in late August, and we will return to La Porte after summer league. 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 for these changes.

## **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.

## **PROMOTIONS KEEP COMING**

Rebecca Pendegrass has been promoted from Red to White group based on swims during SC season. Please extend well-deserved congratulations to her at the next opportunity.

## **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.