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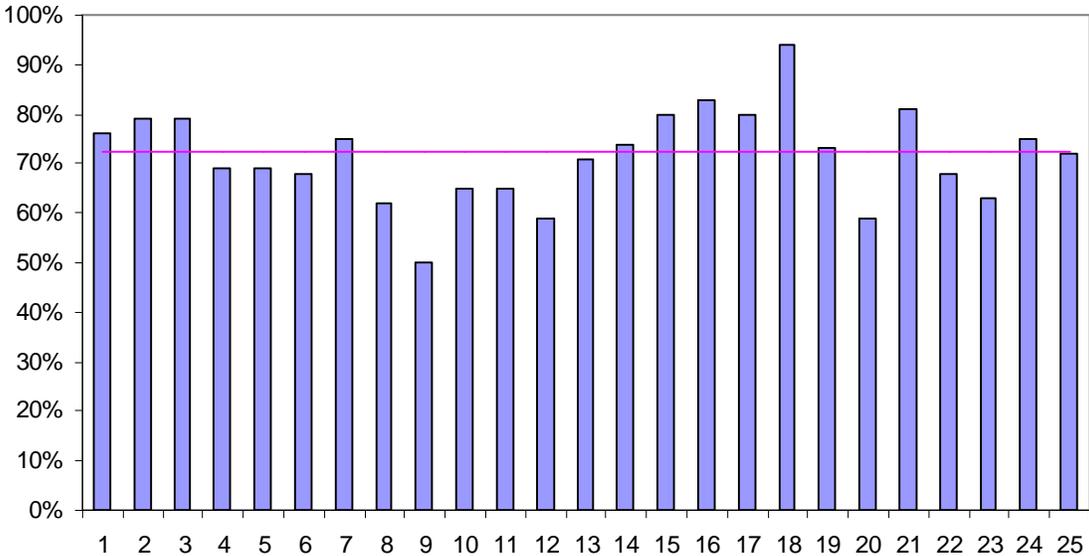
[www.swimaqua.org](http://www.swimaqua.org)  
Hotline 281-488-1582

Bay Area Aquanauts  
Houston, TX 77062

*Turning today's potential into tomorrow's performance*

# AQUA – Fastest fish in the water

**%LTB AQUA 2003-2004**



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# A

QUA completed the '03 - '04 competition season attending 25 meets ending with LC Sectionals in July. In case there is any doubt that good things are happening to AQUA, the chart above illustrates our %LTB (lifetime best – the % of events where our swimmers dropped time at each meet). As a team, AQUA averaged 72% LTB's. That is the clearest reflection we can provide that our swimmers are learning, developing, improving and often winning in head-

to-head competition.

**AQUA Board Meeting**  
**Tues., November 9, 2004**  
**8:30 pm – Room 113 - Gloria Dei**  
**Nassau Bay**

*Failure is success if you learn from it.*

## MEETS OFFER TASTE OF SUCCESS

AQUA held its first-ever practice meet September 18 for 53 swimmers. The meet allowed kids to race under whistle start conditions, and it allowed us to test the new scoreboard and timing equipment. We identified a few minor software glitches, but most impressive was the fast swimming and 100% lifetime best times devouring 15 pizzas after the meet concluded. Even the ants went hungry that day.

Two weeks later, 44 AQUA swimmers participated in the first USA Swimming meet hosted by our team, improving times in 95% of their events. To be recognized as a Swimmer of the Meet, one was required to improve in eight individual events. That accomplishment was met by eight swimmers: Kelsey Castro, Lauren Fiske, Alyssa Mullery, Adriana Sepulveda, Julia Sepulveda, Stanley Sun, Blake Swaney, and Ryan Swaney. Other swimmers with 100% improvement are Benny Berezin (6), Chris Berger (4), Alyssa Buffum (5), Michael Chang (3), Mike Cragin (5), Sarah Cragin (7), Cameron Dyer (6), Gina Fossati (6), Kori Garcia (2), Stevie Garcia (2), Riley Haizlip (1), Kaitlin Kirasich (5), Madi Kolodgie (3), Ellen Lobb (3), Lauren Marullo (1), Megan McGuire (6), Daniel Shipman (6), Peter Silkowski (7), Taylor Silva (4), Kaity Temofonte (2), Carleigh Temofonte (1), Lexi Temofonte (3), and Stephanie Tzouanas (4).

There were 8 new TAGS times earned at the meet including Benny Berezin (2), Adriana Sepulveda (4), and Julia Sepulveda (2). Caroline McElhany earned a Sectional cut in the 500 free.

Sixteen AQUA swimmers participated in the ALAC 13 & Up Open meet Oct. 9-10 and improved in 60% of their events. Swimmers of the Meet, with seven best times in seven swims, were Mark Grijalva, Shannon Orlando, Katharine Silkowski, and Stephen Sun. Other swimmers with 100% best times were Nika Cranmer (2), Bas Jansen (2), and Diana Sepulveda (3).

One new TAGS time was earned by Mark Grijalva in the 13-14 boys 200 breast. Six team records were set by Cole Cragin in the 13-14 boys 200 fly, Mark Grijalva in the 13-14 boys 200 IM, Justin Russo in the 15-18 boys 200 breast and 500 free, and Jared Schneider in the 15-18 boys 50 free and 100 fly.

After two regular meets this season, sixty AQUA swimmers have participated and have averaged 86% best times.

## AQUA HOSTS MEET TO RAVE REVIEWS

AQUA completed an outstanding meet hosting effort Oct 2-3 at La Porte HS. We were host to 200+ swimmers, and scores of coaches, officials and other volunteers from at least 8 Gulf LSC swim teams. The meet ran well, facilities were great, and hospitality was to be emulated by others that follow. In the final analysis, the meet has been judged a success. Thank you to ALL volunteers that made this event a source of tremendous pride for AQUA.

## S/C SEASON '04-'05

Upcoming short course meets include Pentathlon (12 & Under Open qualifying), a Senior (15 & Up A & Up), BB & Under, and a 14 & Under A & Up meet. Consult the Gulf Swimming website, [www.gulfswimming.org](http://www.gulfswimming.org), and AQUA website for invitations, entry deadlines and other useful information. AQUA coaches encourage all AQUAnauts to "make a splash in competition". If you have any questions, you can also ask a coach, parent on deck, or our meet entry chairperson at [kbaliker@houston.rr.com](mailto:kbaliker@houston.rr.com).

In addition, the Gulf Technical Planning Committee will recommend a change in the TWST Sprint Meet from Sunday January 2 to Saturday January 8. Other meets in February may be moved as well. A new schedule reflecting any changes should be posted on the Gulf Swimming website by the Thanksgiving holidays.

## CALL FOR MEET ENTRY CHAIRPERSON

AQUA's meet entry chairperson, Kelli Baliker, recently expressed an interest in training others in the meet entry process and software used for team entries, such that she may eventually step down from this role. Interested persons should contact Kelli or Coach Harold for more information.

## NEXT BOARD MEETING

Our next board meeting is **Tuesday**, November 9, at 8:30 pm in room 113 at Gloria Dei church in Nassau Bay. These meetings are informative. They allow parents to keep up on events and team plans, and the board always welcomes participation by parents.

## P.E. WAIVERS TAKE NOTE

Along the theme of meet participation, Coach Harold has revised slightly the P.E. waiver policy of AQUA. 90% of the grade each grade period will be based on practice attendance, and 10% will be based on attending one meet each grading period. Swimmers may decide and should be encouraged to attend more, but these are the criteria for grading. Please keep up with attendance, and make sure your child is attending at least the number of practice hours each week required by your school district P.E. Waiver policy.

## KEEP UP WITH PRACTICE SCHEDULE CHANGES

AQUA expects to utilize Clear Lake, La Porte and Friendswood pools now that weather has started to cool. The Friendswood (Stevenson Park) pool is heated. Also note that water polo conflicts anticipated to last through the month of October are expected to delay Lake practice start times to 6:30 pm on Monday and Wednesday evenings. Please consult the weekly training schedule updates.

## 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).

## SWIM EQUIPMENT EXCHANGE

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 and on the website 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).

## NEW PROMOTIONS

As a result of recent meet performances, five swimmers were promoted to higher training groups: Benny Berezin from white to blue, Gina Fossati from red to white, Camille Mullery from red to white, Stanley Sun from red to white, and Lexi Temofonte from red to white. Congratulations!

## 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.

## RECRUITING RULES

USA Swimming recently published new guidelines on recruiting of athletes from other clubs. The bottom line is STILL, *just don't do it*. We have been very aware of this rule, and our conduct at AQUA has always respected members of other clubs. We follow the rules, including the changes as a team, so we need do nothing different.

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 directly 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. Generally speaking, we can do broadly cast mailings or inserts to school mailboxes, or post flyers in public places. Targeted phone calls or mailings should be avoided unless we confirm no club affiliation prior to such call or mailing. Likewise, if you are contacted inappropriately, 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 of 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, Ed 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.