



Volume 5, No. 9  
September, 2004

[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 brings home 3rd TAGS flag*

### **Bay Area Aquanauts**

President  
**Patty McElhany**

Vice-President  
**Ken Baliker**

Treasurer  
**Marcy Barr**

Secretary  
**Scott Cragin**

Directors  
**Rick Jones  
Fritz Claydon  
Dan Joines  
Jim Kolodgie**

Meet Entries  
**Kelli Baliker**

Head Coach  
**Harold Johnston**

**L**ong Course championship season ended with fast swimming at three meets – Summer Champs, TAGS and Sectionals. Highlights included continued great individual and team relay efforts, and AQUA's first long course Top 10 finish at TAGS. The following summaries include results of the inspired efforts of 40 AQUA swimmers that attended season-ending meets.

Twenty-two AQUA swimmers went to Summer Champs July 15-18, improving in 63% of the events entered. Congratulations to Swimmer of the Meet, Shanna Jones, with 100% improvement in five events. Other swimmers with 100% improvement were Adrienne Klein (1), Mark Grijalva (4), Craig Hobbs (2), and Peter Silkowski (4). Mark earned two TAGS times at this meet. AQUA also recognizes six record-setting swims by Jennifer Joines (3), the 15-18 girls 200 free relay (Shanna Jones, Adrienne Klein, Sara Pendegrass, Jennifer Joines), Mark Grijalva (1), and John McElhany (1).

The second largest AQUA contingent in team history (12) and the most relays qualified in team history (6) contributed to AQUA's third TAGS flag in as many years in this statewide meet in Austin July 21-25. Caroline McElhany was AQUA's Swimmer of the Meet, was high point earner in the 11-12 girls TAGS category, and garnered TAGS Female Swimmer of the Meet honors.

As a team, AQUA improved in 75% of the events entered. Jenny Claydon and Ellen Lobb dropped time in each of their seven individual races. Ellen was state champion in the 50 and 100 back events. Caroline was state champion in the 50 free, 50 fly, 100 fly, and the 200 IM events. Caroline also set one new Gulf LSC record, two new TAGS records, and a state record in the 11-12 girls 50 free.

Twenty-one AQUA records were set by 11-12 girls 200 free relay (Caroline McElhany, Caroline Baliker, Adriana Sepulveda, Ellen Lobb), the 11-12 girls 400 free, 200 and 400 medley relays (Caroline McElhany, Julia Sepulveda, Adriana Sepulveda, Ellen Lobb), the 13-14 girls 200 and 400 medley relays (Katharine Silkowski, Kacie Baker, Jenny Claydon, Diana Sepulveda); Ellen Lobb (3), Caroline McElhany (5), Kacie Baker (1), and Jenny Claydon (7). Jenny also had one new Sectional time, and Kacie had one new Senior Circuit time.

AQUA also had four athletes attend Sectionals in Austin July 29-August 1, the most in team history.

***AQUA Board Meeting***  
**Mon., September 13, 2004**  
**8:30 pm – Room 113 - Gloria Dei**  
**Nassau Bay**

## **S/C SEASON '04-'05**

Now that the 2004 L/C season is over, take a deep breath, refocus, and get ready for a fast '04-'05 short course season. **AQUA will support the entire Gulf LSC short course meet schedule published on the website for Gulf Swimming, [www.gulfswimming.org](http://www.gulfswimming.org).** There are two exceptions to this, 1) AQUA will schedule coaches for such Gulf LSC S/C meets as we have swimmers enter during the advance entry period (normal deadlines are two weeks before the meet), and 2) AQUA will support the COR invitational in Dallas December 3-5 should any AQUA families wish to travel and enter that P/F meet. In the case of exception 1, if we have no entries, AQUA will not schedule coaching coverage for the meet. If an athlete later decides to attend via on-deck entry, there will not be an AQUA coach assigned, and other arrangements may need to be made for warm-up, etc. AQUA coaches encourage all AQUAnauts to "make a splash in competition". Consult the AQUA website for upcoming meets and invitations. If you have questions, 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 has bid for and won a meet hosting assignment from Gulf Swimming. We will host a 12-&-under open meet October 2-3 at La Porte HS pool. In the fall, AQUA will enter its fifth year of operation, and the board has recommended AQUA take this volunteer step to promote swimming in our LSC. This will also help AQUA answer a challenge by the LSC that more teams, particularly mid-sized teams that have never hosted meets, become certified to host meets to the high standards set by Gulf Swimming. We have a large number of talented folks with meet operations experience, and we hope to tap this resource and run a professional meet. Willing and able volunteers should contact Fritz Claydon, our meet director.

What should our families do in anticipation of this meet? The same as you would for a normal meet – discuss with coaches the best events for your child to enter, submit entries early, etc. - only we challenge **all** of our eligible kids to participate in this meet. They are really fun, and an opportunity to show improvement from the many hours of practice. Just do it!

## **TIME TRIALS SEPT. 11**

The Board has also recommended AQUA offer a short team time trial on the morning of September 11, also at LPHS. This will allow new swimmers the opportunity to become familiar with a meet environment, and it will allow AQUA to test equipment, and identify any needed repairs prior to the meet Oct 2-3. We will run this as we would a normal meet, only times will not be "official" Gulf Swimming results because the meet is not sanctioned. Look at this as a practice, bring a friend and have a great time. We hope this will expose particularly our new swimmers to "meet fever."

## **CALL FOR OFFICIALS**

There is always a need for officials to volunteer in support of Gulf LSC meets. Anyone interested in becoming an official should contact a Board Member or Coach Harold. AQUA pays all non-athlete official registration fees, and Gulf Swimming provides all training. AQUA will need to provide four officials and/or trainees for its meet Oct 2-3. Don't be shy – certify! (as an official, that is!).

## **"SWIMPOSIUM" ANNOUNCED**

This event is publicized on the Gulf Swimming website. It will be September 25 at the new UH pool complex. Check out the various info sessions and clinics available to parents, coaches, officials, and athletes including two ½-day clinics by Olympian, Colleen Lanne. Clinics are first-come first-served. AQUA will also be represented at a club leadership seminar.

## 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.

## CONGRATS TO HIGH SCHOOLERS

Most area high schools recently held swim team try-outs. AQUA Board and coaches would like to congratulate the literally dozens of AQUArians that qualified for their high school teams this year. Our largest contingent is at Clear Lake HS, with currently 22 AQUA swimmers on the '04-'05 roster. In addition, AQUA has another 30 active swimmers on current rosters at La Porte, Creek, Pearland, Brook, Friendswood, and Dickinson high schools.

## KEEP UP WITH PRACTICE SCHEDULE CHANGES

AQUA will utilize Clear Lake, La Porte, Friendswood and Pearland pools in combination during the school year in keeping with our various pool rental agreements. Please consult the hotline, email practice schedule updates, and the website for the latest schedules. Also note that the coaching staff is planning a slight stagger in start times at Lake and La Porte to allow two red coaches at each practice for the first half hour, and a delay in the start of other groups to provide additional lane space for all swimmers. Red practices at Lake and La Porte will start at 5:30 pm, and white, blue, gold, and senior practices will

begin at 6 pm. Friendswood and Pearland schedules will remain similar to last year.

## NEXT BOARD MEETING

Our next board meeting is Monday, September 13 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.

## WAVE POOL SOCIAL FAQs

The LC social will be Saturday evening August 28 at the La Porte wave pool and park. Planning for this event is in the capable hands of Barb Kolodgie. Start time will be 6:30pm, but get there early for set-up and fellowship. Social FAQ's and answers follow:

***Why should I go?*** It's fun, good food and a chance to get to know more of my teammates.

***I didn't attend meets. Isn't it just for meet awards?*** No, *each* swimmer gets an award each year.

***How can I learn more about the social?*** Ask a parent on deck or board member, or team up with another swimmer that is planning to attend. See the flyers posted at the pools and on the website, or reference the recent email announcement concerning the social.

## 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.

## 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 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.

## **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.