

# STREAMLINE

Volume 6, No. 04  
April, 2005

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

AQUASTAR  
Houston, TX 77062

Turning today's potential into tomorrow's performance!

## Aquastar

President  
Ken Baliker

Vice-President  
Scott Cragin

Treasurer  
Marcy Barr

Secretary  
Scott Cragin

Directors  
Ellen Baker  
Patty Hermann  
Patty  
McElhany  
Rick Jones  
Glenn Piper

Meet Entries  
Kelli Baliker

Head Coach  
Harold  
Johnston

## **NEXT BOARD MEETING**

Tuesday,  
April. 12

8:30 pm

Gloria Dei  
Church,  
Nassau Bay

**BOARD  
ELECTIONS  
WILL BE  
HELD, PLEASE  
PLAN TO  
ATTEND!**

## Long-Course Season is Here!

*First meet, U of H, April 22-24  
All AQUASTAR swimmers should attend!*

Although swimmers aren't required to enter meets, AQUASTAR is a "competitive" swim team and there are many benefits of entering meets. Meets allow coaches to evaluate swimmer progress and let swimmers see the results of their hard work at practice. Coaches say newer swimmers should enter at least two meets per season; one at the beginning and one at season's end. Not sure what events to enter? Just ask your coach! Coaches know each swimmer's abilities and can provide the best advice about what events to swim.

The U of H meet is a great meet to start the season because it is close by and all AQUASTAR swimmers can enter! It is an "open" meet; open to all ages and abilities. Events are grouped by age bracket with 13-up swimmers in the morning session and 12-under in the afternoon. Heats are seeded based on swimmers' official USA swim times. **Swimmers who don't have an official time in a particular event or those who have never entered a USA meet can enter the U of H meet!** Swimmers without official times enter with "no time" (NT) and are usually seeded with other "no timers."

Let's set start the season off with a bang and set an AQUASTAR attendance record for the U of H meet! For more information about the meet, click the following link: [U of H Meet Invitation](#). To enter, go to the AQUASTAR homepage and click on the meet entry link, or click here: [Entry Form](#)

If you have questions about meet entry, contact Kelli Baliker at [kbaliker@houston.rr.com](mailto:kbaliker@houston.rr.com).

## AQUASTAR Skating Party & Awards Ceremony is April 16!

*Pearwood Skate Center, 5:30-7:30 p.m.*

All AQUASTAR swimmers and families should plan to attend the team's 2004-2005 Short Course Season skating party and awards ceremony.



**The party is Saturday, April 16 from 5:30-7:30 p.m. at the Pearwood Skate Center, 1230 Broadway, Pearland.** Directions and a reminder will be emailed to all families shortly.

The team will provide pizza, drinks, and dessert, and "regular" roller skate rental. Those who prefer rollerblades can bring their own or rent them for \$2 per pair.

The party is a great chance for swimmers and families to get to know each other in a dry environment! It also gives newer swimmers a chance to see what types of awards team members receive and to set their sights on an award for themselves next season!

**CALLING ALL COOKS!** We'll be hosting our first cook-off at the party. Think you've got a Lasagna recipe that can't be beat? Bring it with you and enter the contest. Coaches and board members will judge the competition. The first place winner for the best lasagna will receive a prize and have their recipe published in the next newsletter.

R.S.V.P. to Barb Kolodgie at 281-990-8579 and let her know how many from your family will attend and if you're bringing lasagna for the competition.

*They can conquer who believe they can! Virgil (70 BC – 19 BC)*

## Ten Commandments for Swimming Parents

### I. Thou shalt not impose thy ambitions on thy child

Swimming is your child's activity and improvements



and progress occur at different rates for everyone. Don't judge your swimmer's progress based on others' performance and don't push your swimmer based on what you think he/she should be doing. In swimming, everyone should strive to do their best and benefit from competitive swimming.

### II. Thou shalt be supportive no matter what

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

### III. Thou shalt not coach thy child

Swimming is one of the few youth sports programs offering professional coaching. Don't undermine the coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical parts. Don't offer advice on technique or race strategy and never pay your child for a performance. You'll only weaken the swimmer/coach bond and confuse your child about the reasons to strive for excellence.

### IV. Thou shalt only have positive things to say at a swim meet

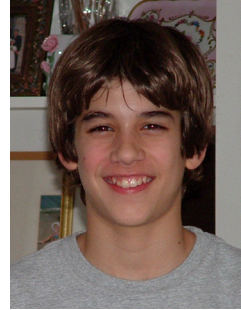
Be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for."

### V. Thou shalt acknowledge thy child's fears

New experiences are stressful and it is totally understandable that children will be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Just love and support your child through every swimming experience.

(See "Commandments," pg. 3)

## "In Your Lane"



**Name:** Cameron Dyer

**Age:** 12 on April 2

**School:** Seabrook Intermediate, 6<sup>th</sup> Grade

**Swim Facts:** With AQUA since 2000-2001 season

**Practice Group:** Blue

**Favorite Stroke:** Backstroke

**Least Favorite Stroke:** Butterfly

**Favorite Part of Practice:** Racing other swimmers

**Least Favorite Part of Practice:** Warm-ups

**Hobbies & Interests:** Football, basketball, track, hunting, fishing, camping, hiking, and skiing in Colorado



**Name:** Stephanie Tzouanas

**Age:** 13

**School:** Space Center Intermediate – 7<sup>th</sup> grade

**Swim Facts:** Has been swimming with AQUA since 2003

**Practice Group:** White

**Favorite Stroke:** Backstroke

**Least Favorite Stroke:** Breaststroke

**Favorite Part of Practice:** 300 backstroke swim

**Least Favorite Part of Practice:** 200 breaststroke swim

**Hobbies & Interests:** Playing the piano and flute, running cross-country and reading

**Other:** Has a pet Betta fish named Aris

### **Fundraise for AQUASTAR While You Shop!**

It's easy! Get an AQUASTAR *Share Card* from the parent-on-deck at practice, use it every time you shop at Kroger, and Kroger donates 1% of your purchase to the team. Ask the Randall's cashier or customer service representative to add our *Good Neighbor Program Code "9266"* to your Randall's Card to receive the 1% matching donation for the team.

## April AQUASTAR Birthdays!

Be sure to wish each of these AQUASTAR swimmers a HAPPY BIRTHDAY this month!

Cameron Dyer, 2 April

Claire Gage, 2 April

Lauren Kleinhenz, 2 April

Ryan Swaney, 2 April

Bailey McDugle, 4 April

Jordan McDugle, 4 April

Cole Cragin, 7 April

Amara Broin, 9 April

Tzuchen Jou, 9 April

Kaitlin Kirasich, 9 April

Matthew Berger, 10 April

Jonathan Berezin, 11 April

Nika Cranmer, 12 April

Jayrd Robinson, 12 April

Julia Marr, 14 April

Michelle Eifert, 16 April

Matthew Chapa, 17 April

Maria Castaneda, 18 April

Sharon Chu, 19 April

Morgan Ehmling, 21 April

Daniel Ho, 22 April

Travis Roof, 25 April

Stanley Sun, 25 April

Vito Gentile, 26 April

Adam Olivier, 26 April

Dennis Wang, 28 April

Michael Cragin, 29 April

Sarah Cragin, 29 April



### VI. Thou shalt not criticize the officials

Please don't criticize those who are doing the best they can in purely voluntary positions.

### VII. Honor thy child's coach

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

### VIII. Thou shalt be loyal and supportive of thy team

Parent's should not take swimmers and jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Swimmers who switch from team to team find it can be a difficult emotional experience and many find they don't do better than they did before they sought the bluer water.

### IX. Thy child shalt have goals besides winning

Most successful swimmers learned to focus on the process and not the outcome. Giving an honest effort regardless of the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

### X. Thou shalt not expect thy child to become an Olympian

There are 250,000 athletes in USA Swimming and only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.



For more articles on swimming and being a swim parent, visit the USA Swimming website at:

[www.USASwimming.org](http://www.USASwimming.org)

Reprinted with permission of USA Swimming- Article by Rose Snyder, Managing Director Coaching Division, USOC Former Director of Club Services, USA Swimming (Adapted from Ed Clendaniel's 10 Commandments for Little League Parents)