



Volume 6, No. 07  
July, 2005

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

AQUASTAR  
Houston, TX 77062

Turning today's potential into tomorrow's performance!

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**NEXT  
BOARD  
MEETING**

Tuesday,  
July 12

8:30 pm

Gloria Dei  
Church,  
Nassau Bay

**ALL PARENTS  
INVITED AND  
ENCOURAGED  
TO ATTEND!**

## July is the Month of Champions and Championships!

*Congratulations to All Swimmers  
Participating in These Championship  
Meets!*

Both USA Swimming Long Course season and CCSL Summer League season are wrapping up this month, culminating with several types and levels of championship swim meets.

Below is just a brief overview of the championship meets AQUASTAR swimmers will compete in this month. For more detailed information about the USA swimming meets, visit the AQUASTAR website and review the invitations for each meet.

### CCSL Summer League Championships July 2-3, Baytown Sterling High School

The Clear Creek Swim League hosts a championship series for summer league swimmers in the Clear Creek area. The meet series consists of a Novice, Reserve and Championship meet.

Each meet generally has a qualifying and/or cut-off time for each event to ensure all swimmers have the opportunity to excel at a meet appropriate to their swimming ability.

Many AQUASTAR swimmers got their start in summer league and many still participate with their old teams each summer.

### Gulf Champs July 7-10, Woodlands Athletic Center

This meet is for swimmers who have achieved 2005 Gulf Championship Qualifying Times or above. The meet is a "prelim/finals" meet, meaning, swimmers participate in their events during the day and the top nine finishers in each event return in the evening to swim in the Finals.

Additionally, Gulf Champs is a final opportunity for those close to their T.A.G.S. times to achieve those times, as swimmers who are going to attend 2005 Long Course T.A.G.S. must achieve their times by July 13, 2005. Finally, many swimmers who already have their T.A.G.S. times use this meet as an opportunity to improve their time, thereby improving their seeding at T.A.G.S.

### Summer Champs July 15-17, Cy Fair (Fleet)

The Summer Champs meet is a prelim/finals meet for swimmers 11-years-old and up and a finals meet for those 10-years-old and under.

The prelim/finals format of Gulf Champs gives swimmers a great opportunity to experience the championship format of higher-level swim competition, such as T.A.G.S., sectionals or nationals.

To participate in the meet, swimmers 9-years-old and older must have achieved *USA Swimming Motivational "BB" Times* or better, but not have achieved the *2005 Gulf Championship Qualifying Times*. Swimmers 8-years-old and younger must have achieved *Gulf Swimming "BB" Times* or better.

(Continued on pg. 2)

*"You miss 100% of the shots you never take."*  
Wayne Gretzky

(From "Championships," pg. 1)

### Summer Champs II ("B"-Under) July 16-17, Magnolia

The Summer Champs II meet is a timed finals meet for swimmers 9-years-old and up who have not equaled or bettered the *9 & Over USA Swimming 2005-2008 National "BB" Times* or the *8 & Under Gulf "BB" Times*. There are no minimum qualifying times for this meet.

This meet is a great opportunity for our newer swimmers and those who are still striving to achieve their BB times. It can help boost their confidence and competitive spirit by participating in a championship meet against swimmers with similar abilities, giving them an increased opportunity for success.

### Long-Course T.A.G.S. July 20-24, UT Austin

The Texas Age Group Swimming (T.A.G.S.) Long Course Championship is the pinnacle of the Texas Summer Championships for the most elite-level age-group swimmers in the state. This four-day meet kicks-off with opening ceremonies at which each team represented is introduced and recognized.

The meet is a prelim/finals meet for swimmers 14-years-old and under. Qualifying times are the *Texas Age Group Swimming 2005 Qualifying Times*. The swimmer's T.A.G.S. time must have been achieved between June 1, 2004 and July 13, 2005. Unlike many other meets, the "up/down rule" doesn't apply, which means each swimmer entered must have achieved the qualifying times for each event entered.

### June Training Group Promotion

Congratulations to **Jackson Hayes** for his promotion to the Senior training group as a result of his performance at the University of Houston A & Up Meet last month.

### "In Your Lane"



**Name:** Jeremy Dao

**Age:** 11

**School:** Falcon Pass Elementary - 5th grade

**Swim Facts:** Started summer league at age 5. Has been swimming with AQUA since 2003.

**Practice Group:** White

**Favorite Stroke:** Freestyle

**Least Favorite Stroke:** Butterfly

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

**Least Favorite Part of Practice:** Hard sets

**Hobbies & Interests:** Playing with friends, camping, playing computer games

**Other:** He likes photography

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**Name:** Justin Helm

**Age:** 13

**School:** Beverly Hills Intermediate

**Swim Facts:** With Aquastar since March 2003

**Practice Group:** White

**Favorite Strokes:** Butterfly

**Least Favorite Stroke:** Backstroke

**Favorite Part of Practice:** Sprints

**Least Favorite Part of Practice:** Starts

**Hobbies & Interests:** Hunting and music

**Other:** He has an Australian Shepherd named "Belle" and a Cornish Rex Cat named "Chili"

## A-Gleam Swim Shop is Open!

*AQUASTAR Swimmers Receive 15% Discount on Most Purchases*

A-Gleam Swimwear, a full-service swim shop, has opened on the Gulf Freeway, south of NASA Road One in shopping center with Bally's Fitness and the Dollar Cinema. A-Gleam has become a team sponsor, providing 15% discount on most AQUASTAR member purchases. As such, we will work with A-Gleam to identify and meet our swimmer's equipment needs. However, team members may continue to patronize any swim shop or website that meets their needs.

Be sure to tell A-Gleam that you are an AQUASTAR member to receive your discount. Your USA Swimming ID card is a great form of identification! If you don't have an ID card, see the parent on deck at your practice pool!

Shop hours are Monday-Friday, 12-7 p.m., and Saturday from 12-5 p.m. You can contact A-Gleam by calling (281) 316-2200.

## AQUASTAR to Host 10 & Under Meet, November 2005

*Mark November 12-13, 2005 on Your Calendars! Successful Meets Require Dedicated Volunteers!*

Because we did such a great job last year running our inaugural 12 & Under Meet, AQUASTAR was selected by Gulf Swimming to host a 10 & Under Meet Nov. 12-13, 2005 at Baytown Sterling High School. Swimmers, officials and families alike who participated in last year's meet commented on how well we ran the meet and what great hospitality we showed our visitors!

AQUASTAR Head Coach Harold Johnston says the competition between this year's host teams to have the best meets in the Gulf will be tougher than ever. Therefore, we'll require a lot of participation from swimmers, parents and other volunteers to maintain the great reputation we earned last year.

Be sure to watch for more information in the newsletter and on the AQUASTAR website as the meet date gets closer.

## July AQUASTAR Birthdays!

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

**Esteban Garcia**, July 2  
**William Jeang**, July 2  
**Daniel Shippman**, July 5  
**Michelle Wacker**, July 6  
**David Edgar**, July 7  
**Jonathan Crutchfield**, July 9  
**Taylor Law**, July 9  
**Justin White**, July 10  
**Nancy Chan**, July 11  
**Alex Teplyakov**, July 11  
**Kaylin Mobley**, July 15  
**Brian Bloomfield**, July 19  
**Abiel Garcia**, July 19  
**Caitlin Marr**, July 19  
**Kelsey Tilley**, July 19  
**Grace Ehmling**, July 20  
**Elizabeth Pruet**, July 20  
**Brittany Hoffman**, July 21  
**Kaitlyn Martin**, July 21  
**Alicia Wiechert**, July 21  
**Michael Tompkins**, July 22  
**Brandon Ennis**, July 23  
**Kari Burrell**, July 25  
**Jared Taylor**, July 26  
**Davis Blystone**, July 27  
**Caroline Williams**, July 27  
**Corey Duke**, July 28  
**Lindsay Kleinhenz**, July 28  
**Taylor Sharp**, July 28  
**Lauren Barr**, July 29  
**Christopher Chao**, July 29  
**Allison Rubenak**, July 29  
**Gabby Guthrie**, July 30  
**Monet Herrscher**, July 31

## It May Be Hot Now, but Don't Leave Your Swimmer Out in the Cold This Winter!

*Order a Parka for Your Swimmer!*

AQUASTAR can obtain group discounts on high-quality swim parkas if we can secure a minimum order of 12 parkas. The parkas are black nylon with gray, faux-fur lining. The parkas cost approximately \$65, depending on order size. The cost does not include any embroidery. For more information about sizing or embroidering, or to order your parka, contact Susan Joines at [mssmj@prodigy.net](mailto:mssmj@prodigy.net).