



Volume 6, No. 03
March, 2005

www.swimaqua.org
Hotline 281-488-1582

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

Aquastar

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Scott Cragin

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Patty
McElhany
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Glenn Piper

Meet Entries
Kelli Baliker

Head Coach
Harold
Johnston

**NEXT
BOARD
MEETING**

Tuesday,
Mar. 15

8:30 pm

Gloria Dei
Church,
Nassau Bay

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

Sixteen AQUASTAR Swimmers Go to State!

Congratulations to our swimmers who qualified for the Texas Association of Private Schools State Swim Meet, Feb. 18-19 and the U.I.L. State Swim Meet, Feb 25-26.

David Andrus, Clear Lake HS: 200 Free Relay

Karen Baker, Clear Lake HS: 200 & 400 Free Relay

Kari Budd, Clear Lake HS: 200 & 400 Free Relay

Jenny Claydon, Friendswood HS: 200 Medley Relay, 50 Free, 100 Fly, 200 Free Relay

Tim Clemens, Lutheran South: 200 Free, 200 Free Relay, 100 Back

Sierra Dyer, Clear Lake HS, 200 & 400 Free Relay

Rosa Gentile, Clear Lake HS: 200 & 400 Free Relay

Monet Herrscher, Lutheran South Academy: 200 Medley Relay, 100 Fly, 200 Free Relay, 100 Breast

Shanna Jones, Lutheran South Academy: 200 Medley Relay, 50 Free, 100 Fly, 200 Free Relay

Jon Larson, Clear Lake HS, 200 Free Relay

John McElhany, Friendswood HS: 200 Medley Relay, 200 Free, 500 Free, 200 Free Relay

Sarah Mize, Friendswood HS: 200 Medley Relay, 50 Free, 100 Fly, 200 Free Relay

Hannah Mossbarger, Friendswood HS: 200 Medley Relay, 50 Free, 100 Fly, 200 Free Relay

Jared Schneider, La Porte HS: 200 Free

James Wong, Lutheran South Academy: 200 Medley Relay, 100 Free, 100 Breast, 400 Free Relay

John Wong, Lutheran South Academy: 100 Fly, 200 Free, 100 Back, 400 Free Relay

Late Fees Begin This Month!

Beginning with the March training fees which are due February 28, a late fee of \$10 will be imposed on all training fee payments not received 10 days after the due date.

AQUASTAR monthly training fees are due at the end of each month. Late fees will appear on the next month's statement.

Be Sure to Check in with the Timing Scheduler at Meets!

When AQUASTAR participates in a meet, the team is generally required to provide timers. Although many meets have a posted timer sign-up board, please do not use that board to "sign up" as a timer. AQUASTAR procedure is to have a volunteer parent act as a timing scheduler. Once the schedule is filled, that parent will write in the names of the AQUASTAR timers on the main meet timer board.

When you arrive at the meet and have your swimmer settled in and "circled in," look for the timing scheduler. The scheduler will not be the same person at every meet, so you will need to ask other AQUASTAR parents who is scheduling timers. Although our meet entry forms have you indicate the shift you'd like to time at the meet, sign up is still on a "first-come, first-accommodated" basis because most people sign up for early shifts, leaving later shifts uncovered.

Timing schedulers do everything possible to schedule you at a convenient time and take into consideration the age of your swimmer(s), their ability to get themselves to their events,

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Even if you're on the right track, you'll get run over if you just sit there. **Will Rogers**

"In Your Lane"

(From, "Timers," pg. 1)



Name: Lauren Barr
Age: 15
School: La Porte HS, sophomore
Swim Facts: AQUA swimmer since inception, 2000 and swims for La Porte HS
Practice Group: Blue

Favorite Stroke: Freestyle
Least Favorite Stroke: Breaststroke
Favorite Part of Practice: When it's over!
Least Favorite Part of Practice: Warm-ups
Hobbies & Interests: Jet Skiing, movies with friends, art/drawing
Other: Two dogs, Ginger and Sage; One cat, Pepper; One bird, Pico



Name: Gina Fossati
Age: 7
School: Bayshore Elementary, 1st grade
Swim Facts: Started with AQUA in Aug. 2004; swam with the La Porte *Dogfish* summer-league team
Practice Group: White

Favorite Stroke: Butterfly
Least Favorite Stroke: None
Favorite Part of Practice: Sprints for time
Least Favorite Part of Practice: When it ends
Hobbies & Interests: Gymnastics, crafts, bike riding, playing at the park
Other: Loves bunnies! Has a collection of more than 100 stuffed bunnies!



Name: Dean Tzouanas
Age: 8
School: Falcon Pass Elementary – 2nd grade
Swim Facts: With AQUA since summer 2004
Practice Group: Red
Favorite Stroke: Freestyle

Least Favorite Stroke: Butterfly
Favorite Part of Practice: 200 freestyle kick
Least Favorite Part of Practice: 200 butterfly
Hobbies & Interests: Reading and playing board games and the piano
Other: Has a pet Betta fish named Aris

whether you have another parent or family member present to assist younger children and how soon your swimmer will be done for the day. However, please keep in mind that all parents would like to be free to watch their swimmer's events and it won't always be possible to avoid timing when your child is swimming. In fact, most parents who have acted as timers find that sitting in the timers' seat is the best place to be near their swimmer and watch the swimmer's event.

Finally, because we must provide timers for the entire meet, there are times you'll be asked to stay and time after your child is finished swimming. However, this can often be avoided if parents with swimmers in later events sign up for late timing shifts. That way, families who are finished for the day won't have to stay late.

March AQUASTAR Birthdays!

Beginning this month, AQUASTAR will wish swimmers a Happy Birthday! Please join us in wishing the following swimmers a "Happy Birthday!"

Emily Chiou, March 1
Katie Cummings, March 1
Zachary Dao, March 2
Larry Ying, March 5
Gabriel Chapa, March 9
Kelsey Castro, March 12
Kaci New, March 14
Hannah Poenisch, March 15
Vincent Fincher, March 16
James Miller, March 17
Rachel Nguyen, March 17
Anna Wang, March 21
Michelle Fryberger, March 23
Samantha Koloroutis, March 24
Molly McGuire, March 25
Samy Gharbaoui, March 27
Bayard Nicklow, March 28
Christopher Godinich, March 31
Justin Helm, March 31



Training Group Promotions

Two swimmers earned promotions at the ALAC meet; **Henry Ying** from Red to White and **Larry Ying** from Red to White. Congratulations!

Taking Time Off from Swimming? Let Us Know!

Many times AQUASTAR swimmers decide to take a month off for various reasons. AQUASTAR classifies swimmers as "inactive" if they do not swim at least one practice session in a given month. In general, the team will not bill for training fees when a swimmer is inactive. However, very often we don't know swimmers are taking the month off until the end of the month when attendance rosters reflect they haven't been to practice. Since we bill one month in advance, the swimmer would have already been billed for the month they're taking off.

To avoid being billed for training fees when your swimmer is taking a break, just let us know in advance; preferably before the 15th of the month prior to the month your swimmer will take off. Please note that we do not prorate for "partial" swimming months. If a swimmer practices one day in the month, the swimmer is considered "active" and is responsible for the month's training fees.

AQUASTAR Wants More H.S. Swimmer Participation

We want your suggestions for getting HS swimmers involved!

Historically, many AQUASTAR swimmers stop participating in USA Swimming competition and AQUASTAR practice once they join their high school swim team. We want to know why? Is it practice times? Practice length? Meet date conflicts?

We would like to hear from the parents of high school swimmers who find it difficult to balance their participation in USA Swimming practice and competition with their high school swim program. Please let us know what makes it difficult for your swimmer to participate in both programs!

Comments and suggestions should be sent to Patty McElhany at mcelhany@earthlink.net.

February Board Highlights

Strawberry Pool Update- New heaters were installed at the pool and it is now ready for use. Watch the practice schedule to see when practice will begin at Strawberry!

New Board Member- The board welcomed Glenn Piper as our newest board member and look forward to working with him!

Spring Social- Our spring social will be held the weekend of April 16-17. More info to come!

New Caps- A new transitional cap has been selected and should be available soon.



New "Transitional" Cap Design

Be Sure to Check All Rules before Entering Meets

Different meets have different requirements; from "cut-off times" to "qualifying times" to rules concerning swimmers with "no times."

For example, the recent **12-Under/B-Under Champs** and upcoming **14-Under Spring Champs** required swimmers to have swum an event and achieved an "official time," before entering the meets. Often swimmers' official times also determine what meets they qualify to swim, such as "B-Under," "BB & Up," etc., and help maintain "competitive balance" at meets.

Remember, summer-league times and those from non-USA Swimming sanctioned meets do not qualify as official times! Official times can be verified by checking the Gulf Swimming or Texas Swimming Association (TSA) databases. You can also avoid making a mistake by submitting entries electronically with AQUASTAR so we can verify if a swimmer qualifies for a meet or specific events.

Swimmers who enter "on deck" must be absolutely sure **if** they have an official time and **what it is** before they enter an event. Entering with an unofficial or incorrect time puts the swimmer and the team at risk for fines and other sanctions by Gulf Swimming.