



Volume 6, No. 05
May, 2005

www.swimaqua.org
Hotline 281-488-1582

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

Want a Physical Education Waiver for School?

Here's what you'll need to do!

Most schools have a P.E. waiver program beginning in 6th or 7th grade, whereby the school sets a minimum number of hours of "organized athletics" required to waive participation in the school's P.E. programs. AQUASTAR is happy to help swimmers meet P.E. waiver requirements. To obtain a waiver, parents need to provide the AQUASTAR head coach with the following information:

- Attendance record with dates, locations and times of all practices and meets the swimmer attended during the grading period
- Name and fax number of the school counselor to receive the grade
- Due date for grade submission to the school

The grade for the grading period is determined by the head coach and is based on the following:

- 90% - Practice attendance based on the number of hours per week required by the swimmer's school
- 10% - Meet attendance with a minimum of one meet required per grading period

For more information about P.E. waivers, contact your swimmer's school. Also, be sure to review the school's P.E. waiver requirements before the grading period begins so you can track all required information.

For questions about AQUASTAR's policy on P.E. waivers or grading procedures, contact Head Coach Harold Johnston, at swimaquastar@sbcglobal.net.

AQUASTAR Skating Party & Awards Ceremony a Success

Almost 50 people ate, skated and had a great time at the AQUASTAR social and awards ceremony April 16. Short Course Season Awards were presented to the "Most Valuable" and "Most Improved" swimmers in each age bracket. The recipients were:

Most Valuable 10 & Under Girl- **Alyssa Mullery**
Most Improved 10 & Under Girl- **Alyssa Buffum**

Most Valuable 10 & Under Boy- **Corey Duke**
Most Improved 10 & Under Boy- **Blake Swaney**

Most Valuable 11-12 Girl- **Caroline Baliker**
Most Improved 11-12 Girl- **Kelsey Castro**

Most Valuable 11-12 Boy- **Ryan Swaney**
Most Improved 11-12 Boy- **Luke Hamilton**

Most Valuable 13-14 Girl- **Caroline McElhany**
Most Improved 13-14 Girl- **Jenny Claydon**

Most Valuable 13-14 Boy- **Cole Cragin**
Most Improved 13-14 Boy- **Will Kolodgie**

Most Valuable 15-18 Girl- **Jennifer Joines**
Most Improved 15-18 Girl- **Shannon Orlando**

Most Valuable 15-18 Boy- **Jared Schneider**
Most Improved 15-18 Boy(s)- **Mark Grijalva & Justin Russo**

Although turnout was good, we'd like to see more people at the next social! Please watch for email announcements about future AQUASTAR social events!

Check out photos from the social on page 3!

I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

Michael Jordan

Understanding the AQUASTAR Mission

Drills, stroke mechanics and elements other than yardage and speed are vital to "Mission Success"

To help new AQUASTAR parents and as a refresher for our veteran parents, the coaching staff likes to periodically renew member awareness of our mission and coaching emphasis. Simply, our mission is to develop swimmers; to turn potential into performance over a career in swimming. Our record of time drop and technical improvement is evidence that our approach works. However, the development process doesn't happen overnight. It requires patience, regular practice attendance and effort.



At times parents become concerned that their swimmer is not swimming "far enough" or "fast enough" at practice. Since AQUASTAR's goal is to focus on swimming for a lifetime, not just the short term, training emphasis is not "fast and far." Particularly for our younger and less experienced swimmers in the red and white training groups, training emphasis is on drills to teach proper stroke mechanics, body position and basic propulsion in the water.

Mastery of mechanics, position and propulsion improves swimmer effectiveness and is particularly important when swimmers advance to the more intensive cardiovascular training of the advanced training groups. In other words, the work swimmers do in the red and white group is the foundation to their future success in swimming and must be built of the best materials and workmanship.

Whether your swimmer will swim year round for the next 10 years, or is only swimming with AQUASTAR as a summer league warm up activity, the skills learned will help them to be better swimmers for life. Thank you for trusting us with the swim development of your AQUASTAR!

Congratulations to the New 2005-2006 AQUASTAR Board

Elections for the 2005-2006 AQUASTAR Board of Directors were held at the April board meeting. New members include Dan Joines, vice president; Ed Mullery, treasurer; Lailing Tsai and Jim Kolodgie.

Returning Members include Ken Baliker, president; Scott Cragin, secretary; Rick Jones and Glenn Piper.

The team wants to thank outgoing board members Ellen Baker, Marcy Barr, Patty Hermann and Patty McElhany for all their hard work during their terms. It takes hundreds of volunteer hours to run a successful team and volunteers like these are the key to AQUASTAR's success!

Preferred Payment Options for AQUASTAR Training Fees

Because our team has grown so large and we practice at as many as 5 pools a night, collecting training, meet entry fees and other funds can become complicated and there is an increased chance that checks will be delayed or lost. To ensure your payments get to the right people and are posted on time, the following are the preferred methods of payment in order of most to least preferred:

- 1. Electronic payment through your bank.** Call your bank or check out their website for instructions to set AQUASTAR up as a "payee" for your account. Your best bet is to set up an automatic monthly payment that will arrive to AQUASTAR on the first of the month. The payment address is: 15403 Pleasant Valley Dr., Houston, TX 77062
- 2. Personal check mailed by you to the same address above.**
- 3. Hand-delivering a check to the "Parent on Deck" at your swimmer's practice pool.** If all else fails, you can still bring your checks to practice. However, please give all checks to the "parent on deck" at the pool and not to your swimmer's coach. The coaches have a lot of attendance and other paperwork to keep track of and do not have ready access to the team treasurer to get your checks processed quickly.

"In Your Lane"**Name:** Grace Baliker**Age:** 10**School:** Falcon Pass Elementary – 4th grade**Swim Facts:** Started swimming summer league at age 4. Has been swimming with AQUA since inception in 2000.**Practice Group:** White**Favorite Stroke:** Breaststroke**Least Favorite Stroke:** Butterfly**Favorite Part of Practice:** Free choice [corkscrew]**Least Favorite Part of Practice:** Hard sets**Hobbies & Interests:** Competitive cheerleading, playing with friends, and talking on the internet.**Other:** Has a West highland Terrier named Sophie.**May AQUASTAR Birthdays!**

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

Will Stephens, May 3

Sarah Marr, May 4

Justin Russo, May 7

Alison Stav, May 8

Jalynn Stewart, May 10

Kevin Loney, May 11

Emily Pohr, May 12

Stephen Sun, May 14

Alec Korogodsky, May 15

Julia Potter, May 18

Lauren Russell, May 19

Kyle Gonzalez, May 24

Matthew Knight, May 26

Tamara Romero, May 26

Jennifer Schmidt, May 26

Megan McGuire, May 28

Blake Hobson, May 31

**Name:** Alyssa Mullery**Age:** 10**School:** Falcon Pass Elementary – 5th grade**Swim Facts:** Has been swimming with AQUA since inception in 2000.**Practice Group:** White**Favorite Stroke:** Butterfly**Least Favorite Stroke:** Freestyle**Favorite Part of Practice:** Warm-ups**Least Favorite Part of Practice:** Hard sets**Hobbies & Interests:** Jumping on the trampoline and going sailing.**Other:** Has two cats- Maxine and Crackerjack.**May 27-29 "A & Up" Meet
Moved to Texas A&M!***Team Secures Special Hotel Rates*

The May 27-29 A & Up meet has been moved to Texas A&M. The meet was originally scheduled to be held in The Woodlands.

AQUASTAR has reserved a block of rooms at the brand new Homewood Suites in College Station. The team has reserved 10 one-bedroom suites for \$99 a night. The rate also includes breakfast!

Call 979-846-0400 to reserve a room. Be sure to mention that you'd like a room from the AQUASTAR block. The group code is ASG. Reservations must be made by May 9th to receive this special rate!If you have questions or need more information, contact Kelli Baliker at kbaliker@houston.rr.com.

Short Course Social Photos!

