



Volume 7, No. 1  
January 2006

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

AQUASTAR  
Houston, TX 77062

*Turning today's potential into tomorrow's performance!*

## AQUASTAR

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Meet Entries  
Kelli Baliker

Head Coach  
Harold  
Johnston

## **NEXT BOARD MEETING**

Tuesday,  
January 10

8:30 pm

Gloria Dei  
Church,  
Nassau Bay

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

## Swimmers Who Have Not Completed 2006 USA & Team Registration Forms Cannot Swim after Jan 1!

All AQUASTAR swimmers are required to register each calendar year with both USA Swimming and AQUASTAR. In addition to completing the 2006 forms, the annual 2006 registration fees totaling \$85 was due no later than 12/31/05.

Swimmers who have not completed both registration forms and paid the \$85 registration fee will not be allowed to swim at practice or meets with the team as they are not covered under the team's insurance.

Updating registration not only ensures swimmers are insured while participating with the team, it also ensures the team has the latest contact information for all swimmers and their parents, which allows the team to contact them to provide monthly invoices, or contact parents in case of emergency.

About a month after receiving registration forms, the team receives the 2006 USA Swimming ID cards. The cards prove a swimmer is a registered with USA Swimming and contains the swimmer's USA Swimming ID number, which is required on meet entry forms. The card can also be used to prove AQUASTAR membership to obtain team discounts from team-sponsored stores.

If you already completed your forms, see the Parent-on-Deck at the pool where you practice most to pick up your card.

## Don't Miss Out: Only Three Meets Scheduled for January

There are only three meets AQUASTAR swimmers are eligible to attend in January, and two of them are limited by swimmer age. Therefore, if you are going to attend a meet in January, you need to start planning now.

### **Aggieland 11-up Open, January 7-9, 2006**

This meet is open to swimmers age 11 and older of all abilities. The meet is held at the Texas A&M Natatorium in College Station. It is a great opportunity for swimmers to get a feel for a large meet, as swimmers come from around the state to participate. The meet is even held in two competition pools because of the number of swimmers attending.

Although the meet entry deadline has passed, you can still "on-deck enter" the day of the meet. Because of the distance to College Station, most team members will stay over in College Station at an area hotel. For more information, visit the AQUASTAR home page and click the "Aggieland 11-up Open" hyperlink, which will take you to the meet invitation. Review the meet invitation for more information about meet start times, maximum number of events a swimmer can enter, and other eligibility requirements.

### **HSC 10-under Open, January 14-15, 2006**

This meet is open to swimmers 10 years old and younger of all abilities. It will be held at the Spring Branch ISD Natatorium.

(See "Meets", page 2)

**(From "Meets," page 1)**

The meet will be a great opportunity for younger swimmers to get their first experience at a meet in an environment with only younger swimmers. The meet entry deadline is Jan. 1, 2006 to submit your online meet entry through AQUASTAR. If you miss the Jan. 1 entry deadline, you can "on-deck enter" the morning of the meet at the pool.

There are two links on the AQUASTAR website; one for the meet invitation, and one for the online entry form. Review the meet invitation for more information about meet start times, maximum number of events a swimmer can enter, and other eligibility requirements.

**Open Meet, January 27-29, 2006**

The final meet in January will be an open meet for swimmers of all ages and abilities. As the meet invitations are not yet posted, no additional information is available at this time. Watch the AQUASTAR home page for more information about this meet when it becomes available, which should be around the middle of January.

**Training Group Promotions**

Because of their performance at the Gulf Champs and Winter Champs Meets, the following swimmers are now eligible to move to the next higher training group.

Congratulations to all of them!

**From White to Blue:** Alyssa Mullery, Christa Walker and Nellie Wong

**From Blue to Gold:** Cameron Dyer

**From Gold to Senior:** Will Kolodgie

**Wearing a Team Cap and Suit at Meets is Important!**

Many swimmers and parents are not aware that AQUASTAR DOES have a team swimsuit and cap that should be worn at meets.



The team suit is a black suit of any style or brand and can be purchased at any swim shop, athletic store, or swimming website.

The team cap is the black cap with AQUASTAR on the side. You can buy one from the Parent on Deck at your practice pool for only \$5.

Most coaches have not required swimmers to wear the team "uniform" at meets, however, wearing a team cap and suit is important for many reasons. First, it helps coaches identify AQUASTAR swimmers in the water. Second, Gulf Swimming officials have chastised relay team members who were not wearing team caps because they could not identify the relay team. The team has been fined for these infractions and fines are passed along to the swimmer's account for payment. Finally, the team suit and cap lets everyone at meets know AQUASTAR swimmers are there to compete! Many people do not know how large our team is or how good our swimmers are because they cannot identify us at meets.

If you have not been wearing a team suit and cap at meets, start at your next meet. We hope to see all AQUASTAR swimmers wearing their team caps, suits, and other AQUASTAR merchandise proudly at all future meets. **See page 4 for more information on purchasing team merchandise.**

**Did you Know...You Might Not Need to Get to Meets as Early as You Think!**

Although meet invitations list the warm-up start time, most meets have a staggered warm-up schedule of two, three or more warm-up sessions. Therefore, even if the invitation states warm-ups begin at 7:40, AQUASTAR might not begin warm-ups until the second session at 8:10. To find out when the team will actually begin warm-ups, and therefore plan your arrival time at the meet accordingly, visit the Gulf Swimming website the week before the meet to review the warm-up schedule. Go to [http://www.gulfswimming.org/meet\\_information/0506SC.htm](http://www.gulfswimming.org/meet_information/0506SC.htm). Look for the meet you're attending and there will be a link to the warm-up schedule. Be sure to select the correct meet, as very often there are several meets held on the same date. Warm-up times and meet timelines are also posted on the AQUASTAR website home page, typically beginning the Wednesday before the meet.

## January Birthdays

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

Mark Grijalva, 1/1

Joseph Lyons, 1/1

Austin Hinnners, 1/4

Christopher Westerlund, 1/4

Ashley Yates, 1/5

Adriana Sepulveda, 1/7

Julia Sepulveda, 1/7

Paul McGuire, 1/10

Nick Barnett, 1/12

Kristin Rains, 1/12

Jack Sun, 1/12

Lisa Mullaney, 1/13

Jeannette Wacker, 1/13

Mark Nguyen, 1/18

Claribeth De La Cruz, 1/19

Meggan Olivier, 1/19

Kelly Yang, 1/25

Ellen Lobb, 1/27

Brandon Chao, 1/31



## "In Your Lane"



**Name:** Michael Tomerlin

**Age:** 12

**School:** Windsong Intermediate

**Practice Group:** White

**Favorite Stroke:** Butterfly

**Least Favorite Stroke:** Breaststroke

**Favorite Part of Practice:** Turns

**Least Favorite Part of Practice:** Drills

**Hobbies & Interests:** Video games and running.



**Name:** James Tomerlin

**Age:** 7

**School:** C. W. Cline Elementary

**Practice Group:** Red

**Favorite stroke:** Freestyle

**Least favorite stroke:** Butterfly

**Favorite part of practice:** The End

**Least favorite part of practice:** The Beginning

**Hobbies/Interests:** Baseball and Gameboy

## Buy Your AQUASTAR Merchandise Today!

Show your team spirit by wearing your AQUASTAR merchandise! To order, download and complete a merchandise order form from the AQUASTAR website and submit it with your payment to the Parent-on-Deck at your practice pool. Orders will get to you in about a week. For more information, contact Amy Castro at [Amy\\_Castro@ICTSTexas.com](mailto:Amy_Castro@ICTSTexas.com) or via telephone at 281-728-2248.



**Hooded Sweatshirt- \$20**  
 Sizes: Youth L, Adult S, M, L, XL



**Women's Shorts- \$10**  
 Sizes: Youth L, Adult S, M, L



**T-Shirt- \$8**  
 Sizes: Youth M, Adult S, M, L, XL, XXL



**Meet Caps- \$5**



**Practice Caps- \$2**



**Men's Shorts- \$10**  
 Sizes: Men's S (28-30), M (32-34)



**Window Decal- \$8 for 1, \$15 for 2**  
 (Car not included!)