



Volume 7, No. 7
July 2006

www.swimaqua.org
Hotline 281-488-1582

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

AQUASTAR

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Dan Joines

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Ed Mullery

Secretary
Barb Kolodgie

Directors
Mike McElhany
Amy Castro
Lailing Tsai
Karen Miller

Meet Entries
Amy Castro

Head Coach
Harold
Johnston

NEXT BOARD MEETING

Tuesday,
July 11,
2006

8:30 pm

Gloria Dei
Church,
Nassau Bay

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

AQUASTAR TAKES 3rd PLACE AT GULF CHAMPS!



Aquastar earned the 3rd place team award at the recent

Gulf Champs Meet held at the University of Houston natatorium with 26 swimmers participating. Swimmers improved in 77% of the events entered, compared with approximately 50% improvement for all other teams combined. Swimmers of the meet with seven best times in seven swims are Corey Duke, Mark Grijalva, Francis Kim, Julia Sepulveda, Skylar Smith and Caroline McElhany.

Francis Kim, and Julia Sepulveda earned four new TAGS times. Ellen Lobb earned two new T16 times, while Jenny Claydon, Sierra Dyer, Mark Grijalva, Josh Hurley, Adriana Sepulveda and Skylar Smith earned ten new Sectional times.

Kari Budd, Mark Grijalva, Ellen Lobb and Caroline McElhany swam nine new Senior Circuit times.

Thirty-six team records were broken including the 13-14 girls' 800 free relay (A. Sepulveda, Lobb, Smith and McElhany), the Senior Girls' 400 free relay (Claydon, Rosa Gentile, Dyer and Budd), the Senior Girls' 400 medley relay (Dyer, Claydon, Budd and Gentile), the Senior Boys' 200 medley relay (Cole Cragin, Grijalva, Hurley, and Will Kolodgie), the Senior Boys' 400 medley relay (Cragin, Grijalva, Hurley and Kyle Gonzalez), Kari Budd, Jenny Claydon, Cole Cragin, Corey Duke, Rosa Gentile, Mark Grijalva, Ellen Lobb, Caroline McElhany, and Julia Sepulveda.

Two Junior National Cuts were earned by Ellen Lobb in the 100 back and Caroline McElhany in the 100 fly.

Francis Kim earned a promotion to the Blue training group because of his swims.

CONGRATULATIONS to the Swimmers and Coaches!



Chandler Metcalf, 7/1
 Ted Babic, 7/2
 Stevie Garcia, 7/2
 Cooper Raterink, 7/2
 William Jeang, 7/2
 Mathias Bendixen, 7/4
 Michael Oliver, 7/5
 Daniel Shipman, 7/5
 Daniel Mossimino, 7/5
 Michelle Wacker, 7/6
 Hillary Rines, 7/6
 Jonathan Crutchfield, 7/9
 Nancy Chan, 7/11
 Alex Teplyakov, 7/11
 Cameron Dang, 7/12
 Jessica Cartlidge, 7/14
 Kaylin Mobley, 7/15
 Kelly Hamilton, 7/16
 Brian Bloomfileld, 7/19
 Abiel Garcia, 7/19
 Jamie Winfrey, 7/19
 Caitlin Marr, 7/19
 Brittany Hoffman, 7/21
 Michael Tompkins, 7/22
 Brandon Ennis, 7/23
 Olivia Mattley, 7/23
 Kari Burrell, 7/25
 Denise Kwong, 7/25
 Zenah Al-Naimi, 7/26
 Davis Blystone, 7/27
 Lauren Johnson, 7/27
 Corey Duke, 7/28
 Taylor Sharp, 7/28
 Lauren Barr, 7/29
 Christopher Chao, 7/29
 Katherine Drake, 7/30
 Lauren Lundquist, 7/30
 Monet Herrscher, 7/31
 Casey Schneider, 7/31

“IN YOUR LANE”



Name: **Camille Mullery**

Age: **10**

School: **Falcon Pass Elementary**

Swim Facts: **Swimming with AQUASTAR for two years**

Practice Group: **Red**

Favorite Stroke: **Backstroke**

Least Favorite Stroke: **Butterfly**

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

Least Favorite Part of Practice: **Drills**

Hobbies & Interests: **Swimming & Drama**

Other: **She has two cats named Cracker Jack & Maxine. She swims summer league for the Pineloch Piranhas.**



Name: **Justin Russo**

Age: **17**

School: **Clear Creek HS**

Swim Facts: **Has been with AQUASTAR since the team's inception!**

Practice Group: **Gold**

Favorite Stroke: **Freestyle**

Least Favorite Stroke: **Backstroke!**

Favorite Part of Practice: **Sprint Sets**

Least Favorite Part of Practice: **IM Drills**

Hobbies & Interests: **Listening to Heavy Metal Music (Old Stuff), playing video/computer games and going to rock concerts with his Dad**

Other: **One sister, Jaci, one longhaired mini Daschund named Wally. MVP for Clear Creek Swim Team for 2005-2006 season. Works summers as a lifeguard and volunteers as a summer league swim coach for Harbour Tide.**



AQUASTAR's Madison Varisco, Ellen Lobb and Corey Duke received High Point Honors at Gulf Champs. Aquastar is the only team to have multiple high point winners!

JUST A REMINDER— REMAINING LONG COURSE SWIM MEETS

The next few weeks will be busy for AQUASTAR swimmers and parents as they prepare for their final meets of the long course season:

Summer Champs Meet – July 7-9, 2006 at the Cy-Fair Swim Club

TWST Qualifying Meet – July 7-9, 2006 (Must have Gulf Champs times to participate)

B-Under Champs, July 15-16 at MAC

TAGS Meet-July 19-23, 2006 at TWST

Sectionals – July 26-29, 2006 at the University of Houston

TEAM HIRES NEW COACH

The AQUASTAR Board of Directors recently approved the addition of Mr. John Burke as the new Head Assistant Coach for the team. Mr. Burke has more than fifteen years experience coaching swimmers and is currently a club coach in Annapolis, Maryland.

More information about Mr. Burke will be in the August newsletter.

AQUASTAR TO HOST 14 & UNDER MEET IN OCTOBER

Mark October 27-29, 2006 on your calendars! AQUASTAR has been selected by Gulf Swimming to host a 14 & Under Meet during the short course season. The meet will be held at Baytown Sterling High School.

Successful meets require dedicated volunteers, so set aside this date to help the team once again show the Gulf what a great meet we host! Our reputation for great meets and great hospitality is unsurpassed!

This year, the meet has Friday night competition as well, so we will need even more volunteers than last year.

ANNIVERSARY PARTY AND AWARDS CEREMONY SCHEDULED FOR AUGUST

Last year, AQUASTAR had a record crowd at the AQUASTAR Anniversary Party and Awards Ceremony at the Armand Bayou Nature Center. We want to beat last year's attendance record and would especially like to see more of our older swimmers attend.

This year's party will be in August in the afternoon. The party will be held at a location with a large, indoor air-conditioned facility for the meal and awards ceremony and an outdoor picnic area with basketball courts, volleyball courts and playground facilities for younger children.

Pulling off a record-breaking party requires a lot of volunteer assistance. If you're creative and would like to help out, or if you signed up to assist with "social activities" when you registered with AQUASTAR," please email Karen Miller at kmiller@certifiedway.com, or call her at 281-470-8612.

BOARD APPROVES FEE INCREASE

The AQUASTAR Board of Directors approved a fee increase at its June board meeting. Group training fees will increase by \$5 for each group effective September 1, 2006. The August billing will reflect the new fees:

Red Group: \$45

White Group: \$65

Blue and Above Groups: \$75

Family Maximum: \$145

"FOR PARENTS AND SWIMMERS ONLY"

A CHECKLIST FOR OUTDOOR SUMMER MEETS:

- Sunscreen**
- Bug spray**
- Tents**
- Tinted goggles!**
- Spray water bottles to keep you cool**
- Lawn chairs**
- Lots of water to drink**
- Cut up fruit such as watermelon, grapes, strawberries**
- An umbrella (for that occasional afternoon shower!)**
- Lots of patience!**

Good Luck!!