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www.swimaqua.org
Hotline 281-488-1582

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

AQUASTAR

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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,
June 13,
2006

8:30 pm

Gloria Dei
Church,
Nassau Bay

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

AQUASTAR Shines at FCST A & Up Meet

25 AQUASTAR swimmers participated in the FCST A & Up Meet in Sugar Land June 2-4. Swimmer of the Meet with 100% improvement in seven swims was Ellen Lobb. Others with 100% improvement were Cole Cragin (6), Jackson Hayes (1) and Adriana Sepulveda (6).

Eighteen team records were broken by Jenny Claydon, Cole Cragin, Corey Duke, Mark Grijalva, Ellen Lobb, the 13-14 girls 200 free relay (Caroline McElhany, Skylar Smith, Adriana Sepulveda, and Ellen Lobb), the 15-18 boys 200 free relay (Cole Cragin, Michael Piper, Paul McGuire, and Jackson Hayes), the 15-18 girls 200 free relay (Sierra Dyer, Jenny Claydon, Kari Budd and Karen Baker) and the 15-18 girls 200 medley relay (S. Dyer, J. Claydon, K. Budd and Rosa Gentile).

The 13-14 girls' 200 free relay team improved upon its already **BEST TIME IN THE NATION**. Congratulations!!

Will Kolodgie, Wendy Tsai, and Madison Varisco earned five new TAGS times.

Jenny Claydon, Cole Cragin, Julia Sepulveda, and Ellen Lobb swam four new Sectional cuts.

Cole Cragin added two more Senior Circuit times.

Because of her swims, Julia Sepulveda moved from the Gold to the Senior Training Group. Congratulations!!

Ellen Lobb Attends USA Swimming Regional Camp



Ellen Lobb was recently chosen to attend one of USA Swimming's Four Zone Select Camps. 28 male and 28 female swimmers from each of the four zones were selected to attend these camps. The fastest swimmer in each zone in each Olympic event (excluding the 50 free) and the top 15 swimmers with the highest IMX scores in the region were selected to attend.

The camps offer a unique motivational and educational experience for the swimmers and are an integral step for athletes to move from the local and zone level onto the national scene.

Ellen is attending this camp at The Baylor School in Tennessee June 8-11, 2006. Congratulations Ellen!!

End of Season Champ Meets

*Requirement for Some Swimmers,
Great Opportunity for Everyone Else*

Competitive AQUASTAR swimmers in the Blue and above training groups are required to attend one end-of-season championship meet. However, these swimmers are not the only ones who can benefit from participating in end-of-season championship meets. Gulf Swimming's champ meet series is designed to give swimmers at all developmental levels the opportunity to experience a championship-level meet. Swimmers who place first through third receive gold, silver and bronze medals respectively. Swimmers placing fourth through eighth receive ribbons. Following are short descriptions of the three championship meets. See the AQUASTAR website and associated meet invitations for more information.

TWST Qualifying Meet The Woodlands June 16-18, 2006

This meet has no qualifying times. The cut-off times for this meet are Gulf Champ times. The AQUASTAR deadline has passed for signing up on-line for this meet, but you may on-deck your swimmer at the pool prior to the start of the meet.

Gulf Champs University of Houston June 22-25, 2006

Swimmers must have Gulf Champs qualifying times to swim at this meet. It is a prelim/final meet for most events. AQUASTAR deadline has passed for this meet, but swimmers can on-deck entries prior to the start of the meet

Summer Champs CFSC Fleet Aquatics Center – July 7-9, 2006

This is a timed final meet for swimmers 10 and under and prelim/final meet for swimmers 11 years of age and up. There are no qualifying times for this meet, but swimmers cannot enter an event that they have not swum before. In other words, you may not enter this meet with a "No Time". The cut-off times for this meet are Gulf Champ Qualifying times.

Long Course TAGS The Woodlands Athletic Center – July 19-23, 2006

This meet is a prelims/final meet for most events. Swimmers must have a Long Course TAGS qualifying time to compete in this meet.

Sectionals Meet – July 26-29 University of Houston

This meet is a prelim/final meet for swimmers with Sectionals and/or Senior Circuit cuts.

Need an AQUASTAR Meet Cap for the Champ Meet Series? Stock up in advance! You can purchase caps from the main parent-on-deck at your practice pool or visit the AQUASTAR website for information on purchasing AQUASTAR merchandise. **If you find yourself at a meet and need a cap, see the AQUASTAR timing coordinator at the meet. The timing coordinator can direct you to a parent selling caps.**

Happy Birthday!

Amanda Maniet, 6/1

James Tabata, 6/2

Sydney Davis, 6/2

Laynie Haley, 6/2

Camille Mullery, 6/3

Gregory Godinich, 6/3

Megan McGuire, 6/4

Gabriella Coker-Garcia, 6/4

Faith Ann Ruszkowski, 6/5

Arianne Finch, 6/5

Katia Belova, 6/5

JT Ford, 6/7

Nellie Wong, 6/7

Hannah Parker, 6/9

Will Kolodgie, 6/10

Peter Wan, 6/11

Mark Nguyen, 6/12

Jackie Clemmer, 6/12

Emma Zawila, 6/13

Lexi Temofonte, 6/14

Kimi Butler, 6/14

Molly Freeman, 6/14

Shaun Greene, 6/15

Philip McDugle, 6/18

AmyJo Foreman, 6/18

Anna Monteith, 6/19

Lauren Fiske, 6/19

Natasha Iaccino, 6/19

Luke Romanko, 6/19

Ethan Pham, 6/20

Kasey Warren, 6/20

Drew Wiley, 6/22



Meggan Olivier, 6/25

Lauren Nutt, 6/25

Wendy Tsai, 6/29

Brandon Allred, 6/30

FOR SWIMMERS ONLY!

Most of us associate increases in training load with increases in fitness level. What we often overlook is the fact that the **REAL** gains in exercise capacity occur when the body and muscles are at rest. While practice is where we see **TIMES** improving, the **UNDERLYING** adaptations to this training actually occur while the body recovers from this workload. So, while workout is the all-important **STIMULUS** that **INITIATES** the adaptation process, the majority of the body's "metabolic rebuilding" occurs while the body is at rest (i.e. during recovery).

There are **five key components** to an optimal recovery that all swimmers should understand, believe in, and most importantly, practice on a **REGULAR BASIS**:

1. **Cool Down** – This facilitates the removal/utilization of lactate after a race or tough set. At meets where there is no warm down pool, swimmers should complete their active recovery on land, including stretching, light jogging, and some light land based exercises such as arm rotations, that use the same muscle groups used during the swim.
2. **Eat** – The primary fuel source for most swimmers during training is carbohydrate. Effective nutritional recovery maintains energy and limits tissue breakdown.
3. **Stretch** – a key component of the daily training plan for athletes, stretching increases blood flow to muscles and helps the muscle repair itself. It can also reduce the chance of injury.
4. **Massage** – Massaging the muscles helps eliminate that chronic muscle soreness, fatigue and tightness around peak training times and during multiple day swim meets.
5. **Sleep** – Getting too little sleep can hinder recovery from exercise. **Sufficient sleep is essential!!**

"In Your Lane"



Name: Mike Cragin

Age: 10

School: Bales Intermediate, Friendswood

Swim Facts: AQUASTAR member for three years

Practice Group: White

Favorite Stroke: Free

Least Favorite Stroke: Butterfly

Favorite Part of Practice: Relay practice

Least Favorite Part of Practice: Kicking

Hobbies & Interests: Baseball, Basketball and Soccer

Other: He has one brother, two sisters and a dog named Maggie



Name: Sarah Cragin

Age: 10

School: Bales Intermediate, Friendswood

Swim Facts: AQUASTAR member for three years

Practice Group: White

Favorite Stroke: Butterfly

Least Favorite Stroke: Breaststroke

Favorite Part of Practice: Starts and turn practice

Least Favorite Part of Practice: Warm-up

Hobbies & Interests: Soccer, Basketball and Tennis

Other: She has one sister, two brothers and a dog named Maggie

Have you picked up your Meet Ribbons Lately?

We have many unclaimed ribbons from past meets!! If you have not picked up your ribbons from a meet you attended in the past year, please ask your coach or one of the PODs (Parent On Deck) at your pool.

“FOR PARENT’S ONLY”

(Reprinted with Permission from the USA Swimming Website)

Training for Age Group Swimmers

Many parents have lots of questions about swim practice, especially when their children are new to the sport. It is sometimes difficult to know what to expect of your child. Your child may talk about swim practice, but you may not even understand the new “swimming vocabulary” your child is using!

Many children improve rapidly during the developmental stages due to growth and improved technique. It is difficult to resist the tendency to push young athletes at this stage! However, the emphasis should be placed on technique and not intense training.

A frequently asked question by parents of young developmental swimmers is “Shouldn’t my child be swimming more laps instead of doing all those drills?” The reality is that children need to develop a solid foundation in stroke mechanics. Drills and drill sets serve the specific purpose of teaching skills and fundamentals. Drills develop motor coordination, motor skills, and balance. In fact, your child’s coach may prescribe a particular drill, just for your child, in order to improve a part of her stroke. In addition, she may actually be experiencing a “training” benefit from drills. Drills require concentration and aerobic energy to do them correctly.

Training for Older Swimmers

As your child becomes a teenager, lots of things change, including his swim training and focus. Just when you had age group swimming all figured out, the coach has started calling your child’s group the “senior group”. What does this mean for your child as a swimmer and for you as a parent? Training focus and expectations may shift and new issues may surface. What does the coach mean when he says that my daughter controls eighty percent of her training?

At this stage, it is important for the athlete to take full responsibility for her swimming. The coach is just reinforcing this concept. Having a good attitude, developing proper time management and demonstrating a strong work ethic are important both in and out of the water. What your child’s coach is referring to is called the “hidden training factors.” She is in control of what she eats, how much sleep she gets, her practice attendance, and even her effort on practice sets. This may really add up to even more than 80%.