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March 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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Ken Baliker

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Dan Joines

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Secretary
Scott Cragin

Directors
Rick Jones
Glenn Piper
Lailing Tsai
Barb Kolodgie

Meet Entries
Kelli Baliker

Head Coach
Harold
Johnston

NEXT BOARD MEETING

Tuesday,
March 14

8:30 pm

Gloria Dei
Church,
Nassau Bay

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

March is the Month for Final Meets of this Short Course Season

Texas Senior Circuit/Speedo Championship Series/USA Swimming Sectional Championship March 2-5, Texas A & M

Sectionals is the nickname meets within the Speedo Championship Series. The series consist of open "senior level" meets in each USA Swimming zone that are held each spring and summer. These meets are the highest level meets for each USA Swimming zone. Swimmers of any age can participate in sectionals as long as they meet the challenging qualifying times.

This meet is a prelims/finals meet open to swimmers who meet the "Sectional Time Standard" for each event entered. Swimmers who have met one "Texas Senior Circuit Automatic Time Standard" qualify for all events except the 1000 and 1650 Freestyle. Additional qualifying standards exist and are listed in the meet invitation.

The following swimmers have qualified to attend Short Course Sectionals for 2006. Congratulations to all of them!

Karen Baker	Kari Budd
Cole Cragin	Jenny Claydon
Mark Grijalva	Josh Hurley
Ellen Lobb	Caroline McElhany
Michael Piper	Adriana Sepulveda
Julia Sepulveda	Skylar Smith
Will Stephens	Kenna Terry
Wendy Tsai	John Wong

Texas Age Group Swimming (TAGS) Short Course Championship March 10-12, A.J. Loos Swimming Center, Dallas

The Texas Age Group Swimming (TAGS) Short Course Championship is the pinnacle of the Texas Spring Championships for the most elite-level age-group swimmers in the state. Age group swimmers are those 14-years-old and younger. TAGS kicks-off with opening ceremonies at which each team represented is introduced and recognized.

TAGS is a prelim/finals meet for swimmers 14-years-old and under. Qualifying times are the *Texas Age Group Swimming 2006 Qualifying Times*. The swimmer's TAGS time must have been achieved between January 1, 2005 and March 1, 2006. Unlike many other meets, the "up/down rule" does not apply, which means each swimmer entered must have achieved the qualifying times for each event entered.

The following swimmers have qualified to attend Short Course TAGS for 2006. Congratulations to all of them!

Bennie Berezin	Cole Cragin
Corey Duke	Cameron Dyer
Will Kolodgie	Ellen Lobb
Caroline McElhany	Adriana Sepulveda
Julia Sepulveda	Taylor Sharp
Skylar Smith	Ryan Swaney
Stanley Sun	Stephen Sun
Wendy Tsai	Maddie Varisco

*He who is not courageous enough to take risks will accomplish nothing in life. **Muhammad Ali***

AQUASTARS Shine at High School State Swimming Championships

In addition to participating with AQUASTAR, many swimmers also participate in their respective high school swimming programs. These dedicated swimmers generally attend five, two-hour practices per week with their high school team and practice several days per week with AQUASTAR.

The intense practice and hard work has paid off for these swimmers over the past months as they participated in state high school swimming championships.

Congratulations to all of our swimmers who participated in state meets. Here is a brief synopsis of the results.

Texas Association of Private and Parochial Schools (TAPPS) Swimming Championships **Class 4A-Div II**

Four AQUASTAR swimmers participated in the TAPPS 4A-Division II championship representing Lutheran South Academy.

John Wong was part of the Boys 200 Medley and 400 Freestyle Relays, which took 1st in both events. He also placed 1st in the 100 Backstroke and 2nd in the 100 Butterfly.

Tim Clemens was part of the Boys 200 Free Relay team, which placed 6th. He also placed 5th in the 100 Butterfly and 8th in the 200 Freestyle.

Monet Herrscher and Shanna Jones were part of the Girls 400 Free Relay team, which placed 3rd at state.

Jones placed 1st in both the 100 Freestyle and 100 Breaststroke with personal best times in both events.

Herrscher also placed 8th in the 200 IM.

Texas UIL Swimming and Diving Championships

Class 5A

Five AQUASTAR swimmers represented Clear Lake High School at the Texas UIL 5A championships.

Kari Budd, Karen Baker, Sierra Dyer and Rosa Gentile made up the Clear Lake High School "A" Girls 200 Freestyle Relay team, which placed 10th at state. The relay team also qualified for the 400 Freestyle Relay.

Jon Larson placed 12th in the Boys 100 Freestyle.

Class 4A

Three AQUASTAR swimmers represented Friendswood High School at the Texas UIL 4A championships.

Cole Cragin took 1st in the Boys 100 Backstroke. He also helped the Friendswood High School Boys 200 Medley Relay team take 3rd at state. He placed 6th in the Boys 100 Butterfly. He was also part of the Friendswood Boys 400 Freestyle Relay, which placed 6th.

Jenny Claydon and Hannah Mossbarger were part of the Friendswood High School Girls 200 Medley Relay "A" team, which placed 7th overall in the state. Both swimmers were also part of the Girls 200 Freestyle Relay team, which placed 7th overall.

Claydon also placed 2nd in both the Girls 100 and 200 Freestyle at state.

Mossbarger placed 15th in the Girls 50 Freestyle and placed 11th in the Girls 100 Breaststroke.

Volunteer Meet Entry Chairperson Needed

As most members know, with the exception of the coaching staff, this team is all volunteer run. This includes registering new members, serving as parents-on-deck, running meets, writing the newsletter, planning social functions and more. Many of the parents currently volunteering to help run the team have served in their positions for several years and would like to "pass the torch" to other parents.

Kelli Baliker has served as the meet entry chairperson for more than five years. She would like to help train and transition in a new meet entry coordinator. The position includes receiving email entries from families, processing the entries, and submitting them to the team hosting the meet. Candidates should be very familiar with swimming, detail and deadline oriented, and computer literate.

If you are interested in additional information or in volunteering for this position, please contact Kelli Baliker, at kbaliker@houston.rr.com.

Be Sure to Pick Up Your 2006 USA Swimming ID Card

Your USA Swimming ID card identifies you as a registered member of USA Swimming. It also contains information you need when attending meets, such as your swimmer's USA Swimming ID number, which is required on all meet registration forms. Additionally, your USA Swimming ID card can be used as "proof" that you are a member of the AQUASTAR swim team, which can be helpful when asking for team discounts at team-sponsored retail stores, such as the A-Gleam Swim Shop.

As USA Swimming ID cards are received by the team, they are given to the "parent-on-deck," at the practice pool where your swimmer practices most. Therefore, if you have not already received your 2006 ID card, be sure to pick it up the next time you go to practice.

Training Group Promotions

The following swimmers qualified for promotion to the next higher training group because of their performance at February meets.

From Red to White: Olivia Mattley, Matthew Temofonte, Adam Walker, Austin Witt and Avery Witt

From White to Blue: Kaitlin Kirasich, James Miller and Erick Zuber

From Blue to Gold: Will Stephens and Kyle Gonzalez

From Gold to Senior: Bennie Berezin and Adriana Sepulveda

New Kroger "Share Cards" Arriving this Week

Fundraise for AQUASTAR While You Shop!

This week, AQUASTAR will receive new mini Kroger Share Cards and stickers for the key chain Kroger Card. Members can pick up the new mini cards and stickers from the parent-on-deck at each practice pool.

When you check out at Kroger's, just have the cashier swipe the bar code on the card at checkout and Kroger will donate 1% of the purchase amount to AQUASTAR. There is no cost to you! If you have had a problem with the bar code wearing off, check with the parent-on-deck at your practice pool for a replacement. You can also try laminating your existing card to make it last longer. AQUASTAR is also part of Randall's Good Neighbor Program. The next time you go to Randall's, have the cashier or a customer service representative add our Good Neighbor Code, "9266," to your Randall's Card.

These two programs are a high impact, low effort fundraising vehicle for the team and have helped us maintain such low training fees. Our goal is to reach \$100 per month. Help your team reach this goal by participating in these programs every time you shop!

March Birthdays



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

Emily Chiou, **3/1**
 Katie Cummings, **3/1**
 Charles Brisco, **3/3**
 Larry Ying, **3/5**
 Adam Walker, **3/6**
 Gabriel Chapa, **3/9**
 Kelsey Castro, **3/12**
 James Miller, **3/17**
 Rachel Nguyen, **3/17**
 Lois Kim, **3/14**
 Tom Mullaney, **3/21**
 Mady Walker, **3/22**
 Michael Fowler, **3/23**
 Devin Tran, **3/23**
 Molly McGuire, **3/25**
 Rachel Cook, **3/26**
 Michelle Ngo, **3/26**
 Hilary Briggs, **3/28**
 Bayard Nicklow, **3/28**
 Christopher Godinich, **3/31**
 Justin Helm, **3/31**

"In Your Lane"



Name: Cassandra
"Cassie" Nagle

Age: 8

School: Westwood
Elementary

Swim Facts: AQUASTAR
member since Sept. 2005

Practice Group: Red

Favorite Stroke: Backstroke

Least Favorite Stroke: Freestyle

Favorite Part of Practice: Flip turns

Least Favorite Part of Practice: Diving

Hobbies & Interests: Playing piano, reading,
watching the Food Network, Gameboy, and
most of all, SWIMMING!

Other: She lived in England from the age of
four until she was almost eight.



Name: Madison
Varisco

Age: 10

School: St. Clare of
Assisi Catholic School

Swim Facts: First year
with AQUASTAR

Practice Group: Blue

Favorite Stroke: Butterfly

Least Favorite Stroke: Breaststroke

Favorite Part of Practice: Flip turns

Least Favorite Part of Practice: Swimming
long distances

Hobbies & Interests: Gameboy, kickball, math
and any sports activity.

Other: Has two sisters, Sarah and Emily, and
one dog named Boomer.