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



AQUASTAR  
Houston, TX 77062

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

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**NEXT  
BOARD  
MEETING**

Tuesday,  
Dec. 12

8:30 pm

Gloria Dei  
Church,  
Nassau Bay

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

# *In four places at once!*

**A**

QUASTAR's depth was on full display across the state the weekend of Nov. 10-12, as swimmers representing AQUASTAR participated

in no less than FOUR meets that weekend:

## **GRAND PRIX MEET - SAN ANTONIO**

Cole Cragin and Caroline McElhany attended the USA Swimming Grand Prix in San Antonio. The meet featured several Olympians and world-record holders. Cole earned the AQUASTAR Swimmer of the Meet honors. Cole swam best times in all four of his events and placed first in the 100 back with a new team record time of 51.82. He also made finals in the 100 fly with a new team record of 52.23. Cole also swam consolation finals in the 200 free and placed 12th with a time of 1:46.48. Caroline made finals in all four of her events, finishing seventh in the 200 IM (2:09.33), sixth in the 200 breast (2:25.72), fifth in the 100 fly (56.69) and fifth in the 400 IM with a new team record of 4:28.60.

## **TEXAS SWIMMING ASSOCIATION ALL STAR MEET — MIDLAND**

Corey Duke and Riley Kmiecik represented Gulf Swimming at the Texas Swimming Association All Star Challenge in Midland. Corey and Riley helped Gulf Swimming to another championship, defeating the other four Local Swim Committees in Texas. Corey was ninth in the 200 IM (2:34.18), eighth in the 200 free (2:15.57) and fifth in the 100 fly (1:08.91). Riley was ninth in the 50 free (27.95), eighth in

the 100 free (1:01.44) and fourth in the 50 fly (30.50).

## **BTA 10-UNDER OPEN**

Locally, AQUASTAR had 16 swimmers attend the Blue Tide Aquatics 10 and under open meet, improving in 66% of their swims. Gina Fossati was the AQUASTAR Swimmer of the Meet, improving in all three of her events. Cameron Johnson also improved in her one swim. New TAGS times were recorded by Madison Varisco in the 200 free and the 500 free.

## **KATY SENIOR**

AQUASTAR had 10 swimmers attend the Katy Senior meet and they improved in 57% of their swims. Mark Grijalva was the AQUASTAR Swimmer of the Meet, improving in all four of his events. Emma Day also improved in all three of her swims. Jenny Claydon achieved a new sectional time in the 400 IM, with a time of 4:39.38.

Then, another November meet followed:

## **KLEIN 11-14 OPEN (Nov. 17-19)**

Thirty-two AQUASTAR swimmers attended the Klein Aquatics 11-14 open meet, improving in 69% of their swims. Swimmer of the meet was Gabe Chapa, who improved in all seven of his events. Other swimmers improving in all of their events are Amy Chan (3), Jennifer Cunningham (2), Corey Duke (1), Molly Freeman (3), Gabby Guthrie (5), Hrisa Katsigiannis (4), Will Kibikas (3), Riley Kmiecik (4), Elizabeth Smith (1), Natalie Stephens (3), Fernando Tejada (6), and Christa Walker (3). New TAGS times were swum by Corey in the 200 fly and Riley in the 200 IM and 200 breast.

*Winning isn't everything; but TRYING TO is.*

**COACHES' CORNER**

New promotions were Jennifer Cunningham from White to Blue, Molly Freeman from White to Blue, and Fernando Tejada from White to Blue. Congratulations to everyone on a successful meet.

The upcoming DECEMBER meets can provide meet data used for swimmer progression information to the coaches. Also, remember the importance of swimming the Senior and Winter Champs meets for those with less than two meets this season, who have meet attendance requirements. Swimmers can be on-decked with No Time in some cases.

Attendance: "How many practices a week should I attend?" The answer to this FAQ depends on many variables, but most swimmers will fall into the following categories.

- The **red** swimmer is trying to determine whether swimming is the sport for him or her, while at the same time working to master the four strokes. Red group swimmers are likely involved with other activities. Two to three times a week would seem to be the best fit here.
- The **white** group swimmer has legal strokes but wants to be faster. The additional 30 minutes in the pool each day will increase endurance. Three times a week should fit most schedules.
- The **blue** group swimmer wants to see how much improvement will occur by increasing the time in the water each day to two hours. These swimmers may still be involved with a limited number of other activities, but a commitment to practice four times a week is needed here.
- The **gold** group swimmer has decided that swimming is the sport for him or her. Except when family or school priorities dictate otherwise, five times a week should be scheduled in this group.
- **Senior** swimming involves total dedication to the sport. **High school** swimming commitments should be coordinated such that daily doubles become part of the routine and six to eight practices per week should be expected.

The best progress reports are the ones generated by attendance and performance at meets. Swimmers should look carefully at the meet schedules and plan to participate in one meet each month.

**DECEMBER BIRTHDAYS**



Rachel Cragin	12/1
Hrisa Katsigiannis	12/4
Grant Qian	12/6
Michael Tomerlin	12/7
Megan Hopkins	12/8
Josh Hurley	12/9
Sarah Rose	12/9
Jared Guajardo	12/10
Caroline McElhany	12/10
Joshua Block	12/16
Shany Ledwig	12/16
Gina Fossati	12/17
Sam Kane	12/17
Kimberly Hermann	12/21
Lauran McCormick	12/21
Sam Snow	12/21
Curt Seward	12/23
Samantha Archundia	12/24
Tom Sears	12/27
Seanna McCarty	12/29

*Based on 2007 registrations at press time*

**AQUASTAR Board Meeting**  
**Tues., Dec. 12, 2006**  
**8:30 pm -- Gloria Dei Church**  
**Nassau Bay**

**“IN YOUR LANE”**



**Name:** Jill Johnson  
**Age:** 16  
**School:** Clear Brook High School  
**Swim facts:** 4 years of year-round swim; 1 year with Cairo American School; 7 years with Pineloch Piranhas summer league  
**Practice group:** Blue  
**Favorite stroke:** Backstroke  
**Least favorite stroke:** Butterfly  
**Favorite part of practice:** Kick sets  
**Least favorite part of practice:** Really long sets  
**Hobbies & interests:** Swimming, shopping, hanging out with friends, movies, and music.  
**You didn't ask:** When I grow up, I want to be a pediatrician.

**TRAINING FEES REMITTANCE**

Please remember the correct address to which your monthly training fee remittances should be sent:

AQUASTAR  
 15403 Pleasant Valley  
 Houston, TX 77062

Mailing assures (pending the efficiency the US Postal Service) that your payment will not get misplaced if hand-delivered at the pools. **HOWEVER, WE STRONGLY RECOMMEND THAT YOU SET UP AUTOMATIC BILL-PAYING THROUGH YOUR BANK'S ONLINE BILL-PAYING SITE to pay your dues or other AQUASTAR costs. This will assure your payment is always timely and you won't be hit with a late fee. If**

you are setting up the payment info on your bank's website, some require a phone number to be entered; use our team hotline number of (281) 488-1582.

Also, if you are paying on the same check for items in addition to your regular monthly training fee, please be sure and indicate what the additional funds are for, in your check's memo field. Sometimes we guess wrong! Thanks!

**KROGER MINI-SHARE CARDS**



AQUASTAR has mini-Kroger "Share Card" bar-code stickers which may be used on your key chain Kroger Card, or affixed to the front of your larger Kroger card. These work the same as the business card-size "Kroger Share cards" we have been using. Simply have the cashier swipe the bar code on the card at checkout, and Kroger will donate 1% of the purchase amount to AQUASTAR. If you have had a problem with the bar code wearing off, we have plenty of replacements on deck at practices. Otherwise, you might try laminating or Scotch-taping over your existing card.



This Kroger program, along with the similar Randall's program (simply have a cashier or customer service person code AQUASTAR's Good Neighbor number **9266** into your Randall's card) has become a high-impact, low-effort fundraising vehicle for AQUASTAR, and the benefits have helped us maintain low training fees. Benefit of the programs has held steady at about \$60 per month between the two programs. That's nice, but renewed awareness and emphasis on these programs is now needed to reach our goal of \$100 per month. Keep using the cards, and benefit AQUASTAR at no cost to you.