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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!*

## AQUASTAR

President  
Dan Joines

Vice-President  
Sue Lobb

Treasurer  
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!**

## Say Hello to Our New Board Members

Elections for the 2006-2007 AQUASTAR Board of Directors were held at the April Board Meeting. New members include Sue Lobb, Vice-President, Karen Miller, Amy Castro and Mike McElhany. The incumbent board members include Dan Joines, President; Barb Kolodgie, Secretary; Ed Mullery, Treasurer; and Lailing Tsai.

AQUASTAR parents and swimmers would like to say thank you and recognize the valuable contributions of our outgoing board members: Ken Baliker, President; Scott Cragin, Secretary; Rick Jones, and Glenn Piper. Like all of our volunteers, these parents unselfishly sacrificed their valuable free time so that all of our swimmers may benefit. Thank you!

## **New Online POD Scheduling System**

If you have signed up to be a Parent on Deck (POD) at one of the pools, there is a new sign-up system set up on our website. This system allows everyone to check their schedules and then find a time that works with their schedule.

If you are not currently a POD but would like to become one, talk to a POD at your child's practice about signing up.

The AQUASTAR board has adopted a "NO POD, NO PRACTICE RULE". That means that if no POD is scheduled and no POD can be found to volunteer for that day's practice, PRACTICE WILL BE CANCELLED.

This is for the Safety of all our swimmers!

## AQUASTAR TAKES FIRST PLACE AT U OF H MEET

**94 AQUASTAR swimmers participated in the first Open Meet of the season taking first place with 760.5 points!**

The team's first open meet of the season was held at the University of Houston April 21-23, 2006. A record number of swimmers participated in the meet yielding a first place finish for the team. Times improved at a 90% rate at the meet. Swimmers of the meet with 7 out of 7 best times were Cameron Dyer and Skylar Smith.

Nineteen new TAGS times were earned by Corey Duke (6), Francis Kim (1), Adriana Sepulveda (2), Julia Sepulveda (1), Skylar Smith (1), Stanley Sun (3), and Madison Varisco (5).

Jenny Claydon (1), Ellen Lobb (1), Michael Piper (1), and Skylar Smith (4) earned seven new Sectional times.

Cole Cragin and Caroline McElhany each earned another automatic Senior Circuit cut.

Kari Budd (1), Jenny Claydon (5), Cole Cragin (1), Corey Duke (3), Sierra Dyer (1), Mark Grijalva (1), Caroline McElhany (3), and Michael Piper (1) set sixteen new team records.

**CONGRATULATIONS!!**

## SPA/FCST BB & Under Meet Results

30 swimmers participated in the SPA/FCST meet last weekend. Swimmers of the Meet were Luke Hamilton and Megan McGuire.

Megan McGuire, Wendy Tsai, Nellie Wong, and Stanley earned 5 new A Times.

18 New BB Times were earned by Kelsey Castro (1), Claribeth DeLaCruz (4), Molly McGuire (2), Alyssa Mullery (4), Elizabeth Smith (1), Vivien Tsou (1), Luke Hamilton (1), Stanley Sun (1), Ryan Swaney (2) and Larry Ying (1).

7 new B times were earned by Emily Chiou (1), Luke Hamilton (2), James Miller (1) and Larry Ying (1)

Ryan Swaney earned a new Gold group qualifying time.

Congratulations to all representing AQUA at this meet!!

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## Training Group Promotions

**Congratulations to the following swimmers who earned promotions in the last month:**

**Tim Clemens - Blue to Gold**

**Chris Fatora - White to Blue**

**Kyle Gonzalez - Gold to Senior**

**Shaun Greene - White to Blue**

**Jill Johnson - White to Blue**

**Stanley Sun - White to Blue**

**Devin Tran - Red to White**

**Preston Tran - Red to White**

**Alex Teplyakov - Red to White**

## May Birthdays

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

Will Stephens, **5/3**

Michael Mullaney, **5/3**

Guy Pennacchi, **5/3**

Sarah Marr, **5/4**

Rachel Trevino, **5/5**

Justin Russo, **5/7**

Corbin Schlager, **5/7**



Meagan Westhoven, **5/10**

Brittney Surber, **5/14**

Stephen Sun, **5/14**

Alec Korogodsky, **5/15**

Kristen Barnett, **5/25**

Matthew Knight, **5/26**

Hunter Rogers, **5/26**

Jennifer Schmidt, **5/26**

Megan McGuire, **5/28**

Sutton Gonzalez, **5/29**

Erik Zuber, **5/29**

Jay Reynolds, **5/30**

Will Garske, **5/31**

## New Kroger "Share Cards"

*Fundraise for AQUASTAR While You Shop!*

AQUASTAR received 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.

## 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.

### FOR SWIMMERS ONLY!

Did you know that what you eat today affects your swim performance tomorrow? Did you know that there is a direct link between fatigue and muscle glycogen depletion?

A quality workout today depends on how well you replenished your body after your last workout.

Recovering from one practice is just as important as fueling for the next. The first two hours post-workout are the most critical hours to replenish your body.

Given the right fuel, glycogen synthesis during this time can occur as much as 2-3 times faster than normal.

So what does this mean to you? Eat shortly after your swim practice—the sooner the better—to make the most of tomorrow's practice!

## "In Your Lane"



**Name:** Will Stephens

**Age:** 16

**School:** Clear Lake HS

**Swim Facts:**  
AQUASTAR member for two years; summer league swimmer since age 10

**Practice Group:** Gold

**Favorite Stroke:** Breaststroke

**Least Favorite Stroke:** Backstroke

**Favorite Part of Practice:** Breaststroke days!!

**Least Favorite Part of Practice:** Hearing the sound of people jumping in the pool at practice and knowing that I am going to have to jump in too!

**Hobbies & Interests:** Watching TV, movies and eating a lot of food!

**Other:** He has 2 cats, and a crazy long wingspan of 6'6"



**Name:** Sutton David Gonzalez

**Age:** 7

**School:** Cline Elementary, Friendswood

**Swim Facts:** First year with AQUASTAR  
**Practice Group:** Red

**Favorite Stroke:** Backstroke

**Least Favorite Stroke:** He likes them all!

**Favorite Part of Practice:** Getting in the water and swimming

**Least Favorite Part of Practice:** Leaving at the end of practice

**Hobbies & Interests:** Swimming, soccer, baseball, learning about animals and math

**Other:** He has 2 dogs named Jopy and Scooby and 1 fish named Dynamite

## **“FOR PARENT’S ONLY”**

### ***LEARNING HOW TO DEAL WITH DISAPPOINTING PERFORMANCES (USA SWIMMING WEBSITE 5/1/2006)***



Sometimes, in spite of the best preparation and intentions, swimmers have disappointing performances. Learning to deal with disappointment is one of the important lessons of sport.

As a parent, you must also learn to deal with your child’s disappointment. Although you mean well, children can detect phony comments and resent them. In short, praise generously and criticize sparingly, but don’t be a phony.

When a child knows she did not swim well, a comment like “I thought you looked great” is not helpful. Similarly, telling a child “it’s not important, forget about it” denies the child the dignity of her disappointment and unhappiness.

Acknowledge the child’s unhappiness for a reasonable amount of time and then encourage the child to move on by focusing on the next race or meet. Do not conduct “post-mortems” or in depth analysis of the performance. Leave that to the coach. If the child is unduly upset, she may be enjoying the attention she is getting from you by continuing to carry on. “Take your wind out of her sails” by changing the subject, leaving the area or sending her back to her teammates.

Remember, love, support, and move on!

