



Volume 6, No. 09
October, 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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Lailing Tsai
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Meet Entries
Amy Castro

Head Coach
Harold
Johnston

Head
Assistant
Coach
John Burke

NEXT BOARD MEETING

Tuesday,
Oct. 10

8:30 pm

Gloria Dei
Church,
Nassau Bay

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

Meet me at the meet

AQUASTAR coaches encourage all swimmers to participate in meets. Our meet attendance has been good over the years, comparing favorably to other teams, BUT it can and should be even better. AQUASTAR will support all Gulf Swimming meets this season. A listing of all meets is available on www.gulfswimming.org under Meets, then "Meet Information," and the meet info is also posted on our website as soon as it is made available. Meet attendance is not required for all training groups at AQUASTAR, but it is strongly encouraged. Meets provide great feedback on progress made in the practice pool.

Meets are easy to enter, and no matter what the situation, there will always be other AQUASTAR swimmers and parents who can walk you through the process. Whatever your objective – dropping time, making a goal time, earning a group promotion, making finals, setting a record, or winning an event as an individual or as a team – no one should miss the energy and excitement of a great swim or a close relay finish at a meet.

11-&-up meet: Oct. 6-8

The first meet of the 2006-07 short course (25-yard) season will be held Oct. 6-8. It is an 11-up open meet, at the NWAV pool (Klein Forest HS). A map to the pool is on our website. All swimmers who are at least age 11 by October 6 (first day of the meet) are eligible to attend.

This season-opening meet is a great chance for older swimmers to achieve the first of their two

regular-season meet attendance requirements. This is the first opportunity for those Aqua group swimmers wanting to move up to Blue to demonstrate their commitment to competition. White group swimmers who want to achieve Blue group qualifying times can also use this meet to begin or continue that process.

For those on school **PE waivers**, one component of the grade is attendance at one meet per grading period. This is a chance to meet that requirement right off the bat. Let's get the season off to a great start, and set an AQUASTAR meet attendance record!

10-under meet: Oct. 14-15

The second meet of the season is Oct. 14-15. It is a 10-under open meet, to be held at the HCAP pool (Kashmere HS). All swimmers age 10-under as of October 14 (the first day of the meet) are eligible, even those who have never attended a USA Swimming meet. Red group swimmers who want to achieve promotion to the White group can use this meet to begin or continue that process. A promotion to the White group requires meet-certified proficiency in all four strokes (must swim the stroke in a meet without a disqualification).

Senior meet: Oct. 21-22

Here is a chance for our top swimmers to shine. This meet is open to all those age 15 and over, and also age 14-under swimmers who have recorded age 15-18 AA times. This 2-day meet will be hosted by Blue Tide Aquatics, at Kingwood High School. Swimmers can swim in 5 events per day, so here is a great chance to rack up times and move up the Leader Board !

If you don't practice hard, you don't deserve to dream big.

**11-to-14/A-&-up All-Star
Qualifying Meet:
Oct. 21-22 @ Katy**

The top finishing swimmers from this meet qualify for the Texas Swimming Association's All-Star meet in Midland in November. This is the only meet from which All Stars will be selected. Swimmers may enter events based on their age as of November 11, and may swim up to 5 events per day. The 3-event and up-down rules apply. Swimmers may enter with NT.

**AQUASTAR to host
14-&-under meet
October 27-29**

Parent and teen volunteers needed!

Because we did such a great job last year running our 10-&-under meet, AQUASTAR was selected by Gulf Swimming, the governing body for Houston-area USA Swimming teams, to host a 14-&-under meet, Oct. 27-29, at Baytown Sterling High School. Swimmers, officials and families alike who participated in last year's meet commented positively on our well-run meet and the great hospitality we showed our visitors. Let's do it again!

This meet will be an "open" meet for age 10-unders swimmers, and a BB-under meet for athletes age 11-14 as of Oct. 27.

The competition between this year's host teams to have the best meets in Gulf Swimming will be tougher than ever. **Therefore, we will require a lot of participation from swimmers, parents and other volunteers to maintain the great reputation we earned last year.**

Be sure to watch for more information on the AQUASTAR web site as the meet date approaches.

**AQUASTAR Board Meeting
Tues., Oct. 10, 2006
8:30 pm -- Gloria Dei Church
Nassau Bay**

**Claydon named to USA
Swimming's Scholastic
All-American Team**



Jenny Claydon, a junior at Friendswood High School, was just named to the USA Swimming 2005-2006 Scholastic All-American Team. The Scholastic All-American Team is comprised of high school student-athletes, who have a grade point average of 3.5 or higher, and

have competed in an individual event in the 2005 US Paralympics Swimming National Championships, 2005 Open Water National Championships, 2005 Summer Speedo Championships Series (summer sectionals), 2005 ConocoPhillips Nationals, 2005 Junior Swimming Championships, 2005 U.S. Open, 2006 Speedo Champions Series (spring sectionals), and 2006 Spring Championships. The award is based on a point system for grades and competition, and athletes are not initially eligible for this award until after completing their sophomore year in high school.

Jenny has been a member of AQUASTAR since 2002. Congratulations to Jenny and her parents, Fritz and Julie. Well done!!



Jenny in action swimming the 200 free

AQUASTAR's OCTOBER BIRTHDAYS



Taylor Barnett	10/1
Mariah Knocke-Melis	10/1
Christopher Mowrey	10/1
Kathleen Bryan	10/1
Melanie Acker	10/2
Nathan McCloskey	10/2
Amanda Zhao	10/2
Jack Zhao	10/2
Elizabeth Noriega	10/3
Vivien Tsou	10/3
Estefania Tejada	10/4
Matthew Chenette	10/6
Thomas Chenette	10/6
Caren Abousaab	10/8
Jared Lara	10/9
Reeana Keenen	10/12
Tom Nowobilski	10/14
Anthony Lattea	10/14
Daniel Nagle	10/14
Vanya Buddingh	10/16
Jaymo Haley	10/18
Carleigh Temofonte	10/20
Kaity Temofonte	10/20
Sarah Musgrave	10/21
Kyle Mitchell	10/21
Maryann Moyer	10/21
Linda Ennis	10/22
Madi Kolodgie	10/22
Hannah Griffith	10/23
Lauren Marullo	10/24
Sarah Chew	10/24
Dean Tzouanas	10/24
Christa Walker	10/24
Gaby Zinobile	10/25
Amanda Ingram	10/26
Henry Ying	10/26
Kevin Goebel	10/28
Sarah Franzino	10/29
Michael Chang	10/30
Kevin Chew	10/31

LOBB TO ATTEND NATIONAL SELECT CAMP



Ellen Lobb has been selected as one of the top 30 age 13-14 girls nationally to attend USA Swimming's National

Select Camp to be held in Colorado Springs, November 9-12.

Participants were selected after the Summer Nationals, based on the database of top times. The fastest two eligible athletes in each event were invited. Four additional girls were also selected for each camp based on IMX Power Point scores.

Ellen is the second swimmer in as many years whom AQUASTAR has sent to the camp. Caroline McElhany attended last year (making her ineligible for this year). Coach John Burke will attend the camp with Ellen. Congratulations, E-Lo !

AQUASTAR SWIMMERS ATTEND GULF BANQUET

More AQUASTAR swimmers than ever before qualified for the annual Gulf Swimming awards banquet held Sept. 24 at the Marriott Westchase. The banquet celebrated last year's short course and long course season. Eric Vendt, an Olympic 1996 and 2000 silver medalist, spoke about believing in one's self to achieve sgoals, among other motivational topics Our kids had fun, wearing their Sunday best and celebrating our TAGS finalists and above.



Among those honored at the Gulf Swimming awards banquet last Sunday were Ellen Lobb, Corey Duke, Will Kolodgie, Caroline McElhany, Adriana Sepulveda, Julia Sepulveda, Madison Varisco and Josh Hurley. Congratulations!!

FRUSTRATED BY SWIM VERNACULAR?

By popular demand, consider the following key definitions of popular swim vocabulary.

NT or No Time is what we enter when a swimmer does not have an official time in an event. NT's are generally seeded in early heats of an event with other similarly-entered swimmers from other teams. As a team, AQUASTAR does not support entering fictional times for swimmers to improve their meet seeds.

Course refers the pool size for a given competition. AQUASTAR participates generally in short course (25-yd pools) between September and March, and long course between April and August. Long course can include either LCM (50-meter pools) or SCM (25-meter pools).

Conforming Course refers to a time achieved in an event and distance at a pool of the same course as another meet. Non-conforming course times may be used for qualification at a meet but these are generally converted to conforming course times prior to seeding.

Conversions — depending on the meet format, swimmers are generally allowed to use times from any course to enter a meet contested in any other course. For example, a swimmer may use a LCM time to qualify for a SCY meet event of the same stroke and distance. Some teams enter swimmers with the faster of the conforming course or converted non-conforming course time. AQUASTAR typically does not encourage use of converted times for entries, since time conversion formulas may be inaccurate and this may create seeding disadvantages at certain meets.

Swimmer of the Meet — AQUASTAR tries to recognize one or more swimmers each meet for the body of effort or performance demonstrated at that meet. Generally, a swimmer that improves in 100% of eligible events entered for the meet is so

recognized. From time to time, swimmers may not be recognized if 100% improvement is demonstrated in fewer events such as occurs if a swimmer attends one day of a 2-day meet, or swimmers may be recognized as SOM for less than 100% improvement if the overall conditions or swimmer performance at the meet warrants such recognition. The common thread in all SOM awards is unique performance at any level.

Swim Mom - this generally refers to the visor-wearing lady in the minivan or SUV, perpetually loaded with coolers, deck chairs and swim bags who can recite these definitions from personal experience. Swim moms are able to leap tall bleachers in a single bound, use laser vision to circle-in from great distances or when in large crowds, and are able to simultaneously put on a cap of one child with one eye and one hand while operating a stopwatch with the other hand and observing a race with the other eye.

Body Balance - this describes the desired body position in a number of the drills your children perform in practice. Swimmers should strive, through a combination of physical movements and motive forces during swimming, to achieve a good balance in the water.

Swim Dad - refers to the male responding to the instructions of the Swim Mom.

If you hear any strange terminology, and would like a simple definition, please refer to the AQUASTAR handbook available on the website, or just ask someone who appears to have suffered the effects of long-term chlorine exposure. This feature will continue for as long as there is unfamiliar swimming vocabulary out there.

“IN YOUR LANE”



Name:
Adrian Tsou

Age: 10

School:
Westbrook
Intermediate

Swim Facts:
Four years

total with STAR and AQUASTAR

Practice Group: White

Favorite Stroke: Butterfly

Least Favorite Stroke: Backstroke

Favorite Part of Practice: Practice relays

Least Favorite Part of Practice: Drill sets

Hobbies & Interests: Comedies (Monty Python), soccer, playing the euphonium, video games, eating, geography.

Other: I want to be a cartographer when I grow up.

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 program, along with the similar Randall's program (simply have a cashier or customer service person code AQUA'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.