



AQUASTAR  
Houston, TX 77062

Turning today's potential into tomorrow's performance!

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**AQUASTAR**

**President**

Harold Johnston

**Vice-President**

Dan Joines

**Treasurer**

Ed Mullery

**Secretary**

Keith Dyer

**Members**

Kelli Baliker

Maya Grijalva

**Meet Entries**

John Burke

**Head Coach**

Harold Johnston

**Head Assistant Coach**

John Burke

**NEXT BOARD MEETING**

**TUESDAY, DEC 11**

**8:30 PM**

**GLORIA DEI CHURCH  
NASSAU BAY**

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

## Weather Turns Cold But Aquastar Swimmers Stay Hot !

### AQUASTAR 14&Under Meet

Eighty-six Aquastar swimmers competed in the Aquastar 14&Under meet the weekend of October 26-28 improving in 75% of their swims.

Gina Fossati, Allison Helms, Lauren Johnson, Sarah Norlin, Cooper Raterink, and Christina Yovino were the swimmers of the meet for improving in all six of their events.

Others with 100% improvement were Brie Braaten(3), Jenna Chenette(3), Matthew Chenette(3), Gaby Cruz (1), Danielle Dolifka (3), Shaad Fincher (2), Vritney Fincher (3), Maureen Gallington (3), Luke Hamilton (1), Matt Hawes (2), Michael Henderson (3), Francis Kim (2), Taylor Kmiecik (3), Tyler Kmiecik (3), Emma Lochmaier (1), Peter Lochmaier (3), Caitlin Marr (3), Sarah Marr (3), Lisa Mullaney (1), Michael Mullaney (1), Daniel Nagle (2), Thomas Nagle (2), Samantha Norlin (3), Lauren Nutt (2), Guy Pennacchi (2), Ricky Rivas (5), Sarah Rose (3), Claire Sears (2), Curt Seward (2), Natalie Stephens (1), Stanley Sun (2), Jamie Taylor (3), Preston Tran (5), Madison Varisco (3), Ash Wall (3), Drew Wiley(3), Josh Woernley (3),

#### New Promotions:

Miguel Archundia White to Aqua  
Brie Braaten White to Aqua  
Emily Chiou White to Aqua  
Gina Fossati White to Aqua  
Michael Henderson White to Aqua  
Stef Lawrence Red to White  
Cooper Raterink White to Aqua



# TSA All-Star Meet

Seven Aquastar swimmers traveled to Corpus Christi to compete at the Texas All-Star Championship Meet, improving in 47% of their events. Madison Varisco was the Swimmer of the Meet. In her six events, she improved in five and equaled her best time in the 50 free.

## Swimmers who placed in the top eight were:

Cameron Dyer - 4<sup>th</sup> in the 14 year old boys 200 IM (2:10.89) and 6<sup>th</sup> in the 100 fly (58.48).

Francis Kim - 3<sup>rd</sup> in the 11 year old boys 50 back (33.59), 4<sup>th</sup> in the 50 breast (35.81) and 4<sup>th</sup> in the 200 IM (2:29.67).

Riley Kmiecik - 2<sup>nd</sup> in the 12 year old girls 100 IM (1:06.05), 4<sup>th</sup> in the 100 free (58.19), 5<sup>th</sup> in the 50 breast (34.96), 6<sup>th</sup> in the 200 IM (2:24.25), and 7<sup>th</sup> in the 50 free (26.71).

Emma Lochmaier - 7<sup>th</sup> in the 12 year old girls 100 IM (1:07.28).

Skylar Smith was 1<sup>st</sup> in all six of her swims making her the 14 year old girls High Point Winner ! Skylar swam the 50 free (24.11), 100 free (53.12), 200 free (1:56.48), 100 fly (59.41), 200 breast (2:24.54), and the 200 IM (2:10.23).

Stanley Sun - 2<sup>nd</sup> in the 11 year old boys 50 fly (28.97), and the 100 IM (1:08.00), 3<sup>rd</sup> in the 200 IM (2:28.02), and 4<sup>th</sup> in the 100 fly (1:08.60).

Madison Varisco - 1<sup>st</sup> in the 11 year old girls 50 free (26.02), 50 fly (27.48), and the 100 IM (1:06.80), 2<sup>nd</sup> in the 100 fly (1:03.80), 3<sup>rd</sup> in the 100 free (57.99), and 4<sup>th</sup> in the 100 back (1:08.15).

Madison swam a top 16 time in the 50 fly and Skylar swam a top 16 time in the 50 free.

Congratulations to all of the All-Star swimmers for a great meet.



## More Meets !

### **PACK Senior Meet**

Eighteen swimmers competed at the PACK Senior meet in Tomball, improving in 40% of their swims. The Swimmer of the Meet was Tom Sears for improving in all five of his events. Daniel Iwai improved in all three of his events.

Mark Grijalva set a new team record in the 15-18 boys 1650 free event with a time of 16:32.44 and swam a new Sectional time in the 100 free with a time of 49.13. Julia Sepulveda also set a new team record in the 15-18 girls 500 free with a time of 5:14.15, which is also a new Sectional time for her. Will Kolodgie swam a new Sectional time in the 200 breast with a time of 2:20.63.

### **SPA 11-14 Open Meet**

Thirty swimmers competed in the SPA 11-14 Open meet, improving in 70% of their swims. The Swimmers of the Meet were Justin Bertelsman and Theodora Tsakalakis for improving in all six of their events.

Others with 100% improvement were Cameron Dyer (5), Morgan Fatora (1), Vriana Fincher (4), Korinna Garcia (3), Stevie Garcia (5), Luke Hamilton (3), Breckelle Rougeou (4), Natalie Stephens (1), and Preston Tran (2).

Because of her performance in this meet, Anh Tran has been promoted from White to Aqua.

### **BTA 10&Under Open Meet**

Eleven swimmers participated at the BTA 10 and under open meet, improving in 58% of their events. The swimmers of the meet were Gina Fossati and Lauren Johnson for improving in all four of their events.

Congratulations on these great swims !

Schedule of Events

Nov. 30-Dec. 2  
GULF Age Group Champs  
Don Cook Natatorium

Dec. 7-9  
Winter Champs  
Kashmere High School

GULF Senior Champs  
Texas A&M

Dec. 11  
Board Meeting  
Gloria Dei Church, Nassau Bay  
8:30 pm

# December 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## WANT THE LATEST AQUASTAR NEWS AND INFORMATION ?

Be sure to check out the AQUASTAR website, [www.swimaqua.org](http://www.swimaqua.org). The daily practice schedule is available on the website and is updated each morning. The website also contains just about everything you need to know about your swim team, including:

- Meet entry information and forms
- Meet results
- Registration forms and information
- Team policies and bylaws
- Record and leader boards
- Links to Gulf Swimming and USA Swimming
- ...and lots more !

If you have not visited the website lately, check it out. It will help you become an educated team member.

## Coach's Corner By Coach John Burke



The winter championship meets have arrived. These meets will serve as an indication of where you need to be by the time the championship meets begin at the end of the season. As the holidays approach, make sure to maintain consistent practice attendance. The coaching staff uses this time of the year to challenge the swimmers during training. This will go a long way in preparing swimmers for the end of season championships.

One way to ensure improved swimming at the end of the season is to learn from your performance now. After each swim, you talk to your coach about that swim. What you take away from that talk will help you understand what you need to do to improve the next time you swim that event. When you return to practice, think about what you have learned from the meet. This will go a long way in helping you to be prepared for your season ending championship meet.

## Attendance Leaders For November

Red	Amanda Jue 62%, Colton Duke 58%, Cameron Johnson 58%
White	Ashley Yates 65%, Scotti Brown 62%, Camille Mullery 62%, Breckelle Rougeou 62%
Aqua	Kiki Tsakalakis 73%, Morgan Fatora 58%, Molly McGuire 58%, Sarah Varisco 58%
Blue	Blake Swaney 85, Francis Kim 77%, Madison Varisco 73%
Gold	Megan McGuire 96%, Luke Hamilton 88%, Vince Fincher 81%
Senior	Mark Grijalva 92%, Cameron Dyer 85%, Will Kolodgie 85%

*"Take pride in how far you've come; have faith in how far you can go."*

# In Your Lane



**Name:** Gina Fossati

**Age:** 9

**School:** 4th Grade at Bales Intermediate

**Member of AQUA for:** 3 years

**Practice Group:** Aqua

**Favorite Stroke:** Butterfly

**Least Favorite Stroke:** Breaststroke

**Favorite Part of Practice:** Practicing starts

**Least Favorite Part of Practice:** Breaststroke sets

**Hobbies and Interests:** Competitive gymnastics, jumping on the trampoline, bunnies, tetherball & Webkinz



## HAPPY BIRTHDAY!

## December



12/4	Jackson Hayes Hrisa Katsigiannis	12/17	Gina Fossati Sam Kane Natalie Wu
12/6	Danielle Garcia Grant Qjan	12/19	Alana Semple
12/7	Amanda Schneider Michael Tomerlin	12/21	Kimberly Hermann Lauran McCormick Samuel Snow
12/8	Megan Hopkins	12/22	Braden Shaffer
12/9	Josh Hurley Samantha Peck Sarah Rose	12/23	Rachel Jacobs Curt Seward Michelle Zhou
12/10	Jared Guajardo Skylar McHenry	12/24	Samantha Archundia
12/11	Alexandra Greif	12/27	Chris Koh Arjun Parikh Tom Sears
12/13	Noelle Gilman	12/28	Miranda Iaccino Sabrina Iaccino Jennifer Joines Ashley Ralph
12/14	Keala Fleming Andrea Riojas	12/29	Jillian Gauthier Seanna McCarty
12/15	Shaad Fincher Claire Sears	12/31	Brandon Steinkuehler Kiki Tsakalakis
12/16	Joshua Block Priscilla Clavel Shanyn Ledwig		





Remember to purchase your AQUASTAR swim caps before your next swim meet. Latex meet caps are \$5 and silicone caps are \$10. Caps can be ordered from any POD.

## EASY FUNDRAISING PROGRAMS

AQUASTAR has business-card size Kroger "Share Cards" available for use. Simply have the cashier swipe the bar code on the card at checkout, and Kroger will donate 1% of the purchase amount to AQUASTAR.

The similar Randall's program just requires a cashier or customer service person to code AQUA's Good Neighbor number **(9266)** into your Randall's card.

These programs have 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. With renewed awareness and emphasis on these programs, we can reach our goal of \$100 per month. Keep using the cards, and benefit AQUASTAR at no cost to you.

## 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 that your payment will not get misplaced if hand-delivered at the pools (pending efficiency of the postal service). However, we strongly recommend that you set up automatic bill paying through your bank's online bill pay site to pay your dues or other AQUASTAR costs. This will assure your payment is always timely and you won't be assessed a late fee. If paying by check and including 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 so that all funds may be applied correctly. Thanks !