



Volume 8, No. 2
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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,
Feb 13th

8:30 pm

Gloria Dei
Church,
Nassau Bay

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

End of Season Champ Meets

Requirement for Some Swimmers, Great Opportunity for Everyone Else

Competitive AQUASTAR swimmers in the Blue and above training groups are required to attend one end-of-season championship meet. However, these swimmers are not the only ones who can benefit from participating in end-of-season championship meets. Gulf Swimming's champ meet series is designed to give swimmers at all developmental levels the opportunity to experience a championship-level meet. Swimmers who place first through third receive gold, silver and bronze medals respectively. Swimmers placing fourth through eight receive ribbons. Following are short descriptions of the three championship meets. See the AQUASTAR website and associated meet invitations for more information.

Spring Champs B & Under/12 & Under February 3-4, Galena Park ISD Natatorium

This is a timed finals meet for swimmers 12-years-old and younger. Cut-off times for swimmers 9-years-old and up are the USA Swimming 2005-2008 National "BB" Times. Cut-off times for swimmers 8-years-old and younger are the Gulf Swimming "BB" Times. There are no qualifying times; however, swimmers cannot enter with NT (no time.) This meet is a great opportunity for our newer swimmers and those still striving to achieve their BB times. It can help boost their confidence and competitive spirit by participating in a championship meet against swimmers with similar abilities, giving them an increased opportunity for success.

Spring Champs, 13 & Over February 9-11, Don Cook Natatorium

This meet is a prelims/finals meet for swimmers 13-years-old and up. In a prelim/finals meet swimmers participate in a morning session and the top finishers in each event return for the afternoon finals meet to determine the results of each event. The prelims/finals format of Spring Champs gives swimmers a great opportunity to prepare for the championship format of higher-level swim competition, such as TAGS sectionals or nationals. There is no qualifying time for this meet, but swimmers may not enter with NT. Cut-off times for this meet are the 2006 Sectional Times for swimmers 15-years-old and over and 2006 TAGS times for 13-14-year-old swimmers.

Spring Champs, 14 & Under February 16-18, Galena Park ISD Natatorium

Timed-Finals Meet- The first part of this day is a timed-finals meet. There are no cut-off times for this meet, however swimmers with TAGS times in an event prior to entering this meet will be scored separately in their age bracket and will not receive points or awards for that event. Swimmers who enter an event must have swum that event sometime before this meet, i.e., swimmers cannot enter with NT. Qualifying times for the meet are as follows:

13 & Up – No minimum qualifying time but cannot enter with NT.

9-12 – USA Swimming 2005-2008 National "BB" Times.

(See "Meets," page 2)

Denis Waitley: Winners take time to relish their work, knowing that scaling the mountain is what makes the view from the top so exhilarating.

(From "Meets," page 1)

8 & Under – Gulf Swimming "BB" Times.

Time Trials- Following the end of the timed-finals meet, the host team will host a separate "Time Trials" meet. The time trials have no qualifying or cut-off times. However, swimmers may not enter with NT. The purpose of time trials is to give swimmers one last chance to achieve a goal time at the end of the season. Swimmers who swim time trials are usually close to TAGS or Sectional qualifying times. Some people refer to these time trials as "Last Chance" meets for TAGS and sectionals. For more information about these or any other upcoming meets to which AQUASTAR is invited, visit the AQUASTAR website.

Sectionals

February 22-25, Texas A&M

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.

American Short Course Championships February 22-24, University of Texas

This meet is a prelim/finals meet open to swimmers who meet the qualifying time standards. However, swimmers may swim one bonus event for each individual event in which they are entered and meet the qualifying time. Former Olympians and some up-and comers attend to make this a really fast meet and a fun one to watch!

Training Group Promotions

The following swimmers qualified for promotion to the next higher training group because of their recent meet performances. Congratulations to all of them!

From Red to White: Elise Adams, Taylor Litton, Christine Yovino

From White to Aqua: Shany Ledwig, Curt Seward, Theodora Tsakalakis

From White to Blue: Paul & Peter Abraham, Katie Cummings, Sarah Varisco

From Aqua to Blue: Justin Bertelsman, Kelly Derauf, Nick McGee, Natalie Stephens, Meagan Westhoven

Skylar Smith Selected to Attend Zone Select Camp

Begun in the spring of 2006, USA Swimming now sponsors four Zone Select Camps. USA Swimming seeks to identify the emerging young athletes in each Zone, offering them a unique motivational and educational experience. The Zone Select Camps are viewed as an integral step for athletes to move from the local and Zone level onto to the national scene. Skylar will travel to the Chatanooga, TN on June 7-10.

February Birthdays



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

Kari Budd	2/1
Kevin Yen	2/1
James Tomerlin	2/2
Tri Nguyen	2/4
Sarah Fixel	2/9
Amy Chan	2/9
Gaby Canizales	2/9
Nathan Chu	2/10
Madison Varisco	2/11
John Wong	2/12
Phil Tran	2/13
Benny Berezin	2/14
Luke Hamilton	2/18
Will Kibikas	2/19
Paige Davis	2/22
Julia Ford	2/22
Shannon Orlando	2/24
Kori Garcia	2/25
Jonah Gallington	2/25
Katharine Silkowski	2/26
Matthew Wall	2/26
Peter Silkowski	2/27
Eric Ho	2/27
Caroline Baliker	2/29

Be Sure to Pick Up Your 2007 USA Swimming ID Card

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 card, be sure to pick it up the next time you go to practice.

Rate Change for Aqua Group

Effective March 1, the monthly training fee for 90-minute "Aqua" training group will increase from \$65 to \$70 per month. Additionally, the training regimen for the group will change, with time requirements (from swimming in meets) established for promotion into the group. See Group Requirements on our website for these qualifying times. The new Aqua group time requirements are less stringent than Blue group standards, which had been the qualifications for entry into the Aqua group. We hope to allow more White group swimmers to advance to the new Aqua group with this change, and take advantage of the more advanced training they will receive.

"In Your Lane"



Name: **PATRICK LABRODE**

Age: **13**

School: **Seabrook Intermediate**

Swim Facts: **Swimming for Aqua for 5 months**

Practice Group: **Aqua**

Favorite Stroke: **Breaststroke**

Least Favorite Stroke: **Backstroke**

Favorite Part of Practice: **Kicking**

Least Favorite Part of Practice: **Cool down, because practice is almost over**

Hobbies & Interests: **Running, soccer, reading, and hanging out with friends**

Other: **Has a sister named Alexis and a dog named Rita**

Become a member of the All-American Team

Just fill out the application on the Aquastar website and return it before the deadline of August 1, 2007 for review.

ELIGIBILITY

1. Must have completed 10th, 11th, or 12th grade.
2. Must be a USA Swimming member athlete.
3. Must have participated in an individual event in the appropriate year in selected meets, which are listed on the application. Relay-only swimmers do not qualify.
4. Must have a minimum 3.5 grade point average on a 4.0 scale.

Coaches' Corner

February begins the championship meet part of the Short Course season. The best way to prepare for each meet is to attend practice consistently and maintain excellent practice habits. Now is the most important time of the season to be consistent. Every practice needs to be a lifetime best in order for you to be as sharp as possible and ready to swim your fastest at your championship meet.

Workouts are meant to be challenging both physically and mentally, but your body will not respond to the day in and day out demands of practice without proper rest and nutrition. Athletes will get tired after practice and they need the proper rest to help their bodies prepare for the next day's workout. The best way to ensure your body is ready for the demands of this schedule is to make sure you eat well. I have witnessed athletes drinking soda at practice and eating candy at meets throughout the season. The sugar contained in those types of foods burns off quickly causing the athlete to feel tired. A drop off in performance will result. It is very important to eat the proper carbohydrates and proteins as well as to drink plenty of water. USA Swimming offers excellent information on nutrition in the Parent Section of its website. <http://www.usaswimming.org/parents>

The Aquastar coaching staff is excited to watch the continued development of the athletes during the next several weeks. We look forward to fast swimming.