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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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Kolodgie

Directors
Amy Castro,
Mike
McElhany,
Lailing Tsai

Meet Entries
Amy Castro

Head Coach
Harold
Johnston

Assistant
Head
Coach
John Burke

NEXT BOARD MEETING

Tuesday,
March 13

8:30 pm

Gloria Dei
Church,
Nassau Bay

ALL PARENTS
INVITED AND
ENCOURAGED
TO ATTEND!

Most Championships Complete-TAGS Still to Come

Texas Senior Circuit/Speedo Championship Series/USA Swimming Sectional Championship February 22-25, Texas A & M

The following swimmers qualified to attend Short Course Sectionals for 2007. Congratulations to all of them! See the Aquastar website for results!

Matthew Chapa	Jenny Claydon
Cole Cragin	Sierra Dyer
Rosa Gentile	Mark Grijalva
Josh Hurley	Will Kolodgie
Kathy Lin	Ellen Lobb
Caroline McElhany	Megan McGuire
Michael Piper	Adriana Sepulveda
Julia Sepulveda	Skylar Smith
Wendy Tsai	John Wong

American Short Course Championship February 22-24, UT Austin

The following swimmers went to Austin and swam with the Champions--former and future Olympians! Check out our website for all results and a few pictures!

Cole Cragin	Ellen Lobb
Caroline McElhany	Adriana Sepulveda
Julia Sepulveda	Skylar Smith

Texas Age Group Swimming (TAGS) Short Course Championship March 8-11, UT Austin

The Texas Age Group Swimming (TAGS) Short Course Championship is the pinnacle of the Texas Spring Championships for the most elite-level age-group swimmers in the state. Age group swimmers are those 14-years-old and younger. TAGS kicks-off with opening ceremonies at which each team represented is introduced and recognized.

TAGS is a prelim/finals meet for swimmers 14-years-old and under. Qualifying times are the *Texas Age Group Swimming 2006 Qualifying Times*. Unlike many other meets, the "up/down rule" does not apply, which means each swimmer entered must have achieved the qualifying times for each event entered.

The following swimmers have qualified to attend Short Course TAGS for 2007. This is our largest contingent ever to go to TAGS! Congratulations to all of them! We'll be rooting for you!

Justin Bertelsman	Corey Duke
Cameron Dyer	J.T. Ford
Michael Fowler	Francis Kim
Riley Kmiecik	Kathy Lin
Emma Lochmaier	Megan McGuire
Alyssa Mullery	Skylar Smith
Natalie Stephens	Ryan Swaney
Stanely Sun	Madison Varisco
Michelle Wacker	

Aquastar Swimmers Excel at High School State Meets

In addition to participating with AQUASTAR, many swimmers also participate in their respective high school swimming programs. These dedicated swimmers generally attend five, two-hour practices per week with their high school team and practice several days per week with AQUASTAR.

The intense practice and hard work has paid off for these swimmers over the past months as they participated in state high school swimming championships.

Congratulations to all of our swimmers who participated in state meets. Here is a brief synopsis of the results.

Texas Association of Private and Parochial Schools (TAPPS) Swimming Championships

Class 4A-Div II

Three AQUASTAR swimmers participated in the TAPPS 4A-Division II championship representing Lutheran South Academy.

Tim Clemens was part of the Boys 200 Free Relay team, which placed 7th. He also placed 6th in both the 100 Butterfly and the 200 Freestyle.

Jori Turner was part of the Girls 200 Medley and 400 Freestyle Relays, which took 5th and 4th place respectively. She also placed 7th in the 200 Freestyle and 4th in the 100 Backstroke.

John Wong was part of the Boys 200 Medley and 400 Freestyle Relays, which took 1st in both events. He also placed 2nd in both the 50 Freestyle and the 100 Butterfly.

Get Your Aquastar Spring Apparel Now

Now that the cold weather is just about over, make sure you have your spring/summer Aquastar shirts and shorts. See your parent-on-deck for more information, or just go to our website and look under the parents section for "store."

Texas UIL Swimming and Diving Championships Class 5A

Four AQUASTAR swimmers represented Clear Lake High School at the Texas UIL 5A championships.

Danielle Garcia, Rosa Gentile, Ellen Lobb, and Wendy Tsai made up the Clear Lake High School "A" Girls 200 Medley Relay team, which placed 3rd at state.

Ellen Lobb also placed 2nd in the 50 Freestyle and 3rd in the 100 Backstroke.

Two Aquastar swimmers representing Clear Brook High School attended the Texas UIL 5A Championships.

Mark Grijalva placed 15th in the 200 I.M. and 11th in the 500 Freestyle.

Adriana Sepulveda placed 14th in the 500 Freestyle.

Class 4A

Five AQUASTAR swimmers represented Friendswood High School at the Texas UIL 4A championships.

Jenny Claydon took 2nd in both the 200 and 100 Freestyle.

Caroline McElhany placed 1st in both her events, the 200 I.M. and 100 Fly, and was chosen as Class 4A Girl Swimmer of the Year.

Both girls were on the 200 and 400 Freestyle Relays that placed 1st and 2nd.

Melissa Watson was part of the 200 Medley Relay that placed 14th and she took 15th in the 100 Breaststroke.

Cole Cragin took 2nd in the 100 Butterfly. He also helped the Friendswood High School Boys 200 Freestyle Relay team take 7th at state. He placed 1st in the Boys 100 Backstroke. He was also part of the Friendswood Boys 400 Freestyle Relay, which placed 9th.

Training Group Promotions

The following swimmers qualified for promotion to the next higher training group because of their performance at February meets.

From Aqua to Blue: Mady Walker, Curt Seward

From Blue to Gold: Kevin Strait

"In Your Lane"

Name: Brandon Steinkuehler

Age: 13

School: 7th grader in the Science Magnet program at Seabrook Intermediate



Swim Facts: 3 years with Aquastar

Practice group: Blue

Favorite Stroke: Breast

Least Favorite Stroke: Backstroke

Favorite Part of Practice: Practicing Starts

Least Favorite Part of Practice: Long sets

Hobbies & Interests: Skateboarding, surfing, percussions, electric guitar & basketball

Other: Water dragon named Yoshia and a Maltese puppy named Snowey

March Birthdays

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



Emily Chiou	3/1
Katie Cummings	3/1
Shawn Du	3/4
Casey Lattea	3/4
Megan Schoppe	3/4
Andrew MacDonald	3/6
Andrew Saul	3/6
Adam Walker	3/6
Caitlin Brayley	3/7
Gabe Chapa	3/9
Kelsey Castro	3/12
Lois Kim	3/14
Theodora Tsakalakis	3/15
James Miller	3/17
Jenna Chenette	3/18
Elisa Laurini	3/19
Tom Mullaney	3/21
Mady Walker	3/22
Michael Fowler	3/23
Michelle Fryberger	3/23
Connie Lee	3/23
Devin Tran	3/23
Molly McGuire	3/25
Lauren Johnson	3/28
Jerry Lin	3/28
Bayard Nicklow	3/28

Coaches Corner- by Head Assistant Coach John Burke

The American Swimming Coaches Association (ASCA) is an organization that supports the professional development of swimming coaches. ASCA encourages coaches to become more educated on the latest techniques and training methods by offering home study courses, journals, newsletters, and clinics to its members. ASCA also certifies its members based upon education, experience, and coaching achievement. The certification levels range from Level 1 through Level 5. Any ASCA member can be certified Level 1 and Level 2 by successfully completing the corresponding home study courses. In order to be certified Level 3, 4, or 5, a coach must complete the required home study courses as well as attain a level of achievement based on the performance of his or her athletes. A Level 3 coach must have one swimmer make the National Age Group Top 16 list; a Level 4 coach must have 20 Top 16 list swimmers or one National Championship qualifier; a Level 5 coach must have 40 Top 16 list swimmers and 3 number 1 rankings on that list or a swimmer on the National Team. Seven percent of coaches in the United States have attained Level 4 certification while 3% have attained Level 5 certification.

Coach Harold is an ASCA certified Level 5 coach, and I am an ASCA certified Level 4 coach. I know of only one other club in Gulf Swimming that has one Level 5 coach and one Level 4 coach. This is important because the Aquastar coaching staff is constantly looking for ways to improve its performance. We want to give our athletes the best possible program so they have the opportunity to be as successful as they can be. With commitment and dedication to excellence on the part of the coaches and the athletes, Aquastar will continue to be one of the top clubs in Gulf Swimming.

Attendance Recognition

Regular practice attendance is the most important aspect of improving swimming skills and endurance. After every practice, the coaches report the names of each practice participant to Coach Harold. Coach Harold keeps records of each athlete's attendance. The data is used to assist in reporting official records for PE waivers as well as to analyze how well an athlete is performing. Although every effort is made to report data accurately, an occasional mistake can be made.

Aquastar would like to recognize athletes who have demonstrated outstanding practice attendance. Following is a list of swimmers in each group who have shown great participation in February. In all, there were 22 practices available from February 1 - February 26. The percentages listed below reflect the frequency that these swimmers attended the available sessions.

Red Group - Attendance Expectation 40%

Ryan Duran 54.5%
Charles Wang 54.5%
Peter Lochmaier 54.5%
Tri Nguyen 50%
Anna Wang 50%

White Group - Attendance Expectation 50%

Steven Mao 77%
Molly McGuire 63.6%
Devin Tran 63.6%
Preston Tran 63.6%

Aqua Group

Theodora Tsakalakis 63.6%
Shanyn Ledwig 59%

Blue Group - Attendance Expectation 60%

Stanley Sun 86%
Corey Duke 72.7%
Francis Kim 72.7%
Lois Kim 72.7%

Gold Group - Attendance Expectation 70%

Stephen Sun 81.8%
Cameron Dyer 77%
Megan McGuire 72.7%

Be Sure to Pick Up Your 2007 USA Swimming ID Card

We still have many swimmers' USA Swimming ID Cards. As 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 see the POD at your pool to pick it up.

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.

