



Volume 8, No. 5
May 2007

www.swimaqua.org
Hotline 281-488-1582

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

AQUASTAR

President
Sue Lobb

Vice-President
Al Varisco

Treasurer
Ed Mullery

Secretary
Mike
McElhany

Directors
Amy Castro,
Scott Cragin
Lydia Ding
Julie
Lochmaier

Meet Entries
Amy Castro

Head Coach
Harold
Johnston

Assistant
Head
Coach
John Burke

NEXT BOARD MEETING

Tuesday,
May 8

8:30 pm

Gloria Dei
Church,
Nassau Bay

ALL PARENTS
INVITED AND
ENCOURAGED
TO ATTEND!

Welcome New Aquastar Board Members

Elections for the 2007-2008 AQUASTAR Board of Directors were held at the April Board Meeting. New members include Al Varisco, Vice-President, Lydia Ding, Julie Lochmaier, and Scott Cragin. The incumbent board members include Sue Lobb, President; Mike McElhany, Secretary; Ed Mullery, Treasurer; and Amy Castro.

AQUASTAR parents and swimmers would like to say thank you and recognize the valuable contributions of our outgoing board members: Dan Joines, President; Barb Kolodgie, Secretary; and Lailing Tsai. Like all of our volunteers, these parents unselfishly sacrificed their valuable free time so that all of our swimmers may benefit. Thank you!

Upcoming Meets

Long Course Season is off to a fast and furious start! Don't miss out!

Meets in May

- | | |
|-------|----------------------------|
| 4-6 | A & Up @ Don Cook |
| 11-13 | Senior Circuit @ Woodlands |
| 11-13 | BB & Under @ Galena Park |
| 25-27 | A & Up @ U of H |

Aquastar Shines at 1st Meet of the Season

A record 133 AQUASTAR swimmers swam at the University of Houston open meet Apr. 20-22, improving in 85% of their swims. Swimmers of the meet for improving in all seven of their events were Bobby Button, Leon Button, Cameron Dyer, Riley Kmiecik, Will Kolodgie, Emma Lochmaier, Alyssa Mullery, Blake Swaney, Ryan Swaney, Adrian Tsou, Madison Varisco, and Garrett Wilkerson. Many team records were set as well. Go to the Aquastar website for full results.

Training Group Promotions

Congratulations to the following swimmers who earned promotions after the last swim meet:

Grace Baliker-White to Aqua

Blake Swaney-White to Aqua

Drew Wiley-White to Aqua

Excellence is contagious. It infects and affects everyone. It charts the direction of a program. It establishes the criteria for planning. It provides zest and vitality. Once achieved, excellence has a talent for permeating every aspect of life.

Happy Birthday to the Following swimmers:



Sarah Chavez	5/2
Guy Pennacchi	5/3
Michael Mullaney	5/3
Leon Button	5/4
Jeffery Lee	5/6
Justin Russo	5/7
John Denson	5/7
Lindsay Garza	5/8
Jordan Finch	5/10
Meagan Westhoven	5/10
Rachel Chu	5/11
Joshua Chavez	5/13
Stephen Sun	5/14
Ami George	5/14
Christina Yovino	5/16
Kade Martinez	5/21
Katarina Tomasic	5/21
Kyle Gonzalez	5/24
Alexis Kramer	5/25
Kaitlyn Glisan	5/27
Jason Yarberry	5/28
Megan McGuire	5/28
Matt Hawes	5/28
Lauren Miller	5/28
Erick Zuber	5/29
Russell Zuber	5/29
Paul Abraham	5/29
Peter Abraham	5/29
Will Garske	5/31
Rosa Gentile	5/31

"In Your Lane"



Name: Marcus Puckett
Age: 16
School: Pasadena High School
Swim facts: Aquastar member for about 9 months. Swimming competitively since he was 8 years old.

Practice group: Aqua
Favorite stroke: Butterfly
Least favorite stroke: Breaststroke
Favorite part of practice: The end
Least favorite part of practice: The first 3-4 laps
Hobbies and interests: Plays bass guitar
Other: Black belt and has two dogs



Name: Nick McGee
Age: 11
School: Brookwood Elementary
Swim facts: 1st year with Aquastar
Practice group: Blue

Favorite stroke: Freestyle
Least favorite stroke: Butterfly
Favorite part of practice: 400 mixer
Least favorite part of practice: Main set
Hobbies and interests: Baseball, football, fishing, friends, and reading
Other: Has a three-year-old Golden Retriever named June and loves any and all pets

Order Your Collared Golf Shirts Now!

We will be putting in an order by **May 5th** for these shirts.

Go to <http://www.swimaqua.org/PDFs/Aquastar%20Polo%20Shirts.pdf> and review the details/sizing chart.

Then, email Amy_Castro@ictstexas.com and be sure to let her know if you want male or female/size/material/name on shirt, if any, in addition to the logo. Please pay Aqua directly via the POD or mailing address. Shirts are \$27 with just the logo and \$32 with a name and logo.

Aquastar Signs Sponsorship Deal with Speedo!

We have signed a sponsorship agreement with Speedo to outfit our club. This agreement requires us to purchase Speedo apparel and equipment whenever possible. The club will be using Lane 4 Swim Shop as our preferred vendor. The shop is located at 6850 Highway 6 Houston, TX 77083. If you go to the store and let them know that you are with Aquastar, they will give you a 10% discount on your purchase. They will also bring their store to one of our pools once a month. In addition, we are also working out the arrangement of online ordering. More information to come as it becomes available!

May Attendance Leaders

Red

Jeffrey Lee 64%, Jayant Leal 60%, Ryan Duran 60%, Tri Nguyen 52%

White

Steven Mao 68%, Molly McGuire 68%, Preston Tran 68%, Vanya Buddingh 60%
Austin Hinnars 60%, Taylor Kmeicik 60%
Tyler Kmeicik 60%, Devin Tran 60%

Aqua

Francis Kim 80%, Blake Swaney 80%
Lois Kim 76%, Theodora Tsakalakis 72%

Blue

Stanley Sun 96%, Rosa Gentile 80%
Luke Hamilton 80%, Kelsey Castro 76%
Corey Duke 76%

Gold

Kyle Gonzalez 84%, Will Kolodgie 84%,
Kathy Lin 84%, Megan McGuire 84%

Senior

Caroline McElhany 88%, Ellen Lobb 84%,
Adriana Sepulveda 84%,
Julia Sepulveda 84%

Coaches Corner by John Burke

The long course season has started with a bang. A record 133 Aquastar swimmers participated in the first meet at the University of Houston last month with great results. There are several opportunities left to swim a long course meet this season. As we progress through the season, enter each meet with a purpose. One purpose can be to swim events that help with promotion from one group to another. Another can be to qualify for a championship meet. Enter the events in which you have the best chance to meet the qualifying standards. Also, try to enter as many events as you can for each meet. Try out new events.

Why am I telling you not only to enter the upcoming meets, but to enter as many events as you can? USA Swimming has a Virtual Club Championship (VCC) for both the short course season and the long course season. Results from each USA Swimming sanctioned meet in the country are compiled in a database. The VCC is computed based on the best events for each swimmer from a team from all of the meets they enter. No swimmer can be entered in more than four events for the VCC. Aquastar is ranked 161st out of approximately 2800 clubs for the current short course season in the VCC. The rankings change each week new meets are entered into the USA Swimming database.

Due to the number of Aquastar swimmers who competed in last month's meet, we are currently ranked 12th in the country for long course. Again, this will change after more meets are entered in to the USA Swimming database from meets across the country. As you can see by our rankings, we are in the top 5% of all clubs in the country. This is a result of the hard work of the entire organization. We have created a program where you can be as successful as you want to be as long as you continue to make the commitment to regular practice and meet attendance.