



AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

VOLUME 7, ISSUE 9 NOVEMBER 2007

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, NOV 13

8:30 PM

**GLORIA DEI
CHURCH
NASSAU BAY**

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

Spectacular Start to Short Course Season!

Eighty-three Aquastar swimmers kicked off the short course season at the Katy Open meet the weekend of October 5th, improving in 75% of their events.

Justin Bertelsman was the swimmer of the meet for improving in all seven of his events.

Other swimmers with 100% improvement were Grace Baliker(2), Brie Braaten(3), Clayburn Bradshaw(3), Bobby Button(6), Leon Button(3), Emily Chiou(2), Jennifer Cunningham(1), Kelly Derauf(2), Tiffany Dietz(6), Shawn Du(3), Morgan Fatora(3), Shaad Fincher(5), Vriana Fincher(1), Michael Fowler(3), Molly Freeman(2), Vito Gentile(1), Luke Hamilton(3), Sam Kane (2), Kaitlin Kirasich(2), Jared Lara (5), Taylor Litton(6), Caitlin Marr(3), Nick McGee(4), Christopher Mowrey (3), Camille Mullery(6), Tri Nguyen(3), Lauren Nutt(6), Cooper Raterink(3), Ricky Rivas(6), Tom Sears(4), Curt Seward(2), Natalie Stephens(3), Stanley Sun(3), Blake Swaney(6), Ryan Swaney (3), Jamie Taylor (3), Anh Tran (5), Linh Tran (5), Preston Tran (2), Theodora Tsakalakis (3), Madison Varisco (3), and Shelby Wall (6).

Skylar Smith set a new Team Record in the 13-14 Girls 500 free with a time of 5:05.60.

The 11-12 Boys 200 free relay team of Nick McGee, Francis Kim, Stanley Sun and Shaad Fincher also set a new Team Record with a time in that event of 1:49.81.

New TAGS times were swum by:

Justin Bertelsman 11 year old boys 100 back (1:09.70) and 200 back (2:33.74)
Stanley Sun 11 year old boys 200 breast (2:59.01)

Promotions from White to Aqua:

Joshua Block
Claburn Bradshaw
Shawn Du
Sam Kane
Molly McGuire
Alex Vickers

Congratulations to everyone on a great meet !

The Success Continues...HCAP 10&Under Meet

Twenty-eight Aquastar swimmers competed in the HCAP 10 and under meet October 12-13, improving in 87% of their events.

Tyler Kmiecik was the swimmer of the meet for improving in all eight of her swims.

Others with 100% improvement were Jacob Block (6), Jessica Cartlidge (3), Christopher Chao (2), Sarah Chavez (4), Jenna Chenette (3), Jonah Gallington (3), Marueen Gallington (2), Emily Jue (7), Katherine Krueger (5), Kendra May (6), Ariane Monticone (2), Cassie Nagle (4), Tin Nguyen (3), Alex Raterink (4), and L.J. Walker (4).

Promotion from Red to White:

Jayant Leal

Gulf All-Star Qualifying Meet

Thirteen swimmers competed at the LSC All Star Q meet at Tomball High School October 19-20, improving in 76% of their events.

Riley Kmiecik was the swimmer of the meet for improving in all nine of her events.

Others with 100% improvement were Corey Duke (6), Luke Hamilton (3), and Ryan Swaney (3).

New TAGS times were swum by:

Cameron Dyer in the 100 Fly (58.58) and the 200 IM (2:09.91)

Riley Kmiecik in the 200 free (2:05.85) and the 100 fly (1:05.74)

The following swimmers qualified for the Gulf Swimming All Star team: Cameron Dyer, Francis Kim, Riley Kmiecik, Emma Lochmaier, Skylar Smith, Stanley Sun, and Madison Varisco.

The All Star meet will be November 10-11, 2007 in Corpus Christi. Good luck to our All-Star swimmers !

CFSC Senior Meet

Six swimmers swam at the Cy Fair Swim Club short course meters Senior meet October 19-20, improving in 100% of their events.

The swimmers of the meet were Megan McGuire, Tom Sears, and Kara Wilkerson for improving in all four of their events.

Others with 100% improvement were Vince Fincher (2), Nathan McCloskey (3), and Wendy Tsai (3).

Promotion from White to Aqua:

Nathan McCloskey

GREAT JOB SWIMMERS !!

AQUA 14 & Under Meet A Great Success!

A big THANK YOU to our parents and teen volunteers who made this meet another success. Various swim team parents provided unsolicited compliments to our Volunteer Team Leaders . These Gulf Parents were grateful that AQUASTAR parents and teens filled the timing chairs. Many stated how well the meet was run by our crack meet team. AQUASTAR truly has great parents and teens who know how to show appreciation for the efforts of other teams. We very much appreciate our swimmers and parent volunteers for what they do and how they give back to the swimming community.

- Dan Joines, Meet Director



Three Named to Scholastic All-America Team

Congratulations to three AQUASTAR swimmers who were recently named to USA Swimming's Scholastic All-America team:

Jenny Claydon (Friendswood High School)

Mark Grijalva (Clear Brook High School)

Wendy Tsai (Clear Lake High School)

This is Jenny's second straight year to be named.

The Scholastic All-America 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 2006 National Disability Championships, 2006 Open Water National Championships, 2006 Summer Speedo Champions Series (summer sectionals), 2006 ConocoPhillips Nationals, 2006 Junior Championships, 2006 U.S. Open, 2007 Speedo Champions Series (spring sectionals), or the 2007 Spring Championships.

Schedule of Events

November 2007

Nov. 4

SPA 11-14 Open Meet Entries Due

Nov. 10-11

BTA 10&Under Open Meet
PACK Senior Meet

Nov. 13

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

Nov. 16-18

SPA 11-14 Open Meet

Nov. 25

AGS Gulf Senior Champs Meet
Entries Due

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	

Upcoming Meets...

BTA 10 & UNDER OPEN MEET AT KINGWOOD HIGH SCHOOL

The BTA 10 & under meet will be held at Kingwood High School and is open to all swimmers age 10 and under. There are no qualifying times for this meet and swimmers may enter the meet with No Time. Swimmers may swim a maximum of 4 events per day.

PACK SENIOR MEET AT TOMBALL HIGH SCHOOL

The Senior Meet at Tomball High School will be hosted by PACK and is an open meet for swimmers age 15 and over and is also open to swimmers age 14 and under who have recorded age 15-18 AA times. Swimmers may swim a maximum of 5 events per day and may enter with No Time. This meet will consist of a Saturday morning session, Saturday afternoon session and Sunday morning session.

SPA 11-14 OPEN MEET AT LCISD NATATORIUM

The SPA 11-14 Open meet will be held at the LCISD Natatorium in Rosenberg and is open to all swimmers age 11-14. Swimmers may enter a maximum of 3 events per day and may enter with No Time.

Let's have outstanding AQUASTAR representation at these meets !

Coach's Corner By Coach John Burke

Team: a group of individuals working together toward a common goal. Although swimming is primarily an individual sport, swimmers are members of *teams* that are organized to support the advancement of the sport. Swimmers work together on a daily basis in practice to achieve the goals of each set. While no one swimmer can offset the work another swimmer must do, each athlete works to encourage the other to strive for excellence. Although performance is based on individual results, swimmers depend on the *team* to help them achieve those results.

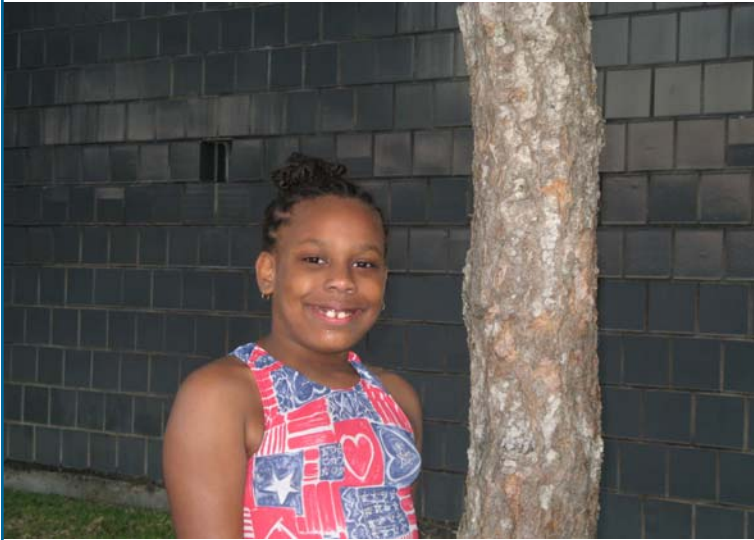
At Aquastar, we believe that *team* is important to the success of each athlete. As a group, the coaches, parents, and athletes must work together to accomplish the goals of the club. It is important for each member of the *team* to perform his or her role. The coaches must set the tone for the club by designing a workout program that promotes the development of each athlete. The swimmers must attend practice and meets in order to be developed. The parents must support the coaches and athletes by being willing to participate in club sponsored events like swim meets. When all three components work together, we achieve synergy.

Attendance Leaders For October

Red	Amanda Jue 78%, Emily Jue 78%, Daniel Nagle 63%
White	Taylor Litton 74%, Camille Mullery 74%, Steven Mao 67%, Devin Tran 67%
Aqua	Blake Swaney 70%, Kiki Tsakalakis 67%, Morgan Fatora 63%, Theodora Tsakalakis 63%
Blue	Francis Kim 81%, Preston Tran 78%, Natalie Stephens 74%
Gold	Megan McGuire 78%, Luke Hamilton 74%, Emma Lochmaier 74%, Madison Varisco 74%



In Your Lane



Name: Vritney Fincher
Age: 8
School: PH Greene
Member of AQUA for: 6 months
Practice Group: Red
Favorite Stroke: Butterfly
Least Favorite Stroke: Breaststroke
Favorite Part of Practice: Using a pull buoy
Least Favorite Part of Practice: Jumping in the pool at the beginning of practice
Hobbies and Interests: Swimming, Singing, Dancing Hip-Hop

HAPPY BIRTHDAY!

November



11/3	Nika Tafarroji	11/16	Jackson Finch
11/4	Aida Lu		Tin Nguyen
	Melissa Timm	11/17	Taylor Davis
11/5	Ted Shi		Chris Fatora
11/6	Brandon Gauthier	11/19	Skylar Smith
11/7	Sean Costello	11/20	Charles Wang
11/8	Michael Piper	11/21	Allison Cyphert
11/9	Joshua Woernley	11/23	Ryan Paine
11/10	Morgan Fatora	11/26	Preston Tran
11/11	Ariane Monticone	11/27	Melissa Yang
	Hannah Parham	11/28	Connor Glass
	Alex Raterink		Hannah Kramer
	Analia Trevino	11/29	Ainsley Haley
11/13	Melody Hwang		Jamie Taylor
11/14	Emma Day		Steven Yospur
11/15	Jackie DeBernardo		
	Jamie Johnson		

Attitudes are contagious...are yours worth catching ?



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 !