



AQUASTAR  
Houston, TX 77062

Turning today's potential into tomorrow's performance!

WWW.SWIMAQUA.ORG VOLUME 7, ISSUE 8 OCTOBER 2007

### AQUASTAR

**President**

Harold Johnston

**Vice-President**

Dan Joines

**Treasurer**

Ed Mullery

**Directors**

Kelli Baliker

Keith Dyer

**Meet Entries**

Kelli Baliker

**Head Coach**

Harold Johnston

**Head Assistant  
Coach**

John Burke

**NEXT BOARD  
MEETING**

TUESDAY, OCT. 9

8:30 PM

GLORIA DEI  
CHURCH  
NASSAU BAY

ALL PARENTS  
ARE  
INVITED AND  
ENCOURAGED  
TO  
ATTEND!

## Get Ready, Cuz Here It Comes !

AQUASTAR will be hosting a 14 & Under Open Meet the weekend of October 26-28 at Baytown Sterling High School. This meet is open to all swimmers age 14 and younger, regardless of times.

Hosting this meet will require help from all of us in different areas to ensure the meet runs smoothly.

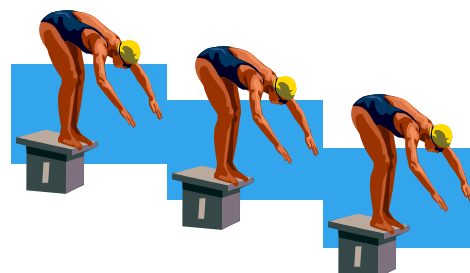
Your Meet Director, Dan (Retired General) Joines, says he still needs more Parents and Teen Volunteers to support direct meet operations. Volunteers are also needed to fill all of the timing chairs.

Our Hospitality Team is putting together a menu "that will knock your Speedo off" and they will need your drink and home cooking donations.

Let's all give back to swimming as others have done for our swimmers at the meets we attend.

Watch your email and the AQUASTAR web site during the next few days to see where you can help.

Help make our meet the best in the Gulf!



## Gulf Ladder of Success LCM 2007

Congratulations to the following swimmers who made the Gulf Ladder of Success for Long Course 2007. These swimmers swam one of the 5 fastest times in an event in the Gulf this year during the Long Course Season. Great Job !!!

Rosa Gentile    Mark Grijalva    Emma Lochmaier  
Skylar Smith    Stanley Sun    Madison Varisco

**Schedule of Events**

# OCTOBER 2007

**Oct. 5-7**  
Katy 11&Up Open Meet

**Oct. 7**  
TSA All-Star Meet Entries Due  
CFSC Senior Meet Entries Due

**Oct. 9**  
Board Meeting  
Gloria Dei Church, Nassau Bay  
8:30 pm

**Oct. 13-14**  
HCAP 10&Under Open Meet  
AQUASTAR 14&Under Meet Entries Due

**Oct. 20-21**  
TSA All-Star Qualifying Meet  
Senior Meet at CFSC

**October 26-28**  
AQUASTAR hosting 14 & Under Open  
Meet at Baytown Sterling

	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			

## Upcoming Meets...

### ALL-STAR QUALIFYING MEET AT TOMBALL HIGH SCHOOL NATATORIUM

The All-Star Qualifying meet will be held in 3 sessions over 2 days consisting of a Saturday morning session, Saturday afternoon session and Sunday morning session. The top finishers in each event from this meet will qualify for the Texas Swimming Association's All-Star meet in Corpus Christi in November. This is the only meet from which All-Stars will be selected. Swimmers must have 'A' times to enter this meet and should enter events based on their age as of November 10. The 3-event and up/down rules will apply and swimmers may swim a maximum of 5 events per day.

### SENIOR MEET AT CY-FAIR SWIM CLUB

This meet will be a Short Course meters meet and is open to all swimmers age 15 and over, and also age 14-under swimmers who have recorded age 15-18 AA times. This 2-day meet will be hosted by Cy-Fair Swim Club and will be held at the Fleet Swim Center. Three sessions will be held: Saturday morning, Saturday afternoon and Sunday morning. Swimmers can enter 5 events per day, so this is a great chance to improve times. The 3-event and up/down rules will apply and 15 & up swimmers may enter with NT.

# Coach's Corner *By Coach John Burke*

Parents on Deck are an integral part of the Aquastar program. In order for a practice to take place, a Parent on Deck must be present. If no qualified POD is available, the athletes who have shown up for practice may not enter the water. For the coaches, this is an important part of the program. We want to provide the athletes with a quality practice, and this cannot happen without a Parent on Deck.

The Parent on Deck serves in a couple of areas. For one, the POD collects the dues checks. This is to ensure that only one person at each practice venue takes money and delivers it to the proper person. Another function of the Parent on Deck is to talk to any new swimmers and parents. At any given practice, there could be a parent with a swimmer who is inquiring about the program. If the coach has to talk to the prospective swimmer and parent, and give them all of the information about the program it will take time away from the job of working with the athletes. The Parent on Deck will talk to prospective members about Aquastar registration, the USA Swimming registration forms, and ask if they have proof of times for possible group placement. They will talk to them about each group and what group best suits the swimmer. I have seen this process take a Parent on Deck most of the practice. This is why we have this program in place, and it has helped the coaches tremendously.

Since the roll of Parent on Deck is so important to Aquastar, we are encouraging more parents to become involved in the program. If you watch practice on a regular basis, please ask about becoming a Parent on Deck by talking to a POD at practice.

*“We want to provide the athletes with a quality practice, and this cannot happen without a Parent On Deck”.*

## Attendance Leaders For September

- Red** Amanda Jue 72%, Emily Jue 60%, Vritney Fincher 56%, Anthony Lattea 56%
- White** Jake Block 60%, Morgan Fatora 60%, Devin Tran 60%, Ashley Yates 60%
- Aqua** Corey Duke 80%, Blake Swaney 72%, Shany Ledwig 60%, Kiki Tsakalakis 60%, Theodora Tsakalakis 60%
- Blue** Kelly Derauf 88%, Francis Kim 88%, Lois Kim 72%, Madison Varisco 72%
- Gold** Megan McGuire 80%, Caroline Baliker 72%, Luke Hamilton 72%, Kara Wilkerson 72%
- Senior** Mark Grijalva 80%

# In Your Lane



**Name:** Taylor Litton

**Age:** 11

**School:** Westbrook

**Member of AQUA for:** 1 year

**Practice Group:** White

**Favorite Stroke:** Breaststroke

**Least Favorite Stroke:** Butterfly

**Favorite Part of Practice:** Practicing IM with kicks only

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

**Hobbies and Interests:** Swimming, Taekwando, Violin, Riding My Bike, Listening To Music, Church Drama and Choir, Hanging Out With My Friends

## HAPPY OCTOBER BIRTHDAYS !

- |              |  |              |   |
|--------------|--|--------------|---|
| <b>10/1</b>  | Taylor Barnett<br>Kathleen Bryan<br>Taylor Kmiecik<br>Tyler Kmiecik<br>Mariah Knocke-Melis<br>Christopher Mowrey<br>Dylan Rudisill | <b>10/16</b> | Vanya Buddingh                                |
| <b>10/2</b>  | Melanie Acker<br>Brad Bevolo<br>Gene Hutson<br>Nathan McCloskey  | <b>10/18</b> | Jaymo Haley                                   |
| <b>10/3</b>  | Elizabeth Noriega  | <b>10/19</b> | Vriana Fincher                                |
| <b>10/4</b>  | Estefania Tejada<br>Alex Vickers   | <b>10/21</b> | Maryann Moyer<br>Sarah Musgrave               |
| <b>10/5</b>  | Kunqian Li   | <b>10/22</b> | Linda Ennis<br>Elissa Hutson<br>Madi Kolodgie |
| <b>10/6</b>  | Matthew Chenette<br>Thomas Chenette  | <b>10/24</b> | Sarah Chew<br>Dean Tzouanas<br>Christa Walker |
| <b>10/7</b>  | Rohan Parikh   | <b>10/25</b> | Gaby Zinobile                                 |
| <b>10/8</b>  | Hayden Morano  | <b>10/26</b> | Amanda Ingram<br>Henry Ying                   |
| <b>10/9</b>  | Jared Lara   | <b>10/28</b> | Evan Lu                                       |
| <b>10/14</b> | Anthony Lattea<br>Daniel Nagle<br>Tom Nowobilski   | <b>10/29</b> | Kendra May                                    |
|              |  | <b>10/30</b> | Michael Chang                                 |
|              |  | <b>10/31</b> | Kevin Chew<br>Emily Jue                       |



Remember to purchase your AQUASTAR swim caps before the first meet of the season. 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. If you have had a problem with the bar code wearing off, we have plenty of replacements available on deck at practices from a POD.

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 !