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Hotline 281-488-1582



AQUASTAR  
Houston, TX 77062

*Turning today's potential into tomorrow's performance!*

**AQUASTAR**

President  
Dan Joines

Vice-president  
Sue Lobb

Treasurer  
Ed Mullery

Secretary  
Barb Kolodgie

Directors  
Lailing Tsai  
Amy Castro  
Mike  
McElhany

Meet Entries  
Amy Castro

Head Coach  
Harold  
Johnston

Head  
Assistant  
Coach  
John Burke

**NEXT  
BOARD  
MEETING**

Tuesday,  
Jan. 9

8:30 pm

Gloria Dei  
Church,  
Nassau Bay

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

# Champs rise to the occasion

**T**he weather cooled, but our swimmers stayed red hot last month, executing excellent swims in several Championship meets.

## AQUASTAR SWIMS TO THIRD PLACE AT GULF SENIOR CHAMPS

32 AQUASTAR swimmers participated in the U of H Gulf Swimming Senior Champs meet Dec. 1-3, improving in 66% of their events, which was well above the 39% best times for all swimmers at the meet. AQUASTAR Swimmer of the meet was Rosa Gentile, who improved in all seven of her events. Other swimmers with 100% improvement were Jonathan Abner (2), Ainsley Haley (2), Jill Johnson (2), Will Kolodgie (6), Lauran McCormick (2), Caroline McElhany (6), Stephen McKinney (1), Skylar Smith (3), and Stephen Sun (2).

New Gulf and AQUASTAR team records were set by Caroline McElhany in the 13-14 100 fly (56.07) and the 200 IM (2:05.88); the 13-14 girls 800 free relay of Caroline, Adriana Sepulveda, Skylar Smith and Ellen Lobb (7:41.52); and the 13-14 girls 400 medley relay of Ellen, Julia Sepulveda, Caroline and Skylar, with at time of 3:54.05.

Other individual team records were set:

Caroline McElhany in the 13-14 girls 100 free (52.46), 1650 free (17:52.03), and 100 breast (1:06.43).

Ellen Lobb in the 13-14 girls 200 free (1:52.79), 100 back (57.03), 200 back (2:02.09) and the 400 IM (4:27.23).

Jenny Claydon in the girls 15-18 100 free (53.84), 200 free (1:55.30) and the 1650 free (18:33.18).

Rosa Gentile in the girls 15-18 100 back (1:00.41) and the 100 breast (1:11.05).

Wendy Tsai in the 15-18 girls 200 breast (2:28.25).

Benny Berezin in the 13-14 boys 50 free (23.02).

Cole Cragin in the boys 15-18 200 back (1:50.76), 100 fly (52.01), 200 fly (1:54.96) and the 400 IM (4:15.69).

Mark Grijalva in the boys 15-18 200 IM (2:00.97).

New team relay records were set by the following:

Jenny Claydon, Jennifer Joines, Rosa Gentile and Wendy Tsai in the 15-18 girls 800 free relay (8:04.37); Rosa Gentile, Wendy Tsai, Jenny Claydon and Sierra Dyer in the 15-18 girls medley relay (4:07.53); and Cole Cragin, Mark Grijalva, Will Kolodgie and John Wong in the 15-18 boys 400 medley relay (3:44.79).

Top 16 national reportable times were attained in the following events:

Caroline McElhany 100 fly, 200 IM; Cole Cragin 200 back; Ellen Lobb 100 back, 200 back, 400 IM; 13-14 Girls relays 400 free, 800 free, 400 medley.

Other notable qualifying times:

**USA Swimming Summer Nationals:** 400 medley relay (Ellen Lobb, Julia Sepulveda, Caroline McElhany, Skylar Smith).

**USA Swimming Spring Championships:** Caroline McElhany 100 fly; Ellen Lobb 100 back, 200 back; Cole Cragin 200 back; 400 free and 800 free relays (Caroline McElhany, Adriana Sepulveda, Skylar Smith, Ellen Lobb).

**USA Swimming Short Course Nationals:** Caroline McElhany 200 IM; Ellen Lobb 400 IM.

*Defeat should never be a source of disappointment, but rather a fresh stimulus.*

**Sectionals:** Cole Cragin 400 IM; Rosa Gentile 100 fly, 100 back, 50 free, 100 free; Mark Grijalva 200 IM; John Wong 50 free, 100 fly and the 200 back.

Other notable qualifying times:

**Summer Nationals:** Caroline McElhany 400 IM, Ellen Lobb 200 back.

**Spring Championships:** Caroline McElhany 200 fly.

**Junior Nationals:** Caroline McElhany 50 free, 100 back and the 200 back.

**Short Course Nationals:** Caroline McElhany in the 200 IM.

**New Sectional times:** Adriana Sepulveda in the 200 and 400 IM and the 200 free; Skylar Smith in the 400 IM.

**New TAGS times:** Justin Bertelsman in the 10-and-under 50 and 100 back; Francis Kim in the 11 year-old 100 IM; Madison Varisco in the 11 year-old girls 100 IM and the 200 IM.

**Top 16 National Reportable Times:** Ellen Lobb in the 13-14 girls 200 back and the 200 fly; Caroline McElhany in the 13-14 girls 50 free, 100 back, 200 back, 200 fly, 200 IM and the 400 IM; Stanley Sun in the 10-and-under boys 50 fly; Madison Varisco in the 10-and-under girls 50 free.

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## WINTER CHAMPS — Dec. 1-3

Fifty AQUASTAR swimmers swam at the HCAP Winter Champs meet improving in 51% of their events. Swimmers of the meet were Lois Kim and Michelle Wacker who improved in all four of their events. Other swimmers who had 100% improvement were Brandon Allred (1), Taylor Barnett (3), Justin Bertelsman (3), Luke Hamilton (3), Cassie Nagle (3), Daniel Nagle (1) and Thomas Nagle (2). New promotions are Brandon Allred from Red to White and Gabe Chapa from Blue to Gold.

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## AQUASTAR CLAIMS GULF CHAMPS 6<sup>th</sup> PLACE — Dec. 8-10

Sixteen AQUASTAR swimmers traveled to Texas A&M Dec. 8-10, placing sixth in the Gulf Age Group Championships. Our swimmers improved in 86% of their swims. Swimmers of the meet, improving in all seven of their events, were Caroline McElhany and Francis Kim. Caroline was 13-14 girls high-point winner, and Francis was 10-and-under boys high-point runner up. Other swimmers improving in 100% of their events were Caroline Baliker (2), Justin Bertelsman (4), Luke Hamilton (1), Riley Kmiecik (6), Ellen Lobb (5), Adriana Sepulveda (6), Julia Sepulveda (6), and Stanley Sun (6).

Caroline lowered her own Gulf Swimming record in the 200 IM, with a time of 2:05.50. She had set the previous record at the Gulf Senior Champs.

New team records were set by the following:

Caroline in the 13-14 girls 50 free (23.84), 200 breast (2:22.08), 200 fly (2:03.18), 200 IM, and the 400 IM (4:21.35).

Ellen Lobb in the 13-14 girls 100 free (52.32) and the 200 back (2:00.85).

Adriana Sepulveda in the 13-14 girls 500 free (5:06.27).

Francis Kim in the 9-10 boys 50 breast (36.35), 100 breast (1:18.89), and the 100 IM (1:10.04).

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## JANUARY TO BE AS BUSY AS EVER

Christmas break was nice while it lasted, but don't put those goggles away just yet. January promises to be as busy as any month this short course season. Here's what's coming up:

*Jan. 5-7* — **AGS 11-up Open** at Texas A&M University. The trip to A&M is always a fun time. They have a great facility in which to swim.

*Jan. 6* — **TWST 8-under Sprint Meet** at The Woodlands. This is a great meet for our young swimmers. The meet consists entirely of 25s and 50s, except for 100 IMs. There are no qualifying times and swimmers can enter with No Time.

*Jan. 13-14* — **HSC 10-under Open** at Lamar HS. A chance for our younger swimmers to shine.

*Jan. 21* — **NWAV Mile Meet**. The entire meet consists of only 1650-yard swims. Location: probably Klein Forest HS.

*Jan. 26-28* — **SCAT Open**. Let's have a huge turnout for this meet, probably to be held at North Shore HS.

**JANUARY BIRTHDAYS**



Mark Grijalva	1/1
Gwen Parker	1/1
Jonathan Abner	1/4
Austin Hinnars	1/4
Patra Katsigiannis	1/4
Kevin Strait	1/4
Francis Kim	1/5
Ashley Yates	1/5
Savanna Davis	1/6
Adriana Sepulveda	1/7
Julia Sepulveda	1/7
Rachel Price	1/9
Paul McGuire	1/10
Kristin Rains	1/12
Lisa Mullaney	1/13
Sarah Nesrsta	1/13
Jeannette Wacker	1/13
Julia Taylor	1/16
Meggan Olivier	1/19
Marcus Puckett	1/21
Kelly Yang	1/25
Ellen Lobb	1/27
Madison Ulmer	1/29
Emily Xiao	1/30
Caitlin Brayley	1/31
Brandon Chao	1/31

*Based on 2007 registrations at press time*

**COACHES' CORNER**

The 2006–07 short course season has begun quite successfully. AQUASTAR swimmers have shown much improvement in these past four months. Swimmers have attained new National, Junior National, Sectional and TAGS qualifying times. Many have achieved new group promotions as well. In order to ensure further success, the coaches have been meeting to discuss progress, plan practices, and promote consistency among practice sites.

The single most important way for any athlete to ensure continued success is to consistently attend practice. Since swimming is a diverse sport with four strokes and sprint, middle distance, and distance events, each practice has a different emphasis. Some practices are designed to focus on a specific stroke, while others are meant to work on specific racing skills. Each practice builds the conditioning level of the athlete so that he or she can compete in all distances and disciplines. Skills learned one day are reinforced the next day. When a swimmer misses the next day, skills can be diminished or lost. Missed practices are missing links in both fitness levels and skill development. The more a swimmer attends practice, the more his or her skills will develop. Better skills result in faster swimming.

The best gauge for improvement is competition. Swim meets are tests of the effectiveness of what the coaches and swimmers have been doing in practice. The January schedule offers several opportunities for AQUASTAR swimmers to test their skills. If you have any questions about which meets you should attend or what events you should swim, please discuss them with your coach.

With consistent practice attendance, swimmers will see more improvement. We are all looking forward to AQUASTAR's continued success in 2007.

**AQUASTAR Board Meeting**  
**Tues., Jan. 9, 2007**  
**8:30 pm -- Gloria Dei Church**  
**Nassau Bay**

**“IN YOUR LANE”**



**Name:** Corey Duke  
**Age:** 11  
**School:** Fairmont Elementary  
**Swim facts:** 3 years total with AQUASTAR and 6 years with Deer Park Seals summer league  
**Practice group:** Blue  
**Favorite stroke:** Butterfly  
**Least favorite stroke:** Breaststroke  
**Favorite part of practice:** Main set  
**Least favorite part of practice:** Warm-ups  
**Hobbies & interests:** Playing football, reading, running  
**Other:** I want to compete in the Olympics.

**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 (pending the efficiency the US Postal Service) that your payment will not get misplaced if hand-delivered at the pools. HOWEVER, WE STRONGLY RECOMMEND THAT YOU SET UP AUTOMATIC BILL-PAYING THROUGH YOUR BANK'S ONLINE BILL-PAYING SITE to pay your dues or other AQUASTAR costs.

This will assure your payment is always timely and you won't be hit with a late fee. If you are setting up the payment info on your bank's website, some require a phone number to be entered; use our team hotline number of (281) 488-1582.

Also, if you are paying on the same check for 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. Sometimes we guess wrong! Thanks!

**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.