



Volume 8, No. 6
June 2007

www.swimaqua.org
Hotline 281-488-1582

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

AQUASTAR

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Meet Entries
Amy Castro

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Coach
John Burke

NEXT BOARD MEETING

Monday,
June 11th

8:30 pm

St Clare's
Catholic
Church

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

Early Morning Workouts Have Begun

Question: Are morning practices really necessary for Blue and above swimmers?
Answer: Your child has established proper stroke technique and swimming fundamentals by progressing through the levels of the team. It is appropriate at this stage of your son's/daughter's career development to increase the training loads. This includes adding morning practices. Although they come extra early, this level of commitment is necessary for your son/daughter to reach the next level of their swimming career.

Training for competitive swimming is demanding on young athletes. As swimmers develop in the sport, they need to understand the upcoming time demands. One specific principle of training that applies is the progressive overload principle. A person must be stressed slightly more each day over time to continue to improve. In order to do that, the coach must plan additional time. The addition of morning workouts often becomes necessary for the coach to develop young athletes to their maximum potential.

Always talk to your coach if you have any questions.

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Upcoming Meets

Long Course is a *short* season so you won't want to miss these meets!

Meets in June

- | | |
|-------|----------------------|
| 1-3 | HSC BB-Under |
| 21-24 | Senior Circuit @ A&M |
| 22-24 | SPA Open |

Training Group Promotions

Congratulations to the following swimmers who earned promotions after May swim meets—way to go!!

Blue Group

Kelly Derauf

Shaad and Vince Fincher

Shanyn Ledwig

Bayard Nicklow

Aqua Group

Emily Varisco

Gold Group

Rosa Gentile

Happy Birthday to the following swimmers:



Amanda Maniet	6/1
Laynie Hayley	6/2
Shelby Wall	6/2
Sydney Davis	6/2
Camille Mullery	6/3
Arianne Finch	6/5
Nellie Wong	6/7
Justin Ford	6/7
Taylor Litton	6/7
Will Kolodgie	6/10
Justin Bertelsman	6/10
Kyle Brose	6/10
Peter Wan	6/11
Scott Churchman	6/13
Molly Freeman	6/14
Peter Su	6/15
Kathy Lin	6/16
Emily Varisco	6/16
Juencio Bertrand	6/19
Anna Monteith	6/19
Luke Romanko	6/19
Lina Zhao	6/19
Maxwell Finch	6/20
Daniel Iwai	6/21
Drew Wiley	6/22
Peter Tobia	6/23
Shane Sullivan	6/23
Lauren Nutt	6/25
Riley Kmiecik	6/26
Cameron Johnson	6/26
Wendy Tsai	6/29
Brandon Allred	6/30

"In Your Lane"



Name: Natalie Stephens

Age: 11

School: Bay Elementary

Swim Facts: (how long been with this team, or with STAR or AQUA) 7 months

Practice Group: Blue

Favorite Stroke: Breast

Least Favorite Stroke: Back

Favorite Part of Practice: talking during sets

Least Favorite Part of Practice: long distance sets

Hobbies & Interests: shopping, talking on the phone, watching TV, and playing with my 2 cats.

In Your Lane Opportunities

As you know, every month we feature one or two swimmers in the AQUASTAR newsletter column, IN YOUR LANE. The purpose of the column is to help swimmers recognize and get to know one another, which is difficult to do when you have 300 swimmers spread across 3-4 practice pools.

We would like to feature your swimmer(s) in an upcoming issue of the AQUASTAR team newsletter. If you're interested, please have your swimmer fill in the information below about him/herself and return it to slobb_565@hotmail.com with a head and shoulders shot.

Name
Age
School
Swim Facts (how long with team)
Practice Group
Favorite Stroke
Least Favorite Stroke
Favorite Part of Practice
Least Favorite Part of Practice
Hobbies and Interests

May Attendance Leaders

Red

Vritney Fincher 56%
Connie Lee 56%
Grant Qian 52%

White

Molly McGuire 89%
Steven Mao 78%
Preston Tran 67%
Devin Tran 59%

Aqua

Blake Swaney 63%

Blue

Kelsey Castro 83%
Corey Duke 67%
Alyssa Mullery 67%

Gold

Megan McGuire 93%
Kathy Lin 87%
Rosa Gentile 83%
Caroline Baliker 80%

Senior

Skylar Smith 97%
Julia Sepulveda 97%
Adriana Sepulveda 93%

Coaches Corner by John Burke

Our summer schedule is off and running. It is good to see everyone so chipper in the morning. The few special coaches who get to see you twice a day get to be twice as happy.

As the days get hotter, please be sure to take care of yourself. If you want to swim your fastest at the end of season championship meets, you need to make sure you are eating well, drinking plenty of water, and getting as much rest as you can possible. Summer Champs, Gulf Champs, TAGS, and Sectionals are all in July. This leaves us with just one long course meet in June. Fortunately it is an open meet where all swimmers are eligible to participate. This is the last open meet of the long course season, so make the most of the opportunity. 140 Aquastar swimmers competed in the last open meet. We would like to see that level of participation at this meet. If you have any questions about what you should swim, please consult your coach. The coaching staff plans out each season with the emphasis on each swimmer's needs. We take pride in watching you commit each day at practice to reaching your potential. The greater the commitment, the greater the result. Once again, when you attend each meet, remember to circle in. When heat and lane assignments are posted, share that information with the coaching staff. This will give us the opportunity to talk to you about your upcoming race. After each swim, please return to the coaches, so we can tell you how well you did. Good luck. We're looking forward to a successful season.