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Turning today's potential into tomorrow's performance



AQUASTAR
Houston, TX
77062

July 2008

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AQUASTAR

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Maya Grijalva

Head Coach

Harold Johnston

NEXT BOARD MEETING

Tuesday, July 8
8:30 PM, Room 217

**GLORIA DEI CHURCH
(NASSAU BAY)**

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

Skylar Smith Meets Gov. Rick Perry



Governor Rick Perry recognized the UIL state champions June 18 in Austin to honor their accomplishments. AQUASTAR swimmer, Skylar Smith, was invited to attend due to her outstanding performance in the 50 and 100 freestyle. The UIL president and Gov. Perry both gave speeches and Skylar had the opportunity to talk with the governor about her medals. She received a certificate from Gov. Perry commending her on her achievements as a UIL state champion.

Way To Go Skylar!



Pictured left to right: Toni Schramme (high school coach), Skylar, Linda Smith (mother), Mr. Tomas (principal) and Steve Smith (father).

Meet Recaps

14 Aquastar swimmers participated in the FCST BB & Under Meet May 30-31 and improved in 83% of their events. Swimmer of the Meet, with 6 best times, is Sam Bethancourt. Others with 100% improvement include Megan Murphy, Corbin Schlager, Devin Tran, Preston Tran, Andrea Vallejos, Alex Vickers, Kelly Yang, and Melissa Yang.

38 Aquastar swimmers participated in the DADS A & Up Meet June 23-25 and improved in 38% of the events entered. Swimmer of the Meet, with 3 best times in 3 events, is Michael Fowler. Blake Swaney improved in his one event. Team records were set by Francis Kim in the boys 11-12 200 breast and by the 11-12 boys 400 free relay of Cameron Kerr, Michael Fowler, Francis Kim, and Stanley Sun. Skylar Smith swam a new Sectional time in the womens 200 fly at DADS as well as a team record in the 15-18 girls 100 breast at the SC#4.

18 Aquastar swimmers participated in the TWST BB & Under Meet June 20-22 and improved in 82% of the events entered. Swimmer of the Meet, with 6 best times in 6 events entered, is Sam Bethancourt. Others with 100% best times are Sarah Chavez, Alison Fuller, Patrick LaBrode, Christopher Mowrey, Daniel Nagle, Tri Nguyen, Curt Seward, Brandon Steinkuehler, and Mady Walker.

Training Group Promotions

Congratulations to the following swimmers who earned promotions after the meets.

White Group:
Megan Murphy

Aqua Group:
Alison Fuller
Christopher Mowrey

Gold Group:
Curt Seward

Long Course Meet Schedule
(Check website for location and times)

July

3-6	Gulf Champs- TWST
11-13	Summer Champs- FCST B & Under Champs- MAC
16-19	Sectionals- UT
23-27	TAGS- UT
29	Southern Zones Nationals

August

4-8	Juniors- Minneapolis
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Winning tomorrow starts by winning today. To win tomorrow's race, first win today's practice session. Will you be a better swimmer tomorrow because of what you did in practice today?

July 2008

Schedule of Events

July 3-6	Gulf Champs
July 11-13	Summer Champs B & Under Champs
July 16-19	Sectionals
July 23-27	TAGS
July 29	Southern Zones Nationals

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		

In Your Lane



Name: Christopher Mowrey

Age: 12

Grade: 8th

School: Westbrook Intermediate

Member of AQUASTAR: 1 year

Practice Group: Aqua

Favorite Stroke: Freestyle

Least Favorite Stroke: Breaststroke

Favorite Part of Practice: Swimming long course, distance

Least Favorite Part of Practice: Sprinting

Other Hobbies and Interests: Sleeping and playing the piano

Be sure to check out the AQUASTAR website

www.swimaqua.org

The daily practice schedule is available and updated each morning. Also look for the latest news and information regarding the team and upcoming, as well as past meets.

Parents and Swimmers:

If you have any pictures or newspaper articles of AQUASTAR swimmers from meets, practices, socials or any other events please give them to Coach Katherine. They will be scanned for publication on the website You can also email them to KLFarlow@gmail.com. Thanks!

Attendance Leaders for July

Red	Amanda Jue 78%, Jessica Chavez 61%, Sarah Chavez 61%
White	Steven Mao 78%, Emily Jue 74%, Claire Sears 70%
Aqua	Kathy Lin 96%, Tom Sears 87%, Brandon Steinkuehler 74%
Blue	Brian Bloomfield 96%, Blake Swaney 86%, Christa Walker 78%
Gold	Caroline Baliker 97%, Stanley Sun 86%, Stephen Sun 77%
Senior	Cameron Dyer 99%, Skylar Smith 99%, Mark Grijalva 92%

HAPPY BIRTHDAY JULY!

7/1	Chandler Metcalf	7/15	Erika Sanchez
	Paige Pifer	7/16	Sarah Norlin
7/2	Ted Babic	7/17	Jori Turner
	Stevie Garcia	7/18	John Maloy
	William Jeang		Katie Ulrich
	Cooper Raterink	7/19	Brian Bloomfield
7/3	Mady Maloy		Helenna Ignatovich
7/4	Matt Bendixen		Caitlin Marr
7/5	Taylor Ponder		Jamie Winfrey
7/6	Hillary Rines		Kari Burrell
	Michelle Wacker		Maureen Gallington
7/7	Noah Rudisill	7/20	Grace Ehmling
7/9	Jonathan Crutchfield		Ashton Wall
	Taylor Law	7/23	Brandon Ennis
	Nathan Lo	7/25	Tripp Arnold
7/10	Keaton Richmond	7/28	Maris Canizales
7/11	Nancy Chan	7/29	Christopher Chao
	Alex Teplyakov	7/30	Amanda Davis
	Brice Timm		Gabby Guthrie
7/12	Andrea Chacon		George Lee
	Shannon Marshall	7/31	Austin Apel
	Shannon Murphy		Bobby Button
7/13	Natalia Chacon		Casey Schneider
7/14	Jessica Cartlidge		

EASY FUNDRAISING PROGRAMS



Remember to purchase your AQUASTAR swim caps before your next swim meet.

Latex meet caps are \$5
Silicone caps are \$10

Caps can be ordered from any POD.

The old Kroger “share” card is no longer valid. Their new program associates your existing plastic Kroger Plus *shopper’s card* with AQUASTAR (Bay Area Aquanauts is our official corporate name) through a one-time (annual) barcode scan with a barcode especially set up for us to donate 1% of the purchase amount to AQUASTAR.

ACTION REQUIRED: Give the bar code to the cashier with your Kroger Plus shopper’s card and they will scan both, linking your card to the team. You are then set until 5/1/09. (If you do not currently have a Kroger Plus shopper’s card, present this barcode once you begin using a new shopper’s card).
THANK YOU!!



The similar Randall’s program requires a cashier or customer service person to code AQUA’s Good Neighbor number (9266) into your Randalls 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 regularly 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!