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Turning today's potential into tomorrow's performance



AQUASTAR
Houston, TX
77062

August 2008

Volume 8, Issue 8

AQUASTAR

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NEXT BOARD MEETING

Tuesday, August 12
8:30 p.m.
15403 Pleasant Valley Rd

ALL PARENTS ARE INVITED AND ENCOURAGED TO ATTEND!

AQUASTAR Swimmers Shine at Champ Meets in July as Long Course Season Wraps Up

68 swimmers represented AQUASTAR in championship meets during July and did a terrific job. Way to go Swimmers!

Gulf Champs launched the Championship meets for Long Course season. Fourteen Aquastar swimmers participated in the Gulf Champs Meet at The Woodlands July 3-6 and improved in 54% of the events entered. Swimmers of the Meet are Michael Fowler, Skylar Smith, and Mark Grijalva. Michael improved in all six of his events. Chris Fatora also improved in his event. Skylar and Mark were awarded plaques for being the high point winners in the 15-18 age competition.

Five new TAGS times were earned by Gina Fossati (10 & Under Girls 50 fly), Cameron Kerr (11-12 boys 50 back and 100 back), and Stanley Sun (11-12 boys 50 back and 200 back).

Sixteen team records were broken by Mark Grijalva (15-18 boys 400 and 800 free, 100 and 200 breast, and 200 and 400 IM), Francis Kim (11-12 boys 100 breast), Nick McGee (11-12 boys 50 breast and 100 free), Skylar Smith (15-18 girls 100 free, 200 free, and 200 breast), Stanley Sun (11-12 boys 200 IM), and the 11-12 boys of Cameron Kerr, Nick McGee, Stanley Sun, and Blake Swaney in the 400 free, 200 medley and 400 medley relays.

Skylar Smith and Mark Grijalva were awarded plaques for scoring the most points for the 15-18 age group at the Gulf Champs Meet in the Woodlands.



Way To Go Swimmers!!!

Meet Recaps

Summer Champs FCST

Thirty-three Aquastar swimmers participated in the FCST Summer Champs meet at Don Cook Natatorium in Sugarland July 11-13 and improved in 70% of the events entered. Swimmers of the Meet, with 5 best times in events entered, are Shaad Fincher and Casey Schneider. Others with 100% improvement are Amy Chan, Haley Derauf, Kelly Derauf, Chris Fatora, Michael Fowler, Francis Kim, Patrick LaBrode, James Miller, Ricky Rivas, Curt Seward, Blake Swaney, Devin Tran, Preston Tran, Mady Walker, and Nellie Wong.

The 15-18 girls (Molly Freeman, Lauren Nutt, Casey Schneider, and Caroline Baliker) won the 200 medley relay. The 15-18 boys (Tom Sears, Cameron Dyer, Stephen Sun, and Vince Fincher) won the 200 medley relay as well. Other first place winners are Michael Fowler (11-12 boys 200 breast) and Patrick LaBrode (13-14 boys 100 breast).

New TAGS times were earned by Shaad Fincher in the 13-14 boys 50 free and Patrick LaBrode in the 13-14 boys 100 breast.

Summer Champs MAC

Twelve Aquastar swimmers participated in the MAC 12 & Under, B & Under meet in Magnolia July 12-13 and improved in 86% of the events entered. Swimmers of the Meet, with 6 best times out of 6 swims, are Sarah Chavez, Jonathan Kerr, and Taylor Litton. Others with 100% improvement are Chris Chao and Chris Mowrey.

Sectionals

Kathy Lin and Skylar Smith represented Aquastar at the Long Course Sectional Meet at the UT Swim Center in Austin July 16-19. Kathy swam the 100 breast and the 100 and 200 back. Skylar scored points in all seven of her events. She finished 3rd in the 100 free, 4th in the 50 free, 7th in the 100 breast, 9th in the 200 IM, 10th in both the 200 free and the 200 breast, and 12th in the 100 fly. Her 100 breast and 200 IM were team records for the 15-18 age group. The 200 IM was her third LC Junior National time.

TAGS

Seven Aquastar swimmers (Shaad Fincher, Gina Fossati, Michael Fowler, Cameron Kerr, Nick McGee, Stanley Sun, and Blake Swaney) participated in the Texas Age Group Swimming meet in Austin last week. Nick McGee is the Swimmer of the Meet with his fourth place finish in the 11-12 boys 50 fly.

Eight Aquastar records were set at the meet by Nick McGee in the 11-12 boys 50 free, 100 free, and 50 fly; Blake Swaney in the 11-12 boys 400 free; and the five 11-12 boys in the 200 medley, 200 free, 400 medley, and 400 free relays

AQUASTAR results: Shaad—19th in the 100 breast, 15th in the 50 free; Gina—33rd in the 50 fly; Cameron—15th in 50 back, 21st in 100 free, 12th in 100 back; Nick—14th in 100 free, 19th in 50 breast, 19th in 100 fly, 4th in 50 fly, 14th in 100 breast, 14th in 50 free; Stanley—17th in 50 back, 19th in 200 fly, 20th in 100 fly, 19th in 200 back, 5th in 50 fly, 15th in 100 back; Blake—13th in 400 free; Relays—400 medley is 8th, 400 free is 10th, 200 free is 7th, 200 medley is 7th

Congratulations to everyone on their hard work!

August 2008

Schedule of Events

August

4-8 Juniors- Minneapolis
13 LC Awards Social

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.

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
24/31	25	26	27	28	29	30

2008 LONG COURSE BBQ & AWARDS SOCIAL

Wednesday, August 13 8:30 p.m.

La Porte Wave Pool & BBQ dinner

600 Little Cedar Bayou Drive

Both free to active (August) AQUASTAR families with
current accounts, others \$10/each

RSVP TO MAYA GRIJALVA (281) 486-1904

OR DARILYN SUE BLOCK (281) 470-2365

REVISION TO LATE FEE PAYMENT POLICY

The late monthly training fee payment policy has recently been changed. In summary:

*training fees for the current month are due by the first of the current month;

*training fees not paid by the 10th of the current month are LATE and a \$10 late fee will be assessed;

*training fees not paid by the 20th of the current month go into DEFAULT and the swimmer(s) will not be allowed to participate in practice or meets until all outstanding fees, including late fees, are paid.

For a complete summary, see the policy page on the website: <http://swimaqua.org/info/fees.htm>

2009 REGISTRATIONS TO BEGIN SEPTEMBER 1

We will begin taking applications for 2009 registrations for returning swimmers on September 1. ALL swimmers, new and returning, must register each year. An AQUASTAR registration form, and a USA Swimming registration form, are required for all swimmers annually. The annual fee for registrations will remain at \$100 for 2009. The new 2009 registration forms are posted on the website, and the Parents on Deck at practice also have the 2009 forms.

The \$100 registration fee per swimmer will be billed beginning with invoices emailed August 15, for the September training month billing. Contact the treasurer if you have any questions.

Attendance Leaders for August

Red Amanda Jue 64%, Evelyn Marshall 59%, Thomas Nagle 59%

White Steven Mao 78%, Vritney Fincher 71%, Emily Jue 64%

Aqua Vriana Fincher 94%, Casey Schneider 74%, Ricky Rivas 70%

Blue Tom Sears 93%, Alyssa Mullery 86%, Blake Swaney 82%

Gold Stanley Sun 99%, Stephen Sun 97%, Shaad Fincher 91%

Senior Cameron Dyer 99%, Skylar Smith 99%

Training Group Promotions

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

Blue Group: James Miller
Chris Mowrey
Ricky Rivas
Casey Schneider

Newsletter Publisher Needed!

Our current Newsletter Publisher is moving and we need a replacement! Publishing the newsletter isn't difficult and is a great way to contribute to the team. Please email Katherine Farlow at KLFarlow@gmail.com if you're interested in this position.

Putting Goals into Perspective

In a Speedo Tip of the Week, sport psychologist Lenny Weirisma of California State University, Fullerton offers a tip on putting swimming goals into perspective.

Swimming is much more than being faster than your peers. It's also about the development of commitment, learning how to set goals and sacrifice for what's important to you, seeing how hard you can push yourself and developing lifelong friendships. Of course, everybody wants to win, but comparisons with your peers are really only helpful if you compare apples to apples.

Most young swimmers are probably in the prime of their growth spurts and have several years of development ahead, physically, mentally and socially. You can never know at age 13 how good you may be at age 20, so if swimming really is important to you, all I can encourage you to do is to set personal goals for yourself season by season that are not based on how fast your friends are swimming, and remind yourself that it is more important to be dedicated and learn how hard you can work than it is to be faster than your friends right now.

(courtesy of usaswimming.org)

HAPPY BIRTHDAY AUGUST!

8/2 Robert Ellis
Andrea Fernandez
Haley Derauf
8/4 Andrea Naquin
8/5 Jon Fouty
Alyssa Mullery
Abigail Newpher
8/7 Allen Hu
8/9 Linh Tran
8/10 Ian Krouse
8/12 Chris Lunney
8/13 Jake Gauthier
Daniel Riojas
8/14 Jessica Brown
Kelly Derauf
Faith Leskowitz

8/16 Kayla Shaffer
Hannah Cooke
Hank West
Dustin Moore
8/17 Kali Bourbonais
8/18 Adam Moore
8/19 Katherine Shields
8/20 Tyler Van Blarcom
8/23 Stephen Bartz
8/25 Sean McKee
8/27 Stephanie Lawrence
8/28 Hunter Ellis
8/30 Emily Valerio
Elissa Aquino
Myri Moreno
8/31 Asa Clemons
Karalyne Martinez

In Your Lane



Name: Erica Flores
Age: 15
Grade: 10th
School: Clear Lake High School
Member of AQUASTAR: 6 months
Practice Group: White
Favorite Stroke: Freestyle
Least Favorite Stroke: Breast
Favorite Part of Practice: Using fins
Least Favorite Part of Practice: Swimming fast
Other Hobbies and Interests: Surfing

The spirit to win and the will to excel is always measured one stroke at a time.

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!