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Turning today's potential into tomorrow's performance!



AQUASTAR
Houston, TX
77062

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AQUASTAR

President
Harold Johnston

Vice-President
Dan Joines

Treasurer
Ed Mullery

Secretary
Keith Dyer

Members
Kelli Baliker
Darilyn Block
Maya Grijalva

Meet Entries
John Burke

Head Coach
Harold Johnston

Head Assistant Coach
John Burke

NEXT BOARD MEETING
TUESDAY, FEB 12
8:30 PM

GLORIA DEI CHURCH
NASSAU BAY

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

We Swim Meets !

January was a busy month for swim meets and February promises more of the same ! Competitive AQUASTAR swimmers in the Blue and above training groups are required to attend one end-of-season championship meet. However, swimmers at all developmental levels can benefit from participating in these meets. Following are short descriptions of the three championship meets. Stay tuned to the AQUASTAR website for meet invitations and more information.

Spring Champs B&Under/12&under **Feb. 9-10 Galena Park ISD Natatorium**

This is a timed finals meet for swimmers 12 years old and younger. Cut-off times for 9-12 year olds are the USA Swimming "BB" times. Cut-off times for 8 and under are the Gulf 8&Under Age Group "BB" times. Swimmers cannot enter with NT (no time).

Spring Champs 13&Over **Feb. 15-17 Don Cook Natatorium**

This is a prelims/finals meet for swimmers 13 years old and up. This meet format helps swimmers prepare for the championship format of higher level swim competition such as TAGS, Sectionals or Nationals. Swimmers may not enter this meet with NT. Cut-off times for 13-14 year olds are TAGS times. Cut-off times for 15 and older swimmers are Sectional Times.

Spring Champs 14&Under **Feb. 22-24**

This is a timed finals meet for swimmers age 14 and under. There are no cut-off times for this meet, but those swimmers with TAGS times in an event prior to entering the meet will be scored separately and will not receive awards or points for that event. Swimmers cannot enter with NT. Qualifying times for 9-14 year olds are the USA Swimming "BB" times. Qualifying times for 8 and under are the Gulf 8&Under Age Group "BB" times.

Aggieland 11 and Up Open

Thirty-one swimmers participated at the Aggieland 11&Up Open meet the weekend of January 4-6, improving in 69% of their events. Cameron Kerr was the Swimmer of the Meet for improving in all 8 of his individual events. Others with 100% improvement were Brian Bloomfield, Chris Fatora, Mark Grijalva, Taylor Litton, James Miller, Cooper Raterink, Ricky Rivas, Casey Schneider, Peter Silkowski, Kiki Tsakalakis, Emily Varisco and Drew Wiley.

8&Under Sprint Meet

Five swimmers competed at The Woodlands the weekend of January 4-6, improving in 89% of their swims. The Swimmers of the Meet were Julia Ford, Daniel Nagle and Thomas Nagle for improving in all 4 of their individual swims. Joey Alfonso and Ariane Monticone also competed at the meet.

SCAT Open Meet

Eighty-six swimmers competed in the SCAT Open Meet January 25-27, improving in 69% of their swims. Sarah Norlin was the Swimmer of the Meet for improving in all 7 of her individual events. Others with 100% improvement were Jacob Arend, Katie Cummings, Kelly Derauf, Morgan Fatora, Vince Fincher, Vriana Fincher, Vritney Fincher, Michael Fowler, Molly Freeman, Daniel Iwai, Amanda Jue, Jonathon Kerr, Kaitlin Kirasich, Tyler Kmiecik, Jared Lara, Taylor Litton, Julia Marr, Sarah Marr, Kendra May, Nick McGee, Hayden Morano, Thomas Nagle, Tin Nguyen, Samantha Norlin, Jordyn Peck, JP Peck, Sam Peck, Ricky Rivas, Katharine Silkowski, Devin Tran, Kiki Tsakalakis, Emily Valerio, Emily Varisco, Sarah Varisco, Mady Walker, Bonnie West and Drew Wiley.

Mark Grijalva set a new Team Record in the 15-18 boys 100 free with a new Senior Circuit and NCSA Jr. National time of 9:35.75

New Tags times were swum by Cameron Kerr, Tyler Kmiecik, Emma Lochmaier, Nick McGee and Ryan Swaney.

Group Promotions:

Jacob Arend	White to Aqua
Joshua Chavez	White to Aqua
Vriana Fincher	White to Aqua
Sam Peck	Red to White

Congratulations to all on these great swims !



Well, we are at the Championship part of our short course season. Starting with this weekend's high school district meet and ending with the TAGS meet in five weeks, there are eight different championship meets in which Aquastar swimmers can participate. Now is the time to make sure you are focusing again on fine tuning all aspects of training. The coaching staff will be planning workouts to make sure you are prepared to swim your best at your championship meet. Just a reminder that when you enter a meet, you will receive a reply from me to let you know that I have received your entry. If you do not receive a reply, please let me know so there is not a problem.

This past year, Aquastar was listed as a bronze level club in the USA Swimming Club Excellence program. Once again, we have applied for recognition in the club excellence program. The program has been updated, and we will be required to provide extensive information about every aspect of the club. This program helps a club understand its operations as well as helps clubs to improve its overall performance both in the pool and on the administration side.

Attendance Leaders For January

RED Amanda Jue 70%, Emily Jue 70%, Thomas Nagle 67%

WHITE Camille Mullery 74%, Cassie Nagle 70%, Devin Tran 70%

AQUA Stephen Bartz 78%, Jon Fouty 52%, Jared Lara 52%, Alex Vickers 52%

BLUE Frances Kim 74%, Blake Swaney 74%, Preston Tran 70%

GOLD Kyle Gonzalez 78%, Caroline Baliker 70%

SENIOR Mark Grijalva 89%, Cameron Dyer 81%



"Extraordinary results are the product of extraordinary training"



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

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 !