



Turning today's potential into tomorrow's performance!

AQUASTAR
Houston, TX
77062

www.swimaqua.org

January 2008

Volume 8, Issue 1

AQUASTAR

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Harold Johnston

Vice-President
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Treasurer
Ed Mullery

Secretary
Keith Dyer

Members
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Darilyn Block
Maya Grijalva

Meet Entries
John Burke

Head Coach
Harold Johnston

Head Assistant Coach
John Burke

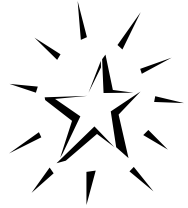
NEXT BOARD MEETING

**TUESDAY, JAN 8
8:30 PM**

**GLORIA DEI CHURCH
NASSAU BAY**

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

AQUASTARs Shine at Champs Meets !



Seventy six Aquastar swimmers participated in mid-season Championship meets during December and did an outstanding job !

The Championship meets kicked off with the Gulf Age Group Championship Meet the first weekend in December at Don Cook Natatorium. Nineteen swimmers participated, improving in 60% of their events. Cameron Kerr was the swimmer of the meet for improving in all six of his events. Others with 100% improvement were Luke Hamilton (1), Tyler Kmiecik (2), Peter Silkowski (1), and Natalie Stephens (3).

Swimmers placing in the top eight in an event were Corey Duke, Cameron Dyer, Shaad Fincher, Riley Kmiecik, Emma Lochmaier, Nick McGee, Stanley Sun, and Madison Varisco.

New TAGS times were swum by Justin Bertelsman, Corey Duke, Cameron Dyer, and Francis Kim.

New Team Records were set by Corey, Francis, Stanley and Shaad in the 11-12 Boys 400 Medley Relay and Stanley, Nick, Corey and Shaad in the 11-12 Boys 400 Free Relay.

Congratulations to Stanley Sun who was promoted to the Gold group after this meet.

WAY TO GO SWIMMERS !

Senior Champs

Nine swimmers participated in the Gulf Senior Champs meet December 7-9 at Texas A&M and improved in 70% of their swims. The meet featured a short course yard prelim and a long course meters final format. The swimmer of the meet was Mark Grijalva, improving in all eight of his events.

Swimmers making finals or consolation finals were Mark Grijalva, Josh Hurley, Will Kolodgie and Skylar Smith.

New Team Records were set by Mark in the short course 100 breast, 200 free, 400 IM, 200 breast, 500 free, 100 free and 200 IM. Mark also set new Team Records in the long course 100 breast, 200 free, 50 free, 200 breast and 100 free.

Skylar set new Team Records in the short course 100 breast and 200 breast and the long course 100 breast.

Will Kolodgie swam a new Sectional time in the 100 free and 500 free and Mark swam a new Senior Circuit time in the 500 free.

Winter Champs

Forty eight swimmers competed at Winter Champs, also the weekend of December 7th, at Kashmere High School. These swimmers improved in 60% of their events. Colton Duke was the swimmer of the meet, improving in all seven of his events. Others with 100% improvement were Emily Chiou (2), Amanda Coronado (3), Vritney Fincher (2), Luke Hamilton (3), Amanda Jue (1), Emma Lochmaier (1), Nick McGee (2), Samantha Norlin (6), and Curt Seward (6).

New Promotions:

Colton Duke from Red to White

Vritney Fincher from Red to White

Daniel Iwai from Blue to Gold

Congratulations swimmers on these outstanding achievements !

Schedule of Events

Jan. 4-6
11 & Over Open
Texas A&M

8 & Under Sprint Meet
The Woodlands

Jan. 12-13
10 & Under Open
HSC

Jan. 20
Mile Meet
FCST

Jan. 25-27
Open Meet
SCAT



January 2008						
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					



Winter Weather Reminder !



As the weather changes and occasionally becomes cold, swimmers should remember to come to practice well-equipped for transitions to and from the water, and for the trip to and from practice.



Bring extra towels and warm clothing, especially hats or jackets with hoods to cover up that wet hair !



Check out AQUA-wear on the team website www.swimaqua.org. New warm-up suits have arrived and hoodies are also available. Show your team spirit and stay warm at the same time !



Coach's Corner By Coach John Burke



2008 is here. It is time to start looking at what was accomplished this past year and what can be accomplished this year. While you can not change what has been done to this point, you can change what you do in training from now on to make sure you are ready to swim your fastest. The New Year offers a chance to evaluate commitment to this point, and gives a chance to recommit to excellent swimming. This starts with having a greater practice attendance which will result in better fitness levels and will promote faster swimming in meets.

Speaking of meets, the SCAT Open Meet at the end of the month is the last open meet before the championship season begins. Since it is a local meet, Aquastar should have high participation. This meet is an opportunity for all swimmers to swim any event, so talk to your coaches to see what events will give you the best chance of qualifying for a higher level season ending championship meet.

The opportunity to take your swimming to another level is here. Are you ready?

Attendance Leaders For December

Red	Amanda Jue 56%, Emily Jue 56%, Cameron Johnson 48%
White	Devin Tran 72%, Colton Duke 60%, Vriana Fincher 60%, Vritney Fincher 60%, Camille Mullery 60%
Aqua	Molly McGuire 60%, Ricky Rivas 60%, James Miller 56%
Blue	Francis Kim 72%, Preston Tran 68%, Nick McGee 64%, Peter Silkowski 64%, Blake Swaney 64%, Kiki Tsakalakis 64%
Gold	Megan McGuire 88%, Ryan Swaney 88%, Stanley Sun 80%
Senior	Cameron Dyer 84%, Mark Grijalva 84%, Will Kolodgie 80%

In Your Lane



Name: Scotti Brown

Age: 10

School: Lutheran South Academy

Member of AQUA for: 5 months

Practice Group: White

Favorite Stroke: Freestyle

Least Favorite Stroke: Breaststroke

Favorite Part of Practice: Doing dives

Least Favorite Part of Practice: Warm-up

Hobbies and Interests: Reading, swimming and clarinet

HAPPY BIRTHDAY! January



1/1	Mark Grijalva Gwen Parker	1/14	Vritney Fincher Amanda Jue
1/4	Kevin Strait Jonathan Abner Patra Katsigiannis Austin Hinners	1/16	Julia Taylor
1/5	Sarah Varisco Francis Kim Ashley Yates	1/19	Meggan Olivier Bailey McKernan
1/6	Savanna Davis	1/21	Marcus Puckett
1/7	Winston Wu	1/23	Jessica Chavez
1/8	Jayant Leal	1/24	Zach Arend
1/9	Rachel Price	1/25	Kelly Yang
1/10	Paul McGuire Ryan Duran	1/27	Jacob Arend
1/12	Kristin Raines Nick Barnett	1/29	Melissa Au Madison Ulmer
1/13	Jeannette Wacker Sarah Nesrsta Lisa Mullaney	1/30	Jaden Rich Emily Xiao
		1/31	Brandon Chao Caitlin Brayley



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 !