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Turning today's potential into tomorrow's performance!



AQUASTAR
Houston, TX
77062

MARCH 2008

Volume 8, Issue 1

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, Mar 11
8:30 PM**

**GLORIA DEI
CHURCH
NASSAU BAY**

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

Short Course Season Wrapping Up with Final Championship Meets

Texas Senior Circuit/Speedo Championship Series USA Swimming Sectionals Championship

The following swimmers will be competing at Sectionals Feb. 28—March 2nd at Texas A&M. Congratulations and good luck to these swimmers !

Benny Berezin
Mark Grijalva
Josh Hurley
Will Kolodgie
Kathy Lin

Skylar Smith
Wendy Tsai
Kara Wilkerson
John Wong

Texas Age Group Swimming (TAGS)

The following swimmers will compete at the TAGS Short Course Championship meet at the LOOS Natatorium in Addison, Texas March 6-9. Best of luck to these swimmers !

Justin Bertelsman
Cameron Dyer
Michael Fowler

Emma Lochmaier
Cameron Kerr
Francis Kim
Ryan Swaney

Nick McGee
Stanley Sun
Blake Swaney

NCSA Junior Nationals

Mark Grijalva and Skylar Smith will compete in the NCSA Junior Nationals meet in Orlando, Florida, March 18-22, 2008. Good Luck to Mark and Skylar. Swim Fast in Florida !

Meet Recaps

Twenty-seven Aquastar swimmers competed at the SCAT B and Under Spring Champs meet Feb. 9-10, improving in 71% of their events. The Swimmers of the Meet were Katherine Krueger and Cassie Nagle for improving in all five of their events. Others with 100% improvement were Haley Derauf, Julia Ford, Michael Fowler, Allen Hu, Caitlin Marr, Camille Mullery, Samantha Norlin, Sarah Norlin, JP Peck, Devin Tran and Cameron Kerr.

New Training Group Promotions:

JP Peck from Red to White

Sarah Marr from White to Aqua

Thirty-two Aquastar swimmers competed at the Gulf Swimming 13 and over Spring Champs meet Feb. 15-17, improving in 61% of their events. The Swimmers of the Meet were Cameron Dyer, Vince Fincher, and Breckelle Rougeou for improving in all five of their swims. Others with 100% improvement were Brian Bloomfield, Michael Chang, Katie Cummings, Molly Freeman, Jared Lara, Lauren Nutt, Ricky Rivas, Preston Tran, Drew Wiley and Nellie Wong.

New TAGS times:

Cameron Dyer—14 year old boys—400 IM, 200 Back, 100 Breast, 100 Free and 200 Free

Shaad Fincher—13 year old boys—100 Breast

Ryan Swaney—14 year old boys— 400 IM, 200 fly and 100 Breast

Twenty-one Aquastar swimmers competed at the SCAT 14 and Under Spring Champs Feb. 22-24, improving in 70% of their events. The swimmers of the meet were Gina Fossati and Breckelle Rougeou for improving in all six of their events. Others with 100% improvement were Justin Bertelsman, Cameron Dyer, Jonathon Kerr, Lois Kim, James Miller, Ryan Swaney, Theodora Tsakalakis, and Mady Walker.

New TAGS times:

Justin Bertelsman—11 year old boys—100 breast and 200 fly

Cameron Dyer—14 year old boys—500 free

Gina Fossati—10 year old girls—50 fly

Michael Fowler—11 year old boys—50 free and 50 back

Blake Swaney— 12 year old boys— 500 free

Cameron Kerr—12 year old boys—100 back

Aquastar Swimmers Excel at High School State Meets

Eight members of Aquastar helped contribute to their high school teams' successes at the 4A and 5A state meets this past weekend. **Skylar Smith** led the way as 4A swimmer of the meet with her record setting performance. She was first in the 50 free (23.37) and first in the 100 free with a 4A state record time of 50.90. Both events are All American automatic times. Skylar also helped her Foster High School finish 6th as a team by swimming in the 2nd place 200 free relay (1:40.23) and the 3rd place 400 free relay (3:39.69). **Kara Wilkerson** helped lead her Seven Lakes team to a second place finish in the team standings by placing 8th in the 200 free (1:59.17) and 13th in the 100 breast (1:09.32). She was also a part of the state winning 200 medley relay (1:49.13) and the 4th place 400 free relay (3:40.13).

At the 5A meet, **Mark Grijalva** of Clear Brook swam to an All American consideration time and a 9th place finish in the 500 free with a time of 4:37.42. **Taylor Barnett** of Clear Lake was 13th in the 100 back with a time of 58.72. She and **Wendy Tsai** also helped Lake to a 3rd place finish in the 200 medley relay with a time of 1:46.81. Taylor and **Danielle Garcia** were a part of the 4th place 200 free relay team with a time of 1:37.20. Taylor, Danielle, **Kathy Lin** and **Jeannette Wacker** made up the Lake 400 free relay team that finished 13th with a time of 3:40.39. Clear Lake finished 5th as a team.

At the Texas Association of Private and Parochial Schools (TAPPS) meet the weekend of Feb. 1-2, **John Wong** brought home 4 gold medals representing Lutheran South Academy. John won both the 100 Free and 100 Back individual events and helped his team to victory in both the 200 Medley Relay and 400 Free Relay.

Congratulations to everyone on a great high school season!



Good Luck ?

Luck has nothing to do with my perfect start and tight streamline.

Luck has nothing to do with my great technique.

Luck has nothing to do with training lap after lap of tough workouts.

Luck has nothing to do with knowing how to pace myself in a race.

Luck has nothing to do with not breathing in and out of turns.

Luck has nothing to do with my blazing finish on the last lap.

Luck has nothing to do with not breathing under the flags on my finish.

And luck has nothing to do with me smoking the competition in the next race.

I'm not lucky, I'm just good !



Schedule of Events

March 6-9

TAGS
LOOS Natatorium, Addison, TX



Don't forget to set your
clocks ahead 1 hour on
Saturday night, March 8.

March 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					

AQUASTAR SPRING SOCIAL

Join your Aquastar Family for an afternoon of fun
at

The Incredible Pizza Company
Pasadena, TX

Sunday, March 30, 2008
2:30 pm

Bumper Cars, Mini-Golf, Bowling, Arcade Games, Pizza Buffet and More !

Stay Tuned to the Aquastar website for further details.

Coach's Corner By Coach John Burke



The short course championship season is coming to a close, and it is time to get ready for the upcoming long course season. The short course season was a successful one with the athletes working hard over the winter to prepare themselves for the championship season. As the long course season begins, it is time to recommit to becoming the best swimmer you can be. During the beginning part of this season the focus will be on improving every aspect of swimming. This means paying close attention to your strokes to make sure you continue to develop your skills. This will ensure that you will swim faster in meets because you are getting a better command of your swimming. One of the overlooked aspects of your training are turns. Over the next month make sure that you pay special attention to this part of your training. Cleaning up your turns will help you get into your next lap with more speed and will help you swim faster times. During the peak training months you need to make sure you are staying committed, so by the long course championship season you will give yourself the best chance to achieve your goals. Good luck, and let's keep up the great work.

Attendance Leaders For February

Red	Amanda Jue 84%, Emily Jue 76%, Thomas Nagle 64%
White	Cassie Nagle 76%, Camille Mullery 68%, Breckelle Rougeou 68%
Aqua	Drew Wiley 68%, Michael Fowler 60%, Vriana Fincher 56%, Jared Lara 56%, Alex Vickers 56%
Blue	Francis Kim 84%, Blake Swaney 84%, Mady Walker 76%
Gold	Kyle Gonzalez 92%, Megan McGuire 80%, Emma Lochmaier 76%, Ryan Swaney 76%
Senior	Mark Grijalva 92%, Cameron Dyer 88%



"In Your Lane" Swimmers

Each month, the newsletter contains a column entitled "In Your Lane", which profiles an AQUASTAR swimmer. The column allows swimmers to learn more about other team members so the person swimming alongside them becomes a friend and teammate. If your swimmer would like to be profiled and you give your permission for them to be featured, please email Cyndi Wilkerson at chwilkerson@comcast.net. We will take a picture of your swimmer at practice and ask them to fill out a short questionnaire that will give us the information we need to complete the swimmer profile. Don't be shy ! Let us get to know you by being the "In Your Lane" swimmer next month.

In Your Lane



Name: Kendra Anne May
Age: 10
Grade: 4th
School: Ed White Elementary
Member of AQUA for: 8 months
Practice Group: White
Favorite Stroke: Backstroke
Least Favorite Stroke: Butterfly
Favorite Part of Practice: 8 50's—2 of every stroke—1 drill, 1 swim
Least Favorite Part of Practice: When we do 100, 200, 300, 400
Hobbies and Interests: Softball, basketball and piano



HAPPY BIRTHDAY! March

3/1	Emily Chiou	3/17	James Miller
	Katie Cummings	3/19	Elisa Laurini
3/4	Shawn Du	3/22	Vivian Jaouhari
	Kara Wilkerson		Katherine Krueger
3/5	Jonathan Peck		Mady Walker
3/6	Andrew MacDonald	3/23	Evan Fair
	Adam Walker		Michael Fowler
3/9	Gabe Chapa		Lillia Gonzalez
3/10	Jacob Block		Devin Tran
	Mackenzie Kerr	3/24	Alyson Enk
3/13	Angela Hembree	3/25	Molly McGuire
3/14	Lois Kim	3/28	Lauren Johnson
3/15	Theodora Tsakalakis		Jerry Lin
	Sydney Walsh	3/30	Julia Maloy
3/16	Vincent Fincher		



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 !