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Turning today's potential into tomorrow's performance!



AQUASTAR
Houston, TX
77062

MAY 2008

Volume 8, Issue 5

AQUASTAR

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Maya Grijalva

Head Coach
Harold Johnston

Meet Entries
Rob Schladenhauffen

**NEXT BOARD
MEETING**

**TUESDAY, May 13
8:30 PM, Room 217**

**GLORIA DEI CHURCH
(NASSAU BAY)**

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

Mark Grijalva Signs With Drury University



AQUASTAR athlete and Clear Brook High School senior Mark Grijalva has signed to swim for four-time defending NCAA Division II National Champions Drury University, located in Springfield, Missouri. Mark's high school swimming accomplishments include: 4-year Varsity letterman, 4-year Region 6-5A qualifier and finalist, 4-year District 24-5A MVP, junior and senior-year State qualifier, All-State Team, and National Team. Pictured left to right: Amanda Newton (swim coach), parents Maya and Chris Grijalva, Brad Schurdell (coach), Kristi Lamell (principal).

CONGRATULATIONS MARK !



Meet Recaps

Sixty-one AQUASTAR swimmers participated in the TWST Open Meet and improved in 81% of their events. Swimmers of the Meet, with 7 best times out of 7 swims, were Scotti Brown, Cassie Nagle, Sarah Norlin, and Blake Swaney. Others with 100% best times were Joshua Chavez, Haley Derauf, Robert Fernandez, Shaad Fincher, Vince Fincher, Julia Ford, Gina Fossati, Michael Fowler, Lauren Johnson, Cameron Kerr, Jonathan Kerr, Patrick LaBrode, Taylor Litton, Nick McGee, Molly McGuire, James Miller, Camille Mullery, Danny Nagle, Christopher Norlin, Samantha Norlin, Corbin Schlager, Preston Tran, Kiki Tsakalakis, Alex Vickers, Mady Walker and Steven Yospur.

Nick McGee set a new team record in the 11-12 boys 50 breast with a time of 39.17. Francis Kim also bested John Christopher's 2001 record of 40.35 by clocking a 39.70 !

Great Meet everyone !

Training Group Promotions

Congratulations to the following swimmers who earned promotions after the TWST meet. Way to Go !

Aqua Group

Corbin Schlager

Blue Group

Patrick LaBrode

Alex Vickers

Steven Yospur



Long Course Meet Schedule

(Check the website for location and times)

May

2-4	A & Up
9-11	BB & Under
23-25	A & Up
30-31	BB & Under

June

13-15	A & Up
20-22	BB & Under

July

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

August

4-8	Junior Nationals
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Obstacles are those frightful things you see when you take your eyes off the goal.

Schedule of Events

May 2-4	SPA A & Up Meet
May 9-11	SCAT BB & Under Meet
May 17-18	A&M Senior Meet
May 23-25	U of H A & Up Meet
May 30-31	FCST BB & Under Meet

May 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

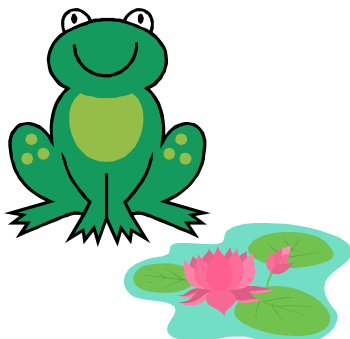
Keep Swimming

*Two frogs fell into a deep cream bowl,
One was an optimistic soul,
But the other took the gloomy view,
"We'll drown," he lamented without much ado,
And with a last despairing cry,
He flung up his legs and said "Goodbye."*

*Quote the other frog with a steadfast grin,
"I can't get out but I won't give in,
I'll just swim around till my strength is spent,
Then I'll die the more content."
Bravely he swam to work his scheme,
And his struggles began to churn the cream.*

*The more he swam, his legs a flutter,
The more the cream turned into butter.
On top of the butter at last he stopped,
And out of the bowl he proudly hopped.*

*What is the moral? It's easily found...
If you can't hop out, keep swimming around!*



- Author Unknown

WANT THE LATEST AQUASTAR NEWS AND INFORMATION ?

Be sure to check out the
AQUASTAR website:

www.swimaqua.org

The daily practice schedule is available on the website and is updated each morning. The website also contains just about everything you need to know about your swim team. If you have not visited the website lately, check it out. It will help you become a more educated team member.

Newsletter Publisher Needed !

Our current Newsletter Publisher is moving and we need to replace her! Publishing the newsletter is not difficult and is a great way to contribute to the team. Please email Cyndi Wilkerson at chwilkerson@comcast.net if you are interested in this position.

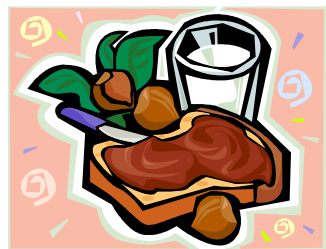
Attendance Leaders For April

Red	Amanda Jue 72%, Emily Jue 72%, Thomas Nagle 56%
White	Camille Mullery 88%, Sam Bethancourt 72%, Devin Tran 64%, Taylor Litton 64%
Aqua	Vrianna Fincher 60%, Kathy Lin 60%, Molly McGuire 56%
Blue	Francis Kim 68%, Alyssa Mullery 68%, Preston Tran 68%
Gold	Molly Freeman 76%, Megan McGuire 72%
Senior	Cameron Dyer 84%

HAPPY BIRTHDAY ! May



5/1	Jonathan Kerr	5/12	Ashlynn Arnold
5/2	Sarah Chavez		Ellen Martin
5/3	Guy Pennacchi	5/13	Joshua Chavez
5/4	Joey Alfonso		Tiffany Dietz
	Leon Button	5/14	Stephen Sun
	Michael Henderson	5/16	Christina Yovino
	Sarah Marr	5/21	Danielle Dolifka
	Samantha Norlin	5/24	Kyle Gonzalez
5/5	Ben Alred	5/25	Alexis Kramer
5/7	John Denson	5/26	Jennifer Schmidt
	Corbin Schlager	5/27	Kaitlyn Glisan
5/9	Megan Rose	5/28	Matt Hawes
			Megan McGuire



Did you know that what you eat today affects your swim performance tomorrow? Did you know that there is a direct link between fatigue and muscle glycogen depletion? A quality workout today depends on how well you replenished your body after your last workout. Recovering from one practice is just as important as fueling for the next. The first two hours post-workout are the most critical hours to replenish your body. Given the right fuel, glycogen synthesis during this time can occur as much as 2-3 times faster than normal. So what does this mean to you? Eat shortly after your swim practice—the sooner the better—to make the most of tomorrow's practice!



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.

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 !