



# STREAMLINE



Volume 12, No. 17  
AQUASTAR

[www.swimaqua.org](http://www.swimaqua.org)

February, 2019

Houston, TX 77062

*Turning today's potential into tomorrow's performance!*

## **AQUASTAR**

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Jeaneen Dale

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**NEXT**  
**BOARD**  
**MEETING**  
Tuesday,  
February 12, 2019  
8:30 pm  
4115 Plumtree Ln  
Seabrook

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

## **February Meets**

Feb 8-10	Alliance Champs 11 & up	HCAP
Feb 9-10	Alliance Champs 8 & under	HCAP
Feb. 22-24	Short Course Champs II 9-14	NOCH
Feb. 28-March 3rd	AGS Sectionals	Must qualify

*Way to go Swimmers,  
Keep up the hard work!*

## **Meet Results**

Jan 18-20 Forty-eight Aquastar swimmers traveled to Spring to participate in the 2019 SSAN January Winter Invite SC Meet. Swimmer of the Meet, with eight best times in eight events entered, is Robert Pheister. Others with 100% best times are Shreya Ganguli, Dalton Gillard, Kimiya Hadaegh, Chris Joiner, Zach Joiner, Tony Laurito, Carmen Laurito, Anna Loe, Rowan MacLean, Marshall Odom, and Fletcher Wells.

Tony Laurito won all seven of his events in personal record times.

**NOPE- Aquastar kids don't enjoy swim meets with their best swim friends!!!! Ha ha ha ha ha**



**When your body gets tired, swim with your heart!**



# Congratulations!



# Congratulations!



## Training Promotions

Congratulations to the following swimmers who earned new promotions — way to go!

### PROMOTIONS

Rachel Del Angel from Blue to Gold

Lauren Ferguson from White to Aqua

Zachary Joiner from Aqua to Blue



Robert Pheister from White to Aqua

### New Team Records

At Gulf Champs the 11-12 boy also set a new team record for the 400 Freestyle Relay (Nick Hardt, Ethan Bonow, Adam Picco, Tony Laurito)

### NEW TAGS TIMES

Erin Voelker in 10 and under girls 100 breast

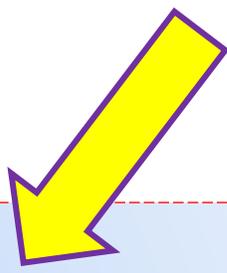
Tony Laurito in the 11-12 boys 100 free and 200 breast

11-12 boys 400 free relay (Tony Laurito, Nick Hardt, Ethan Bonow, Adam Picco)

11-12 boys 200 Medley Relay (Adam Picco, Tony Laurito, Ethan Bonow, Nick Hardt)

## **HAPPY BIRTHDAY**

Spencer Hoffman	2 <sup>nd</sup>
Neelia Ouladi	4 <sup>th</sup>
Rhys Bonow	7 <sup>th</sup>
Levi Del Angel	7 <sup>th</sup>
Ayden Husby	7 <sup>th</sup>
Bryce Neal	7 <sup>th</sup>
Tiffany Tran	7 <sup>th</sup>
Teo Liu	8 <sup>th</sup>
Justin Ciupitu	13 <sup>th</sup>
Jaracely Cortez	17 <sup>th</sup>
Avery Payne	17 <sup>th</sup>
Colin Shen	21 <sup>st</sup>
Shreya Ganguli	22 <sup>st</sup>
Hannah Goddard	24 <sup>th</sup>
Braden Rayburn	27 <sup>th</sup>
Myah Rayburn	27 <sup>th</sup>



## AQUASTAR NEEDS OFFICIALS

**PLEASE CONSIDER A VOLUNTEER POSITION AS  
A STROKE & TURN OFFICIAL FOR THE  
TEAM/USA SWIMMING.**

**PLEASE CONTACT  
CHRISTINE REICHTERT -**  
[cmreichert@gmail.com](mailto:cmreichert@gmail.com)



# Swim Info

## TIME TO RENEW!

### **TEAM FUNDRAISING**

See tab on website for links more info

#### **Kroger Donation Program**

AQUA's Kroger Community Rewards number is **81568**. Just sign in to your Kroger account at this <https://www.kroger.com/communityrewards>, then enroll in Community Rewards under your account settings.

**Note:** You will have to re-enroll your card each year.

#### **Randal's Donation Program**

AQUA's Randall's *Good Neighbor* number is **9266**. Just have a checker or courtesy booth person code that into your Randall's card!

#### **Amazon Smile Program**

Just use [this link](#) when you visit Amazon and a portion of purchase will be donated to Aquastar

**Need to sell some swim gear that your swimmer has outgrown?**

Email newsletter editor  
[christina\\_lombardo@yahoo.com](mailto:christina_lombardo@yahoo.com)  
with your items, send contact info, pictures and details for the advertisement.

### *Parent on Deck*

Aquastar is pleased to announce that we now have parent volunteers helping with any general questions and paperwork that the team/parents will need. This will allow coaches to be less distracted while your swimmer is in the water. These volunteers will be at most practices and will be available at all 3 pools. Please do not hesitate to go and say Hello! And a BIG thanks to them!!!

**Lisi Rayburn (CLHS),  
Amy Schauss (CLHS & CBHS),  
Nisha Gidwani (CBHS),  
Laura Hearon (CLHS),  
Yasmin Ali (CLHS & CBHS) and  
Christina Klun (CBHS)**

### **Erin after earning her 1<sup>st</sup> TAGS time!**



February, 2019

***Failing to prepare  
is preparing to fail!***

Quote said/used by Camille Adams

Originally said Benjamin Franklin

Scroll to bottom to read the article from Coach Jeaneen that explains this picture!  
It is a must read!

# Aquastar+Adams =SMARTER, FASTER, SWIMMERS

## JANUARY'S SESSION WAS A SUCCESS!

*-it was so much fun!*

*- I learned more about dolphin kicks!*

*-Drinking chocolate milk after every practice! - Mom, I need to mix water with my Gatorade*

*-Mom, I am swimming for ME now! And no one else!*

### Greetings AQUASTAR Swimmers and Parents!

Your board of directors and coaches have organized an amazing opportunity exclusively for the AQUASTAR Swim Family. Two-time Olympian/Houston native Cammille Adams, and her dad, Coach Eddie Adams, will be holding a series of four clinic sessions beginning in late January. Each session will focus on specific skills, feature small group learning to allow individual feedback (36 swimmers per session), and be age specific. The AQUASTAR coaching staff will be there too, learning the clinic drills and points of focus to bring back to regular practices, assuring the benefits from the clinics will become a part of AQUASTAR's ongoing program.

### AQUASTAR + ADAMS = SMARTER, FASTER, AND STRONGER SWIMMERS

#### Clinic Details:

**Session #1:** (1/26/19) Under Waters, Breakouts, Distance vs Spring Racing Technique; the Importance of GREAT Practice Habits and Goal Setting

**Session #2:** (5/18/19) Short Axis Strokes (Breast and Fly) and Mental Preparation

**Session #3:** (9/7/19) Long Axis Strokes (Free and Back) and Nutrition

**Session #4:** (11/16/19) Starts and Turns; How to Maintain Speed Through Turns and Generate It Off Starts! REVIEW of Practice Habits, Goal Setting, Mental Prep, and Nutrition- HOW DID YOU DO???

**Location(s):** Clear Lake High School (CLHS) is confirmed for January. Location for other three sessions will be announced as we get closer to other clinic dates. (CLHS is the preferred location)

**Cost:** Each session is \$89.00 plus Eventbrite website hosting fees.

If you choose to attend all four sessions, you will receive a 20% discount. Upon registration, you will see the ticket selections for the individual sessions and one that bundles all four and applies the discount. Hurry discount ends soon!

**Payment Plan Option:** Available for families with multiple children or anyone signing up for all four sessions. If you need a payment plan to purchase all 4 clinics- Please contact our organizer, Julie Bachman, at 712-210-2304 or [julie@splashsportsmanagement.com](mailto:julie@splashsportsmanagement.com), and arrangements will be made on a case-by-case basis.

Only 36 swimmers per session! So sign up as soon as possible!

**SIGN-UP  
SESSION #2**



# FROM THE COACH



Dear Team,

For Valentine's Day, I want to talk about some girls on our team who melt my heart. I recently saw a picture of a few of them at a swim meet, and I was reminded so vividly of how special the bond between teammates really is. Erin Voelker had just achieved her first ever TAGS time. The picture was of her surrounded by her teammates hugging her and congratulating her. This group of girls are all very talented, competitive, elite level swimmers. There are A LOT of them, so they have to constantly fight for their spots in the lane in practice, yearn for the attention of their coaches, and most importantly.... their spots on relays. This is a situation that almost every competitive swimmer is familiar with.

There are sometimes differences among these girls, which is completely normal. They all work very hard and are very committed to reaching their goals. They sometimes hurt each other (unintentionally) because they are all so competitive natured. They get excited and sometimes say things that they shouldn't. But, here they are coming together to celebrate the victory of one of their own who has achieved a goal. I think at this exact moment each of these girls knew in their hearts, I CAN DO IT TOO!!!! This wasn't just a victory for Erin, it was a victory for all of them. It was a turning point in their minds. All of the sudden, this impossible quest had become possible. They knew this because they are a team. They all do the same thing every day. Every warm up, every kick set, every main set, every sprint! They have laughed together, cried together, been tortured in practice together, and celebrated victories together. This is how you survive this sport. You cling to your teammates. They are the only ones that truly know what you are going through.

When I saw this picture, it reminded me of my own years in the pool. It reminded me that I would have NEVER gone the distance if it weren't for the other girls that I competed with every day. We competed for attention, for the first spot in the lane, for grades, when we got older... for BOYS, and ALWAYS most importantly for a spot on the relay. It was those same girls that tortured me mentally and pushed me down, made me so mad... that also made me swim so much faster, just so I could beat them. They made me who I am, THEY PULLED ME BACK UP and PUSHED FORWARD and allowed me to reach my ultimate goal, which was to swim in college with a full scholarship. I am so proud of these girls, because whether they understand it yet or not, whether their parents understand it yet or not... they will be lifelong friends. Because when it is all said and done, they love each other dearly! They are sharing in an experience that not everyone gets to be a part of. This is an extremely special relationship that will help them all to become CHAMPIONS!

THIS IS A VERY LONG ROAD! There will up and downs. Those hard times are not possible to get through without your team! Teammates are a special kind of family. They are going to push you down and pull you up, you will love them and hate them at the same time. Sometimes you WILL reach your goals and sometimes you WON'T. Which is okay! Failure is just as important as success. But the one reason you always go back to practice after a bad meet, the one reason you always stand back up after you get knocked down is for your teammates. You know they need you, just like you need them.

In my humble opinion, anyone that says that swimming is an individual sport, JUST DOESN'T GET IT! Your teammates are more valuable to you than any other resource throughout your career. Please cherish each other. I love this team so much. I am so grateful for every swimmer, coach, and parent on this team! Happy Valentine's Day!

*Love,*

*Coach Jeaneen*

February, 2019

AQUASTAR

*Happy  
Valentine's  
Day*



# TENTATIVE MEET SCHEDULE

## 2018-2019 Short Course Meet Schedule

September 23-24	Pentathlon (all ages)	SHARK
October 12-14	HCAP Invite (11 and up)	HCAP
October 21-22	Halloween meet (10 and under)	AQUA
November 2-4	Senior meet (ages 15 and over)	PEAK
November 9-11	November Invite (all ages)	SHARK
Nov. 30- Dec. 2	Southern Sr. Champs (must qualify)	TWST
Nov. 30- Dec. 2	Gulf Senior Champs (13 and over)	ECS
December 5-8	Winter Junior Nationals (must qualify)	UT
December 7-9	Fall Champs (ages 12 and under)	TBA
December 14-16	Gulf Champs (14 and under/must qualify)	AGS
January 18-20	SSAN Invite (Prelims/Finals)	SSAN
February 8-10	Alliance Champs (11 and up, P/F)	HCAP
February 16	Alliance Champs Champs I (8 and under)	HCAP
Feb. 22-24	Short Course Champs II (9-14)	NOCH
March 1-3	Short Course Champs III (13 and over)	PEAK
March 1-3	SECTIONALS (must qualify)	AGS
March 7-10	TAGS 14 & under (must qualify)	TWST
April 4-7	Far Western Championship (must quality)	Santa Clara, CA
April 10-13	Elite Showcase Classic (must qualify)	ST Petersburg, FL

**Change to  
Schedule**

## Swim & Private Lessons

Many coaches are available for summer swim lessons!

If you would like private lessons please contact your coach or [www.swimaqua.com](http://www.swimaqua.com)