



Volume 12, No. 16
AQUASTAR

www.swimaqua.org

January, 2019

Houston, TX 77062

Turning today's potential into tomorrow's performance!

AQUASTAR

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Meet Entries
Jeaneen Dale

Head Coach
Jeaneen Dale

Newsletter
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NEXT
BOARD
MEETING
Tuesday,
January 8, 2019
8:30 pm
4115 Plum Tree Ln
Seabrook

ALL PARENTS
INVITED AND
ENCOURAGED TO
ATTEND!

January Meets

January 18-20 SSAN Invite (Prelims/Finals)

See tentative meet schedule –last page of this newsletter

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

Meet Results

Nov. 30 - Dec. 2, 5 Aquastar swimmers traveled to Shenandoah to participate in the 2018 **Southern Senior Championships Invitational** hosted by The Woodlands Swim Team and improved in 70% of events entered. Swimmer of the Meet, with 11 points scored in a championship meet, is Mitchell Mason. Swimmers with 100% best times are Mitchell Mason and Max Hardt.

Nov. 30 - Dec. 2, 5 10 Aquastar swimmers traveled to Sugarland, TX to participate in the 2018 **Gulf Senior Championships Invitational** hosted by Energy Core Swimming, and improved in 60% of the events entered. Swimmer of the Meet, with 75 points scored in a championship meet is, Rachel Del Angel. Elliott Miles also got 100% best times.

Dec. 7-8, 50 Aquastar swimmers traveled to Sugarland, TX to participate in the **2018 Fall Championships Invitational** hosted by Platinum Aquatics and Escalate Swim Team and improved in 60% of the events entered. **Aquastar placed 3rd overall as a team!!!** Swimmer of the Meet with 48 points scored in a championship meet, is Taylor Welch. Other high scoring swimmers were Kyle Odom with 45 points, and Kaleb Brown with 39 points. Swimmers with 100% best times are Abigail Lauchner, Adam McCabe, Ethan Sims, Tab Sommer, Sydney Svahn, Dennis Tran, Crichton Vandertie, Addison Woodby, Cathryn Wu.

Dec 5-8, Max Hardt and Olivia Theall traveled to Austin, TX to participate in the 2018 **Speedo Winter Junior Championships** at Lee and Joe Jamail Texas Swimming Center. This is an extremely high level meet. We are very proud of Max and Olivia for qualifying for this meet. Swimmer of the meet is Olivia Theall. She placed 21st in 100 Fly out of 173 swimmers! Max Hardt placed 26th in his 100 Breast out of 136 swimmers! Max also got 100% best times.

Dec 14-16, twenty-one Aquastar swimmers traveled to College Station to participate in the **2018 SC Gulf Age Group Championship** and improved in 76% of events entered. Swimmer of the Meet, with 124 team points earned in a championship meet, is Tony Laurito. Those with 100% best times are Adam Picco, Tony Laurito, Ethan Bonow, and Avery Hearon.

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

Kyle Odom from Red to White

Avery Hearon from White to Aqua

Amelie Nguyen from Aqua to Blue

Myah Rayburn from White to Aqua

New Team Records

Max Hardt – 200 IM, 100 Breast, and 200 Breast

NEW TAGS TIMES

Ethan Bonow in the 11-12 boys 50 fly

Nick Hardt in the 11-12 boys 200 fly

Tony Laurito in the 11-12 boys 100 breast

11-2-12 boys 400 medley relay (Adam Picco, Tony, Nick, Ethan)

HAPPY BIRTHDAY

Tab Sommer	Jan 5 th
Noah Nguyen	Jan 10 th
Coach Jeaneen	Jan 13 th
Rebecca Wiley	Jan 15 th
Coach Harold	Jan 17 th
Katie Luong	Jan 19 th
Caroline Song	Jan 20 th
Kota Ito	Jan 23 rd
Benjamin Goodman	Jan 25 th
Grant Challenger	Jan 25 th
Kirstin Schauss	Jan 29 th
Max Wang	Jan 30 th

HAPPY NEW YEARS!

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

Swim Info

PICTURES OF THE LAST MONTH-AQUASTAR SWIMMING



January 2019

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

Email newsletter editor 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)**



TWST Senior Championship Meet 2018

Aquastar+Adams =SMARTER, FASTER, SWIMMERS

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 Cammile 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, and arrangements will be made on a case-by-case basis.

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



January 2019



AQUASTAR

FROM THE COACH

As 2018 comes to an end, I want to thank everyone for the role you play here at AQUASTAR. It has been an amazing year and I could not be prouder of our team. I am so excited to see what 2019 has in store for us!

I am so thankful to all the swimmers who have chosen swimming to be their sport. Swimmers must make lots of sacrifices to meet their goals. It is not always easy, but I think most of our swimmers would agree that the success they have experienced this year was worth it! It takes a lot of strength both physically and mentally to be a swimmer. These kids amaze me every day with their strength, devotion, and hard work. I hope they can all see what I do in themselves. I want them to know that each of them are such a special and important part of our team!

I am so thankful for our coaches. Each of our coaches plays a special part in the success of our team. I will be the first to tell you, this job is not easy. Coaches sacrifice their evenings and weekends to devote their time and energy to our swimmers. It is many times a thankless job, with many tough obstacles to overcome. But, there are those moments of joy that make it all worth it! There is nothing that brings a coach more happiness that witnessing the success of their swimmers. Every coach works very hard to do their best to help the swimmers to improve in their technique and speed in the water. They are also mentors that help to mold our swimmers to be well rounded athletes. We are very lucky to have each one of our coaches on our staff and I hope they all know how loved and appreciated they are.

I am incredibly thankful for the parents on our team! I am blown away by the support and dedication that our parents show to the swimmers and coaches. None of us would be where we are today without the support of our parents. You are our backbone. Our parent board members have gone above and beyond to improve the team and provide us with new opportunities that will help us become even stronger. I am so grateful for your willingness to volunteer and help wherever and whenever you are needed. This has made a huge difference for our team! We are so lucky to have all of you!

I pray that everyone will have a wonderful holiday season.

My wish for all of you is that you will happy, healthy, and safe.

Enjoy the magic all around us!

Thanks,

Coach Jeaneen



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	Short Course Champs I (8 and under)	TBA
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

**CHANGED
MEET
LOCATION**

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