



# STREAMLINE



Volume 13, No. 6  
AQUASTAR  
January 2020

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

Houston, TX 77062

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

## AQUASTAR

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**NEXT  
BOARD  
MEETING**  
Tuesday,  
Jan 14 2020  
8:30 pm  
Email  
[amyschauss@yahoo.com](mailto:amyschauss@yahoo.com)

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

## January Meets

January 11-12	11 and over (Prelims/Finals)	AQUA
January 18-19	10 and under open	SSS

**PLEASE SIGN UP FOR YOUR VOLUNTEER SPOT FOR  
THE JANUARY MEET**



## WELCOME!

**New Aquastar swimmers and their families!**

**CALYX KAVAS, ALEXANDER KAVAS, LAYLA SISUNG**



**We lose ourselves in the things we love. We find ourselves there too.**

# Congratulations!

## Training Promotions

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

### PROMOTIONS

Eduardo Ervesun from Aqua to Blue

Avery Hearon Aqua to Blue

Scott Mather from Blue to Gold

William Schauss from Aqua to Blue

Talon Welch from Aqua to Blue

Laine Anderson from Aqua to Blue

Andrew Svahn from Red to White

### NEW SC TAGS TIMES

10 & Under Girls 100 Free & 100 Fly – Avery Hearon

10 & Under Girls 100 Fly – Myah Rayburn

10 & Under Boys 100 Fly – Robert Pheister

10 and Under Boys 200 Medley Relay and 200 Free Relay  
(Trustin Bonow, Robert Pheister, Urias Del Angel, Andrew Loe)

11-12 Girls 50 Fly – Sydney Svahn

11-12 Boys 100 Breast & 50 Fly– Nick Hardt

13-14 Boys 500 Free, 1000 Free, 100 Breast, 200 Breast, 100 Fly, 200 Fly – Tony Laurito

### NEW SECTIONALS TIMES

Tony Laurito – 200 Breast

Spencer Hoffman – 100 Free, Back & Breast, and 200 IM

Olivia Theall – 200 Breast

### NEW SC AQUASTAR RECORDS

15-18 boys 100 Breast & 200 Breast – Mitchell Mason  
*January 2020*

15-18 boys 200 IM & 400 IM – Max Hardt

# Congratulations!

## HAPPY BIRTHDAY

### January Birthdays

Tab Sommer	5 <sup>th</sup>
Eli Pappas	8 <sup>th</sup>
Mysha Samani	9 <sup>th</sup>
Avery Frers	10 <sup>th</sup>
Coach Jeaneen	13 <sup>th</sup>
Katie Luong	19 <sup>th</sup>
Caroline Song	20 <sup>th</sup>
Kota Ito	23 <sup>th</sup>
Benjamin Goodman	25 <sup>th</sup>
Grant Challenger	25 <sup>th</sup>
Kirstin Schauss	29 <sup>th</sup>

## Get Connected

### Remind

Text @ aquastarsw to 81010  
Get breaking news and updates via text

### Facebook Parents Forum

Private Group: [Aquastar Parents](#)  
Parent-to-parent discussions. Ask your questions and share the latest news with other Aquastar families

### Public Facebook Page

[Aquastar Swimming](#)  
Celebrate our team's accomplishments and learn about upcoming events, such as clinics or camps

### Public Twitter Feed

[@swimaqua](#)  
Follow this twitter feed to celebrate Aquastar accomplishments, learn about upcoming events and see related and relevant swimming articles and information

Coming soon... [Instagram!](#)

# From the Coach

**With New Year's Day upon us, it's time to reflect upon accomplishments, milestones and even regrets from the previous year while also turning our attention to the next 365 days that lie ahead.**

**Entering a new year enables us to reset both mentally and physically and can serve as a catalyst for establishing a new set of patterns, habits or mindset for taking on the challenges and opportunities that await.**

**Whether or not you call these things 'resolutions' or just personal goals, here are six swimmer-centric objectives you can take to your well-conditioned heart for the year 2020.**

## **6 Swimmer 'Resolutions' for 2020**

### ***#1 Show Team Pride***

Remember that you are part of something bigger than yourself and a team is only as strong as its weakest link. You represent your team in the pool and out, so make the most of the privilege to do so.

Pick up garbage around the pool deck, straighten up the equipment bins, make an effort to be tidy in the locker room. Actions like this are easy yet leave a lasting impression on young swimmers who look up to you.



### ***#2 Trust the Process***

There is a reason you are where you are at this particular moment. Trust that you are on the right path and will successfully live out the plan you're working towards.

Don't complain about how hard practice is, embrace the burn as a means to fulfill your purpose. Encourage your team to tackle each set with vigor; 'thrive' instead of just 'survive'.

### ***#3 Express Appreciation***

When is the last time you said 'thank you' to your coach? Or not taken your daily carpool driver's time for granted? Now's the time to make your gratitude known.

Bring coffee for your coach one day. Have your carpool sign a 'thank you' card for the moms and dads who give up their time to regularly get you to practice and meets. Verbally say 'thank you' – it's free and means so much.



## Cont. From the Coach



### ***#4 Build Relationships***



Make it a personal mission to speak to the teammate you know the least. Building relationships across the board on which you know you can later depend can help give you all the boost you need to make it through the hard times of the season.

Every person on your team is going through their own struggles, has their own issues and is facing their own battles. Reach out and bridge the gap between lane 1 and lane 8 on a personal level.

### ***#5 Walk the Walk***

It's one thing to talk a big game and brag about your goals, but it's another thing entirely to put in the work. Become the hard-working, challenge-embracing, fearless swimmer you are in your own mind.

Don't just say you're going to train hard, do it. Don't just claim you're going to win state, do your part to make it a reality.



### ***#6 Eliminate Barriers***

You have so many things in your possession to set yourself up for success. Invest in, commit to and own your personal journey towards achievement and words won't be able to describe the accomplishment you'll ultimately feel when you meet your goals.

Wake up by setting your own alarm clock for practice instead of relying on your parents to wake you up. Take the initiative to have a team pancake breakfast at your house (and invite Coleman Hodges from SwimSwam) to keep spirits up entering the final phase of championships season.

Take the time to not only write down your swimming goals but how you will celebrate with your team and family once you've accomplished them

This article taken from SwimSwam- Coach Jeaneen, thought that it would be a great read for January! Please pass onto your swimmers!





# From Gulf Swimming



**Thank You for Stepping Up to Help Today!**

## **TIMERS BREIFING**

- With your help and attention each swimmer will receive an accurate official time.
- Introduce yourself and the Head Timer.
- Any new timers? That's great! It's easy to learn and we'll teach you how right now.
- You are essential! You are not merely a "back-up." USA Swimming rules require us to verify all times. Your buttons and watches perform this crucial task in every heat! Please start by turning off cell phones, any device that could distract you or the swimmers.
- Remember that watches are important, but buttons are critical. When pads are used, the buttons are what verify the pad time!

### **Before the Race:**

- Timer(s) with the clipboard, please verify that the correct swimmer/relay is present and in the correct lane, heat.
- Except for backstroke, remind previous heat to stay in the water for overhead starts.

### **At the Start:**

- Make sure you can see the strobe; observe the strobe light, start the watch at the moment of the flash.
- Strobes do fail occasionally; in that case, start the watch on the sound.
- Please start the watch even if your lane is empty, just in case a backup is needed.
- No need to hold hand over block if swimmer is not present. Immediately

### **After the Start:**

- Check the watch to ensure it has started and is working properly.
- If you miss the start or if the watch malfunctions, raise watch overhead to signal the Head Timer.

### **During the Race:**

- Keep track of the race and the distance completed by your swimmer.
- Timer(s) with the clipboard should be verifying the swimmer in the next heat.
- If a swimmer misses his/her heat, send the swimmer to the Referee.

### **At the Finish:**

- Come forward to the edge of the pool, look directly down the wall.
- Stop the watch and the button when any part of your swimmer touches the end of the racing course.

**Remember, buttons are critical.**

- Timers and officials share deck space at the finish—please be considerate of one another.

### **After the Finish:**

- Step back to make space for the next swimmer.
- Timer with the clipboard records the watch time(s) on the sheet in the same order for each heat.
  - ❖ Record "NS" if the swimmer missed the race
  - ❖ Note any other problems (late or missed pad, etc.)
- Remind swimmer to remain in the pool (except for Backstroke, or if dive-over starts not being used)

### **Additional Instructions (some of this depends on circumstances):**

- Cameras/smartphones not permitted behind the blocks.
- Do timers need to move to the opposite end of the pool for any events?
- Are swimmers starting any events from opposite end of the pool? Where is the strobe?
- For relays, verify the order of the swimmers on the relay team.
- Any other special instructions?



**Again, Thank You for Supporting Your Swimmers Today!**

January 2020

AQUASTAR

## 2019-2020 Short Course Meet Schedule

### TENTATIVE

September 21	Pentathlon (all ages)	SHARK
October 12-13	HCAP Invite (11 and up)	HCAP
October 19-20	Halloween meet (10 and under)	AQUA
November 2-3	Senior meet (ages 15 and over)	SHAC
November 9-10	November Invite (14 and under)	SHARK
December 6-8	Southern Sr. Champs (must qualify)	TWST
December 6-8	13 and over Champs	UH
December 6-8	Gulf Champs (14 and under) — must qualify	AGS
December 13-15	12 and under Champs	?
December 11-14	Winter Juniors (must qualify)	Federal Way, WA
<b>January 11-12</b>	<b>11 and over (Prelims/Finals)</b>	<b>AQUA</b>
January 18-19	10 and under open	SSS
February 7-9	11 and over Prelims/Finals	HCAP
February 8-9	8 and under Champs	HCAP
February 8-9	9-10 First Chance meet	AMBU
Feb. 22-23	Short Course Champs II (9-14)	?
Feb. 27- Feb. 29	Sectionals	?
Feb. 29- March 1	Short Course Champs III (13 and over)	?
March 5-8	TAGS 14 & under (must qualify)	Dallas, TX