

STREAMLINE



AQUASTAR ~ turning today's potential into tomorrow's performance

Contact us:

swimaqua.org

AQUASTAR

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Laura Hearon

Christina Klun

Richard Morales

Meet Entries

Jeaneen Dale

Head Coach

Jeaneen Dale

Newsletter Editor

Wendy Davis

NEXT

BOARD

MEETING:

Tuesday,

June 9th, 2020

8:30 pm

Email Amy for info at:

amyschauss@yahoo.com

ALL PARENTS ARE

INVITED AND

ENCOURAGED TO ATTEND!

SWIMMER'S CORNER



What does your swimmer do when they are not in the pool? Show us by sending your photographs to be featured in our Swimmer's Corner. Submit photos to Coach Jeaneen @ jmjohn0113@yahoo.com

Swimmer	Time	Event
NICK MARSHALL	1:52.37 '19	200 MEDLEY RELAY
TONY LAURITO	1:49.34 '19	200 FREESTYLE
MAX HARDT	54.3 '19	100 INDIV. MEDLEY
MAX HARDT	23.26 '19	50 FREESTYLE
MAX HARDT	24.57 '19	50 BUTTERFLY
MAX HARDT	32.04 '19	50 FREESTYLE
TONY LAURITO	25.40 '19	50 BACKSTROKE
MAX HARDT	28.91 '19	50 BREASTSTROKE
NICK MARSHALL	1:41.49 '19	200 FREESTYLE RELAY

Congratulations Tony, Nick, Marshall, and Talon on the new Friendswood Jr. High Boys 200 Medley Relay School Record!!! All 4 Aquastar Swimmers!



Congratulations Anthony Laurito! Tony made the 2020 Roster for USA Swimming's Zone Select Camps! Click [HERE](#) to see the SWIMSWAM announcement. Click [HERE](#) for Swimming World. Tony is listed in the Southern Zone. Interested in finding out more info on what Zone Select Camps are? Click [HERE](#) and [HERE](#).



Aquastar swimmers love their teammates!



NEW SWIM FAMILIES



Welcome NEW Aquastar swimmers and their families!

Shelby Sheppard, Ava Kinsworthy, Simon Kinsworthy, Caleb Robinson, Elijah Robinson, Micah Robinson, Cooper Howard, Connor Howard, Brian Garland, Zachary Madsen, Luke Hamilton, Cannon Fortenberry, Johnpaul Stolle, Gabi Westhelle, Brooke Hornsby

IN THIS ISSUE:

Page 1: Aqua Info, Swimmer's Corner, New Swim Families

Page 2: Team Records, , From the Coach

Page 3: Birthdays, Senior Spotlight

Page 4: Senior Spotlight, Max & Friends

Page 5: Digital Media, Extra,Extra, Good Reads

Page 6: Team Fundraising, Team Shop, Learn to Swim

Page 7: Famous Swimmer: Missy Franklin



ALL TIME LC AQUASTAR TEAM RECORDS 100 Back

10 & Under Girls

Caroline McElhany 1:15.10
07/25/02

10 & Under Boys

Tony Laurito 1:14.89 07/07/17

11 & 12 Girls

Ellen Lobb 1:10.48 07/22/04

11 & 12 Boys

Max Hardt 1:04.11 04/17/15

13 & 14 Girls

Ellen Lobb 1:05.53 07/19/06

13 & 14 Boys

Max Hardt 1:02.40 04/15/16

15 to 18 Girls

Ellen Lobb 1:06.61 06/22/07

15 to 18 Boys

Cole Cragin 1:00.41 04/20/07



FROM THE COACH



As we start our 5th week back in the water, I can't help but feel such pride and gratitude. Look at us! We were one of the first swim teams in the NATION to be able to get back into the water. All of our swimmers, coaches, and parents are doing a great job of allowing our kids safe practice space. Being back on the pool deck has been amazing! I missed everyone so much! The kids are so happy and excited to be able to swim! They are working so hard. The coaches are excited and doing some incredible coaching. There is still a large portion of the nation who still can't swim. There are teams right here in our city that don't have a pool to practice in. I am so happy that so many of our swimmers are back in the water and continuing to progress. We are so extremely lucky that we have a private outdoor pool that we have 100% control over.

We have heard from CCISD school district and we will not be able to use their pools this summer. We will have our Learn to Swim program this summer from the hours of 1:45pm to 4:15pm. That means that we are using the Oakbrook West pool from sun up to sun down almost every day. How exciting is this? This pool has been such a treasure to us for the past 10 years, and I am happy to report that we have just signed another 10 year lease on the Oakbrook West pool.

We currently don't have any meets scheduled this summer. We hope that we will be able to have some meets soon. Although, it is kind of nice to be able to get back to the basics in the water without the pressure of an upcoming meet. We are using this time to focus on technique and really breaking down the strokes to help the swimmers to improve. Also, we are putting a bigger focus on making practices fun. We know that many of our swimmers are missing their summer league teams and we want to help fill that void.

These smaller groups have been amazing in terms of the kids getting more personal attention. I am seeing so much improvement in their strokes and turns. The kids are also quickly building their endurance and most of our swimmers are back to the same yardage and intervals that there were doing before the coronavirus break.

I just want to say again how grateful I am for this team and for our pool. I am so happy that we have this opportunity to get ahead of the game and make our team stronger than we ever have been. As we continue to navigate through this strange time we are all looking forward to being able to return to life as it was before. Through it all, we will remember and follow our team mission statement always... **TURNING TODAY'S POTENTIAL INTO TOMORROW'S PERFORMANCE!**

Thanks,
Jeaneen Dale



"The goal is to keep having fun. Not let that pressure get to me and still be Missy." ~ Missy Franklin



HAPPY BIRTHDAY!

JUNE BIRTHDAYS

Ethan Schauss	6/01
Emma Brueggeman	6/02
Joseph Sutphen	6/02
Shraya Bhatt	6/05
Reese del Valle-Guerra	6/05
Joshua Saenz	6/05
Jude Saenz	6/05
Laine Anderson	6/06
Marissa Klun	6/06
Brooke Hubenak	6/08
Riley Rhodes	6/11
Christopher Joiner	6/17
Ashle Nguyen	6/17
Patrick Redmond	6/17
Lily Redmond	6/18
Zachary Madsen	6/21
Bilge Ekram	6/24
Brooke Davis	6/25
Leslie Garcia	6/26
Aiden Gorden	6/29
Ava Kinsworthy	6/29
Noah Kinsworthy	6/29

Cool Videos from USA SWIMMING!



Off The Blocks Season 3, episode 2:
Nathan Adrian, Cody Miller, Ryan
Murphy, & Ryan Lochte Click [HERE](#)



Cody Miller Adventures Vlog.
DUEL in the pool: ULTIMATE swim
experience [HERE](#)



SENIOR SPOTLIGHT



INTRODUCTIONS TO INSPIRE! AQUASTAR MAX HARDT!

Q: Introduce yourself.

MH: Hi, I am Max Hardt and I have been swimming on Aquastar for the past 10 years.

Q: Could you tell us a little background about yourself?

MH: I am primarily a breastroker and IMer. Additionally, I like to read, play basketball, and I am a Wii Sports Resort/Mario Kart enthusiast.

Q: Where do you currently go to school and did you swim there?

MH: I am a team captain of the Friendswood High School Swim Team

Q: If you know your future plans already, where do you plan on attending college or what is your next step after school to further your dreams?

MH: I will be swimming for Texas A&M in the fall of 2020

Q: Do you see yourself swimming in college?

MH: Yes

Q: Which University?

MH: Texas A&M

Q: What are your future career dreams and goals? What do you want to be when you grow up?

MH: I want to win an SEC and NCAA championship for Texas A&M. I am undecided in my future professional endeavors.

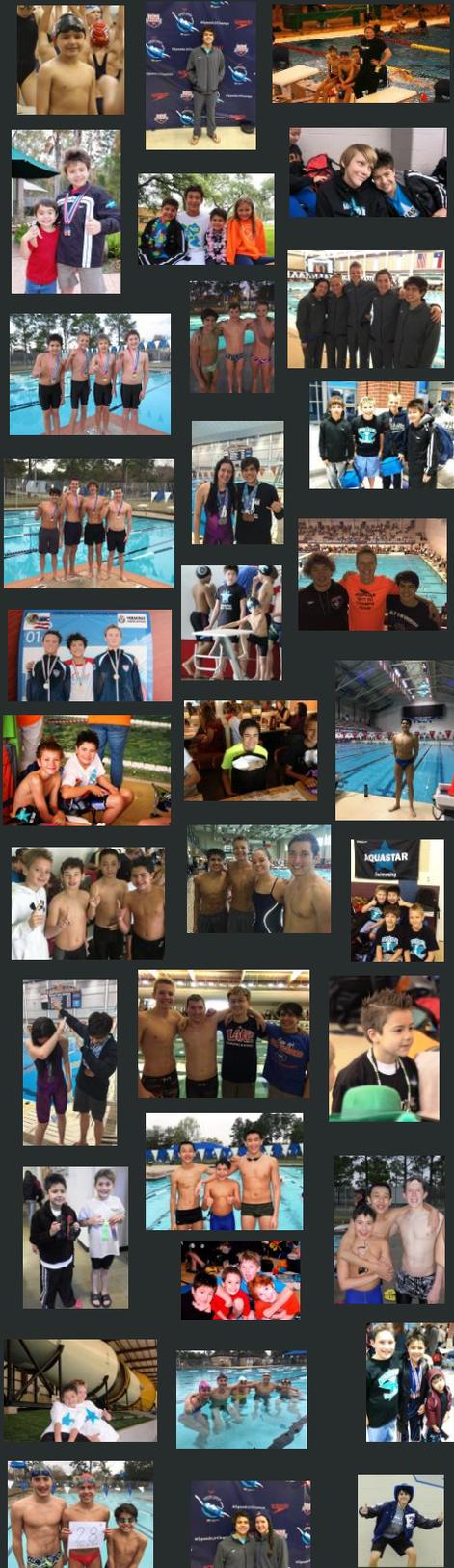
Q: What are your hobbies?

MH: I like to read, hang out with my friends, play basketball, play Wii Sports Resort, and play Mario Kart.

Q: Do you have pets? Tell us something about them.

MH: Unfortunately, I do not have any pets.

MAX & FRIENDS



SENIOR SPOTLIGHT CONTINUED



Q: What are you passionate about?

MH: Swimming and beating the odds.

Q: Who is your biggest inspiration and why?

MH: My parents, they inspire me to be the best version of myself every day.

Q: Did you participate in other sports that you were equally as passionate about and did they help you with your competitive swimming?

MH: Yes, I played tennis and soccer. It taught me that passion is essential to success.

Q: Were you involved in any activities (ie clubs, arts, community service projects, Scouts, etc) outside of swimming? If yes, what?

MH: National Honor Society (NHS), Friendswood Computer Science Club, Health Occupation Professionals of America (HOSA)

Q: When did you first start swimming for Aquastar? How long have you been with the team?

MH: August 2009, 10 ½ years

Q: What has been your favorite activity as an Aquastar swimmer, ie. meets, practices, end of season celebrations, and what made them special for you?

MH: Friday relays, I love competing and getting bragging rights for the rest of practice.

Q: What motivates you as a swimmer?

MH: Being able to improve myself.

Q: Is there anything additional that you would like to add?

MH: It can be a long journey, so remember to always have fun.

Q: And finally, what has “being an Aquastar” meant to you?

MH: I have learned how to push myself beyond my limits mentally and physically during my time at Aquastar.



TEXAS UIL SA 100 BREAST STATE CHAMPION MAX HARDT COMMITS TO TEXAS A&M



Get Connected

REMIND

Text @aquastarsw to 81010 to get breaking news and updates via text.

FACEBOOK PARENTS FORUM

[Aquastar Parents](#)

Private group. Aquastar parents having parent-to-parent discussions. Ask questions, share the latest news and find items left behind at swim meets.

FACEBOOK

[Aquastar Swimming](#)

Celebrate our team's accomplishments and learn about upcoming events such as clinics and 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

TEAM UNIFY WEB PAGE

swimaqua.org

AQUASTAR ON YOUTUBE

[Aquastar's Youtube Channel](#)

AQUASTAR ON INSTAGRAM

[Swimwiththebest](#)



EXTRA, EXTRA!

SWIMSWAM PODCAST: WHAT WOULD JANET EVANS GIVE ALL HER OLYMPIC MEDALS TO DO?



By host Coleman Hodges for SwimSwam Podcast:

“We sat down to speak with Olympic legend [Janet Evans](#), who gave us her unique perspective on not only past Olympics but future Games as well. Janet shared some of her favorite stories with us, including her first Olympic race where she won gold and set the world record in the 400m free, beating the East German women who were quite a bit psychically bigger than she was.

At the VERY end of our talk, Janet also described running the Olympic torch to Muhammed Ali at the 1996 Atlanta Games. Evans says it was by far the best moment in her Olympic career, and would give up all of her medals to do it again.” Click [HERE](#) to check out the podcast!

GOOD READS

Check out these links for some Good Reads!



“Katie Ledecky To Be Featured in New Apple Series *Greatness Code*” by Keaton Burke. Click [HERE](#) to see the SwimSwam article.



“Simone Manuel Says Training Alongside Katie Ledecky Fuels Them Both For the Olympics” by Samantha Brodsky. Click [HERE](#) see the Popsugar article.

TEAM FUNDRAISING

Kroger Donation Program:

Aqua's Kroger Community Rewards number is ND027.

Note: ND087 is a new number. Check your account to make sure it is updated.

Sign in to your Kroger account [here](#)

Next, enroll in Community Rewards under your account settings.

NOTE: You will have to re-enroll your card/account each year.

Randall's Donation Program:

Aqua's Randalls Good Neighbor number is 9266. Just have a checker or courtesy booth person code that into your Randalls card.

Amazon Smile Program:

Just click [here](#) when you visit Amazon. Search for Bay Area Aquanauts. Set Bay Area Aquanauts as your charitable organization, and a portion of your purchase will be donated to Aquastar.



AQUASTAR TEAM SHOP



Click here  [AQUASTAR SWIM SHOP](#)

Want to support the team when buying swim gear and products? Want gear with the Aquastar logo? Use our [Aquastar Team Store](#)! A portion of all sales go to [Aquastar](#)!

Learn to SWIM!

Don't forget to check out our [Learn to Swim program](#) for swim lessons at our outdoor pool!

AQUASTAR LEARN TO SWIM: FREQUENTLY ASKED QUESTIONS (FAQ)

Updated 5/26/2020

GENERAL

When will AQUASTAR Learn to Swim (LTS) Program Start?

AQUASTAR LTS will run 4 two week sessions this summer. The first session begins Monday June 8, 2020

HEALTH & SAFETY

What health and safety precautions are being taken for AQUASTAR swimmers?

AQUASTAR has created social distancing guidelines for both swimmers and swim instructors to safely hold swim lessons. Please review the Social Distancing tab under the Learn to Swim Program to review the full list of instructions.

LESSON SCHEDULE

How long is each class?

Each class is 30 minutes long. Start times are 1:45pm, 2:25pm, 3:05pm, 3:45pm

When do classes meet?

Classes are held over a two week period and they meet 4 days per week Mon-Thursday. There are no classes held on Friday, Saturday or Sunday.

Where can I find lesson times available for my swimmer?

By clicking on Learn to Swim → Enroll you will be taken to a screen that shows the practice sessions and slots available for the Learn to Swim program. Click [HERE](#) to be taken there directly.

What equipment do I need to bring to my lesson?

Swimmers should arrive at the pool ready to swim. This includes already being dressed in their swimsuits. Long hair should be secured with a rubber band or swim cap to keep hair out of the swimmer's face during the lesson.

Swimmers should bring goggles. We also recommend bringing slip on shoes for the pool deck which can get hot, a water bottle, and hand sanitizer to the pool for use before and after the lesson.

No other equipment is necessary.

How do I register for lessons?

Registration is online. You can enroll your child/children by visiting our [lessons registration page](#)

I want to reschedule my child's class. How can I do this? Please contact Coach Jeaneen

jmjohn0113@yahoo.com and we will do our best to work with you depending on available openings within our swim schedule.

What is the class student to teacher ratio? Level 1, 2, and 3 classes are held with a maximum 3:1 student to teacher ratio. Levels 4 and 5 are held with a maximum 4:1 student to teacher ratio.

My child is the only student currently registered in the class. What happens if no one else registers?

AQUASTAR Swim School is not able to run a group lesson for only one student. In the event that your child is the only student registered, we will contact you to discuss options to reschedule your child to a different time or session.

We are going on vacation. Can I pay only for the classes we will be there? Unfortunately, no. Our classes are limited in size, and we hire instructors and schedule swimmers based on registration numbers. Therefore, once we place a student in a class, we cannot place another student in that spot. Try to schedule yourself for a session when you believe you will be able to make the greatest number of classes.

My child was sick. Can I get a refund or credit? If your child needs to miss a practice due to illness, please contact Coach Jeaneen at jmjohn0113@yahoo.com as soon as possible. We will do our best to work with you for a makeup lesson. Refunds will be evaluated on a case by case basis.

My child exhibited symptoms on the COVID checklist and was told not to swim. Can I get a refund or credit?

If your child or a family member exhibits symptoms on the COVID checklist, please do not attend your swim lesson and contact Coach Jeaneen at jmjohn0113@yahoo.com as soon as possible. We will do our best to work with you for a makeup lesson. Refunds will be evaluated on a case by case basis.

Can I request a certain instructor? We understand the unique bond between teacher and student, and we try to accommodate all requests. Requests for certain instructors for lessons are handled on a first-come, first-served basis.

CONTACTS

I don't know who to contact for my question

AQUASTAR Head Coach, Jeaneen Dale can be reached via email at jmjohn0113@yahoo.com

For questions during practice at the pool, Program Director Natalie Vasquez is available on-site.

FAMOUS SWIMMER QUOTES

“Sometimes we complain, but there is something beautiful about waking up before everyone to get better at what we love.”

~ Missy Franklin

“I am the luckiest girl in the world. I learned that if I just keep a positive mental attitude that I can go out there and do whatever I hope I can do. It’s all mental in getting out there and having confidence in myself, and having strength and knowing I can do it.”

~ Missy Franklin

“I’m always so excited about what I do that I try to get everyone to feel that way.”

~ Missy Franklin

**FAMOUS SWIMMERS****Missy Franklin**

Check out SwimSwam’s article about Missy Franklin! Click [HERE](#) to see it. Don’t forget the film “Touch the Wall” that features Missy Franklin and her journey to athletic stardom.

Check out the trailer for “Touch the Wall” [HERE](#).

Missy Franklin’s Best Times:

Course	Event	Time	Date	Meet
scy	100 Free	46.66	03/21/15	2015 NCAA D1 Championships Greensboro, North Carolina
scy	200 Free	1:39.10	03/20/15	2015 NCAA D1 Championships Greensboro, North Carolina
scy	100 Back	51.18	03/16/13	2013 Speedo Championship Series Federal Way, Washington
scy	200 Back	1:47.91	03/21/15	2015 NCAA D1 Championships Greensboro, North Carolina
scy	200 IM	1:52.11	03/19/15	2015 NCAA D1 Championships Greensboro, North Carolina
lcm	100 Free	53.36	08/01/13	World Championships Barcelona, Spain
lcm	200 Free	1:54.81	07/31/13	World Championships Barcelona, Spain
lcm	50 Back	27.98	06/28/13	US Nationals Indianapolis, Indiana
lcm	100 Back	58.33	07/30/12	Olympic Games London, United Kingdom
lcm	200 Back	2:04.06	08/03/12	Olympic Games London, United Kingdom