

STREAMLINE



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swimaqua.org

AQUASTAR

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Laura Hearon

Christina Klun

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Meet Entries

Jeanee Dale

Head Coach

Jeanee Dale

Newsletter Editor

Wendy Davis

NEXT

BOARD

MEETING:

Tuesday,

May 12th, 2020

8:30 pm

Email Amy for info at:

amyschauss@yahoo.com

ALL PARENTS ARE

INVITED AND

ENCOURAGED TO ATTEND!

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Adrian



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

SWIMMER'S CORNER



FUN FRIDAY: Avery Hearon: No pool, no problem!



OLYMPIAN MICHAEL ANDREW!

Look who stopped by to visit Aquastar swimmer Sydney Svahn! Awesome stuff!

COACH'S CORNER



Meet Aquastar's newest coach: Coach Allison Swenson!



Allison was born in New Orleans, Louisiana, but grew up in Rhode Island. In high school, Allison's family moved to Texas where she swam and played water polo for Clear Lake High School. After graduating from Clear Lake High School in 1998, Allison attended Texas A&M University. At Texas A&M, she swam and studied mechanical engineering. She graduated from Texas A&M in 2003 and began work at Boeing, where she tested equipment for the International Space Station at NASA. Before heading to work each day, Allison coached the early morning practices at Aquastar with Coach Harold. After several years at Boeing, she transitioned to a position in the Engineering Department at the University of Houston as the Director of Recruitment. The highlight of her time at UH was directing an engineering summer camp for girls called G.R.A.D.E. Camp. Clearly, Allison loves math!

While working as an engineer, Allison stayed active by swimming and playing soccer in various recreational leagues in the area. It was through soccer and her church that she met her husband Brad. They have been married for 12 years and have two children, Bradley and Cole.

Brad and Allison's favorite hobby is travel, and they have had the opportunity to visit some unique and amazing places. Highlights of their travel include Bali, Tokyo, Jasper, Canada, Guantanamo Bay, and several beautiful beaches in Mexico. Allison's favorite places to visit in the United States are the mountains of New York and the beaches of Rhode Island. With two young boys at home, Brad and Allison also love to camp and be outside in nature right here in Texas.

Allison loves Tex-Mex food and her church community. She is excited to be back coaching with Aquastar and to meet the team!

ALL TIME LC AQUASTAR TEAM RECORDS 50 Free

10 & Under Girls

Caroline McElhany 30.69
07/25/02

10 & Under Boys

Nick Hardt 31.07 07/26/17

11 & 12 Girls

Caroline McElhany 27.65
07/22/04

11 & 12 Boys

Max Hardt 27.58 07/18/14

13 & 14 Girls

Caroline McElhany 27.07
07/19/06

13 & 14 Boys

Jan Schlegel 25.95 07/23/14

15 to 18 Girls

Skyler Smith 26.54 03/18/08

15 to 18 Boys

Mark Theall 24.51 07/21/18



FROM THE COACH



WE MISS YOU!

“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!”



~Coach Jeaneen~



“There’s a lot to be said, but until you actually get into the water and do it, it all doesn’t mean anything” ~Nathan Adrian



HAPPY BIRTHDAY!

MAY BIRTHDAYS

Yen Luu	May 6 th
Calla Williams	May 6 th
Chaslenn Gonzalez	May 7 th
Andrew Svahn	May 7 th
Sydney Svahn	May 8 th
Kennedy Brown	May 9 th
Wilder Smith	May 9 th
Nathaniel Joiner	May 11 th
Marissa Lovfald	May 11 th
Ana Westhelle	May 14 th
Zachary Joiner	May 16 th
Kimi Hadaegh	May 18 th
Kellen Maronge	May 22 nd
Abigail Lauchner	May 23 rd
Katelyn Tran	May 23 rd
Alexzander Morales	May 25 th

Cool Videos from USA SWIMMING!



Off The Blocks Season 3: Nathan Adrian, Ryan Murphy, Ryan Lochte, & Cody Miller

Click [HERE](#)



Off The Blocks: Michael Andrew click

[HERE](#)



SENIOR SPOTLIGHT



INTRODUCTIONS TO INSPIRE! MEET AQUASTAR SARA BOONE!

A-Introduce yourself.

SB-Sara Boone

A-Could you tell us a little background about yourself?

SB-I have swam competitively for thirteen years. I started in White group when I was seven, and I am now in Senior group. I was born and raised in Houston. My sister, Liesl, also swam with Aquastar.

A-Where do you currently go to school and did you swim there?

SB-Deer Park High School; I swam on varsity all four years.

A-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?

SB-I will swim at Long Island University

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

SB- I am not completely certain, but I am considering psychology.

A-What are your hobbies?

SB-Spending time with my sister, Liesl. I love watching scary movies, listening to music, and playing card/board games. I also love drinking coffee and hiking with my family.

A-Do you have pets? Tell us something about them.

SB- I have a cat named Kitty. She only likes you when you put food in her bowl.

A-What are you passionate about?

SB-I am passionate about helping others reach their full potential. I love seeing people succeed in whatever makes them happy. I love playing with kids and taking care of animals.

A-Who is your biggest inspiration and why?

SB-My sister; she reminds me every day that you can still work hard and be a kind person.

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

SB-I am involved in academic clubs at school such as National Honor Society, Spanish National Honor Society, and Mu Alpha Theta. I am also in PALS, a mentoring club at my school.

SARA & FRIENDS



SENIOR SPOTLIGHT CONTINUED



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

SB-I was 7 when I joined, so I have been with the team for 10 years now, since White group.

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

Competing at meets with all of my friends has always made the long practices worth it.

A-What motivates you as a swimmer?

SB-Seeing younger kids be successful in the sport inspires me, because it reminds me why I started swimming in the first place. It takes me back to when I was their age, when everything was still new and fun. I never want to lose sight of the fun in swimming.

A-Is there anything additional that you would like to add?

SB-Without Coach Harold, none of my successes or accomplishments would have occurred. I am so incredibly grateful for all my past and present coaches and teammates that have helped me get to where I am now. My parents, my biggest supporters, will always be a big part of my life, and I am so happy that they took me to all the practices and meets. Thank you to everyone that has helped me along my journey.

A-And finally, what has "being an Aquastar" meant to you?

SB-Being an Aquastar means everything to me. Going to practice every day and pushing myself to my limit is very challenging. It is not easy; that is why not everyone does it. However, going to meets and breaking a record or going a best time makes all of the pain worth it. Swimming has taught me more than just to be a good swimmer. I have learned to be a good person. It is not all about going best times and beating other people. It is about getting knocked down and still getting up the next day and working harder than you did the day before. It is about being kind even when the world is cruel. Most importantly, I have learned to always believe in yourself no matter what and never give up.



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!



[Chattahoochee Gold coaches Pat and Beth Murphy, and their Juilliard-trained daughter Myka, have built a swim anthem for 2020.](#)

GOOD READS

Check out these links for some Good Reads!



In his backyard, World Champion, Daiya Seto starts training anew
Read the article [HERE](#).



Missy Franklin: What Doesn't Break You, makes you stronger.
Read the article [HERE](#).

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



WHITE GROUP PRACTICE GEAR



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](#)!

KEEP THOSE SWIMMING MUSCLES MOVING

Don't forget to check out the Aquastar Team

Youtube channel

for current dryland workout videos!

Follow this link:

[Aquastar's Youtube channel](#)

Be sure to check out our newly designed team website at:

[Swimaqua.org](#)

FAMOUS SWIMMER QUOTES

“It’s not who’s put up the fastest time in the world that year, or who’s put up the fastest time in the previous four years, but who can get their hand on the wall first today.”

~ Nathan Adrian

“What matters most is my preparation versus everyone else’s. If I’ve done the work and put in the time and effort in practice, done the training and conditioning, then I know I am ready to perform my best.”

~Nathan Adrian

“There is no such thing as overnight success. No matter what the endeavor, you have to put in the time and the effort. If you stick with it, you will be surprised by what you can achieve. The reality is that you are more capable than you think.”

~ Nathan Adrian

**FAMOUS SWIMMERS**

Olympian Nathan Adrian click [HERE](#) for his SWIMSWAM bio.

Check out [THIS](#) short article too! You can also check out Nathan Adrian’s official website to learn about his swimming and other endeavors at: Nathanadrian.com

Olympic Medals**-2008 Summer Olympics:**

Gold 4 x 100 m freestyle relay 3:08.24 (WR)

-2012 Summer Olympics:

Gold 100 m freestyle 47.52

Gold 4 x 100 m medley relay 3:29.35

Silver 4 x 100 freestyle relay 3:10.38

-2016 Summer Olympics:

Gold 4 x 100 m freestyle relay 3:09.92

Gold 4 x 100 m medley relay 3:27.95 (OR)

Bronze 50 m freestyle 21.49

Bronze 100 m freestyle 47.85