

# STREAMLINE



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

### AQUASTAR

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#### Meet Entries

Jeaneen Dale

#### Head Coach

Jeaneen Dale

#### Newsletter Editor

Wendy Davis

#### NEXT

#### BOARD

#### MEETING:

Tuesday,

April 14<sup>th</sup>, 2020

8:30 pm

Email

[amyschauss@yahoo.com](mailto:amyschauss@yahoo.com)

ALL PARENTS

INVITED AND

ENCOURAGED TO ATTEND!

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

*"I have found, in my experiences, the champions in our sport, are the ones that can live through the valleys. Living through the peaks is the easy part."*

~Olympian Ambrose "Rowdy" Gaines

**WELCOME:** New Aquastar swimmers and their families!  
Lezli Sisung, Todd Sisung, and Ana Westhelle

## SWIMMER'S CORNER



Check out this Swimswam article about Aquastar swimmer Max Hardt [here](#)



Check out this Swimswam article about Aquastar swimmer Spencer Hoffman [here](#)

### IN THIS ISSUE:

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**Fish out of water?** See pages 5, 8, and 9 for some of Coach Jeaneen's drylands! Also, check out our new [AQUASTAR SWIM TEAM YOUTUBE](#) channel for demos of drylands! We have **INSTAGRAM TOO!** Click [swimwiththebest](#) to check out our Instagram page!

*"Don't wait for your ship to come in. Swim out to it." ~Rowdy Gaines*

## SECTIONALS & RECORDS

### NEW SC AQUASTAR INDIVIDUAL TEAM RECORDS:

**Mitchell Mason** 15-18 Boys  
100 Breast

**Max Hardt** 15-18 Boys 200 Fly

**Tony Laurito** 13-14 Boys 200 Breast,  
400 IM

### NEW SC SECTIONALS TIMES:

**Rachel Del Angel**  
Women's 100 Fly

**Spencer Hoffman**  
Men's 200 Free

**Tony Laurito** Men's 100 Back,  
200 Back, 100 Breast, 200 Fly,  
200 IM, 400 IM

### NEW LC SECTIONALS TIMES:

**Mitchell Mason**  
Men's 400 Free

### NEW LC TEAM INDIVIDUAL RECORDS:

**Mitchell Mason** 15-18 Boys  
100 Breast, 200 Breast

**Max Hardt** 15-18 Boys 200 Fly,  
200 IM, 400 IM



## FROM THE COACH



Dear AQUASTAR swimmers,

I know a lot of you are really miss our regular swim routine. It feels weird to be out of the water for so long. You might be feeling restless and confused about how to progress in swimming when you can't be in the water. I think this would be a great time to focus on what we CAN do to help us continue to progress. I will be sending emails every 1-2 days with one task that I would like each of you to do that will help you grow as a swimmer and better prepare you to return to our regular swimming schedule.

I would say the most important thing that helped me to become the best swimmer I could be, was my teammates. We got each through the hard times and we celebrated each other in the good times. We had such a strong bond that no one else outside of our swimming world could ever understand. I know many of you have this same bond with your team mates. You are probably missing them just as much as the water. It will be important for you to be there for each other during this time. . If anyone needs contact information to help the kids send each other messages, just let me know. I am here to help!

At AQUASTAR, we have always been committed to providing a safe environment where swimmers, family, and loved ones can come together to excel in the sport of swimming. During these uncertain times surrounding the COVID closures, our commitment hasn't wavered. Our people and our communities are what is most important to us, and your safety remains our top priority. Aquastar is not just a team, but we are family. We will be monitoring the guidelines from USA Swimming, Gulf Swimming, and the CDC to ensure that we follow standards that keep our swimmers safe.

During this time we will not collect practice fees from families for the month of April. Your account will not be billed.

As you know, we are a small non-profit swim team, so this decision doesn't come without significant strain to team resources. We have minimized pool operations and maintenance in order to cut cost. We are providing for our coaches during this time so that they can continue to earn the funds they need to survive, and they remain on staff as part of the Aquastar family. We know that every family is impacted differently during these trying times. If you would like to continue to support Aquastar during the month, you can donate your normal practice fees or any amount of your choosing. To do this, you can email [aquastartreasurer@thejohnstons.info](mailto:aquastartreasurer@thejohnstons.info) to let Josh know what amount you would like to donate for the month of April to AQUASTAR. We appreciate your generosity.

Also during this time, our coaches will still be working hard to deliver dry land workouts and other content to keep the swimmers engaged, physically fit, and excited about swim. Please be on the lookout for this information. They are working hard to find, create, and deliver this content in new ways, and we hope that you will find it beneficial to your family. Drylands are a great way to stay in shape. But, please be careful. If you are not sure how to do something correctly, look it up on Youtube. If you still don't feel confident about how to do it, don't do it. Parents please supervise the kids when they do their drylands. Make sure your swimmer is in a space that is safe for the exercises they will be doing. I would love to get pictures and videos of the kids if you want to share them with me. I miss everyone so much!

~Coach Jeaneen~

*"Water is the answer. It's the answer to all your questions."*  
~Rowdy Gaines



# HAPPY BIRTHDAY!

## APRIL BIRTHDAYS

Elliot Miles 1<sup>st</sup>  
 Sara Boone 4<sup>th</sup>  
 Tameem Tayel 5<sup>th</sup>  
 Cadence Cupisz 8<sup>th</sup>  
 Nick Hardt 8<sup>th</sup>  
 Rachel Del Angel 15<sup>th</sup>  
 Alexander Goddard 17<sup>th</sup>  
 Max Hardt 18<sup>th</sup>  
 Sebastian Erveson 19<sup>th</sup>  
 Mersadies Trifiro 20<sup>th</sup>  
 Mariam Hadaegh 21<sup>st</sup>  
 Eduardo Erveson 22<sup>nd</sup>

## MOVING UP

## Training Promotions

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

### AQUA TO BLUE

Urias Del Angel (50 Free, 50 Back, 50 Fly, 100 IM)

### BLUE TO GOLD

Caroline Song (100 Breast, 100 Fly, 400 IM)



## SENIOR SPOTLIGHT



## Introductions to Inspire! Meet Aquastar Senior Spencer Hoffman!

**A: Introduce yourself SPENCER:**

**SH:** I am a high school senior, 18 years old.

**A: Could you tell us a little background about yourself?**

**SH:** I was born in California and our family moved to Texas in 2006. I started swim lessons at 18 months old. My older brother was on a swim team and my parents said I would try to crawl into the practice pool! After they kept fishing me out, they finally put me in swim lessons. At age 5 I joined the local summer league. When I turned 8 I joined Aquastar.

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

**SH:** Texas Tech University K-12 online high school

I swam with HCYA Warriors, which is a homeschool high school swim team made up of home school swimmers from the Houston area. My team won the Bob Stallings Aggieland Invitational at Texas A&M, was 6<sup>th</sup> at 6A Gulf TISCA, won 5A Coastal Bend TISCA, and won Houston Area Private and Parochial Invitational Championships. Collegeswimming.com ranked the HCYA men as the number 3 in the state of Texas.

**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?**

**Do you see yourself swimming in college?**

**SH:** Yes, I have committed to swim for the Salukis.

**A: Which University?**

**SH:** Southern Illinois University

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

**SH:** Study Exercise Science and use that to remain involved with athletics after graduation

**A: What are your hobbies?**

**SH:** Snow skiing and Videogames

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

**SH:** No pets.

## SPENCER & FRIENDS

## SENIOR SPOTLIGHT CONTINUED



**A: What are you passionate about?**

**SH:** Swimming, Video games

**A: Who is your biggest inspiration and why?**

**SH:** My parents. They have supported me and encouraged me to push to swim ever faster.

Michael Phelps because he was a tremendous butterflyer and athlete.

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

**SH:** I played soccer, basketball, flag football, baseball and tried Karate. All of these helped develop my swimming skill. I decided I liked swimming the most and pursued that. I still ski and routinely ski Black Diamond runs and occasionally Double Black Diamonds, the most difficult and dangerous runs.

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

**SH:** I volunteered to coach Special Olympics swimmers a few years ago, and volunteered to help families affected by Hurricane Harvey in 2017. I am a certified life guard and work on call in the summers.

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

**SH:** I started at Aquastar when I was 8 in 2009. I left for another team in 2013 and finished 2<sup>nd</sup> at TAGS as a 12 year old. I returned to Aquastar in 2017 to swim for Coach Hardt. I have been with Aquastar a total of 7 years.

**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?**

**SH:** Taper meets, especially in the summer of 2019 when I dropped time and won races.

**A: What motivates you as a swimmer?**

**SH:** To get better and drop time, and earn a slot on a Division 1 college swim team, which I have done.

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

**SH:** I appreciate the coaching and encouragement provided by Coach Hardt.

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

**SH:** Coach Jerry helped me get where I am today, and it has been great to swim with Max Hardt and Mitchell Mason. The 4 of us, including Coach Hardt, have pushed ourselves to become better and better swimmers and good friends.



**ATTENTION:**

The T-Shirt contest for 2020 LC season has been put on hold.

## Coach Jeaneen's Drylands

From March 23, 2020:

### Warm up:

25 jumping jacks  
20 high knees  
20 butt kicks  
5 caterpillars

### Workout:

10 squats  
10 supermen  
10 good mornings  
10 push-ups  
5 burpees (no push-ups)  
10 crunches  
10 alternating lunges  
10 alternating side lunges  
10 bicycle crunches  
10 jumping lunges  
5 triceps push-ups  
10 squat jumps

Encourage athletes to complete at least 2 rounds of the above exercises.

Stretches: hold each for 30 seconds.

Down Dog

Down Dog with alternating knee bends

Cobra

Child's pose

Child's pose thread right then left

Seated side stretch

Seated toe touch feet flexed

Seated toe touch feet pointed



## EXTRA, EXTRA READ ALL ABOUT IT!



### FEBRUARY MEETS RECAP:

#### AQUASTAR attended two championship meets the weekend of February 27:

**\*\*\*February 27 – March 1, 2020:** 6 Aquastar swimmers from the Aquastar Senior Group participated in the 2020 Speedo Sectionals Championship Series, hosted by Aggie Swim Club (AGS) in College Station. Aquastar swimmers who competed at College Station were Sara Boone, Rachel Del Angel, Max Hardt, Spencer Hoffman, Mitchell Mason, and Olivia Theall. The sectionals meet format was events in short course yards for prelims and long course meters for finals. Our swimmers improved in 36% of prelims/short course yards events and 78% of finals/long course meters events. Mitchell Mason is the swimmer of the meet. He improved his personal best time in 5 of 6 prelims and improved his personal best time in all 4 of the finals he competed. Mitchell placed 4<sup>th</sup> in 100 meter breaststroke, only 0.02 seconds slower than the Olympic Trials time standard. Mitchell set 3 new Aquastar team records at the meet. Mitchell will be swimming at Louisiana State University (LSU) next year. Mitchell scored 28 points. Special recognition goes to Max Hardt who qualified for finals in all 3 of his events and he improved his personal best time in each of the three events. Max set 4 new Aquastar team records at the meet. Max's top placement was 7<sup>th</sup> in the 200 meter IM. Max will be swimming at Texas A&M next year. Max scored 24 points. Special recognition goes to Olivia Theall who placed 13<sup>th</sup> in 100 meter butterfly and 14<sup>th</sup> in 200 meter butterfly. Olivia will be swimming at Texas A&M next year. Olivia scored 7 points.

#### NEW SC SECTIONALS TIMES:

Women's 100 Fly – Rachel Del Angel

Men's 200 Free – Spencer Hoffman

#### NEW LC SECTIONALS TIME:

Men's SC TEAM RECORDS:

Men's 100 Breast – Mitchell Mason

Men's 200 Fly – Max Hardt

#### NEW LC TEAM RECORDS:

15-18 Boys 100 Breast – Mitchell Mason

15-18 Boys 200 Breast – Mitchell Mason

15-18 Boys 200 Fly – Max Hardt

15-18 Boys 200 IM – Max Hardt

15-18 Boys 400 IM – Max Hardt

**\*\*\*February 28 – March 1, 2020:** 11 Aquastar swimmers age 13 & up participated in their short course champs meet, Short Course Champs III, hosted by Energy Core Swimming (ECS) in Houston. Our swimmers improved in 66% of events entered. Swimmer of the meet is Ethan Bonow who scored 55 points in a championship meet. He also got 100% best times. Special recognition goes to Marshall Odom who scored 49 points and got 5 out of 6 best times. Special recognition goes to Kirstin Schauss who scored the most points of the girls and swam 9 events earning best times in 7. Special recognition goes to Nathaniel Joiner for scoring 47 points and finaling in all 6 of his events that were prelims/finals. Special recognition goes to Adam Picco who earned best times in 4 out of 5 swims and made finals in all of his prelim/finals races.

**PROMOTIONS:** Caroline Song from Blue to Gold (100 Breast, 100 Fly, 400 IM)

# 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](http://swimaqua.org)

## INTRODUCING:

### AQUASTAR ON YOUTUBE:

[Aquastar's Youtube channel!](#)

### AQUASTAR ON INSTAGRAM:

[Swimwiththebest](#)



# EXTRA, EXTRA READ ALL ABOUT IT!



## MARCH MEETS RECAP:

### TAGS MARCH 5-8, 2020:

March 5-8, 2020, 10 Aquastar swimmers age 14 & Under participated in the 2020 Short Course Texas Age Group Swimming (TAGS) Championships, hosted by Mid-Cities Arlington Swimming (MARS) in Lewisville, TX. Swimmers competing at TAGS were Urias Del Angel, Nick Hardt, Avery Hearon, Tony Laurito, Amelie Nguyen, Robert Pheister, Sydney Svahn, Taylor Welch, Trustin Bonow, and Andrew Loe. Aquastar swimmers improved in 65% of events entered. Swimmer of the meet scoring 87 points is Tony Laurito. Tony Laurito finished 7<sup>th</sup> in the high points ranking for 13-14 boys. Tony also improved his personal best time in 7 of 7 events entered. Other Aquastar swimmers finishing in the top 20 for high point ranking in their age group: Avery Hearon, Urias Del Angel, and Nick Hardt.

### NEW SC SECTIONAL TIMES:

Men's 100 Back, 200 Back, 100 Breast, 200 Fly, 200 IM, and 400IM – Tony Laurito

### NEW SC TEAM RECORDS:

13-14 Boys 200 Breast – Tony Laurito

13-14 Boys 400 IM – Tony Laurito

### PROMOTIONS:

Urias Del Angel from Aqua to Blue (50 Free, 50 Back, 50 Fly, 100 IM)

## FROM USA SWIMMING:

### Situation of the Month

Each month we will highlight a different situation and the associated resolution from the [Stroke and Turn Situations and Resolutions](#) training resource. These situations have been outlined by the USA Swimming Officials Committee and the USA Swimming Rules and Regulations Committee.

In a breaststroke turn, a swimmer touches with his left hand and then touches immediately after with his right hand. The turn judge raises a hand, signaling a disqualification. The coach argues that the turn is legal because both hands were on the wall at the same time. Should the disqualification stand?

Recommended Resolution: Yes, the rule is very clear. The rules state, "At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level." The rules define simultaneously as "occurring at the same time." Therefore, the hands must touch at the same time, not one after the other.

Applicable Rules: 101.2.4, Glossary

## 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](#)!

## GOOD READS

**Check out these links for some Good Reads!**

“10 Power Quotes For Swimmers” Click [here](#)

“Mental Training Toolbox: Taking Advantage of Adversity and Disappointment” by Dr. Alan Goldberg//Competitivedge.com Thursday, March 26, 2020 Click [here](#)

“Swimmers Prepare for Challenges of Olympic Postponement” by Andy Ross, March 30, 2020 Click [here](#)

## MORE OF COACH JEANEEN'S DRYLANDS

### Coach Jeaneen's Drylands:

#### Warm up

- 30 jumping jacks
- 30 high knees
- 30 butt kicks
- 10 caterpillars with a push up

#### Workout

- 25 jumping jacks
- 20 push-ups
- 20 squats
- 20 alternating V-ups

- 25 jumping jacks
- 20 alternating lunges
- 20 supermen
- 20 bicycle crunches

- 25 jumping jacks
- 20 plank shoulder taps
- 20 plank jacks
- 20 mountain climbers

#### Stretch

R/L standing quad stretch - hold 30 secs each side

Down Dog - hold 30 secs

Down Dog alt knee bends- bend slowly for 30 secs

Child pose- 30 secs

Child pose thread R/L- 30 secs each

Runners Lunge R/L - 30 secs each

Streamline standing stretch to toe touch- hold 30 secs



## FAMOUS SWIMMERS



### Ambrose "Rowdy" Gaines

Rowdy Gaines, USA Swimming Foundation Ambassador link [here](#)

Check out this article entitled "Olympian, Coach and Announcer", from July 19, 2000 [here](#)

### Accolades:

- 3-time Olympic Gold Medalist
- 22-time NCAA All-American
- 12-time USS National Individual Champion
- 10-time World Record Holder
- 8-time NCAA Champion
- 12-time SEC Champion
- 1980 & 1984 World Swimmer of the Year
- 1980 United States Swimmer of the Year
- 1981 SEC Athlete of the Year
- 1982 McDonald's Spirit Award
- 2007 NCAA Silver Anniversary Award
- 2015 USA Swimming Award
- International Swimming Hall of Fame
- U.S. Olympic Hall of Fame
- Alabama Sports Hall of Fame
- Florida Sports Hall of Fame

## HOTELS FOR TRAVEL MEETS:

**No current hotel information available at this time. Check back for information regarding future travel meets as they are posted.**

## MORE of Coach Jeaneen's Drylands:

### Spell your name workout:

- A-50 jumping jacks
- B-20 crunches
- C-30 squats
- D-15 pushups
- E-1 minute wall sit
- F- 10 burpees
- G-20 seconds of arm circles
- H-20 alternating lunges
- I-30 jumping jacks
- J-15 crunches
- K-10 pushups
- L-2 minutes wall sit
- M-20 burpees
- N-40 jumping jacks
- O-25 burpees
- P-20 reverse lunges
- Q-30 crunches
- R-15 pushups
- S-30 burpees
- T-15 squats
- U-30 second arm circles
- V-3 minutes wall sit
- W-20 burpees
- X-60 jumping jacks
- Y-10 crunches
- Z-20 pushups



## 2020 LONG COURSE MEET SCHEDULE

### TENTATIVE

### 2020 Long Course Meet Schedule

**\*\*USA Swimming has postponed all Long Course meets until May 1, 2020\*\***

May 2 or 9	Sharks meet (25 yard pool)	Friendswood
May 16-17	AQUA/SSS meet (50 M pool)	League City
May 28- 30	Senior Circuit #2	AGS
June 6-7	SWAT meet (50 M pool)	Fort Bend
June 14	SSS meet (25 yard)	Texas City
June 19-21	TXLA Texas Open (must qualify) 50 M	UT
July 9-12	Sectionals (must qualify) 50 M	UT
July 10-12	Gulf Champs (need AG Champ times) 50 M	CFSC
July 11-12	Gulf Sprint Series Champs (2 BB times or fewer)	?
July 17-19	Gulf Senior Champs	TWST
July 17-19	Gulf Summer Champs (need 3 BB times or more) 50 M	?
July 22-26	TAGS (must qualify) (50 M)	Lewisville
August 4-8	Junior Nationals (must qualify) 50 M	Indianapolis

