



# AQUASTAR WEEKLY UPDATE

09/02/23 - 09/06/23

## COACHES CORNER - Coach Collin

AQUASTAR,

I hope everyone had a relaxing Labor Day weekend. This week we have a big team event as our annual short course intrasquad meet is this Saturday from 8am - 12 pm! This meet will be full of team spirit and fun as well as a cookout after the racing has concluded. The food, fun and racing are all included in the \$25 price! Also, all of these times will count in the swims database. Last year Coach Collin and the Black Team took home the coveted AQUASTAR trophy, lets' see who will be lucky enough to bring it home this year

Extra announcement: **All athletes are required to wear tennis shoes when doing drylands. If you don't bring tennis shoes you will be doing an alternative workout.**

## PRACTICE SCHEDULE - ALWAYS REFER TO THE GOOGLE CALENDAR

### Oakbrook West

- Normal schedule

### Clear Brook HS

- Practice will only be Wednesday and Thursday afternoon this week for All Groups.
- This is due to scheduling conflicts with Water Polo.

### La Porte Hs

- We have added a Friday practice starting this week! The practice will be normal starting times.

## UPCOMING EVENTS

- **Intrasquad Meet/Team Day** Sept 6th
  - Location - Oakbrook West
  - Sign up [here](#).
- **Sept 20 & 21<sup>st</sup> AQUA/PACE Sprintathlon**
  - Location - [Angleton ISD Natatorium](#)
  - Link - Sign up [here](#)
  - Preliminary entries will be sent out on Monday
- **October 4th & 5th - SPA Invitational**
  - Location - [Club Sienna Pool](#)
  - Link will be posted next week.
- **October 17<sup>th</sup> - Distance Block Party**
  - Location - Clear Brook HS

## PLEASE JOIN OUR SOCIAL MEDIA PAGES!

TEAM WEBSITE: [WWW.AQUASTARSWIM.ORG](http://WWW.AQUASTARSWIM.ORG)

FACEBOOK PAGE: AQUASTAR SWIMMING PARENT

FACEBOOK GROUP: AQUASTAR PARENTS

TEAM INSTAGRAM: @SWIMWITHTHEBEST

Google Calendar: Click [Here](#)

September 2 - 6th 2023