



AQUASTAR WEEKLY UPDATE

09/08/25 - 09/14/25

Sprintathalon Entry Process

Attached to the email is your preliminary entries for our Sprintathalon meet on the 20th and 21st of September. Below is the process on how preliminary entries work. Parents have until Thursday at 8 pm to respond or their athlete will be removed from the meet. All info such as fees and location are listed on the website under the events tab.

Reason behind preliminary entries: We the coaches want to offer our advice on the events the athletes should participate in at their meet. To do this we preselect the events we believe the athletes are ready to swim or need to swim for various reasons that will help us with their swim development.

What to do: Once you read over the entries on the list provided, please respond by email with the following pieces of information.

1. Which day or days you want your athlete to swim.
2. If you approve of the events selected or would like to adjust.
3. If you can't attend and why. We ask for this so we can collect data to better serve our parents.

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/Laporte HS

- Normal schedule

Clear Brook HS

- No practice this Friday

UPCOMING EVENTS

- **Sept 20 & 21st** AQUA/PACE Sprintathlon
 - Location - [Angleton ISD Natatorium](#)
 - Link - Sign up [here](#)
 - Preliminary entries will be sent out Monday evening.
- **October 4th & 5th** - SPA Invitational
 - Location - [Club Sienna Pool](#)
 - Link will be posted next week.
- **October 17th** - Distance Block Party
 - Location - Clear Brook HS
- **October 25th & 26th** - SHAC Invite
 - Location - SHAC Aquatic Center

PLEASE JOIN OUR SOCIAL MEDIA PAGES!

TEAM WEBSITE: WWW.AQUASTARSWIM.ORG

FACEBOOK PAGE: AQUASTAR SWIMMING PARENT

FACEBOOK GROUP: AQUASTAR PARENTS

TEAM INSTAGRAM: @SWIMWITHTHEBEST

Google Calendar: Click [Here](#)

September 8 - 14th 2025