



AQUASTAR WEEKLY UPDATE

09/28/25 - 10/05/25

Announcements

- **Look out for our USA Registration Emails!** They will be sent out by Jay Ferguson through Team Unify.
- We wanted to mention again that we are currently working on a solution to better our schedule so we can make sure all athletes are getting the best coaching possible in and out of the water. **We hope to announce those changes this week.**
- Attached to the primary email is SSDL's resource of the week! This week's resource will be their recommendations for snacks to pack for school & after practice. There are a few options for protein & carbs, which play a key role in the proper fueling & recovery of swim athletes!
- **We highly recommend all parents and athletes check out the SSDL website! Below is the password for every tab on the SSDL website!**
 - **Habits>Motivation**

PRACTICE SCHEDULE - ALWAYS REFER TO THE GOOGLE CALENDAR

Oakbrook West/Clear Brook HS

- Normal schedule

Laporte HS

- No practice this Friday due to Water Polo

UPCOMING EVENTS

- **October 4th & 5th - SPA Invitational**
 - Location - [Club Sienna Pool](#)
 - **We will be sending out all necessary information by Wednesday, October 1st**
- **October 17th - Distance Block Party**
 - Location - Clear Brook HS
- **October 25th & 26th - SHAC Invite**
 - Location - SHAC Aquatic Center
- **November 15/16th - BATS Invite**
 - University of Houston

PLEASE JOIN OUR SOCIAL MEDIA PAGES!

TEAM WEBSITE: WWW.AQUASTARSWIM.ORG

FACEBOOK PAGE: AQUASTAR SWIMMING PARENT

FACEBOOK GROUP: AQUASTAR PARENTS

TEAM INSTAGRAM: @SWIMWITHTHEBEST

September 29nd - October 5th, 2025