



Announcements

- We are two weeks from thanksgiving, attached to this email is the Practice schedule for both Thanksgiving break and Christmas Break.
- Last Thursday we had our distance block party at Oakbrook West!
 - The goal of this meet was to have swimmers tryout some of the mid distance events we offer at USA meets but in a comfortable setting.
 - This goal was achieved as we had 18 athletes get times in 24 new events!
 - We love to see athletes broaden their horizons and look forward to all the future time drops in those events.

8 Week Challenge Update - Coach Francesco

We've officially crossed the halfway point, over 50% complete with just 3 weeks left! Participation held steady this week, with noticeable gains in hydration and stretching (looks like those water bottles and pre-bed stretches are finally paying off!).

"Healthy snacks" is still giving us a run for our money; apparently, cookies don't count as a protein source. 😊 A few swimmers even picked "sleep 8+ hours" as their challenge, a bold move considering morning practices!

Keep up the effort, Aquastar! Every good habit, big or small, makes you stronger in and out of the pool. Let's finish these last three weeks with the same energy you bring to your best race!

UPCOMING EVENTS

- November 15th & 16th - *BATS Invite*
 - Location - *University of Houston Natatorium*
 - Entry Deadline Extended! Entries are due 11/8
- December 5-7 Age Group Champs/Southern Senior
 - Location Age Group Champs - *Texas A&M*
 - Location Southern Senior - *Conroe ISD Natatorium*
 - Registration Deadline - *November 24th*
- Gulf Senior Champs Dec. 12th - 14th
 - Location - 4 possible sites (most likely *Galena Park ISD Natatorium*)
 - Registration Deadline *November 24th*
- Gulf Fall Champs - Decemehr 19th - 21st
 - Location - 6 possible sites (most likely *Friendswood HS*)
 - Registration Deadline - *December 1st*

Oakbrook West

- No Saturday Practice due to swim meet.

Laporte HS

- Normal scheduled practice all week.

Clear Brook HS

- We are back at Clear Brook!
- Normal scheduled practice this week.

November 10th - November 16th, 2025