



STREAMLINE



Volume 12, No. 19

www.swimaqua.org

AQUASTAR

April 2019

Houston, TX 77062

AQUASTAR

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NEXT
BOARD
MEETING
Tuesday,
April 9, 2019
8:30 pm
XXX St Cloud
Houston, TX

ALL PARENTS
INVITED AND
ENCOURAGED TO
ATTEND!

Turning today's potential into tomorrow's performance!

April Meets

April 4-7	Far Western Championship (must quality)	Santa Clara, CA
April 10-13	Elite Showcase Classic (must qualify)	ST Petersburg, FL
April 13-14	LC Open meet (50 M pool)	SWAT
April 26-27	LC Open meet (50 M pool)	AQUA/SSS

*Way to go Swimmers,
Keep up the hard work!*

Meet Results

March 1-3 twenty Aquastar swimmers traveled to Friendswood to participate in the 2019 Gulf SC Champs III hosted by PEAK and improved in 71% of events entered. Swimmer of the Meet, with 129 team points scored in a championship meet, is Max Hardt. Olivia Theall was close behind with 124 points.

Those with 100% improvement are Levi Del Angel, Nick Hardt, Spencer Hoffman, Marissa Klun, Mitchell Mason, Adam Picco, and Livi Woolery.

MEET RECOGNITIONS

Max Hardt won high point for 15 and over year old boys

Olivia Theall got runner up for girls 15 and over high point

AQUASTAR placed 6th as a team!

March 7th- 10th, twelve Aquastar swimmers traveled to Shenandoah to participate in the 2019 SC Texas Age Group Championship hosted by TWST and improved in 71% of events entered. Swimmer of the Meet, with 137 team points scored in a championship meet, is Tony Laurito. Those with 100% improvement are Marissa Klun, Tony, Myah Rayburn, and Danielle Trinh.

MEET RECOGNITIONS

Tony Laurito won the high point award for the 11-12 boys!



Every CHAMPION was a contender, who never gave up!



Congratulations!



Congratulations!




Training Promotions

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

PROMOTIONS


Rachel Del Angel from Gold to Senior

NEW TAGS TIMES

Rachel Del Angel in the 13-14 girls 100 fly

Nick Hardt in the 11-12 boys 200 IM

Danielle Trinh in the girls 10 & under 100 free



Adam Picco in the boys 11-12 100 back

NEW SECTIONAL TIMES

Max Hardt in 50 and 100 free

Mitchell Mason in 50 free, 100 free, 200 free, 500 free, and 400 IM

Rachel Del Angel in the 13-14 girls 200 fly

NEW TEAM RECORDS

Max Hardt in 15-18 boys 200 fly and 400 IM

15-18 boys 400 medley relay (Max, Mitchell, Adrian Nguyen, Spencer Hoffman)

15-18 girls 400 free relay (Sara Boone, Kirstin Schauss, Rachel Del Angel, Olivia Theall)

Tony Laurito in the 11-12 boys 200 IM

11-12 boys 400 free relay (Nick Hardt, Adam Picco, Zachary Joiner, Tony Laurito)

11-12 boys 400 medley relay (Adam, Tony, Nick, Zachary)

HAPPY BIRTHDAY

Sophia Baig	1 st
Elliot Miles	1 st
Sara Boone	4 th
Nick Hardt	8 th
Rio Kato	12 th
Rachel Del Angel	15 th
Daniel Gardner	16 th
Alexander Goddard	17 th
Ben Kim	17 th
Max Hardt	18 th
Mariam Hadaegh	21 st
Elizabeth Abe	28 th
Sophia Patron	28 th

Please look the volunteer job sign up on the Aquastar website for the April 26-28 swim meet!
WE NEED YOUR HELP!

Need to sell some swim gear that your swimmer has outgrown?

Email newsletter editor
christina_lombardo@yahoo.com
with your items, send contact info, pictures and details for the advertisement.

Mark Theall

Our children started swimming with our local summer league team FAST in Friendswood. When Daniel, Mark and Olivia decided they wanted to swim year round we choose Aquastar. Our children have only swum for this team and it has turned out to be great. Our children like the team, like the coaches (especially Coach Harold) and have made some of their best friends here.

When Mark was in his sophomore year of high school he grew about 6 inches seemingly overnight, eventually ending up at 6'3", and started to get stronger and faster. He decided at about this point that he really liked swimming and began to put some real effort into his practices. He went to the Texas State high school meet in individual events his junior and senior years.

Mark ended up being recruited by a few schools and chose the Univ. of Nevada Las Vegas because he thought they were the fastest Division 1 team he could swim for in college. He did well as a freshman at dual meets and at the Western Athletic Conference Championship where he was 3rd in the 200 yard free (1:36.47) , 11th in the 50 yard free (20.12) and 1st in the 100 yard free (43.63.)

However, Mark missed Texas and being close to his family, so he decided transfer to a school closer to home. After receiving permission from UNLV, he contacted Texas A&M and Coach Jay Holmes was able to open a roster spot for him.

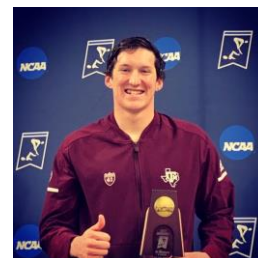
Mark started training with the A&M Club team in the summer of 2018, posting a 50.46 100m National time, and swam a few fast times during the regular season, most notably a 4:20 in the 500 free at the Art Adamson Invitational. The SEC Championships were held at the University of Georgia in February 2019. Mark swam on the 800 Free Relay and the team placed 3rd with Mark swimming his 200 split in 1:32.30. Mark qualified to swim in the championship final of the 500 yard free, setting a new A&M record in prelims with a time of 4:16.79 (Link. He also qualified for the championship final in the 200 free, setting another school record in a time of 1:33. 91. Mark lowered his 200 free time at UT American Short Course Meet two weeks later to 1:33.68, and was invited to attend the NCAA Division 1 Championships at UT Austin based on that time.

The NCAA Championships were held Wednesday 3/27 to Saturday 3/30 at UT in Austin. Wednesday night on the 4x200 Free Relay, Mark lowered his fastest split record to 1:31.97 taking the Aggies to a 13th place overall finish for Honorable Mention All-American for the relay. Thursday morning Mark swam the 500 freestyle in heat 2, entering as 34th seed in one of the non-circle seeded heats (<https://m.youtube.com/watch?v=4f9y73fHoHE>) He blasted out a 4:12.70 in prelims, described as a "textbook 500" by the meet announcer, qualifying him in 5th place for Championship final, where he ultimately end up in seventh place and first team All American. His 4:12.70 prelims time set a new school record, and his finals appearance was the first time a swimmer from A&M had ever scored in that event at the NCAA's. In the 200 free on Friday, Mark qualified for the B final with a 1:32.86, lowering his school record and receiving another Honorable Mention All American title. In the 4x100 Free Relay on Saturday, Mark led off the race with his best ever 100 time of 42.89. With strong performances at the SEC's and NCAA's, Mark is looking forward to long course and USA Nationals this summer!

**The parents for Mark,
Jeff and Anne Theall**

April, 2019

AQUASTAR



Swim Info

LEARN TO SWIM

With

AQUASTAR Swim School

AQUASTAR has been running successful swimming programs in the Clear Lake area for almost 20 years. Our Learn to Swim program is designed for children ages 4 and up, from the beginner to advanced skill level. Children are taught in a positive, well-structured environment. Our instructors are USA Swimming certified coaches and swimmers who are well trained and excited to teach swimming!

The Learn to Swim program cost is \$120 for eight 30-minute lessons. Lessons are four days a week (Monday-Thursday) for two straight weeks. Sessions are scheduled between 8:30 AM and noon. Beginning swimming lessons have a maximum 3:1 student to instructor ratio; all others have a maximum 4:1 ratio.

Classes begin on June 3. Go to www.swimaqua.org to register today. If you have questions please call (832) 816-6924. Space is filling up fast!



Sessions available:

Session 1 – June 3 - 13

Session 2 – June 17 – 27

Session 3 – July 8 – 18

Session 4 – July 22 – Aug 1

All lessons are held at the Oakbrook West pool (14902 Penn Hills, at Pineloch Dr.).

For more information about the AQUASTAR Learn to Swim program, visit the website at www.swimaqua.org. You can also email jmjohn0113@yahoo.com or call (832) 816-6924 with any questions.

NEITHER THIS ORGANIZATION NOR THIS EVENT IS SPONSORED, ENDORSED, OR OTHERWISE AFFILIATED WITH CLEAR CREEK ISD.

April, 2019

AQUASTAR

Aquastar+Adams =SMARTER, FASTER, SWIMMERS

TIME TO SIGN UP FOR MAY'S SESSION!
TIME TO WORK ON THAT BUTTERFLY AND BREASTSTROKE!

Greetings AQUASTAR Swimmers and Parents!

Your board of directors and coaches have organized an amazing opportunity exclusively for the AQUASTAR Swim Family. Two-time Olympian/Houston native Cammille Adams, and her dad, Coach Eddie Adams, will be holding a series of four clinic sessions beginning in late January. Each session will focus on specific skills, feature small group learning to allow individual feedback (36 swimmers per session), and be age specific. The AQUASTAR coaching staff will be there too, learning the clinic drills and points of focus to bring back to regular practices, assuring the benefits from the clinics will become a part of AQUASTAR's ongoing program.

AQUASTAR + ADAMS = SMARTER, FASTER, AND STRONGER SWIMMERS

Clinic Details:

Session #1: (1/26/19) Under Waters, Breakouts, Distance vs Spring Racing Technique; the Importance of GREAT Practice Habits and Goal Setting

Session #2: (5/18/19) Short Axis Strokes (Breast and Fly) and Mental Preparation

Session #3: (9/7/19) Long Axis Strokes (Free and Back) and Nutrition

Session #4: (11/16/19) Starts and Turns; How to Maintain Speed Through Turns and Generate It Off Starts! REVIEW of Practice Habits, Goal Setting, Mental Prep, and Nutrition- HOW DID YOU DO???

Location(s): Clear Lake High School (CLHS) is confirmed for January. Location for other three sessions will be announced as we get closer to other clinic dates. (CLHS is the preferred location)

Cost: Each session is \$89.00 plus Eventbrite website hosting fees.

If you choose to attend all four sessions, you will receive a 20% discount. Upon registration, you will see the ticket selections for the individual sessions and one that bundles all four and applies the discount. Hurry discount ends soon!

Payment Plan Option: Available for families with multiple children or anyone signing up for all four sessions. If you need a payment plan to purchase all 4 clinics- Please contact our organizer, Julie Bachman, at 712-210-2304 or julie@splashsportsmanagement.com, and arrangements will be made on a case-by-case basis.

Only 36 swimmers per session! So sign up as soon as possible!

Failing to prepare is preparing to fail!

Quote said/used by Camille Adams
 Originally said Benjamin Franklin

April, 2019

AQUASTAR



FROM THE COACH



2019 Long Course Meet Schedule

April 13-14	LC Open meet (50 M pool)	SWAT
April 26-27	LC Open meet (50 M pool)	AQUA/SSS
May 4	SC Sprint Series (25 yard pool)	SHARKS
May 19	LC Open meet (50 M pool)	AQUA
June 8-9	LC Open meet (50 M pool)	SWAT
June 23	SC B and under meet (25 yard pool)	SSS/TCAP
July 12-14	Sectionals (must qualify) 50 M	?
July 12-14	Gulf Champs (need AG Champ times) 50 M	CFSC
July 19-21	Gulf Senior Champs	TWST
July 20-21	Gulf Sprint Series Champs (2 BB times or fewer)	NOCH
July 26-28	Gulf Summer Champs (need 3 BB times or more) 50M	?
July 24-28	TAGS (must qualify) (50 M)	UT
August 9-11	Junior Nationals (must qualify) 50 M	?

TENTATIVE MEET SCHEDULE

2018-2019 Short Course Meet Schedule

September 23-24	Pentathlon (all ages)	SHARK
October 12-14	HCAP Invite (11 and up)	HCAP
October 21-22	Halloween meet (10 and under)	AQUA
November 2-4	Senior meet (ages 15 and over)	PEAK
November 9-11	November Invite (all ages)	SHARK
Nov. 30- Dec. 2	Southern Sr. Champs (must qualify)	TWST
Nov. 30- Dec. 2	Gulf Senior Champs (13 and over)	ECS
December 5-8	Winter Junior Nationals (must qualify)	UT
December 7-9	Fall Champs (ages 12 and under)	TBA
December 14-16	Gulf Champs (14 and under/must qualify)	AGS
January 18-20	SSAN Invite (Prelims/Finals)	SSAN
February 8-10	Alliance Champs (11 and up, P/F)	HCAP
February 16	Alliance Champs Champs I (8 and under)	HCAP
Feb. 22-24	Short Course Champs II (9-14)	NOCH
March 1-3	Short Course Champs III (13 and over)	PEAK
March 1-3	SECTIONALS (must qualify)	AGS
March 7-10	TAGS 14 & under (must qualify)	TWST
April 4-7	Far Western Championship (must quality)	Santa Clara, CA
April 10-13	Elite Showcase Classic (must qualify)	ST Petersburg, FL

Swim & Private Lessons

Many coaches are available for summer swim lessons!

If you would like private lessons please contact your coach or www.swimaqua.com