



# STREAMLINE



Volume 12, No. 2

AQUASTAR

[www.swimaqua.org](http://www.swimaqua.org)

August 2019

Houston, TX 77062

*Turning today's potential into tomorrow's performance!***AQUASTAR**President  
Amy SchaussVice-President  
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Yasmin AliDirectors  
Christina Klun  
Nisha Gidwani  
Jeaneen DaleMeet Entries  
Jeaneen DaleHead Coach  
Jeaneen DaleNewsletter Editor  
Christina Klun

**NEXT  
BOARD  
MEETING**  
Tuesday,  
August 13, 2019  
8:30 pm  
Email  
[amyschauss@yahoo.com](mailto:amyschauss@yahoo.com)

**ALL PARENTS  
INVITED AND  
ENCOURAGED TO  
ATTEND!**

**August Meets****August 9-11****Junior Nationals (must qualify) 50 M****LC TAGS 2019**

## WELCOME!

**New Aquastar swimmers and their families!**

*Manar Albeirakdar, Mersadies Trifiro, Rhiley  
Harris, Landen Davidson, Joseph Stolle, Fayrouz  
Elabthony, Noah Kinsworthy, Hailey Thomas, Caitlin  
Murphy, Canon Cashen*

**Dream of what you want to be. Wake up fighting for it.**



# Congratulations!



## Training Promotions

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

### PROMOTIONS

Reese del Valle-Guerra from White to Aqua

Danielle Trinh from Aqua to Blue

### NEW TAGS TIMES

**Avery Hearon** in the 10 & under girls 50 fly

**Myah Rayburn** in the 10 & under girls 100 fly

**Shiv Malkani** in the 10 & under boys 100 free, 200 IM

**Nick Hardt** in 11-12 boys 200 breast

10 and under boys 200 medley relay

Shiv, Urias Del Angel, Robert Pheister, Andrew Loe

Nick Hardt in the 11-12 boys 100 fly and 200 IM

Tony Laurito in the 13-14 boys 100 back, 200 back, 200 breast, 200 fly, 200 IM, 400 IM

### NEW LC TEAM RECORDS

**Max Hardt** in 15-18 boys 100 breast, 200 breast, 200 IM, 400 IM

**Olivia Theall** in 15-18 girls 100 fly

**Tony Laurito** in 13-14 boys 200 IM, 200 back

**Amelie Nguyen** in 11-12 girls 200 breast

**Tony Laurito** in 13-14 boys 200 breast and 400 IM

**Amelie Nguyen** in 11-12 girls 100 breast



# Congratulations!



## HAPPY BIRTHDAY

Adam McCabe	5 <sup>th</sup>
Ian Davis	7 <sup>th</sup>
Andrew Loe	9 <sup>th</sup>
Theo Kim	11 <sup>th</sup>
Jacob Erd	12 <sup>th</sup>
Fayrouz Elbatahony	12 <sup>th</sup>
Thien Luu	13 <sup>th</sup>
Hanna Stuart	14 <sup>th</sup>
LT Knight	17 <sup>th</sup>
Julia Yamokoski	18 <sup>th</sup>
Addison Dimmick	20 <sup>th</sup>
Cashen Canon	22 <sup>nd</sup>
Tess Stolle	23 <sup>rd</sup>
Henry Hearon	25 <sup>th</sup>
Chuck Yang	25 <sup>th</sup>
Mitchell Mason	26 <sup>th</sup>
Zachary Picco	27 <sup>th</sup>
Holly Tinson	28 <sup>th</sup>

### NEW SECTIONAL TIMES

**Spencer Hoffman** in men's 200 free and 200 IM

**Tony Laurito** in 400 IM



## From the Coach



As we celebrate the end of a great long course season, we also celebrate AQUASTAR's birthday! As of August 1<sup>st</sup>, AQUASTAR is 19 years old! Happy Birthday AQUASTAR! AQUASTAR has always focused on perfecting swimming technique. It is our tradition to use the month of August as our "technique month". Each week the focus will be on a specific stroke. Last week our focus was freestyle. This week our focus will be backstroke, the week after that is breaststroke, and then butterfly. This is such a great time for the swimmers and the coaches to really break down the strokes, review all of the drills, and improve our technique in each of the strokes!

It is important that we are all motivated and getting excited about this new season. This month the swimmers will also be working with their coaches to set goals for the season. We will be working on long term goals, short term goals, and selecting goal times for each event. Some examples of goals that the swimmers will be encouraged to set are... attending practice a certain number of days each week, focusing on perfect technique in practice, listening to the coaches and following instructions during practice, when the time is right... pushing themselves past their comfort zones. Other goals that may be appropriate are moving up to the next level of swim group, qualifying for certain meets, and trying to get their names on AQUASTAR's leaderboards (top 5 times in each age group for boys and girls). It is important to remember that technique always comes before speed, with good technique comes speed. Technique will always be our number one focus in all of our training groups.

We will also be discussing proper behavior at practice and at meets. It is important to remember that we all represent AQUASTAR, everywhere we go. We want the swimmers to learn how to be good teammates and how to respect and support each other and their coaches. We will review our Code of Conduct and proper lane etiquette. We want to teach the kids how to be good swimmers, but we also want to teach them how to be good people. Sportsmanship is such a huge part of success in any sport. We try to teach these things to help them be happy, healthy swimmers, but also to help them be successful and happy throughout their lives. It is important for us all to remember that the swimmers are learning. They will make mistakes. But, we are here to guide them and to help them learn from these situations.

Another goal that the swimmers will be encouraged to set is to attend one swim meet per month, once the swimmers are at a level where swim meets are appropriate. Meets are an extremely important part of swim team as they give the swimmers and coaches the opportunity to measure their progress. It is very hard to stay motivated in swimming without attending swim meets. Swim meets are the FUN part! We work very hard as a team to make swim meets a good experience for everyone. We would like to ask the parents to help encourage the swimmers to attend meets, and to do your best to make them a good experience. The best way for parents to help at swim meets is to support the swimmers and coaches unconditionally. Our first meet of the season will be on September 21<sup>st</sup> at the Friendswood Natatorium. Meet information is currently available on our website.

I would like to speak on behalf of all the coaches and board members by saying that we are all very excited for this season. Our team is amazing and we have a tremendous amount of talent and potential. One of my favorite things about AQUASTAR is our team mission statement ... "Turning today's potential into tomorrow's performance". I have witnessed this happen over and over during my 17 years as a swim coach for this team, and nothing brings me more happiness than seeing this occur. **Let's have a great season AQUASTAR!**

Coach Jeaneen

## **Aquastar+Adams =SMARTER, FASTER, SWIMMERS**

Cammile Adams, two time Olympian, is partnering with AQUASTAR to offer swim clinics in 2019. These clinics are appropriate for all swimmers looking to improve technique!

**DATE CHANGE**

Swimmers from all swim teams are welcome!

**Session 3: 2/24/19 – Free & Back & Nutrition**

**Session 4: 11/16/19 - Starts & Turns**

**& How to Maintain Speed through Turns and generate it Off Starts**

All Clinics will be held @ Clear Lake High School

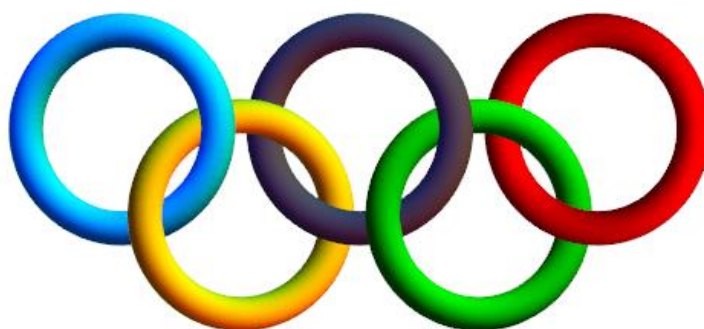
11& under- 9am-1pm

12 & over- 2pm-6pm

**\$89.00 session fee**

Discounts available if you register for 2 remaining sessions

Registration can be found on Eventbrite.com. Search for Camille Adams.



# Swim Info

Olivia Theall recently became a teen advocate for Speedo, they have given her a Promo Code for 25% of their Turnz suit collection. Olivia is now sharing this Promo Code with the team. So feel free to use it!

Promo Code (25% off Turnz, expires 8/26): **TTOLIVIAT**

Link: <http://bit.ly/TTOLIVIAT>

Thanks,  
Olivia Theall

