



STREAMLINE



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AQUASTAR

November 2019

www.swimaqua.org

Houston, TX 77062

*Turning today's potential into tomorrow's performance!***AQUASTAR**President

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Christina Klun

Nisha Gidwani

Jeaneen Dale

Laura Hearon

Meet Entries

Jeaneen Dale

Head Coach

Jeaneen Dale

Newsletter Editor

Christina Klun

NEXT**BOARD****MEETING**

Tuesday,

Dec 10 . 2019

8:30 pm

Email

amyschauss@yahoo.com

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

December 6-8	Southern Sr. Champs (must qualify)	TWST
December 6-8	13 and over Champs	UH
December 6-8	Gulf Champs (14 and under) – must qualify	AGS
December 13-15	12 and under Champs	HCAP
December 11-14	Winter Juniors (must qualify)	Federal Way, WA

**WELCOME!****New Aquastar swimmers and their families!****Joshua Saenz, Caden Cupisz****Excellence is the gradual result of always striving to do better! –Pat Riley**

Congratulations!

Training Promotions

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

PROMOTIONS

Trustin Bonow – White to Aqua

Eliana Liu – Red to White

Stella Sutphen – Red to White

Addison Woodby – White to Aqua

Cody Federici – Red to White

Griffin Olstad – Red to White

NEW SC TAGS TIMES

10 & Under Girls 100 Back & 100 IM – Avery Hearon

10 & Under Boys 50 Free – Urias Del Angel

10 & Under Boys 100 Free & 50 Fly – Shiv Malkani

11-12 Boys 100 Fly – Nick Hardt

10 & Under Girls 200 Medley Relay – Avery, Taylor Welch, Myah Rayburn, & Kimiya Hadaegh

10 & Under Boys 400 Free Relay – Shiv, Urias, Robert Pheister, & Andrew Loe

NEW SECTIONALS TIMES

200 Breast – Amelie Nguyen

NEW SC AQUASTAR RECORDS

13-14 Boys 1650 Freestyle – Tony Laurito

Congratulations!

HAPPY BIRTHDAY

December Birthdays

Robert Pheister	1 st
Levi Wesley	3 rd
Sophia Wang	7 th
Hudson Daly	13 th
Piper Simms	14 th
Logann Bates	15 th
Rowan MacLean	15 th
Fletcher Wells	16 th
Cody Federici	20 th
Kendall Bates	25 th



From the Coach

Why practice is so important during the holidays?

With the winter holidays fast approaching, I realize everyone is very busy. However, this is a crucial time in our short course season. I want to encourage everyone to come to practice as much as possible. We have had an amazing season so far. We are looking very good going into December Champ meets. After the December Champ meets we will need to get back to work right away to prepare for our January meets. We have an 11 and over Prelims/Finals meet at the Friendswood Natatorium on January 11-12, and the following weekend we have a 10 and under meet at Clear Falls High School. In February, we will have our end of season Short Course Champ meets. Remember, there is a champ meet for everyone regardless of age or skill level. We need all of our swimmers at our Champ meets! It is important that the swimmers stay in shape over the holidays so that they can do well at these important upcoming meets.

When the schools are closed for holiday break, we will have all practices at the Oakbrook West pool. The water is heated and it feels great. We also have heated bathrooms for the swimmers to go into to get dressed after practice. On colder days, please be ready with warm towels, blankets, parkas to keep your swimmer warm once they exit the water. If you plan to go out of town over the holidays, I encourage you to try to find a pool for your swimmers to practice. Many USA swim teams across the nation will allow "courtesy swimming" with their team because you have a registered USA swimmer. You can use the "find a team" search on USA swimming website to help you find a team close to the location where you will be traveling. I want to wish everyone Happy Holidays and I hope to see lots of everyone over the next month. Remember 7 days without swimming makes ONE WEAK!

Happy Holidays,

Coach Jeaneen



From the Board of Directors ★

Get Connected

Remind

Text @ aquastarsw to 81010
Get breaking news and updates via text

Facebook Parents Forum

Private Group: Aquastar Parents
Parent-to-parent discussions. Ask your questions and share the latest news with other Aquastar families

Public Facebook Page

Aquastar Swimming
Celebrate our team's accomplishments and learn about upcoming events, such as clinics or camps

Public Twitter Feed

@swimaqua
Follow this twitter feed to celebrate Aquastar accomplishments, learn about upcoming events and see related and relevant swimming articles and information

Coming soon... Instagram!





From Safe Sport

Services to the U.S. Olympic & Paralympic Movements

Where Your Game Plan Starts. The U.S. Center for SafeSport is designated by Congress through the [Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017](#) to serve as the independent national safe sport organization, with the responsibility for developing policies and procedures to prevent the emotional, physical, and sexual abuse of amateur athletes. The Center's responsibilities include Education and Training, and Response and Resolution services to National Governing Bodies. This includes:

- Establishing training and policy requirements for national governing bodies
- Providing training and implementing educational programs for coaches, athletes and parents
- Receiving all sexual misconduct reports (which can be reported anonymously) from NGBs and anyone in the Movements
- Investigating reports of sexual abuse in a confidential manner
- Issuing decisions if an individual did or did not violate the Center for SafeSport Code
- Sanctioning individuals found in violation of the Code, up to permanent ineligibility
- Establishing oversight mechanisms, including regular and random audits of the NGBs.

Aquastar

Safe Sport Coordinator is Christina Klun- Please feel free to talk to her anytime, along with any board member! Aquastar is committed to keeping swimmers and coaches safe!

<https://www.usaswimming.org/Home/safe-sport/club-toolkit>



2019-2020 Short Course Meet Schedule



TENTATIVE

September 21	Pentathlon (all ages)	SHARK
October 12-13	HCAP Invite (11 and up)	HCAP
October 19-20	Halloween meet (10 and under)	AQUA
November 2-3	Senior meet (ages 15 and over)	SHAC
November 9-10	November Invite (14 and under)	SHARK
December 6-8	Southern Sr. Champs (must qualify)	TWST
December 6-8	13 and over Champs	UH
December 6-8	Gulf Champs (14 and under) – must qualify	AGS
December 13-15	12 and under Champs	?
December 11-14	Winter Juniors (must qualify)	Federal Way, WA
January 11-12	11 and over (Prelims/Finals)	AQUA
January 18-19	10 and under open	SSS
February 7-9	11 and over Prelims/Finals	HCAP
February 8-9	8 and under Champs	HCAP
February 8-9	9-10 First Chance meet	AMBU
Feb. 22-23	Short Course Champs II (9-14)	?
Feb. 27- Feb. 29	Sectionals	?
Feb. 29- March 1	Short Course Champs III (13 and over)	?
March 5-8	TAGS 14 & under (must qualify)	Dallas, TX