



# STREAMLINE



Volume 12, No. 18  
AQUASTAR

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

March 2019

Houston, TX 77062

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

## AQUASTAR

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**NEXT  
BOARD  
MEETING**  
Tuesday,  
March 12, 2019  
8:30 pm  
4115 Plumtree Ln  
Seabrook

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

## March Meets

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



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

## Meet Results

Feb 8-10 forty-three Aquastar swimmers traveled to the Johnnie Means Swimming Pool and improved in 76% of events entered. Swimmers of the Meet are Mariam Hadaegh and Nathaniel Joiner, both with 7 best times in 7 events entered. Robert Pheister is also swimmer of the meet with 54 points earned in the 8 and under end of season championship meet. Others with 100% improvement are Ethan Bonow, Cely Cortez, Jace Davis, Scott Mather, Amelie Nguyen, Marshall Odom, Zachary Picco, Kirstin Schauss, and Crichton Vandertie.

Tony Laurito won all seven of his events.

**Robert Pheister won 8 year old boys high point award with 54 points, also winning all of his events.**

**Kyle Odom won 7 year old boys high point with 52 points.**

**Jaxon Dale won 6 year old boys high point with 43 points.**

Feb 9-10 six Aquastar swimmers traveled to Lufkin to participate in the 2019 Gulf FIRST CHANCE MEET hosted by Ambush Swimming and improved in 69% of events entered. Swimmer of the Meet, with six best times in six events entered, is Myah Rayburn.

Feb 22-24 Fifty-nine Aquastar swimmers traveled to Galena Park ISD Natatorium to participate in the 2019 Gulf Short Course Champs II hosted by NOCH and improved in 75% of events entered. Swimmer of the Meet, with 63 points scored in a championship meet, is Tony Laurito. Swimmers with 100% best times are Ethan Bonow, Trustin Bonow, Levi Del Angel, Reese del Valle – Guerra, Nathaniel Joiner, Andrew Loe, Rowan MacLean, Elliott Miles, Sophia Patron, Tab Sommer, Toby Sommer, Caroline Song, Tess Stolle, Danielle Trinh, and Taylor Welch.

**AQUASTAR WON 1<sup>st</sup> place at this meet!!! Woo-hoo! GO AQUASTAR!!**

*If you have a lane, you have a chance!*

# Congratulations!

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## Training Promotions

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

### PROMOTIONS

Scott Mather from Aqua to Blue

Sydney Svahn from Aqua to Blue

Daniel Gardner from Red to White

Abigail Lauchner from Red to White

Tess Stolle from White to Aqua

### NEW TAGS TIMES

Rachel Del Angel in the 13-14 girls 200 fly

Tony Laurito in the 11-12 boys 50 free

Adam Picco in the 11-12 boys 200 fly

Danielle Trinh – 50 Free

Erin Voelker- 50 Breast

Laine Anderson – 50 Fly, 100 Fly

Amelie Nguyen – 100 Breast, 200 Breast

Ethan Bonow- 50 Free

Nick Hardt- 200 Breast

10 & Under girls 400 free relay (Laine Anderson, Myah Rayburn, Erin Voelker, Danielle Trinh)

10 & Under girls 200 medley relay (Avery Hearon, Erin Voelker, Myah Rayburn, Laine Anderson)

10 and under girls 200 Free Relay (Danielle Trinh, Laine Anderson, Avery Hearon, Myah Rayburn)

11-12 boys 200 Free Relay (Tony Laurito, Ethan Bonow, Nick Hardt, Adam Picco)

## HAPPY BIRTHDAY

Anna Loe	3 <sup>rd</sup>
Kyle Odom	3 <sup>rd</sup>
Tate Dowell	4 <sup>th</sup>
Ethan Bonow	7 <sup>th</sup>
Blythe Bonow	10 <sup>th</sup>
Peter Ho	15 <sup>th</sup>
Avery Hearon	18 <sup>th</sup>
Abigail Costa	19 <sup>th</sup>
Crichton Vandertie	21 <sup>st</sup>
Danielle Trinh	22 <sup>nd</sup>
Alexa Morillo	22 <sup>nd</sup>
Jaxon Dale	23 <sup>rd</sup>
Adam Picco	24 <sup>th</sup>
Katelyn Lwin	24 <sup>th</sup>
Dalton Gillard	25 <sup>th</sup>
Trustin Bonow	27 <sup>th</sup>
Isabella Zhang	28 <sup>th</sup>
Emily Dong	30 <sup>th</sup>
Rebecca Wang	31 <sup>st</sup>
Scarlett Jordan	31 <sup>st</sup>

### NEW TEAM RECORDS

11-12 boys 200 Medley Relay (Adam Picco, Tony Laurito, Ethan Bonow, Nick Hardt)

11-12 boys 200 Free Relay (Ethan Bonow, Adam Picco, Nick Hardt, Tony Laurito)

### MEET RECOGNITIONS for Gulf Champs II

11-12 boys high point winner- Tony Laurito

March, 2019

AQUASTAR

# Swim Info

## TIME TO RENEW!

### TEAM FUNDRAISING

See tab on website for links more info

#### Kroger Donation Program

AQUA's Kroger Community Rewards number is **81568**. Just sign in to your Kroger account at this <https://www.kroger.com/communityrewards>, then enroll in Community Rewards under your account settings.

**Note:** You will have to re-enroll your card each year.

#### Randal's Donation Program

AQUA's Randall's *Good Neighbor* number is **9266**. Just have a checker or courtesy booth person code that into your Randall's card!

#### Amazon Smile Program

Just use [this link](#) when you visit Amazon and a portion of purchase will be donated to Aquastar



**SAVE THE DATE:**  
**Short Course Team Social**  
**March 31st**

*Failing to prepare  
 is preparing to fail!*

Quote said/used by Camille Adams  
 Originally said Benjamin Franklin

March, 2019

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

Email newsletter editor  
[christina\\_lombardo@yahoo.com](mailto:christina_lombardo@yahoo.com)  
 with your items, send contact info, pictures and details for the advertisement.

## PRACTICE UPDATE

Starting March 31<sup>st</sup>, Saturday practices will be changed to Sunday's and we will swim at Hometown Hero's 50 meter long course Pool in League City just like the last few year. Watch for practice schedule updates!

## TEAM SPIRIT!

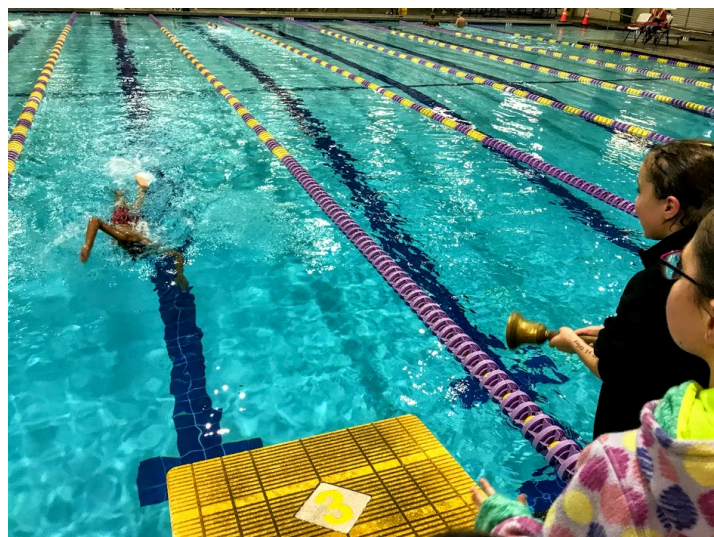


Photo taken by Nisha (Shiv's mom) in Lufkin as Marissa got to ring the bell for Shiv as he was coming to finish his last lap of the 500 freestyle. Erin is in photo cheering him on!



## **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 Cammile 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](mailto: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!



# FROM THE COACH

## **TENTATIVE**

### **2019 Long Course Meet Schedule**

April 13-14	LC Open meet (50 M pool)	SWAT
April 26-27	LC Open meet (50 M pool)	<b>AQUA/SSS</b>
May 4	SC Sprint Series (25 yard pool)	SHARKS
May 19	LC Open meet (50 M pool)	<b>AQUA</b>
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](http://www.swimaqua.com)