



STREAMLINE



Volume 12, No. 5

AQUASTAR

November 2019

www.swimaqua.org

Houston, TX 77062

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

Amy Schauss

Vice-President

Harold Johnston

Treasurer

Josh Johnston

Secretary

Yasmin Ali

Directors

Christina Klun

Nisha Gidwani

Jeaneen Dale

Laura Hearon

Meet Entries

Jeaneen Dale

Head Coach

Jeaneen Dale

Newsletter Editor

Christina Klun

NEXT**BOARD****MEETING**

Tuesday,

Nov 16 . 2019

8:30 pm

Email

amyschauss@yahoo.com

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

November 2-3

Senior meet

SHAC

November 9-10

November

SHARK

**Personalized Aquastar swim caps**

For a limited time we're offering personalized black Aquastar caps. Minimum order 2 caps per name, last names only. \$15 per cap, \$30 for two. To submit your order, [Click here](#) by **Nov 13 COB.**

Makes a great stocking stuffer!

This year, Aquastar has created an Aquastar Team Winter Champ shirt to show your team spirit and show that you are a part of the Aquastar Winter Champ family!

The t-shirts have been designed by parent committee members, and are priced \$20.30-\$21.30. <https://inkeddesigns.mysimplestore.com/t/aquastar-winter-champs>

Shirt orders will close on **Nov 13th**, and will be available for pickup at your practice pool at the beginning of December.

WELCOME!**New Aquastar swimmers and their families!****REED RHODES, RILEY RHODES, TRENT MOSS****CHASLYNN GONZALES, SYDNEY PETERSON****JUDE SAENZ, MYSHA SAMANI****The only difference between try and triumph is a little UMPH!**

Congratulations!

Training Promotions

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

PROMOTIONS

Anna Apisarnthanarax from Red to White

Zachary Picco from Blue to Gold

Holly Tinson from White to Aqua

Taylor Welch from White to Aqua

NEW SC TAGS TIMES

Amelie Nguyen in 11-12 girls 50 breast

Nick Hardt in 11-12 boys 100 free

Shiv Malkani in 10 and Under boys 100 back, 200 free, and 200 IM

Urias Del Angel in 11-12 boys 100 fly

10 and under boys 200 free relay

Shiv Malkani, Urias Del Angel, Andrew Loe, Robert Pheister

REMIND App

AQUASTAR has set up a text messaging service with Remind. This will be very helpful when we need to send last minute practice changes to the team, as we know not everyone can check email before practice. To join the AQUASTAR remind group, please text @aquastarsw to 81010. We would like to encourage everyone to do this

Congratulations!

HAPPY BIRTHDAY

November Birthdays

Addison Woodby	3 rd
Carmen Laurito	6 th
Kaylee Odom	6 th
Toby Sommer	11 th
Samuel Ali	11 th
Amelie Nguyen	16 th
Caitlin Murphy	18 th
Winfred Pham	18 th
Daniel Rollins	21 st
Shiv Malkani	23 rd
Andrew Self	26 th
Joseph Lin	30 th

TEAM FUNDRAISING

See tab on website for links more info

Kroger Donation Program

AQUA's Kroger Community Rewards number is ND027.

NOTE ND087 is a new number check your acct to make sure it updated~

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

SWIMOUTLET

A portion of the sales will go to Aquastar
<http://www.swimoutlet.com/aquastar>

From the Coach

AQUASTAR Swimmers Honored

On October 6th, fifteen Aquastar swimmers were honored at the 2018-2019 Gulf Banquet at the Houston Marriott Westchase.

At their annual banquet Gulf Swimming recognizes the achievements of swimmers, coaches, and officials within our Local Swimming Committee (LSC). Full descriptions of the awards, and the requirements to earn them, can be found at the Gulf Swimming Website.

<https://www.gulfswimming.org/wp-content/uploads/2019/09/2019-Gulf-Banquet-Awards-Levels.pdf>

The following Aquastar swimmers were recognized at the banquet.

Level 2 Award: Tony Laurito & Olivia Theall

Level 1 Award: Max Hardt

Qualifying Award: Laine Anderson, Rachel Del Angel, Uriah's Del Angel, Nick Hardt, Avery Hearon, Andrew Loe, Shiv Malkani, Amelie Nguyen, Robert Pheister, Myah Rayburn, Danielle Trinh, & Erin Voelker

We are very proud of all of these swimmers, and their hard work and dedication.

Congratulations!



November, 2019

AQUASTAR



From the Coach



Aquastar's newest coach!

Hello, my name is Melissa Rhodes and I have grown up loving, respecting and sometimes fearing water. Originally from San Diego, I dabbled in surfing, I swam and dove in high school, I competitively swam and played water polo in college and I made my best swim times with U.S. Masters Swimming. Many moons later I became a mother and passed my love for the water onto my wonderfully excitable and independent children, Reed & Riley. Naturally, my love for swim, for kids and for water safety led me to take the plunge into becoming a USA Swimming coach as well as a certified survival swim instructor. I strive to provide the best swim instruction by keeping my certifications and skills current and relevant. Now get swimming...and floating!

Melissa



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AQUASTAR



From the President

The Safety Marshall: A Short Story

I wore the yellow vest a couple weeks ago at a swim meet in Lufkin. It took less than 15 minutes for me to get yelled at by a parent who didn't appreciate me asking him to stay out of the roped off area on deck.

I've been in a bit of a tail spin ever since- is THIS how our volunteers are treated? No wonder we struggle to find parents willing to fill the positions necessary to run a swim meet.

I'm committed to fix this...I'm going to work every possible swim meet volunteer position to get firsthand experience. AND, I'm going to make sure our parents are educated and understand how to better support their swimmer(s) and team volunteers.

Who knows WHY there is a secure place on deck- for swimmers and coaches and officials?

It is for swimmer SAFETY. All coaches and officials pass a strict background check- every two years- and must take special educational courses on minor athlete protection.

RESPECT THE VEST.

Best regards, Julie Bachman, Executive Director, Gulf Swimming

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!



SWIM PARKA'S

Winter is approaching, and the best way to keep those swimmers warm is with a swim parka! They are made for swimmers and dry very quickly. [SWIM OUTLET](#) and you can always go to Swim Shop of Southwest in Pearland as well.

CJ Custom Sewing can embroider them www.cjcustomsewing.com 832-738-6609 (text)

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!

Swimmers from all swim teams are welcome!

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

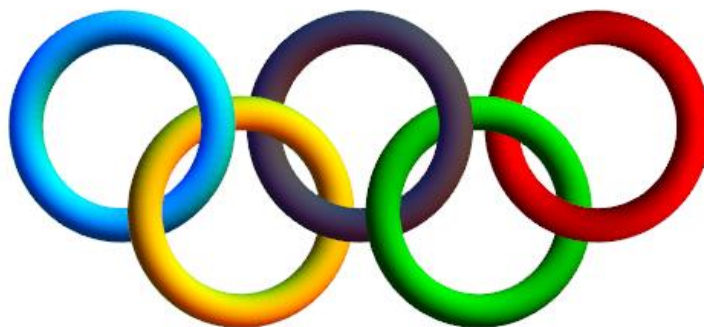
11& under- 9am-1pm

12 & over- 2pm-6pm

\$89.00 session fee

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

<https://www.eventbrite.com/e/cammile-adams-hometown-h-town-clinic-series-registration-51103999438>



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	?
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