



# STREAMLINE



Volume 12, No. 4  
AQUASTAR  
October 2019

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

Houston, TX 77062

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

## AQUASTAR

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Meet Entries  
Jeaneen Dale

Head Coach  
Jeaneen Dale

Newsletter Editor  
Christina Klun

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

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

## October Meets

October 12-13	HCAP Invite (11 and up)	HCAP
October 19-20	Halloween meet (10 and under)	AQUA



## WELCOME!

**New Aquastar swimmers and their families!**  
**Annika Ackerman, Olivia Barnett, Emma Brueggeman,**  
**Brooke Davis, Lyla Duff, River Frankfort. Aiden Gordon,**  
**Michael Gordon, Jonathan Kim, Marissa Laval, Hayden**  
**McDonald, Holden McDonald, Eli Pappas**  
**Ian Pappas, Julian Parra, Sax Phobunma**  
**Jaxon Saenz, Ian Santiago Rivera, Sophia Shivokhina**  
**Aslam Tayel, Tameem Tayel, Alexandra Holland**



**Never give up! Failure to the first step to success!**

# Congratulations!

## Training Promotions

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

### PROMOTIONS

Logann Bates from Red to White

Henry Hearon from Red to White

Nathaniel Joiner from Blue to Gold

Yen Luu from Red to White

Katelyn Tran from Red to White

### NEW SC TAGS TIMES

Avery Hearon in the 10 and under girls 50 back & 50 fly

Urias Del Angel in the 10 and under boys 50 back & 50 fly

Shiv Malkani in the 10 and under boys 50 back & 100 IM

10 and under boys 200 medley relay  
Shiv Malkani, Robert Pheister, Urias Del Angel,  
Andrew Loe

# Congratulations!

## HAPPY BIRTHDAY

### October Birthdays

Gregory Plummer	1 <sup>st</sup>
Karissa Dorville	3 <sup>rd</sup>
Livia Woolery	7 <sup>th</sup>
Aslam Tayel	11 <sup>th</sup>
Shane Tiedemann	11 <sup>th</sup>
Nataly Barron	16 <sup>th</sup>
Soha Momon	19 <sup>th</sup>
Mana Albeirakdar	20 <sup>th</sup>
Scott Mather	20 <sup>th</sup>
Amberly Tran	24 <sup>th</sup>
Ian Santiago Rivera	26 <sup>th</sup>
Mason Johnson	26 <sup>th</sup>
Tianna Tran	27 <sup>th</sup>
Aiden Woodby	28 <sup>th</sup>
Jonathan Kim	28 <sup>th</sup>
Lauren Ferguson	31 <sup>st</sup>

## 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>

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## 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 @aquastars to 81010. We would like to encourage everyone to do this



# From the Coach



## IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club. The more swimmers completing IMX the better for Aquastar rankings

**9 & Under; 10-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**11-year olds; 12-year olds:** 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

**13, 14, 15, 16, 17, & 18-year olds:** 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

### How do I score points?

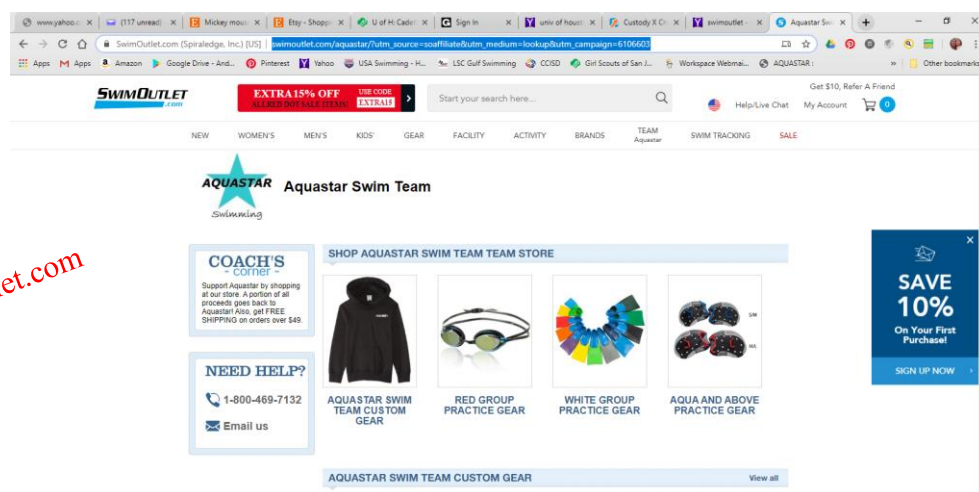
Rankings in the program are based on power points a system developed by USA Swimming. See the [Power Points page for more information and to use the Power Point Calculator](#).

### How do I participate?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings for IMX.

## THIS IS WHAT THE SWIMOUTLET TEAM STORE LOOKS LIKE. CHECK IT OUT FOR ALL YOUR SWIM GEAR!



AQUASTAR now has a team store on Swim Outlet. You can order all kinds of great swim products there. You can customize hoodies, get new googles, order practice gear for each specific swim group (Red, White, Aqua and above <http://www.swimoutlet.com/aquastar>

Once you are on the home page click the "TEAM" tab.

Then click on "Find your team". Next enter AQUASTAR in the box that says "Search for Teams By Name".



# From the President

## 2018-2019 Scholastic All-American Team Announced

SEPTEMBER 10, 2019



USA Swimming is proud to recognize scholar-athletes who have been named to the 2018-2019 Scholastic All-American Team. Congratulations to these swimmers for their outstanding achievement and to their coaches and parents for their outstanding support <https://www.gulfswimming.org/wp-content/uploads/2019/09/2019-Gulf-Scholastic-All-American.pdf>

**Aquastar would like to CONGRADULATE Max Hardt for his 3<sup>rd</sup> year of being on the All American Team!**

## SCHOLASTIC ALL AMERICA PROGRAM REQUIREMENTS

*The application for the 2018-2019 year will be available online at the USA Swimming website from June 1, 2019 to August 15, 2019.*

- The only method for application will be the online application on the USA Swimming website.
- Applicants will be required to have a USA Swimming account.
- Qualifying pool times for the applicant will be validated through Times on the USA Swimming website (time **MUST** be in SWIMS).
- Applicant will be required to have a **TRANSCRIPT** for the **COMPLETE** academic year available for uploading to the application.
- Applicant must have been a member at the time of the swim and a current member when applying for the 2018-19 SAA team.
- Applicant must have all application documents completed by August 15, 2019.
- Grade completion requirement – applicant must have completed 9<sup>th</sup>, 10<sup>th</sup> 11<sup>th</sup> or 12<sup>th</sup> grade
- GPA Requirement – minimum 3.5 GPA for the **current** academic year
- For more info- <https://www.usaswimming.org/utility/landing-pages/times/scholastic-all-america>

### **\*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. <http://www.swimoutlet.com/aquastar> and you can always go to Swim Shop of Southwest in Pearland as well.

CJ Custom Sewing can embroider them [www.cjcustomsewing.com](http://www.cjcustomsewing.com) 832-738-6609 (text)



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AQUASTAR



## **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

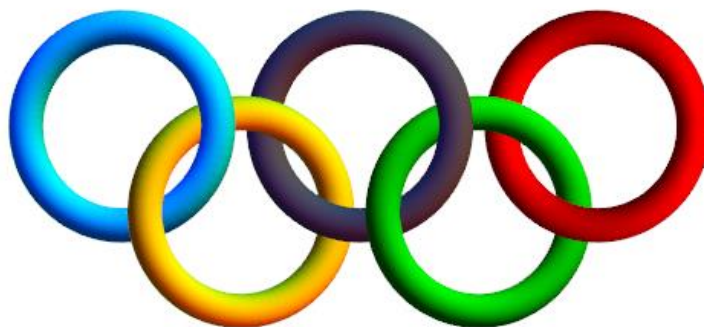
11& under- 9am-1pm

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
<b>October 19-20</b>	<b>Halloween meet (10 and under)</b>	<b>AQUA</b>
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
<b>January 11-12</b>	<b>11 and over (Prelims/Finals)</b>	<b>AQUA</b>
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