

# Streamline Newsletter

## Issue MMXXV, Volume IIV



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### June 2025

June was an incredible month of training for our team! These results showed at our main meet of the month, the BATS June Invite at the University of Houston. June also marked the end of summer league. The coaches are very pleased with all the improvement our athletes showed throughout the summer racing their short course events!

Looking forward to the rest of summer, we are preparing for our long course championship meets! Parents, please keep an eye on your email for the initial entries for these events. When received, please reach out to Coach Collin to confirm or deny attendance. Please keep in mind you have the final say on what events your athletes swim. If you would like to change them, please talk with the coaches and we can help you with that.

We are excited to close out the summer with some more fantastic swimming!





## **BATS JUNE INVITE**

The BATS June Invite showed significant improvement throughout all of our groups! Especially after only briefly practicing long course format at DOW Park, the coaches couldn't be happier with the results.

**Overall our team accomplished the following! Of the 133 events our team swam, we had:**

**34** new event swims!

**55** new lifetime best times!

**12** new motivational time cuts! **5** of which being an A-Cut or faster!

Of the stats listed above, there were some absolutely mindblowing swims! Natalie Dawlette dropped 33 seconds in the 200 backstroke and 12 seconds in the 200 breaststroke! Bella Ragsdale dropped 30 seconds in her 100 freestyle! Scotty Ragsdale dropped 16 seconds in the 100 free and 12 seconds in the 50 breaststroke! Jacob Cortez dropped 7 seconds in the 50 backstroke and 7 seconds in the 50 free from his times just a few weeks before!

## **Summer League Champs**

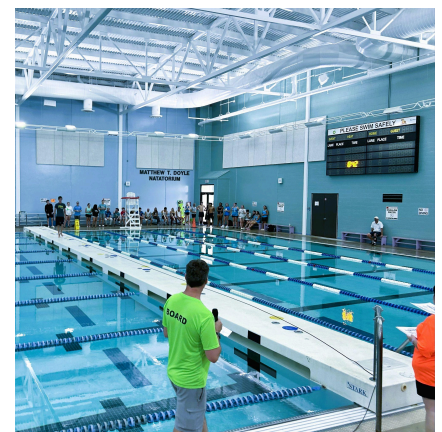
The last weekend of June, many of our swimmers participated in the CCSL Summer League Champ Meet. We are proud of not only how our athletes performed, but how they showed sportsmanship throughout the day. Below we have some major highlights of the meet!

**4** High Point Award Athletes!

- Whitney Hutchison
- Alicia Mellin
- Zoe Haronitis
- Crichton Vandertie

**49** Top 3 Medalist!

AQUASTAR would like to extend a special thank you to our very own **Vaughn Schauss**! If you did not know, Vaughn has served as the CCSL President for the past three years. Since COVID, summer league has struggled to refind its footing in the area. However, thanks to Vaughn's tireless work, CCSL is in the strongest position it's been in years! As many of our coaches, including Coach James and Coach Collin grew up swimming in summer league, AQUASTAR could not be more proud of having such a dedicated individual be part of both programs! **Thank you for your service Vaughn!**







## Happy Birthday!!!

- **Red Group**
  - Eli Wall
- **White Group**
  - Olivia Bui
  - Derek Ferguson
  - Anna Hoang
- **Aqua Group**
  - Trey Acklen
- **Blue/Gold Groups**
  - Emma Brueggeman
  - Ethan Schauss



PreChamp Series Tye Dye  
Practice - July 9th  
Age Group Champs - July 11-13  
Senior Champs - July 11-13  
TAGS - July 16-20  
B-Under Champs - July 19-20  
Summer Champs - July 25-27  
AAU Junior Olympics - July 22-27

## The Curious Case of Dropping Time

### -Coach Francesco

As we move through the season, many swimmers and parents may feel a mix of emotions when race times don't improve from one meet to the next. We get it, we all have been there, seeing a personal best feels amazing! But it's important to remember: **not dropping time at every meet is completely normal** and even expected in the sport of swimming.

**Swimming progress is not a straight line.**

Performance in the pool is affected by many things beyond a swimmer's control. Here are just a few factors that can impact race outcomes:

- **Mental and emotional state:** Swimmers may be dealing with nerves, school stress, or simply an "off" day. Focus and mood can affect performance significantly.
- **Rest and recovery:** Lack of sleep or fatigue from training can reduce energy levels and reaction times.
- **Training load:** Meets often take place during heavy training periods when swimmers are sore or tired. That's part of building long-term strength and endurance.
- **Nutrition and hydration:** Skipping meals, eating poorly, or not drinking enough water can impact performance.
- **Growth and development:** Young swimmers go through physical changes that can temporarily affect coordination and feel in the water.
- **Race conditions:** Pool setup, competition format, time of day, and other environmental factors can all play a role.
- **Skill development focus:** Sometimes, swimmers are asked to work on pacing, turns, or technique, not speed. This may result in slower times temporarily, but helps long-term progress.

### **Today's Generation: Expectation vs. Reality**

We also understand that many young athletes today grow up in a world of instant feedback, quick results, and constant comparisons, whether on social media, at school, or in sports. It's easy for them to believe that success should come fast or that every effort should lead to a reward.

But in swimming, improvement comes from hard work, patience, and consistency, not shortcuts. It's important for swimmers to understand that struggling or plateauing is not failure, it's part of the journey. Sometimes, the most meaningful growth happens *after* a setback, not after a win.

### **Let's focus on the big picture.**

Swimming is about more than just the stopwatch. Growth happens in effort, consistency, and attitude. Every race, no matter the result, is a step forward in a swimmer's development.

Thank you for supporting your swimmer and trusting the process. We're proud to have you on this journey with us.





# Promotion!

## **Congratulations to the following swimmers for their group promotion!**

- **Red to White Group**
  - Lily Williams
  - Viet Tran
- **Aqua to Blue Group**
  - Luke Yamokoski



## WELCOME TO THE TEAM

## **Welcome to the Team**

- All summer league athletes! We could not be more excited you have joined our team to continue your swimming journey!



## **Masters Swimming**

AQUASTAR has a Masters Program for Adults for only \$50 a month! Come try a week free!

- Monday - 6:00-7:00 am
- Tuesday - 6:00-7:00 am
- Wednesday - 6:00-7:00 am
- Saturday - 7:00-8:00 am

## **Muscle Soreness and Recovery - Swim Strong Dryland**

(For more articles like this, please reach out to Coach James or Coach Collin for the Swim Strong Dryland Website password)

My guess is that, as an athlete, you have probably heard someone say: "I'm so sore! That workout was brutal!" Inevitably if you are an athlete who is accustomed to working hard, or an athlete who has just started a new program, you are going to experience some level of Delayed Onset Muscle Soreness (DOMS). This is muscle soreness that is experienced post-exercise, sometimes within hours, but usually peaking around the 2-day mark. There are many possible causes, but to put it simply, this soreness results from small, microscopic tears in the connective tissue. This is normal. However, to get the most out of your workout program, focusing on the recovery process is essential.

All that being said, it is normal to experience muscle soreness, and it can certainly be a good thing. Athletes who are new to resistance training will experience the most soreness, especially during the first month as their body adjusts to the new demands. With this in mind, the programming should slowly introduce new movements and very gradually increase the resistance/intensity to allow the body to adapt. As you adapt, the well-informed fitness professional should be introducing new stimuli to see continual progress. That means there will be many days where you experience some degree of soreness.

BUT, it is essential to maximally recover, so that your mind and body are fully prepared for the next workout. You have the ability to treat your body well, and help with its restoration. So make the decision to do so! Some simple ways to do this:

- **Active Recovery** – Not moving is the biggest mistake people make when they are sore. Steady state cardio, dynamic warmups, and long cool-downs are all a great idea to keep moving and promote recovery.
- **Drink water** – Hydration will help remove toxins and keep the body functioning at a high level.
- **Get enough protein** – Protein and amino acids will help repair/rebuild your muscle fibers. If you don't make this a focus, your recovery process can be much slower.
- **Foam Rolling** – Self-myofascial release has been shown in numerous studies to decrease DOMS when performed after strenuous exercise, thus helping the next performance.
- **Sleep** – This is natural medicine to your body and one of the most powerful ways to recover. Get at least 7-9 hours for maximal benefits. Sleep deprivation can lead to all kinds of negative results such as reduced muscle glycogen repletion and poor cognitive function.

## **Fun Swimming Youtube Channels!**

**(Click Images to follow links)**

[Swim Swam:](#)



[Cody Miller Adventures:](#)



[Caeleb Dressel:](#)



## **Follow Us on Social Media!**

**(Click Images to follow links)**

In an effort to better our community outreach and acknowledge the most exciting activities on our team, we have become more active on social media!



## **Recent Great Races to Watch**

[Summer McIntosh sets w...](#)

Canada's Summer McIntosh continues to improve at an alarming rate! At the Canadian National Trials, she smashed her own personal best to further lower the world record!

[Summer McIntosh breaks...](#)

Another fantastic swim by Summer McIntosh! This is a textbook swim with incredible splitting for the 400 I.M.!

[Shaine Casas wins nation...](#)

Shaine Casas, a swimmer who grew up in the Houston area continues to dominate at the national level! For all butterfly lovers, we recommend watching this race!

[Torri Huske Takes Down U.S. ...](#)

Torri Huske swims an incredible 100 freestyle! After her amazing swims at the 2024 Olympics, she has not stopped improving!

