

Contact us:swimaqua.org**AQUASTAR****President**

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Meet Entries

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Head Coach

Jeaneen Dale

Newsletter Editor

Wendy Davis

NEXT**BOARD****MEETING:**

Tuesday,

July 14th, 2020

@ 8:30 pm

Email Amy for info at:

amyschauss@yahoo.com

ALL PARENTS ARE

INVITED AND

ENCOURAGED TO ATTEND!

IN THIS ISSUE:

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STREAMLINE

AQUASTAR ~ turning today's potential into tomorrow's performance

AQUASTAR COVID-19 SURVEY RESULTS

**WE HEARD FROM YOU!**

Thank you to all the swim families that responded to our May and June surveys. In May, 97 families responded representing 130 swimmers. In June, 88 families responded representing 118 swimmers on the team. These are great response rates! Thank you for your feedback!

During this shifting pandemic landscape, your input is valuable in shaping the team's priorities. Please realize that the survey is anonymous. Unless you choose to reveal personal information with us in the comment sections, we don't know who you are in the survey. This allows for swim families to give us their honest opinions....so here is what you told us!

AQUASTAR swim families are satisfied in the way we are currently running our practice schedule:

Across all swim groups at least **72% of respondents** were satisfied or very satisfied in the number of days, time of day, and number of swimmers in their practice group.

Across all swim groups **80% were satisfied or very satisfied** with the social distancing policies in place during practice. Additionally, **70% of respondents** wanted us to **keep the current practice schedule** throughout the summer.

AQUASTAR swim families tell us their top two priorities for any schedule changes are:

- To increase the number of practices swimmers can attend in a week
- To include more morning and evening practices options to accommodate work schedules

At the time of the June survey, **64% were comfortable** with moving to **24 swimmer practice sessions** (4 per lane) by a date of **July 8**.

Increasing the number of swimmers per session would provide flexibility to modify the practice schedule, and any future changes will take these priorities into consideration. Currently, we are monitoring the mandates from the state and county before considering any changes to the practice schedule. **One positive practice change** is that AQUASTAR now has access to the **Hometown Heroes** pool for long course practices on **Sunday morning**. Every group has an opportunity to swim at this practice! Please refer to your email from Coach Jeaneen on 6/25 for more information.

As a final note, we have read through all the comments that were left on the survey. Thank you for your positive feedback and constructive criticism. We appreciate all the responses! Be on the lookout for our next survey coming at the end of July.

~Aquastar Board

NEW SWIM FAMILIES

**Welcome NEW Aquastar swimmers and their families!**

Brice Dickens, Jack Fisher, Olivia Hamilton, Reid Hamilton, Stephen Harris, Aaron Lopez, Lucille Lopez, Matthew Morin, Micah Morin, Tiffany Rigby, Evelyn Rocha, Viviana Rocha, Brooke Stevenson, Sarah Tousley, Lauren Fitzharris, Isabella Allen, Clare Mulhern, Peyton Becker

ALL TIME LC AQUASTAR TEAM RECORDS 100 Breast

10 & Under Girls

Hanna Schlegel 1:32.72
07/18/13

10 & Under Boys

Max Hardt 1:25.02 07/25/12

11 & 12 Girls

Amelie Nguyen 1:21.75
07/24/19

11 & 12 Boys

Max Hardt 1:12.13 04/17/15

13 & 14 Girls

Caroline McElhany 1:16.89
07/07/06

13 & 14 Boys

Max Hardt 1:10.83 04/15/16

15 to 18 Girls

Skylar Smith 1:13.82 08/04/08

15 to 18 Boys

Mitchell Mason 1:03.31
02/27/20



FROM THE COACH

CONGRATULATIONS AQUASTAR GRADUATING SENIORS!



Left to Right:
Sara Boone
Olivia Theall
Mitchell Mason
Sirius Sharma
Spencer Hoffman
Max Hardt



Congratulations to the Aquastar Senior Class of 2020!

- 1 Common Swim Team
- 2 Friendswood High School Athletes of the Year
- 3 Members of the National Honor Society
- 4 High Schools
- 5 Future D1 Swimmers
- 6 Lifelong Friends

What an impressive group!! The future is so bright for these shining stars and we'll be cheering them on every step of the way!

FOREVER FAMILY: ALWAYS AN AQUASTAR!

At Aquastar we are FAMILY. As a member of that family, I want to express my pride in our Graduating Seniors. They have pushed themselves to the limits in and out of the pool. They have met and exceeded all expectations! We are so lucky to have been able to share in each one of their journeys along the way. It truly seems like yesterday when I remember how each one of them started with Aquastar! Coaching the young kiddos they were, as they grew into such fine young adults, has been an amazing experience! One of the best things about coaching for the long term, is the ability to see where a swimmer can take themselves with hard work when they are surrounded by a true swim FAMILY! Congratulations Aquastar Seniors! We continue to be amazed by you and can't wait to see what the future holds for each of you! Thank you for being part of our swim FAMILY at AQUASTAR!

~Coach Jeaneen



"You just have to work really, really hard and set your goals high and never give up on your dreams." ~ Cody Miller



HAPPY BIRTHDAY!

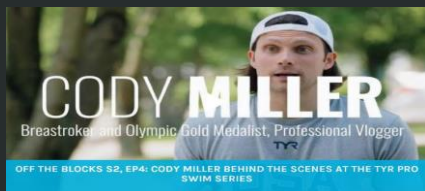
JULY BIRTHDAYS

Riley Holcomb	7/01
Brian Garland	7/02
Erin Voelker	7/02
Sarah Tousley	7/05
Marshall Odom	7/07
Phoenix Harrup	7/11
Anthony Laurito	7/12
Sofia Lopez-Alfaro	7/15
Grayson Golemi	7/15
Calyx Kavas	7/21
JohnPaul Stolle	7/21
Urias Del Angel	7/24
Addison Cassady	7/28
Meredith Kennedy	7/29
William Schauss	7/29

Cool Videos from USA SWIMMING!



Off The Blocks Season 2, Ep 2:
Kathleen Baker--Getting on top and
staying there. Click [HERE](#)



Off The Blocks Season 2, Ep 4: Cody
Miller--Behind the scenes at the
TYR Pro Swim Series. Click [HERE](#)



SENIOR SPOTLIGHT



INTRODUCTIONS TO INSPIRE! AQUASTAR MITCHELL MASON!

Q: Introduce yourself.

MM: Mitchell Mason -swimming for 12 years: Aquastar for 9 years.

Q: Could you tell us a little background about yourself?

MM: -Breast – Mid-distance Free – IM

I started swimming summer league at 6 years old.

I Started Aqua at 8 years old.

Q; Where do you currently go to school and did you swim there?

MM: I go to Clear Lake High School and swam Varsity for 4 years.

Q: If you know your future plans already, where do you plan on attending college or what is your next step after school to further your dreams?

A: I am continuing my swimming at LSU. I will major in Mechanical Engineering with a minor in Business.

Q: What are your future career dreams and goals? What do you want to be when you grow up?

MM: I hope to make big progress in swimming my freshman year and hope to make NCAA's. I hope to become fast enough to pursue swimming as a career. It'll be a ton of work, but I am looking forward to it.

Q: What are your hobbies?

MM: Spending time with my family.

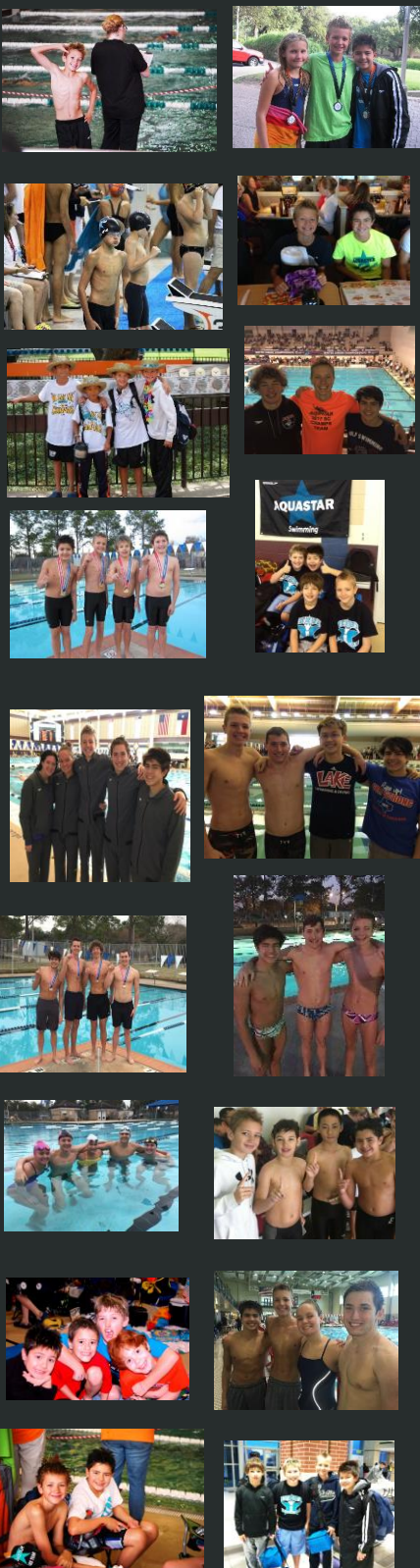
Q: Do you have pets? Tell us something about them.

MM: My two dogs: Mika and Maggie. They love green beans because it makes them big and strong.

Q: What are you passionate about?

MM: I am passionate about working hard. Nothing gets done without dedication and effort into the small things to make the bigger tasks better.

MITCHELL & FRIENDS



SENIOR SPOTLIGHT CONTINUED



Q: Who is your biggest inspiration and why?

MM: My parents inspire me to work hard at everything I do in my life.

Q: Did you participate in other sports that you were equally as passionate about and did they help you with your competitive swimming?

MM: I used to play basketball and run cross country. I think they both helped with endurance, sort of as a cross-training.

Q: Were you involved in any activities (ie clubs, arts, community service projects, Scouts, etc) outside of swimming? If yes, what?

MM: I coached Special Olympics swimming for five years in the summer, as well as Pinebrookwood Orcas. I am also in National Honor Society.

Q: When did you first start swimming for Aquastar? How long have you been with the team?

MM: I have been swimming on Aquastar for 9 years. I started at 8 years old.

Q: What has been your favorite activity as an Aquastar swimmer, ie. meets, practices, end of season celebrations, and what made them special for you?

MM: Taper and big meets are the best. You have a ton of energy to go and race other fast swimmers.

Q: What motivates you as a swimmer?

MM: It's fun to race and push boundaries of what your body can do, and I am very competitive.

Q: Is there anything additional that you would like to add?

MM: I want to thank Coach Jerry for being a great coach over the years, for consistently pushing us hard in practice so I could reap the rewards at meets.

Q: And finally, what has "being an Aquastar" meant to you?

MM: Being on Aquastar has given me lifelong friends, great experiences, and taught me the value of hard work.



Get Connected

REMIND

Text @aquastarsw to 81010 to get breaking news and updates via text.

FACEBOOK PARENTS FORUM

[Aquastar Parents](#)

Private group. Aquastar parents having parent-to-parent discussions. Ask questions, share the latest news and find items left behind at swim meets.

FACEBOOK

[Aquastar Swimming](#)

Celebrate our team's accomplishments and learn about upcoming events such as clinics and 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

TEAM UNIFY WEB PAGE

swimaqua.org

AQUASTAR ON YOUTUBE

[Aquastar's Youtube Channel](#)

AQUASTAR ON INSTAGRAM

[Swimwiththebest](#)



EXTRA, EXTRA! AQUASTAR SWIMMING

RELIVE NATHAN ADRIAN'S LEGENDARY 'MYTHBUSTERS' APPEARANCE



In May of 2009, a 20-year-old Nathan Adrian – then a sophomore at Cal – tested the myth that swimming in syrup makes you slower than swimming in water. By Torrey Hart May 20th 2020. Click [HERE](#) to enjoy!

GOOD READS AQUASTAR SWIMMING

Check out these links for some Good Reads!



"25 Reasons Why We're All the 8-Year-Old Summer League Swimmer" ~By Chandler Brandes June 5, 2020.

Depending on where you live in the country, the summer league season may or may not take place. Covid-19 has canceled many summer-league seasons, which is a sad development considering the impact of summer swimming. It is not only a place to hone skills, but is a wonderful opportunity for teammates and friends to enjoy one another's company. Here is a piece that serves as a reminder of how wonderful summer swimming can be. Click [HERE](#) to read!



"You Are Defined By The Bad Days" ~ By Tera Bradham, June 2, 2020

Swimmer. It's a word that encompasses a brutality known only by those to whom it pertains. There is no sport more excruciating than swimming. While other athletes make similar claims, we know one day in our lives would silence them forever. When an outsider asks if we are swimmers, we nod politely, knowing that they do not and will not ever comprehend the true meaning of the word. Yet in a sport as tough as ours, too many athletes focus on the brief, fleeting moments of glory it seldom provides. As great as victory feels, as rewarding as it is to look up to that scoreboard and see you accomplished your goal, you are not defined by those moments. You are not defined by the good days.

Click [HERE](#) to read!

TEAM FUNDRAISING

Kroger Donation Program:

Aqua's Kroger Community Rewards number is ND027.

Note: ND087 is a new number. Check your account to make sure it is updated.

Sign in to your Kroger account [here](#)

Next, enroll in Community Rewards under your account settings.

NOTE: You will have to re-enroll your card/account each year.

Randall's Donation Program:

Aquastar's Randalls Good Neighbor number is 9266. Just have a checker or courtesy booth person code that into your Randalls card.

Amazon Smile Program:

Just click [here](#) when you visit Amazon. Search for Bay Area Aquanauts. Set Bay Area Aquanauts as your charitable organization, and a portion of your purchase will be donated to Aquastar.



AQUASTAR TEAM SHOP



Click here  [AQUASTAR SWIM SHOP](#)

Want to support the team when buying swim gear and products? Want gear with the Aquastar logo? Use our Aquastar Team Store! A portion of all sales go to Aquastar!

LEARN TO SWIM PROGRAM

SWIM LESSON PROMOTIONS!

A great big shout out to our Learn to Swim kiddos that have been promoted to the next level of our swim program! They've made amazing progress and we can't wait to see what new skills they learn in Session 2 of swim lessons!

Promoted to Level 2: Emmalee, Irvin, Norah, Landon, Matthew, and Ethan! We are so proud of you!

Promoted to Level 3: Zoey, Jackson, DJ, Mary, Juliette, Juniper, Garrett, Sofia, and Brecken! Way to go!

Promoted to Level 4: Audrey, Katherine, and Ryan! Awesome job!

Promoted to Level 5: James, Delicy, Cael, Cole, Saul, and Lydia! Great Swimming!

SUMMER SWIM LESSONS

Brought to you by AQUASTAR
Learn From the BEST!

- ★ Ages 4 & up
- ★ Beginner to Advanced
- ★ Low Student:Teacher Ratios
- ★ Outdoor Open-air Environment

Register today at www.swimaqua.org

- ★ Two-Week Sessions
- ★ New COVID-19 Policies in Place
- ★ Taught by USA Swimming Athletes & Certified Coaches

FAMOUS SWIMMER QUOTES

*"You don't have to be super big to be really good, you just have to work really, really hard. It doesn't matter. I'm living proof of that."
~ Cody Miller*

*"The biggest thing for the longest time was my friends. When I was younger, I pretty much did it because all my friends were swimmers. I like racing and competing, but the reason I kept going to practice was because I had a lot of friends there."
~ Cody Miller*

*"I want people to have that ability to recognize flaws and recognize struggles, but then also still have a positive mindset when trying to work through those things."
~Cody Miller*

*"It's not fun diving in the water at 5:30 a.m. every morning. It's not always fun, but it's worth it."
~Cody Miller*



FAMOUS SWIMMERS



Cody Miller

Check out Cody's SwimSwam Bio Article [HERE](#).

Take a look at Cody Miller's Adventure Vlog featuring Lily King [HERE](#).

Click [HERE](#) to see Swimming World Magazine's article about Cody's Vlogs!

International Medals

Place	Event	Year	Meet
Gold	400 Medley Relay	2016	Olympic Games
Bronze	100 Breast	2016	Olympic Games
Gold	400 Medley Relay	2015	World Championships
Gold	400 Medley Relay	2017	World Championships
Silver	400 Medley Relay	2014	Short Course World Championships
Bronze	200 Medley Relay	2014	Short Course World Championships
Silver	100 Breast	2019	Pan American Championships

Best Times

Course	Event	Time	Date	Meet
scy	100 Breast	50.82	12/18/15	2015 Oklahoma Elite Pro-Am Oklahoma City, Oklahoma
scy	200 Breast	1:49.31	12/02/17	2017 Winter National Championships Columbus, Ohio
lcm	50 Breast	27.24	06/29/17	2017 National Championships Indianapolis, Indiana
lcm	100 Breast	58.86	08/07/16	2016 Rio Olympic Games Rio de Janeiro, Brazil
lcm	200 Breast	2:08.98	05/19/19	2019 TYR Pro Swim Series Bloomington, Indiana