

STREAMLINE

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Meet Entries

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Jeaneen Dale

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Wendy Davis

NEXT

BOARD

MEETING:

Tuesday,

Mar 17, 2020

8:30 pm

Email

amyschauss@yahoo.com

ALL PARENTS

INVITED AND

ENCOURAGED TO ATTEND!

Aquastar ~ Turning today's potential into tomorrow's performance

Upcoming meets:

Date	Event	Host
March 5- 8	TAGS	MARS
April 3-5	AGS LC Invitational 50M pool	AGS *hotel info on Long Course Schedule page 9*
April 4-5	SSS meet (25 yard pool)	Texas City
April 18-19	SWAT LC Open 50M pool	SWAT

SWIMMER'S CORNER



2020 State Meet Swimmers: Max Hardt, Olivia Theall and Mitchell Mason

The weekend of February 14th, 2020, Aquastar seniors represented their high schools in their State meets.

Max Hardt represented Friendswood High School at the 2020 5A State meet earning 37 points. Max competed on his team's 200 medley relay. Max placed 2nd overall in the 200 IM, with his best time at 1:50.16. He placed 1st overall in 100 breast, with a time of 55.69! Wow Max! Way to swim!!

Olivia Theall represented Friendswood High School at the 2020 5A State meet earning 36 points. Her 200 medley relay team took 1st place overall. Olivia placed 3rd overall in the 200 IM coming in at 2:05.45. She then placed 1st overall in the 100 fly finishing in a smooth 54.04. Finally, Olivia's 400 free relay team placed 3rd overall! Great job Olivia!!

Mitchell Mason represented Clear Lake High School at the 2020 6A state meet earning 35 points. Mitchell placed 4th overall in the 200 IM at 1:49.87. He swam 100 breast in 54.59, placing first overall. Awesome swimming Mitchell!

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2019/2020 SHORT COURSE RECORDS & RELAYS

NEW SC AQUASTAR INDIVIDUAL RECORDS:

Tony Laurito 13-14 Boys 1000
Free, 1650 Free
Mitchell Mason 15-18 boys 100
Breast, 200 Breast
Max Hardt 15-18 Boys 200 IM,
400 IM
Spencer Hoffman 200 Fly

NEW SC AQUASTAR RELAY TEAM RECORDS:

--15-18 Girls 200 Yard Freestyle Relay--
Sara Boone, Rachel Del Angel, Riley
Holcomb, & Olivia Theall

NEW 10 & UNDER TAGS RELAY QUALIFIERS:

--10 & under Boys 200 Medley Relay---
Shiv Malkani, Robert Pheister, Urias
Del Angel, & Andrew Loe
--10 & Under Boys 200 Medley Relay---
Trustin Bonow, Robert Pheister, Urias
Del Angel, & Andrew Loe
--10 & under Boys 200 Free Relay-----
Trustin Bonow, Robert Pheister, Urias
Del Angel, & Andrew Loe
--10 and under Boys 200 Free Relay---
Shiv Malkani, Urias Del Angel, Andrew
Loe, & Robert Pheister
--10 & Under Boys 400 Free Relay-----
Shiv Malkani, Urias Del Angel, Robert
Pheister, & Andrew Loe
--10 & Under Girls 200 Medley Relay--
Avery Hearon, Taylor Welch, Myah
Rayburn, & Kimiya Hadaegh
--10 & Under Girls 400 Free Relay-----
Avery Hearon, Myah Rayburn, Kimi
Hadaegh, & Taylor Welch



TAGS, SECTIONALS & RECORDS, OH MY!

Throughout the 2019-2020 Short Course season, we witnessed many, many great Aquastar swims! Some of them broke Aquastar team records and some of them were qualifying times for TAGS or Sectionals. Here is the 2019-2020 SC List of New Individual TAGS times and Sectionals times! Check out the column on the left for team records, and TAGS team relay qualifiers! Way to go Aquastar swimmers! Good luck to our TAGS swimmers this weekend!

10 & UNDER INDIVIDUAL SC TAGS TIMES:

Urias Del Angel-----10 & under Boys 50 Free, 100 Free, 50 Back, 100 Back, 50 Fly, 100 Fly, 100 IM, & 200 IM
Avery Hearon-----10 & under Girls 50 Free, 100 Free, 50 Back, 100 Back, 50 Fly, 100 Fly, & 100 IM
Shiv Malkani-----10 & under Boys 100 Free, 200 Free, 50 Back, 100 Back, 50 Fly, 100 IM, & 200 IM
Robert Pheister-----10 & under Boys 50 Fly, 100 Fly, 100 IM, & 200 IM
Myah Rayburn-----10 & under Girls 50 Fly & 100 Fly
Taylor Welch-----10 & under Girls 50 Breast & 100 Breast

11-12 Individual SC TAGS TIMES:

Nick Hardt-----11-12 Boys 50 Free, 100 Free, 50 Breast, 100 Breast, 200 Breast, 50 Fly, 100 Fly, 200 Fly, 100 IM, & 200 IM
Amelie Nguyen-----11-12 Girls 50 Breast
Sydney Svahn-----11-12 Girls 50 Breast, 100 Breast, 50 Fly, 100 Fly, & 100 IM

13-14 INDIVIDUAL SC TAGS TIMES:

Tony Laurito-----13-14 Boys 500 Free, 1000 Free, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM, & 400 IM
Amelie Nguyen-----13-14 Girls 200 Breast

SHORT COURSE SECTIONALS TIMES:

Sara Boone-----100 Fly, 200 Fly, 200 IM, & 400 IM
Rachel Del Angel-----200 Fly
Max Hardt-----50 Free, 100 Free, 200 Free, 500 Free, 1000 Free, 1650 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM, & 400 IM
Spencer Hoffman-----50 Free, 100 Free, 100 Back, 100 Breast, 200 Fly, & 200 IM
Tony Laurito -----200 Breast
Mitchell Mason-----50 Free, 100 Free, 200 Free, 500 Free, 100 Back, 100 Breast, 200 Breast, 200 IM, & 400 IM
Amelie Nguyen -----200 Breast
Olivia Theall -----50 Free, 100 Free, 100 Back, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM, & 400 IM

HAPPY BIRTHDAY!

MARCH BIRTHDAYS

Jaxon Nelson	1 st
Trevor Johnson	3 rd
Kyle Odom	3 rd
Tate Dowell	4 th
Reed Rhodes	5 th
Stella Sutphen	6 th
Ethan Bonow	7 th
Joseph Stolle	7 th
Aria Garza	8 th
Blythe Bonow	10 th
Dax Dowell	16 th
Avery Hearon	18 th
Landen Davidson	19 th
Sophia Nelson	21 st
Crichton Vandertie	21 st
Danielle Trinh	22 nd
Jaxon Dale	23 rd
Adam Picco	24 th
Dalton Gillard	25 th
Trustin Bonow	27 th
Scarlett Jordan	31 st

MOVING UP

Training Promotions

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

WHITE TO AQUA

Kennedy Brown (100 Back, 50 Fly, 100 IM)
Mason Johnson (50 Free, 100 Back, 100 Fly)
LT Knight (50 Free, 50 Back, 50 Fly)
Julia Yamokoski (50 Free, 50 Back, 50 Fly)



FROM THE COACH



AQUASTAR is officially a force to be reckoned with! I am so excited about the progress our team has made. We have had an excellent season with many achievements across the board. We have swimmers learning to dive in head first, mastering breaststroke, making new intervals, improving their times at meets, being promoted to new groups, qualifying for Gulf Champs, TAGS, Sectionals, and Junior Nationals. All the way to kids getting ready to go to Olympic Trials. We have come a long way as a team and it shows at practice and swim meets. I could not be more proud of all of our swimmers, coaches, and parents. As we start a new season we would like to continue making more progress and seeing more improvements throughout the spring and summer. It is important for our team, that we retain as many swimmers as possible during this next season. I know summer league is starting soon. Summer league is a lot of fun and great for the confidence of the swimmers. But, it is important to continue to swim with AQUASTAR so that the kids don't regress in their technique and endurance. I always recommend that if you are going to do summer league to do a little of both so that the swimmers can continue to improve in both technique and speed as well as have fun with their neighborhood friends and show off their improvements since last summer.

The year is 2020 and that means... Summer Olympics! I know I will have my DVR set to record all of the swimming events. Did you know that AQUASTAR swimmer, Mark Theall is going to Olympic Trials? He has qualified in 3 events... 100, 200, and 400 Freestyle. Mark is currently a junior at Texas A&M. Mitchell Mason, senior at Clear Lake HS, only needs to drop .02 seconds in his 100 Breast to qualify for Olympic trials. Mitchell, Olivia Theall, Max Hardt, Sara Boone, and Spencer Hoffman are all going to swim at Division I colleges with amazing swim programs for the next 4 years. With the strong foundation that they have built here at AQUASTAR, combined with 4 more years of college swimming, I wouldn't be surprised if we see some or all of them at the Olympics in the future. AQUASTAR produces champions. As a coach it is so great to see our swimmers reaching this level of competitiveness. These swimmers were taught to swim competitively by AQUASTAR. They did the same sets, learned the same technique, the same racing strategies, and the same team togetherness that your swimmers are learning now. It is so exciting to see so much success on so many levels.

To go along with the Olympics, our team theme for the summer is "NO WEAK LINKS". Picture the Olympic rings in your mind. AQUASTAR is not just a team, we are a family. We stick together through thick and thin. The parents and coaches on the team have set such a good example for our swimmers. We show the swimmers how to work together to be successful! The coaches are a tight knit group. We work very hard to be on the same page and provide consistency for the swimmers. Each coach has an important part on our team and together we are extremely successful at helping the swimmers to progress. The parents also set such a good example for our swimmers. Hosting meets is a great example of this. AQUASTAR has a reputation for hosting awesome meets. This is because our parents come together and do whatever it takes to get the job done. The swimmers see this and it teaches them how TEAMWORK makes the DREAM WORK! The swimmers are learning to be there for each other, to lean on each other, to respect each other and become champions TOGETHER! Sometimes when I see examples of this it feels like my heart is going to explode. I just love to see our team always strengthening each other and lifting each other up.

This summer is going to be amazing! We have some great new ideas to help make swimming fun and encourage the swimmers to attend practice and swim meets. My goal for every swimmer on this team is for them to fall in love with swimming. I want them all to have the opportunity to reach their full potential both in the water and out. AQUASTAR is always working hard to make this a reality. I hope to continue to see all of you this season! See you at the pool!

~Coach Jeaneen~

Check out the left column on page 6 for info about our T-SHIRT DESIGN CONTEST! Don't miss out on a chance to submit your drawing for our contest!



"You can't put a limit on anything. The more you dream, the farther you get." ~Michael Phelps



TRAINING PROMOTIONS CONTINUED

AQUA TO BLUE

Brooke Hubenak (100 Back, 100 Breast, 400 IM)

Shiv Malkani (100 Free, 100 Back, 200 IM)

Erin Voelker (50 Breast, 100 Fly, 200 IM)

BLUE TO GOLD

Kirstin Schauss (100 Back, 100 Breast, 100 Fly)

Sydney Svahn (100 Breast, 100 Fly, 200 IM)

NEW SC TAGS TIMES

Urias Del Angel 10 & Under Boys 100 Free, 100 Back, & 200 IM

Nick Hardt 11-12 Boys 100 Free, 100 IM, & 50 Free

Avery Hearon 10 & Under Girls 50 Free

Roberty Pheister 10 & Under Boys 50 Fly & 200 IM

Myah Rayburn 10 & Under Girls 50 Fly

Sydney Svahn 11-12 Girls 50 Breast, 100 IM, 100 Breast, & 100 Fly

Taylor Welch 10 & Under Girls 50 Breast & 100 Breast

•
--10 & Under Girls 200 Free Relay –
Myah Rayburn, Avery Hearon, Kimiya Hadaegh, and Taylor Welch

WELCOME!

**New Aquastar swimmers
and their families!**

**William Smith, Patrick Martinez,
Molly Fruehan**



SENIOR SPOTLIGHT



Introductions to Inspire! Meet Aquastar Senior Olivia Theall!

A-Introduce yourself.

OT- Hi I'm Olivia Theall! I have lived in Friendswood my whole life and I'm excited to go to college and meet new people and get out into the world a little bit!

A- Could you tell us a little background about yourself?

OT- I've been swimming since I was 5 years old and joined the Friendswood summer league team. I joined Aquastar when I was 9 and I am also involved in choir, track, and cross-country.

A-Where do you currently go to school and did you swim there?

OT- Friendswood High School, yes I am part of the FHS swim team. I have qualified for the UIL state meet 4 times and I am a 4x Athletic All-American.

A-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?

OT- I will be swimming at Texas A&M University and my goal there is to win an individual conference title and to A-Final at the NCAA championship.

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

OT- I plan on majoring in Meteorology and I would like to either become a meteorologist or work in the National Parks Service.

A-What are your hobbies?

OT- Other than swimming, I enjoy listening to music, running, singing, watching Netflix, and napping.

A-Do you have pets? Tell us something about them.

OT- I have a dog named Suri and a cat named Marsha. My dog likes running and my cat likes eating.

A-What are you passionate about?

OT- I am passionate about teamwork and helping my friends achieve their goals. Even if I have a bad swim, if my friend has a good swim I'll be happy.

A-Who is your biggest inspiration and why?

OT- My biggest inspiration is my older brother Mark. Seeing what he has accomplished at Texas A&M is really inspiring to watch happen. I know how hard he works to achieve the level of success that he has and I admire his constant drive to get better and improve.

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

OT- In addition to swimming, I ran cross-country and track throughout junior high and high school. I loved running and I think it really helped keep me in shape and build up my endurance to help my swimming career. I met tons of my closest friends through running and it's always a nice change of pace to be on land instead of the water.

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

OT- I have been in choir since 3rd grade and I absolutely love to sing. I am currently in the top ensemble at my high school.

OLIVIA & FRIENDS



SENIOR SPOTLIGHT CONTINUED



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

OT- I joined Aquastar when I was 8 and I have been on the team for all 10 years that I've swum club.

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

OT- When I was younger I enjoyed meets a lot because I got to go out and compete against people from other teams and talk to my Aqua friends who practiced at other pools. However, as I've gotten older I now enjoy practices the most. Getting to be with my best friends and make memories everyday is always enjoyable. Even in the middle of the hardest sets, my lane buddies always seem to find a way to make me smile.

A-What motivates you as a swimmer?

OT- My main motivation as a swimmer is to contribute my most to the team and hopefully inspire younger kids. I remember when I was in blue group I always looked up to the high schoolers in senior group and I just want to be that kind of figure for others.

A-Is there anything additional that you would like to add?

OT- I have swam with Coach Harold for 6-7 years as soon as I moved up to blue group.

A-And finally, what has "being an Aquastar" meant to you?

OT- Being on Aquastar has meant a lot to me and I can't even imagine being on another team. It feels like a second family and I know my friends on the team always have my back. They know just what to say if I have a bad race and we can always joke around with each other. My friends motivate me and overall we just have a really positive environment because we build each other up.



ATTENTION:**CONTEST TIME!!**

As we enter into Long Course season, Aquastar would like to introduce a **theme** to pump up our swimmers during this **Olympic Summer!**
"No Weak Links"

To kick off our **Olympic themed Long Course season**, we would like to **welcome** our **swimmers** to **enter** our **"No Weak Links"** themed **t-shirt design contest!** Any **active** Aquastar swimmer may participate. Have them design and draw their best interpretation of our Olympic inspired **"No Weak Links"**.

Parents, submit your children's drawings to either Wendy Davis (Holly's mom), Laura Hearon (Avery' & Henry's mom), or Kathy Voelker (Erin's mom). Don't be shy, ask around if you don't know who we are!

Parents may also email the drawings to Coach Jeanene @ jmjohn0113@yahoo.com. The **DEADLINE** for the **contest** is **April 1, 2020**. If your child's drawing is picked as the winner, we will use your drawing as our inspiration for a **"No Weak Links" T-shirt** for our **2020 Long Course Season**.

**EXTRA. EXTRA READ ALL ABOUT IT!****FEBRUARY MEETS RECAP:****Aquastar swimmers attended 3 meets during the weekend of February 7-9, 2020:**

February 8-9, 2020: 16 Aquastar swimmers ages 8 & under participated in their Short Course Champs meet hosted by Harris County Aquatics Program (HCAP) in Houston. Our swimmers improved in 62% of events entered. AQUASTAR placed 1st overall as a team at the 8 and under Champ meet! Swimmers of the meet scoring 54 points each are Landen Davidson (age 7) and Crichton Vandertie (age 8). Each boy won all 6 of their events at this meet and received high point awards for their respective ages.

Gabriel Laurito also received the 6 and under boys high point award with 5 first place finishes and 1 second place finish scoring 52 points! Special recognition goes to Stella Sutphen for 100% improvement in 6 of 6 events entered.

Other swimmers with 100% improvement are Addison Cassady, Bilge Ekran, and Phoenix Harrup.

February 8-9, 2020: 4 Aquastar swimmers participated in the 9 & Older Ambush First Chance Meet hosted by Ambush Swimming (AMBU) in Lufkin. Our swimmers improved in 54% of events entered.

Swimmer of the meet with 2 best times in 2 events entered is Taylor Welch. Special recognition goes to Myah Rayburn and Urias Del Angel who each won all 6 of their events at this meet.

February 7-9, 2020: 41 Aquastar swimmers participated in the 2nd Annual Marion Oliver Memorial Prelim/Final Invitational Meet hosted by Harris County Aquatics Program (HCAP) in Houston. Our swimmers improved in 72% of events entered. AQUASTAR placed 2nd overall as a team!

Swimmers of the meet with 7 best times in 7 events entered are Nathaniel Joiner, Scott Mather, and Holly Tinson.

Swimmers with 100% improvement are Laine Anderson, Kennedy Brown, Samantha Cassady, Reese del Valle-Guerra, Shreya Ganguli, Mason Johnson, Rowan MacLean, Marshall Odom, Katelyn Tran, and Julia Yamokoski.

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



EXTRA, EXTRA READ ALL ABOUT IT!



FEBRUARY MEETS RECAP CONTINUED:

Aquastar swimmers attended one meet during the weekend of February 21-23, 2020:

February 21-23, 2020: 41 Aquastar swimmers ages 9-14 participated in their short course champs meet, Gulf Swimming Short Course Champs II, hosted by North Channel Aquatics (NOCH) in Houston. AQUASTAR won 3rd place in total team points!

Swimmer of the meet scoring 60 points is Urias Del Angel. Urias Del Angel won the boys 10 & under high point award. Zachary Joiner won the boys 11-12 high point award. Special recognition goes to Andrew Loe, William Schauss, and Julia Yamokoski for 100% improvement in 7 of 7 events entered. Other swimmers with 100% improvement are Kennedy Brown, Kaleb Brown, Brooke Hubenak, Neelia Ouladi, Dennis Tran, Tiffany Tran, Myah Rayburn, Lily Sisung, and Sareena Tiedemann.

February 28 – March 1, 2020: coming in April's issue of STREAMLINE.

GOOD LUCK TO ALL OF OUR TAGS SWIMMERS THIS COMING WEEKEND!

***Don't forget to check out the left column on page 6 for info about our T-SHIRT DESIGN CONTEST! Don't miss out on a chance to submit your drawing for our contest!

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:

Aqua'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



WHITE GROUP
PRACTICE GEAR



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](#)!

GOOD READS



Looking for a good read? Take a look at USA swimming article [“Maritza McClendon: The Trailblazer Who Nearly Wasn’t”](#) By Tom Slear.



Check out this USA Swimming article: [Writing her Memoir Gives Elizabeth Beisel New Perspective about Swimming and Life](#) ~ By Mike Watkins

HOTELS FOR TRAVEL MEETS:

***April 3-5 AGS LC
Invitational***

click: [Embassy Suites by Hilton College Station](#)

Group name: Aquastar
Swim Team

Group Code: AQ5

Address:

201 University Drive East
College Station, Tx 77840

Ph: 979-485-5605

*** MUST BOOK BY END OF
BUSINESS MARCH 13th to
get special Aquastar
pricing***

Looking for swimming
lessons? For info on
2020 Aquastar Learn
to Swim Sessions click

[HERE](#)



2020 LONG COURSE MEET SCHEDULE

TENTATIVE

2020 Long Course Meet Schedule

April 3-5	Aggieland meet (50 M pool)	AGS
April 4-5	SSS meet (25 yard pool)	Texas City
April 18-19	SWAT meet (50 M pool)	Sugarland
May 2 or 9	Sharks meet (25 yard pool)	Friendswood
May 16-17	AQUA/SSS meet (50 M pool)	League City
May 28- 30	Senior Circuit #2	AGS
June 6-7	SWAT meet (50 M pool)	Fort Bend
June 14	SSS meet (25 yard)	Texas City
June 19-21	TXLA Texas Open (must qualify) 50 M	UT
July 9-12	Sectionals (must qualify) 50 M	UT
July 10-12	Gulf Champs (need AG Champ times) 50 M	CFSC
July 11-12	Gulf Sprint Series Champs (2 BB times or fewer)	?
July 17-19	Gulf Senior Champs	TWST
July 17-19	Gulf Summer Champs (need 3 BB times or more) 50 M	?
July 22-26	TAGS (must qualify) (50 M)	Lewisville
August 4-8	Junior Nationals (must qualify) 50 M	Indianapolis

