



# STREAMLINE



## Contact us:

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

**AQUASTAR**

### President

Amy Schauss

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Jerry Hardt

### Treasurer

Josh Johnston

### Secretary

Nisha Gidwani

### Directors

Christina Klun

Melissa Davidson

Amy Vandertie

Kirk Hoffman

### Newsletter Editor

Wendy Davis

### **NEXT BOARD MEETING:**

Wednesday,

June 8, 2022

@ 8:30 pm

Email Amy for info at:

[amyschauss@yahoo.com](mailto:amyschauss@yahoo.com)

ALL PARENTS ARE

INVITED AND

ENCOURAGED TO ATTEND!

### **IN THIS ISSUE:**

**Page 1:** Aqua Info, 2021-2022 SC AWARDS

**Page 2:** Team Records, Long Course Meet Schedule, Swimmer's Corner, IMX Challenge Certificates

**Page 3:** Birthdays, Promotions, New Swimmers, Cody Miller VLOG, Collegiate Swimmers, Meet Summaries

**Page 4:** Digital Media, Meet Summaries, Houston Swim Camps

**Page 5:** Team Fundraising, Aquastar Merch, Team Shop, 12 & Under Tech Suit Ban Info

**Page 6:** Famous Swimmer: Rowdy Gaines



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

## AQUASTAR'S 2021-2022 SHORT COURSE AWARDS:

### MOST VALUABLE

Girls	8 and under June Frausto	9y-10y Stella Sutphen	11y-12y Gwyn Chen	13y-14y Laine Anderson	15y-18y Kirstin Schauss
Boys	8 and under Gabriel Laurito	9y-10y Crichton Vandertie	11y-12y Jackson Hickok	13y-14y Nick Hardt	15y-18y Tony Laurito

### MOST IMPROVED

Girls	8 and under Sophia	9y-10y Ava Kinsworthy	11y-12y Michelle Sokol	13y-14y Holly Tinson	15y-18y Allie Vidinha
Boys	8 and under Joseph Sutphen	9y-10y Albert Chen	11y-12y Wilder Smith	13y-14y Zachary Joiner	15y-18y Marshall Odom

### AQUASTAR SPIRIT AWARD

Red Group Juliella Kersh	White Group Alicia Mellin	Aqua Group Addison Woodby	Blue Group Myah Rayburn	Gold/Senior William Schauss Madi Murray

# AQUASTAR ALL TIME LC TEAM RECORDS 100 FLY

## 10 & Under Girls

Caroline McElhany 1:12.10 07/25/02

## 10 & Under Boys

Tony Laurito 1:13.84 07/07/17

## 11 & 12 Girls

Caroline McElhany 1:05.37 07/22/04

## 11 & 12 Boys

Tony Laurito 1:03.37 06/21/19

## 13 & 14 Girls

Caroline McElhany 1:02.86 07/26/06

## 13 & 14 Boys

Tony Laurito 58.79 06/11/21

## 15 to 18 Girls

Olivia Theall 1:01.61 07/11/19

## 15 to 18 Boys

JP Nguyen 56.70 04/17/17

# 2022 LONG COURSE MEET SCHEDULE

## TENTATIVE 2022 LONG COURSE MEET SCHEDULE

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
May 14-15	BATS Open Meet	FBISD Nat
May 20-22	SPA Open Meet	Don Cook Nat
June 23-25	Senior Circuit (must qualify)	A&M
June 24-26	Ambush Open Meet	FBISD Nat
July 7-10	Sectionals (must qualify)	UT
July 9-10	12 & Under / B & Under Champs	*TBA
July 15-17	Gulf Champs (must qualify)	Cy-Fair, TX
July 15-17	Gulf Senior Champs	Shenandoah, TX
July 20-24	TAGS (must qualify)	Arlington, TX
July 27-30	Futures (must qualify)	A&M
July 29-31	Gulf Summer Champs	*TBA
August 1-5	Junior Nationals (must qualify)	Irvine, CA

\*TBA – This is a Gulf meet and we won't know what location we are assigned to until after we submit entries. Once we are aware of what the possible locations will be, we will communicate that information to the team.

## SWIMMER'S CORNER



AQUASTAR Swimmers having fun and all tucked out! Swim meets will do that to you!



Check out AQUASTAR's new pool heater for Oakbrook!



## 2021-2022 SHORT COURSE IMX CERTIFICATES

### Way to go AQUASTAR swimmers!

AQUASTAR swimmers that completed USA Swimming requirements and received their IMX Challenge Certificates for the 2021-2022 short course season!

Laine Anderson, Albert Chen, Gwyn Chen, Landen Davidson, Kimiya Hadaegh, Mariam Hadaegh, Nick Hardt, Jackson Hickok, Zachary Joiner, Ava Kinsworthy, Anthony Laurito, Carmen Laurito, Gabriel Laurito, Andrew Loe, Omar Mahmoud, Selim Mahmoud, Shiv Malkani, Kellen Maronge, Alexander Morales, Jaxon Nelson, Myah Rayburn, Ingrid Schauss, Kirstin Schauss, William Schauss, Wilder Smith, Caroline Song, Holly Tinson, Crichton Vandertie, Allie Vidinha, Evan Vidinha, Lauren Vidinha, and Addison Woodby



**"Water is the answer. It's the answer to all your questions."**  
~Rowdy Gaines

## HAPPY BIRTHDAY!

### MAY BIRTHDAYS

Aalam Momin	05/01
Viviana Rocha	05/02
Aliana Chapa	05/06
Yen Luu	05/06
Chaslynn Gonzalez	05/07
Lelia Cameron Sprague	05/07
Wilda Smith	05/09
Adalynn Weber	05/09
Nessa Cmerek	05/12
Holly Liu	05/15
Zachary Joiner	05/16
MJ Best	05/17
Kimiya Hadaegh	05/18
Kellen Maronge	05/22
Katelyn Tran	05/23
Alexzander Morales	05/25
Matthew Morin	05/27
Deven Barnes	05/28
Neal Cmerek	05/28
Hans Zhou	05/29

### COOL VIDEOS ABOUT SWIMMING!

#### CODY MILLER ADVENTURES VLOG

Cody Miller Adventures VLOG: "Road to World Champs: TEXAS PRO Swim Championship" Click [HERE](#) to watch!

#### CODY MILLER ADVENTURES VLOG

Cody Miller Adventures VLOG: "What's Inside my SWIM BAG? Olympians Gear/Race Day SECRETS". Click [HERE](#) to watch!



## PROMOTIONS

### RED TO WHITE

MJ Best  
Aiden Woodbv

### Way to go AQUASTAR!



### WHITE TO AQUA

Phoenix Livesay

## NEW AQUASTAR SWIMMERS

Welcome to Aquastar! We are so glad that you are a part of our swim family!



Krishna Jois, Tim Schneider, Jiuling Zhang, Hans Zhou, Peyton Warner, Wesleigh Wood, Benjamin Tercero

## AQUASTAR'S COLLEGIATE SWIMMERS



[Sara Boone](#) – University of the Incarnate Word  
[Max Hardt](#) – Texas A&M Aggies  
[Spencer Hoffman](#) – Southern Illinois Salukis  
[Mitchell Mason](#) – Louisiana State University Tigers  
[Lezli Sisung](#) – University of Kansas Jayhawks  
[Olivia Theall](#) – Texas A&M University Aggies



Way to go! Aquastar Spencer Hoffman was named to the Academic All-MAC team! Click [HERE](#) to check out the article!

## MEET SUMMARIES

### ESCALATE APRIL OPEN

April 8-10, 2022, 58 swimmers from Aquastar participated in the Escalate April Open hosted by Escalate Swimming (ESCA) in Houston. Aquastar swimmers improved in 75% of events entered.

### Swimmer of the meet with 10 best times in 10 events entered:

Jackson Hickok

### Other Swimmers with 100% best times:

Samantha Cassidy, Albert Chen, Isabella Corliss, Audrey Coronado, Jasper Coronado, Landon Davidson, Kelton Day, Rori Day, Sophia Fernandez, Miles Francowiak, Damiana Ivanoff, Zachary Joiner, Ellie Kerch, Ava Kinsworthy, Simon Kinsworthy, Carmen Laurito, Gabriel Laurito, Phoenix Livesay, Thien Luu, Paige McCray, Sara McGrady, Ben Meawed, Alicia Mellin, Noorah Muhusin, Jaxon Nelson, August Robertson, Sophia Shivokhina, Michelle Sokol, Holly Tinson, and Aiden Woodby

### New LCM Team Records:

Girls 11-12 200 Back Gwyneth Chen

### New LCM TAGS Times:

Boys 10 & Under 200 Free and 100 Breast – Albert Chen  
 Boys 10 & Under 100 Fly – Gabriel Laurito  
 Boys 10 & Under 200 Medley Relay – Noah Kinsworthy, Landon Davidson, Albert Chen, Gabriel Laurito  
 Boys & Under 400 Free Relay – Albert Chen, Gabriel Laurito, Landon Davidson, Omar Mahmoud  
 Girls 11-12 200 IM – Gwyneth Chen  
 Boys 11-12 50 Fly – Crichton Vandertie

## 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](http://swimaqua.org)

### AQUASTAR ON YOUTUBE

#### [Aquastar's Youtube Channel](#)

### AQUASTAR ON INSTAGRAM

#### [Swimwiththebest](#)



## MEET SUMMARIES



### AGGIELAND APRIL LONG COURSE INVITATIONAL

April 22-24, 2022, 38 swimmers from Aquastar participated in the Aggieland April Long Course Invitational hosted by AGS Swim Team (AGS) in College Station. Aquastar swimmers improved in 65% of events entered.

#### New LCM Sectionals Times:

Men 200 Free & 400 Free – Tony Laurito  
Men 100 Back and 200 Back – Adam Picco  
Women 200 IM – Allie Vidinha

#### New LCM TAGS Times:

Boys 10 & Under 50 Free – Albert Chen  
Boys 10 & Under 50 Free – Gabriel Laurito

## HOUSTON SWIM CAMPS



LATEST NEWS: Welcome to Houston Swim Camps!

[LOGIN](#)

[REGISTER](#)



## HOUSTON SWIM CAMPS

BUILDING CHAMPIONS FOR LIFE

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### Welcome to Houston Swim Camps!

2017, 2018, 2019, 2020, & 2021 AAC Conference Champs

Houston Swim Camps Events	
<b>2022 Swim Camp: Session I</b> Comprehensive Stroke Camp: June 6th - 9th, 2022 Starts & Turns: June 10th, 2022	<a href="#">MORE INFO</a> <a href="#">REGISTER</a>
<b>2022 Swim Camp: Session II</b> Comprehensive Stroke Camp: June 13th - 16th, 2022 Starts & Turns: June 17th, 2022	<a href="#">MORE INFO</a> <a href="#">REGISTER</a>

It's been a long two years of campless summers for us, we are excited to bring back the Cougar Swim Camp, home of the **6-time American Athletic Conference Champions**. We are making a big push this week in hopes of reaching more athletes to apply to our camp. The swim camp is a day camp which will allow for easy travel for parents, a camp experience without athletes being homesick, an opportunity to meet other athletes in the Gulf, an opportunity to build lasting memories for years to come, and with the ease it provides a potential for athletes to attend swim camp and not miss training with their club team. The camp will be led by head coach Tanica Jamison, a graduate from the University of Texas in 2003, 11-time All American, NCAA Champion, Olympic Trials Finalist, US National Champion, US National team member, and former professional athlete. Some of Coach Jamison's achievements as a Division I coach include: American Athletic Conference Female Swim Coach of the Year, former USA Swimming National Team Coach, former Associate Head Coach at Texas A&M and former assistant coach at the University of Pittsburgh.. Under her leadership Coach Jamison has helped many athletes reach their dreams, whether it be making an Olympic Team, breaking American Records, NCAA Records, NCAA Champions, Conference Champions, her knowledge of the sport and how to produce talent is unmatched. We are excited to have her lead our swim camp this summer and wanted to provide that opportunity for your athletes. You can find the information about our swim camp in the following links and flyer. All levels are welcome from ages 7-17. We offer a stroke camp Monday through Thursday where we will teach drills, skills, and training of each stroke. Friday we will host a Starts & Turns camp helping athletes improve small details that will make significant improvements in their overall performance.

Click [HERE](#) to see the camp details and register!

## 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 MERCH

Have you been looking to take your AQUASTAR fashion game to the next level? Look no further. Order a pair of these custom AQUASTAR earrings! Proceeds go towards AQUASTAR. Click [HERE](#) to shop and order!



## AQUASTAR TEAM 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! Here are just a few of the items you can purchase through our Aquastar team store!

Click here → [AQUASTAR SWIM SHOP](#)



RED GROUP PRACTICE GEAR



WET SUITS



WHITE GROUP PRACTICE GEAR



Adult Grey Logo on Front - Heavy Blend Adult Crewneck Sweatshirt



AQUA AND ABOVE PRACTICE GEAR



PRESCRIPTION GOGGLES



Black Logo Front - Quick-Dry Stripe Polo Polo Tee



Logo and name on front - Bonede Uniform Full Zip Hoodie



Black Logo Towel - Fossil  
Combed Terry Velour Beach Towel 32" X 64"



YOUTH AQUASTAR APPAREL



Logo tote - Quick-Dry Day Tote



Logo tote - Quick-Dry Day Tote



Logo tote - Quick-Dry Day Tote



Logo tote - Quick-Dry Day Tote



Logo tote - Quick-Dry Day Tote



Logo tote - Quick-Dry Day Tote

## 12 & UNDER TECH SUIT BAN INFO

**Parents:** Please remember that the USA Swimming 12 & Under tech suit ban is NOW in effect. You can read about the **specific rules** [HERE](#)! Want to check if your suit is on the naughty list? Click [HERE](#) to see if your suit is on the **RESTRICTED list**. Click [HERE](#) to see if your suit is on the **APPROVED list**. Please check to be sure that your child's suit is in compliance with the new rules. Some older suits may be on the "legal" list, but not have the new USA Swimming Checkmark tag next to the FINA tag. Parents would need to get those suits approved by the Meet Referee prior to the start of the meet. Those suits must have the name of the suit on the interior tag, so the Meet Referee can cross reference with the approved suit list. It may be necessary for the suit to have a matching style/serial/sku number with the ones on the approved list. **Print** a copy of the **approved list** and highlight your swimmer's **suit name/model/sku** on the list to show to the Meet Referee for suit approval prior to swimming any events in the suit. **The style/serial/sku numbers of approved suits can be found by clicking [HERE](#) and referring to the "detailed breakdown of approved and restricted tech suits by brand".**

## FAMOUS SWIMMER QUOTES

**"Don't wait for your ship to come in; swim out to it."**  
~ Rowdy Gaines

**"I learned more from the losses I suffered than the wins"**  
~ Rowdy Gaines

**"People ask me all the time, 'if you could pick one reason why you won a gold medal in the Olympics, what would be that one main reason?' and I always tell them...really, it's because I love swimming. I love to swim. I've always loved to swim."**  
~ Rowdy Gaines

**"Don't be afraid to swim with the sharks."**  
~ Rowdy Gaines



**"1984 Olympic Games- Men's 100 Meter Freestyle."** Watch Rowdy Gaines' Olympic swim [HERE!](#)



## FAMOUS SWIMMER



**Rowdy Gaines**

### ACCOLADES:

3-time Olympic Gold Medalist

22-time NCAA All-American

12-time USS National Individual Champion

10-time World Record Holder

8-time NCAA Champion

12-time SEC Champion

1980 & 1984 World Swimmer of the Year

1980 United States Swimmer of the Year

1981 SEC Athlete of the Year

1982 McDonald's Spirit Award

2007 NCAA Silver Anniversary Award

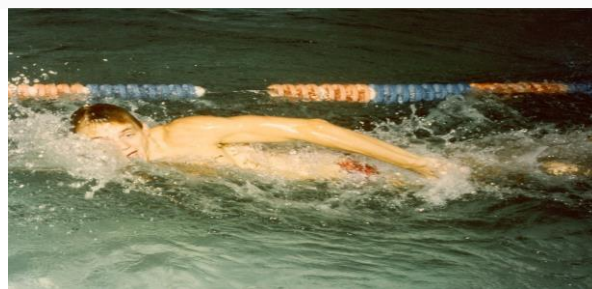
2015 USA Swimming Award

International Swimming Hall of Fame

U.S. Olympic Hall of Fame

Alabama Sports Hall of Fame

Florida Sports Hall of Fame



"What Doesn't Rowdy Gaines Do?" Click [HERE](#) to read the article.

"Let it motivat you: Rowdy Gaines Knows feeling of losing a season"  
Click [HERE](#) to enjoy the article!

WHY YOU SHOULD WATCH THE DOCUMENTARY "ROWDY" BEFORE SUMMER NATIONALS



"Why You Should Watch The Documentary 'Rowdy' Before Summer Nationals." Click [HERE](#) to read the Swimsam article!



"Rowdy Gaines and Dan Hicks call race in kiddie pool." Click [HERE](#) to watch!

"Rowdy Gaines: The Importance of Swimming Regret-Free." Click [HERE](#) to read the article!

"Day In the Life of NBC Sports Voice of Swimming Rowdy Gaines at the Olympics." Click [HERE](#) to enjoy the Swimsam podcast!

Check out Rowdy Gaines' USASWIMMING page as their Ambassador. Click [HERE](#) to check it out!

Click [HERE](#) to check out Rowdy Gaines' TEAM USA HALL OF FAME page!

