



make the **laps** count

Streamline Newsletter: Issue MMXXV, Volume II

Hello parents and athletes! February has been a calm, but very successful month for our team as we round out our short course season! Before you read on, we would like to remind everyone our coaches have new emails. You can find them below.

- Coach Collin - CoachCollin@AquastarSwim.org
- Coach James - CoachJames@AquastarSwim.org

- Coach Francesco - CoachFrancesco@AquastarSwim.org
- Coach Jay - CoachJay@AquastarSwim.org
- TreasurerAllison Swenson -

As another reminder, our Swim-a-thon is still going on! You can read more about it below. We have some exciting new prizes available!

Swim-a-thon



make the **laps** count

As you already know, our team is running a Swim-a-thon on March, 29th. We are excited to announce a potential new prize to participating families to help us reach our goal! **Athletes who send at least 5 donation request emails under their profile AND create a social media post (please send a screen shot to Coach Collin) by March 10, 2025 will be entered to win Brunch and Pickleball for 4.**

Currently we are at \$2775 raised with Aqua Group in a commanding lead. In total they have \$1138 alone!

If you have not already set up your Swim-a-thon account, you can follow the directions below.

1. Log into your family's account at www.swimaqua.org and click on the fundraiser banner at the top of the page to access your setup.
2. Choose your swimmer from the 'Participant' box; click 'View Profile' and then click on 'Set Up' tab to begin editing your swimmer's profile.
3. Personalize your swimmers profile page by filling in their fundraising goal, lap goal, and message template. You can even upload a personal photo! Swimmers have the option to place additional flair to their page from the stock photo library provided by Team Unify. This is your time to shine and draw attention to the campaign. Have fun together and get your athlete involved in the design process.
4. To edit your swimmer's message template, click inside the text box to personalize your thoughts about swimming with AQUASTAR.
5. At the bottom of the 'Set Up' page, there is a designated area to type your Facebook URL and Twitter URL. Once you have added your social media links, click the 'SAVE' button located at the bottom.
6. After you are finished setting up your donation page click on the 'Promote' tab to post your fundraising page on Facebook and Twitter. There is also a designated email section under the 'Promote' tab to enter email addresses of family and friends.
7. For extra assistance, there is a 'Help Video' tab with tutorials to guide you through the set up process and make the most of promoting your fundraiser page through social media.

12 & Under Champ Meet



From February 21st-23rd, our 12 & under athletes participated in their end of short course season champ meet. Before going through the highlights, I would like to extend a huge congratulations to all of the athletes who participated. You have all worked hard for your results, and it shows!

- **Micah Best** earned a "B" Cut in his 50Y free! He also dominated his 500 freestyle to drop a total of 40 seconds!
- **Claire Chornuk** came back from her winter break to show she is still dominant in breaststroke, dropping 5 seconds in her 100 breast.
- **Jacob Cortez** dropped a total of 8 seconds between all of his events!
- **Jade Cortez**, not to be outshown by her younger brother earned two new time standards! She dropped 14 seconds in her 100 back to earn a "B" cut and dropped 4 seconds to earn a "BB" cut in her 50 freestyle!
- **Arianna Garza** showed how hard she has been working by dropping time in all six of her events. She notably dropped 7 seconds in her 100 I.M.!

- Brothers **Dalan** and **Aleksander Halili** also dropped in all of their events! Dalan earned new "BB" cuts in his 100 free and 50 breast.
- The **Haronitis Family** had a fantastic swim meet!
 - **Sophia** dropped time in 4 out of 5 races. She had a crazy 100 free dropping 8 seconds!
 - **Gregory** dropped in 5 out of 6 races. He earned new "BB" time standards in the 100 backstroke, 100 I.M., and 50 breaststroke.
 - **Zoe** dominated her entire meet, dropping time in 5 of 7 events and earning some big time standards! She earned a "AA" time in the 100 I.M. and an "A" time in the 200 I.M. Out of all her races, she earned 4 Age Group Championship times! She also broke 1:00 in the 100 freestyle for the first time with a time of 59.58!
- **Avery Lambourn** dominated her 50 breaststroke and dropped 16 seconds!
- **Khesley Manigold** proved her determination by dropping a MASSIVE 26 seconds in the 100 freestyle and earning a "B" time in the event. She also earned a "BB" time in her 50 free!
- **Abigail McBroom** continued to show improvement by trying more 100Y distance races and dropping 2 seconds in her 50 free.
- The **Ragsdale Family** also had a dominant meet!
 - **Bella** dropped time in all of her events! She earned "BB" cuts in her 100 back, 100 breast, and 50 back. She also broke :30 in the 50 free for the first time with a 29.85!
 - **Jacob** dropped time in nearly everything! He earned new "B" cuts in the 100 back and 50 back.
 - **Joey** dropped time in every event! He nearly earned his Age Group Champ time in the 100 free and TAGS cut in the 50 free! Keep an eye out in the future to see him reach the heights of age group swimming!
- **Annalise** and **Hudon Roper** performed great and helped motivate every single one of their teammates throughout the meet! They help show what sportsmanship means to our team!
- **Anne Marie Schladenhauffen** dropped in 5 of 7 races! Her technique has improved so much and we are excited to see what the future holds for her!

- **Zoey Townsend** dropped time in all of her events! Notably dropping 13 seconds in her 100 free!
- **Callie and Jase White** dropped time in 14 out of 16 races combined! Callie dropped 1 second in the 50 free to break :40 for the first time! Jase showed massive improvement by earning "A" and "AA" times in the 100 free, 100 I.M., 200 breast, 200 I.M., and 50 free! All of which are Age Group qualifying times!

Our male swimmer of the meet is Jase White and our female swimmer of the meet is Zoe Haronitis! Congratulations to both of these swimmers! Their hard work helps motivate every participating member of the team!

Training for Competitions - Coach Francesco

I never used to question whether to rest the day before or after a meet, but I've noticed consistent attendance patterns around meet weekends. So, I looked into what science says today about it. Here's what the research agrees on.

The Day Before a Meet: Rest or Train? Many swimmers believe that skipping practice the day before a meet will help them feel more rested and perform better. However, missing training entirely may not be the best choice. Instead, a well-structured pre-meet practice can be beneficial by:

- Keeping the body loose and ready to race
- Reinforcing starts, turns, and race pacing
- Maintaining muscle activation without over-exertion

Most successful swim programs include a pre-meet taper or activation session rather than full rest. This typically includes short, race-pace efforts, technical drills, and a good warm-down to keep the body primed without unnecessary fatigue.

The Day After a Meet: Full Rest or Active Recovery? After a weekend of intense racing, skipping Monday practice may seem like a good way to recover. However, active recovery, such as a low-intensity swim session, can actually help the body bounce back faster. A post-meet recovery practice helps:

- Flush out lactic acid and reduce muscle soreness
- Reinforce good stroke technique without race pressure

- Mentally reset for the next training cycle

Skipping practice entirely can leave swimmers feeling stiff, sluggish, and out of rhythm. Instead, a light swim with stretching and mobility work can speed up recovery while keeping consistency in training.

Final Verdict - Train Smart, Not Less: While rest is important, strategic recovery is better than skipping practice entirely. The best approach is to attend these practices with a focus on quality, not quantity keeping intensity low but engaging the body and mind. Developing the discipline to show up, even on “easy” days, is what separates great swimmers from the rest. So next time you’re debating whether to skip practice before or after a meet, remember: staying in the water (even at a lower intensity) will keep you on track for long-term success!

-Coach Francesco

Head Coach's Corner



Athletes and Parents!

As we are going into the offseason for most of our younger swimmers, here are a few tips to help our swimmers understand how to fix the most common issues with their butterfly! I hope everyone enjoys this break down of one of the hardest yet prettiest strokes and if anyone has any questions to please ask your coaches so we can help you the best we can!

Top 5 Issues in the Butterfly Stroke and Drills to Fix Them

The butterfly stroke is one of the most challenging swimming techniques, requiring strength, rhythm, and precise coordination. Many swimmers struggle with common flaws that hinder efficiency and speed. In this article, we'll break down the top five issues in the butterfly stroke and provide effective drills to correct them.

1. Poor Body Position

The Problem:

Many swimmers struggle with maintaining a streamlined body position. If the head is too high or the hips sink too low, drag increases, making the stroke inefficient.

The Fix: Head-Lead Body Position Drill – Body Balance Kick

Purpose: Reinforces a neutral head position and overall body balance.

How to do it:

- Swim using a gentle dolphin kick with arms at your sides.
- Keep your head still and face slightly down, not looking forward.
- Focus on keeping your hips near the surface.

Focus:

- Keep your head as still as possible to not disrupt balance.
- Maintain a natural wave motion without overdoing the kick. Use those hips!

After mastering the Body Balance Kick do this drill.

Drill: Superman Glide

- Push off the wall with your arms extended in front.
- Keep your head in a neutral position, looking slightly down.
- Engage your core to keep hips high and in line with your body.
- Perform a gentle dolphin kick to maintain movement.

Practicing this drill helps swimmers develop a feel for proper body alignment, reducing unnecessary resistance.

2. Incorrect Arm Timing

The Problem:

Some swimmers move their arms too quickly or out of sync, making it harder to complete each stroke efficiently. A common mistake is pulling with bent elbows too early, causing fatigue and disrupting stroke rhythm.

The Fix: Single-Arm Butterfly Drill**Drill:** Single-Arm Butterfly

- Swim butterfly using only one arm while keeping the other extended forward.
- Focus on the full arm movement: a high elbow catch, a powerful pull, and a controlled recovery.
- Breathe to the side to avoid disrupting body alignment.

This drill reinforces correct arm timing and allows swimmers to refine their stroke mechanics one side at a time. Once you master this drill try with normal breathing to keep timing.

3. Weak or Asymmetrical Kick**The Problem:**

A weak dolphin kick or an uneven movement of the legs reduces propulsion. Some swimmers kick only from the knees instead of engaging the hips and core, leading to inefficient movement.

The Fix: Vertical Dolphin Kick**Drill:** Vertical Kicking Drill

- Tread water in a deep section of the pool using only dolphin kicks.
- Keep legs together and initiate movement from the hips, not the knees.
- Perform small, quick kicks for 10-15 seconds, then increase intensity.

This drill helps strengthen the dolphin kick and ensures symmetrical movement, making it more effective during butterfly strokes.

4. Breathing Too Late or Too Early**The Problem:**

Incorrect breathing timing disrupts stroke rhythm. Some swimmers lift their heads too late, delaying their stroke, while others breathe too early, reducing forward momentum.

The Fix: Breathe Every Other Stroke Drill

Drill: 3-3-3 Butterfly Breathing

- Swim three strokes without breathing, then take a breath on the fourth.
- Focus on pressing the chest down to maintain body position.
- Keep the chin just above the water when breathing to avoid excessive head movement.

This drill improves breath control and helps swimmers time their breathing naturally within the stroke cycle.

5. Excessive Arm Recovery Tension**The Problem:**

Many swimmers use too much force in their arm recovery, causing unnecessary fatigue and loss of efficiency. Instead of allowing the arms to flow forward smoothly, they lift them forcefully, increasing resistance.

The Fix: Relaxed Recovery Drill**Drill: Teacup Drill**

- Swim butterfly arms with a 3 second freestyle kick between strokes.
- When recovering, keep hands just above the water, allowing momentum to carry them forward.
- When placing hands in the water at the finish of the stroke, act like you are placing two tea cups carefully on the table.

If you place your hands too hard you will 'smash' the teacups.

- Reduce unnecessary muscle tension, especially in the shoulders.

This drill teaches swimmers to conserve energy and maintain a smooth, effortless arm recovery.

Conclusion

The butterfly stroke demands proper technique, and small inefficiencies can greatly impact performance. By incorporating these targeted drills into training sessions, swimmers can refine their stroke, reduce fatigue, and maximize efficiency. With consistent practice and attention to detail, mastering the butterfly stroke becomes a much more achievable goal!

Look out for all the upcoming championship meet write ups on next month's Newsletter!

Go AQUASTAR!

Coach Collin

Upcoming Dates

- **February 28 - March 2** 13 & Under Spring Championship Meet
- **March 7 - 9** Aggieland Short Course Invitational - Entries are due February 21st!
- **March 20 - 23** SSDL National Championship.
- **March 29th AQUASTAR Swimathon! Super important day!**
- **May 3-4** AQUA/PACE Long Course Meet