



## Streamline Newsletter: Issue MMXXV, Volume III









March was a wonderful month for the AQUASTAR family! We finished up our last short course championship meets, including a travel meet to Indiana. We held a spirit night at Chicken N Pickle and the month was rounded out with our first ever Swim-a-Thon!

In this month's edition of the Streamline Newsletter, we will be taking a look at the results of the last short course swim meets of the season. Reading about freestyle technique and the importance of kick. And the most important of all, recognizing our athletes for the hard work they put in!

## Swim-a-Thon 2025



make the **laps** count

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During the last weekend of March, AQUASTAR hosted our first ever Swim-a-Thon! The afternoon left the team with good memories, high spirits, prizes, and plenty of shaving cream to go around!

Our Aqua, Blue and Gold groups started the day off with a race to see who can get to 200 first! Our first finisher was William Schauss who finished 5000 yards in under an hour! What an incredible pace of 1:12 per 100. We had quite a few swimmers finish shortly after him finishing well under the 2 hours time limit. To add to the fun, Coach Francesco joined in with the group and showed those kids up swimming well over 250 laps in the 2 hours time limit! He really puts the other coaches to shame.

After the older kids, our mighty minis in red and White Groups took on the challenge, trying to complete 100 laps in an hour! Every kid reached their goal number of laps which means the swim portion of the Swim-a-Thon was a huge success!

To keep adding to the fun, we had a pie your favorite (or least favorite...) coach event! Coach James took on the brunt of the pies as he had well over 20 thrown at him! Kids kept getting in line to buy more! Keep doing what you are doing James because the kids really love you. Or maybe not... JK! Our Head Coach Collin Gray got out easy as he got the least amount of pies thrown at him. I believe the kids were afraid of what he had in store for them at the next practice if they threw too many, or the kids were respecting the hair. Coach Francesco definitely had the most shaving cream in his pies as he turned into the abdominal snowman when the kids were done! Make sure to look through the pictures to see!

To end the fun, the coaches had a relay to see who is truly the best swimmer (or who is still somewhat in shape) amongst the coaches and the older coaches, plus Patrick, took home the W! The older coaches won with a mix of expertise and pure strength, remember to do your drylands kids!

Thank you to all who have donated in support of AQUASTAR! If you'd still like to donate, donations will still be taken through April 7th. We look forward to another Swim-a-thon in the future.

## Why kicking matters more than you think - Coach Francesco

When I was a swimmer, I often focused on arm strength and stroke technique. But I didn't realize that my kick played a huge role in overall performance. So, here's a short discussion about kicking, whether you're a sprinter or a distance swimmer, a strong and efficient kick can make all the difference.

Your legs are some of the strongest muscles in your body, and when trained properly, they can:

- **Improve speed** – A strong kick helps propel you forward, reducing the work your arms have to do.
- **Enhance body position** – Good kicking keeps your hips high, reducing drag and making you more streamlined.
- **Increase endurance** – A conditioned kick allows you to maintain speed throughout your race without burning out.

Many swimmers don't prioritize kicking in practice because it can feel exhausting. But that's exactly why it's important! Kicking builds overall swimming fitness and teaches your body to maintain speed even when fatigued. Ignoring kick work can lead to:

- Poor body position and increased drag
- Weak underwater dolphin kicks (a key part of fast starts and turns)
- Loss of power in the second half of races

Here are some ways Aquastar Coach Team develop a stronger and more efficient kick:

- **Kick with a board** – Isolating the legs builds endurance and power.
- **Vertical kicking** – Helps improve kick speed and efficiency.
- **Underwater dolphin kick sets** – Essential for fast turns, breakout speed, and breath control.
- **Kicking without a board** – Teaches proper body positioning and engages the core.

Whether it's freestyle, backstroke, breaststroke, or butterfly, a powerful kick is a game-changer. The best swimmers in the world dedicate time to kicking in every practice, so don't

neglect it! Next time your coach gives you a challenging kick set, embrace it because a faster kick means faster swimming!

-Coach Francesco

## Ian Thorpe: How he changed Freestyle - Coach James



Embed://<iframe width="560" height="315" src="https://www.youtube.com/embed/-8egC7PbOME?si=6YKLbco28OK79QOe" title="YouTube video player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-when-cross-origin" allowfullscreen></iframe>

In 1999 a swimmer few athletes know of now, **Ian Thorpe**, introduced the world to a controversial freestyle technique for the time. Although the technique was controversial, there was no doubt it was producing results.

At the 2000 Sydney Olympics, Thorpe broke the world record in the 400m freestyle by a little under a second with a time of 3:40.59. It wasn't just that he broke the world record which made the race impressive... it was in the manner he did so. Finishing just three seconds ahead of his competition, **Thorpe took 232 strokes** throughout the entire race. **Second place took 320 strokes**. Now you may be asking yourself, what was he doing that I am not?

- **Emphasis on Glide:** Keep in mind he was not a sprinter! Thorpe designed his technique for mid-distance races (200 free, 400 free, etc.). In these races, maintaining speed while conserving energy is crucial. In the video above you can see everytime Thorpe reaches out, he holds his arm in place briefly before initiating the next stroke. This idea is more

clearly seen on his breathes. Everytime he breathes, we waits until the face is back down in the water before initiating the next stroke.

- **High Elbow Catch:** Something which still shocks me to this day is the manner in which Thorpe is able to pivot his arm at the initiation of his stroke. For the majority of athletes, pulling with a straight or slightly bent arm is common. Before pulling any water, we can see Thorpe has his elbow bent nearly 90 degrees. This is a drastic difference when compared to the average swimmer!
- **Constant Kick:** When comparing the vast majority of his competition, Thorpe's kick was consistently stronger throughout his races. This helps to maintain power in the arms for later portions of mid-long distance races. If you pay close enough attention to the video, you can see he is doing three kicks per stroke. At a more advance level, everytime a hand is entering the water, the opposite leg is kicking down to balance his body in the water!

Today, aspects of Ian Thorpe's freestyle technique are still the gold standard. If you look at the great mid-distance freestyles of the new era of swimming you will undoubtedly see his influence. Next time you are in the water, try to glide more and see how it makes your swimming feel!

-Coach James

## Final Short Course Champ Meets













The 13 & Over Champ Meet held in Pearland was a great meet to end the short course season as AQUASTAR had some fantastic swims from our athletes! Many athletes qualified for new times or reached new USA Motivational Cuts. Nearly every swimmer qualified for finals in an incredibly competitive meet and we had some swimmers in the running for High Point Earners. We would greatly appreciate everyone reading over the accomplishments of the athletes below!

- **Aliana Chapa** Had a huge drop in her 100 free which earned her a new BB time in the 100 free!



- **Brooke Davis** had some big drops in the 100 breast and 200 freestyle. Doing so earned her brand new BB cuts in both of the events.
- **Whitney Hutchison** dominated, earning a TAGS cut in the 100 backstroke, while doing so she broke the 1-minute barrier for the first time and earned a AAAA motivational cut as well! She's less than .2 seconds from earning a sectional time! She also earned a new AA cut in the 100 breaststroke! Keep it up Whitney!
- **Micah Johnson** swam just a few events, but earned a new BB time in the 100 free by dropping a second!
- **Andrew Loe** after coming from one of the strongest freshman years showing you can have notably improved his 50Y times by a significant margin. Dropping 5-seconds in the 50 back and 1-second in the 50 fly.
- **Brendan Martinez** continues to show incredible growth by earning two new BB cuts in the 200 breast and 200 I.M.
- **Shiv Malkani** dropped in all of his races! Notably dropping 36-seconds to earn a new BB cut in the 1000 freestyle!!!! Congrats Shiv!
- **Sara McGrady** also dropped in all of her races! This meet was the 2nd time swimming the mile this season and in doing so, she dropped 8-seconds!
- **Charlie Newsom**, a newer swimmer to our team, killed it by dropping 4-seconds in the 200 free and 200 I.M.!
- **Scotty Ragsdale** showed the combination of attendance and hard work pay off in droves. Not only did he drop a massive amount of time in all of his events. In his 200 breaststroke, he dropped a total of 10-seconds and earned his first ever Gulf Age Group Champs Cut! Keep it up Scotty!
- **Victor Romano** pushed himself hard in the mile, dropping over 2-minutes from the last time he swam the race! Congrats Victor!
- **Tyler Rowlan** earned a new A cut in the 50 freestyle! He also dropped 3-seconds in his 200 free!
- **Ethan Schauss** dropped 2 seconds in the 100 breaststroke earning himself a new B cut!
- **Ingrid Schauss** showed more improvement in her sprinting abilities by dropping 1-second in the 100 free as well as other races!
- **William Schauss** showed perseverance throughout the weekend. After some rough swims on day 1, he came back for day two and dropped in everything! He notably broke

the 1:50 barrier in the 200 free earning an AA cut and broke 2:00 in the 200 fly once again! Congrats Will!

- **Joseph Stolle** killed it! He dropped in every race! In doing so he earned new B cuts in the 100 breast, 100 fly, and 200 free, as well as BB times in the 50 and 100 free!
- **Ryker Swor** dropped big time in all of his events. The longest being 4-seconds in the 100 backstroke! He also achieved an AA time in the 100 free! Congratulations Ryker! Keep up the hard work!
- **Ava Valdez** swam her first meet in a long time and showed massive improvement from the last one! She dropped 5-seconds in the 50 backstroke and nearly 7-seconds in the 50 breaststroke!
- **Crichton Vandertie** continues his dominance in the pool by earning a TAGS cut in the 500 free, dropping 4-seconds! He also broke the 2:00 barrier in the 200 butterfly for the first time, going a quick 1:59.78! Crichton kept up the domination all weekend earning him the 13-14 High Point Earner! Congratulations Crichton!
- **Annelyse White** dropped time in all of her races as well as scored the team some valuable points in finals!
- **Roland Winningham**, one of our newest Aqua group members rounds us out by dropping an impressive 6-seconds in the 50 breaststroke and 50 butterfly!

Picking the swimmer of the meet would have been a hard choice if there wasn't for one swimmer who consistently dominated all of his events. Our 13 & over Gulf Champs swimmer of the meet was our 13-14 High Point Earner **Crichton Vandertie**! Congratulations Crichton we are proud to see you accomplish so much!

The weekend following the 13 & Over Champ Meet, the team traveled to College Station to participate in the Aggieland Invitational! These athletes weren't satisfied with how they did in the previous champs meet and were hungry for more. We had major time drops for every athlete with many new USA Motivational cuts achieved. We even had multiple new Age Group Champ Qualifiers! We love to see our swimmers with so much success when it matters most. We are looking forward to an amazing long course season from these athletes.

- **Micah Best** dropped time in all of his races! He earned a new B cut in both his 100 freestyle and 50 fly, dropping 5-seconds and 4-seconds respectively. He also had a massive 11-second drop in his 200 freestyle!
- **Arianna Garza**, a new member of aqua group, also dropped time in all of her races! She even dropped a massive 17-seconds in her 200 I.M.!

- **Aleksander Halili** dropped time in everything! Earning an Age Group Champ cut in the 50 breaststroke and BB cuts in every other event he swam!
- **Dalan Halili** couldn't let his younger brother show him up! Also dropping time in every event, Dalan earned an Age group champ cut in the 50 freestyle, BB cuts in 3 races, and an A cut in the 50 breaststroke.
- **Gregory Haronitis** Dropped time in everything! He almost earned a TAGS cut in the 50 fly, missing the cut by .09! So close, but we know how hard Greg works, he will earn that time by the summer! Even though it wasn't a TAGS time YET, he earned an Age Group Champs cut and also earned one in the 50 freestyle! Keep up the hard work Greg! But Greg didn't stop there, he kept up the domination all weekend and also earned high point award for the 10&under boys! Congratulations!
- **Zoe Haronitis** dropped in every event! Earning a new Age Group Champs and SSDL National Champs cut in the 200 backstroke! She also earned a new AA time in the 100 free. AA times in the 50 fly, 50 back, and 100 back. And A times in the 200 free and 50 breast. She also finished 3rd in the 11-12 High point!
- **Sara McGrady** dropped time in all of her races, but challenged herself to swim the 400 I.M. for the first time! She got to swim it twice because of finals and dropped an additional 10-seconds! Way to swim strong Sara!
- **Ingrid Schauss** dropped 11-seconds in the 400 I.M.! Earning herself a brand new BB cut!
- **Anne Marie Schadenhauffen** dropped time in all of her events! She even dropped 16-seconds in the 200 I.M.!
- **Sarah Tousley** had a pretty decent meet as well, she dropped time in every event!
- **Crichton Vandertie**, swimming back to back champ meets, pushed his times even lower! He notably broke 1:50 in the 200 free for the first time, earning a AAAA and TAGS Cut! He also earned a high point award again for the 13-14 boys! Talk about Back to Back!

For the Aggieland Invite, the choice for swimmer of the meet is an incredibly tough one since we had so many great performances! But ultimately we have to pick one. This swimmer may not have gotten high point like the many other swimmers at this meet, but he had huge drops in all of his events as well as scored the team quite a few points. Our Aggieland Swimmer of the meet is **Dalan Halili**! Congratulations Dalan, you have come so far in such a short time!

## Swim Strong National Meet

















During spring break, **8 of AQUASTARS finest swimmers** competed in the Swim Strong Drylands National Championship in Fishers, Indiana! This meet was the most hyped up meet I've ever seen in my many years of experience and I'm glad the kids got to experience such a meet. Every event had a light show before the A final heat, there were some incredibly fast swimmers who set National Age Group Records, Kyle Sockwell guest commentated and even swam against the swimmers, and lastly there were prizes that could be won by winning your heat and one of our swimmers Zoe Haronitis won a fancy USA backpack in these hot heats! This meet was a great opportunity for our young athletes to gain national level experience as well as create long lasting memories. You can read about how each athlete did below!

- **Emma Brueggeman** – Emma who has been out quite a bit due to illness had a strong performance at SSDL nearly matching her all time bests in every event! Emma was the spirit leader of the group for the trip as she helped everyone create some fancy team cowboy hats and even got the opportunity to race Kyle Sockwell. Great job Emma!
- **Zoe Haronitis** had a solid meet swim near all time best times until she got to the 50 free. Zoe had the opportunity to swim for a cool prize and decided to stud out and drop .8 seocnds for a 26.02 in the 50 free! She was seeded first overall headed into finals where she ultimately finished 3rd! We know you'll break the 26 mark soon.
- **Whiteny Hutchison** had a strong meet as well, dropping major time in her 200 Back and 200 IM earning an A and AA cut! She also earned another AA cut by breaking 26 in the 50 Free with a 25.92! Keep up the hard work!
- **Alicia Mellin** must have been really working on her backstroke as she had major time drops in both the 100 and 200 back earning her two new AA cuts! We love to see swimmers who are good at every stroke.
- **Andrew Loe** had a modest meet, having small drops in almost every event! On top of that he finaled in all events except one!
- **Ryker Swor** swam hungry at this meet. He wanted to place high in every event and truly swam like a beast. He not only dropped time but also placed top 10 in every single event! Great job representing AQUASTAR Ryker!
- **Simon Kinsworthy** had a major drop in his 100 fly earning him a new BB cut!
- Our resident cowboy **William Schauss** really roped up the competition as he not only had time drops in all but one event, but he also finaled in every event! He had some big-time drops in each event including a 5 second drop in his 200 Breast! Keep working hard and we hope to see more time drops soon!

## Upcoming Dates

Our long Course Meet Schedule is now listed on our website! Be sure to check and find the best weekends for your family!

- **April 2** - End of Season Party - Please declare your attendance by Wednesday April 2nd.
- **April 12** - BTA Ducky Derby Long Course Meet - Registration Deadline is April 2nd.
- **April 13** - Open Water All-Star Team Qualifying Event - Registration Deadline is April 3rd.
- **May 3** - AQUA/PACE Long Course Invitational - Registration Deadline April 24th.
- **May 17** - SPA Developmental Meet - Registration Deadline April 24th
- **June 6th - 8th** - BATS LC June Meet at UH - Registration Deadline May 27th.
- **June 28th - 29th** - FLEET Last Chance Timed Finals with Time Trials - Registration Deadline June 17th.

## March Birthdays



Happy Birthday to the following swimmers! We hope you enjoyed your birthday swims!

- 3/1 - Carys Fonseca
- 3/1 - William Zheng
- 3/3 - Emily Meyer

- 3/6 - **Bella Ragsdale**
- 3/7 - **Joseph Ragsdale**
- 3/11 - **Jasmine Schoby**
- 3/14 - **Caleb Morquecho**
- 3/15 - **Noah Daniel**
- 3/21 - **Crichton Vandertie**
- 3/24 - **Timothy Lu**
- 3/25 - **Kim Luu**
- 3/31 - **Joey Ragsdale**