



Streamline Newsletter

Issue MMXXV, Volume IV



Contact Us:

AquastarSwim.Org

Head Coach

Collin Gray

Head Age Group Coach

James Tomerlin

President

Amy Schauss

Vice President

Jay Ferguson

Treasurer

Allison Swenson

Meet Entries

Collin Gray

James Tomerlin

Learn to Swim

James Tomerlin

Newsletter Editor

James Tomerlin

In This Issue:

Page 1: Introduction

Page 2: Swim Meets

Page 3: Short vs. Long Course

Page 4: Summer Training

Page 5: Races to Watch

May 2025

Summer is here! AQUASTAR is excited for the summer long course season and all the wonderful training we will be able to accomplish. With the end of a successful short course season, the long course season presents a tall hurdle for us to leap over. The coaches have been working hard to create the absolute best season plan and training schedule for each group on our team. Now we simply execute the plan and watch the athletes succeed!

The summer also marks the beginning of our Learn to Swim Program starting on June 2nd. Many of our wonderful senior athletes are working as instructors to create new swimmers for the future of the sport. If you or anyone you know are looking for summer swim lessons, let them know AQUASTAR is available!

As a reminder, AQUASTAR has switched from using remind 101 as our secondary communication system. We have begun to use SportsYou. The app allows us to send more detailed messages as well as attach documents for your ease of access. If you have not already made the switch with us, please download the SportsYou App on your phone and use the access code, 9BAA-SHRJ, to join our team.





AQUA/PACE May Invitational

The coaches are incredibly happy with how the athletes performed this past weekend! Seems like many of them may have had the force on their side. Many of them swam new, more difficult races than they were used to. This helped many of them build confidence in their abilities, and even helped them find some new events they would want to swim again in the future!

Overall our team accomplished the following! Of the 110 events our team swam, we had...

64 new event swims!

37 new lifetime best times!

29 new motivational time cuts! **12** of which being an A-Cut or faster!

As a special mention, we would like to thank all of the wonderful parent volunteers who participated in the swim meet. Without your support, events like these would not be possible. Parent volunteers are the foundation of every USA Swimming event and every team in attendance appreciates what you do!

SPA Developmental Meet

Every summer, during the long course season, our team attends the SPA Developmental Meet. SPA hosts great short course meets for younger athletes in the summer and our athletes did fantastic! Of the 38 events our team swam, our team had...

9 new events swam!

18 new lifetime best times!

2 new motivational time cuts!

Duel in the Pool

Recently, AQUASTAR had an athlete selected for the Duel in the Pool Swim Meet. This competition is made of select teams with some of the finest swimmers in Illinois, Indiana, and the Gulf Area.. Crichton Vandertie was rightfully selected for such an event.

At the event, Crichton swam nothing but best times placing 4th in the 100 fly and 2nd in the 200 fly. In doing so, he earned two Sectional Time Cut





Happy Birthday!!!

- **Red Group**
 - Annabelle Meyer
- **White Group**
 - Deven Barnes
 - James McBroom
 - Lilly Ragsdale
 - Catherine Sandoval
 - Kaelyn Van Horrick
- **Aqua Group**
 - Alex Brunson
 - Khesly Manigold
 - Theresa Kovacs
 - Abigail Nipper
 - Ava Valdez
- **Blue/Gold Groups**
 - Aliana Chapa
 - Rhett Phillips
 - Ryker Swor



BATS Meet - June 6-8

Fleet Last Chance Meet - June 28-29

Age Group Champs - July 11-13

Senior Champs - July 11-13

TAGS - July 16-20

B-Under Champs - July 19-20

Summer Champs - July 25-27

Short vs. Long Course - Coach Francesco

As swim season gears up, you might hear your swimmer mention the difference between "long course" and "short course" training. But what does that really mean—and why does it matter?

What's the Difference?

- **Short Course (25 yards):** This is the standard pool length during most of the school year in the U.S. Races involve more turns, more walls, and more opportunities to use underwater speed and technique.
- **Long Course (50 meters):** This Olympic-standard length is used in summer competitions and international meets. It's twice as long as a short course pool and has fewer turns, meaning swimmers spend more time swimming without a break from the wall.

Why Does Long Course Training Matter?

1. **Builds Endurance:** With fewer turns and push-offs, swimmers have to maintain their pace and stroke technique for longer distances without a break.
2. **Reveals Stroke Efficiency:** There's no hiding poor form in long course. Without the frequent walls, technique becomes even more important.
3. **Enhances Mental Toughness:** Swimming 50 meters without a wall halfway challenges focus, strategy, and mental stamina.
4. **Prepares swimmers for Higher-Level Competition:** Most championship meets (including Nationals and the Olympics) are long course. Training in 50m pools gives swimmers an edge.
5. **Different Racing Strategy:** Turns and underwaters can give an advantage in short course. Long course demands a different race plan and pacing.

Short Course Has Its Benefits Too!

- More chances to refine underwaters and turns.
- Higher intensity from the wall work and quicker tempo.
- Great for developing younger swimmers' confidence with more "reset" moments during a race.

Bottom Line: Both pool lengths offer unique challenges. Mixing both into training helps swimmers become more versatile, stronger, and race-ready year-round.



Promotion!

Congratulations to the following swimmers for their group promotion!

- **Blue to Gold Group**
 - Whitney Hutchison
 - Scotty Ragsdale
- **Gold to Senior Group**
 - Crichton Vandertie



Welcome to the Team

- Carys Markiewicz
- Viet Tran
- Anna Hoang
- Catherine Sandoval
- Lily Sandoval



Masters Swimming

AQUASTAR has a Masters Program for Adults for only \$50 a month! Come try a week free!

- Tuesday - 6:00-7:00 am
- Wednesday - 6:00-7:00 am
- Thursday - 6:00-7:00 am
- Saturday - 7:00-8:00 am

Summer Training Explained - Coach Collin

In swimming, success is built when the lanes are quiet, and the stands are empty. The off-season is where champions are made—when no one's racing you, when it's just you and the water. That's why summer training isn't optional—it's essential. Here's why this matters:

1. Aerobic Base & Technical Refinement Summer is our time to build a strong aerobic foundation and fine-tune our stroke technique. Without the pressure of meets every week, we can focus on efficiency, starts, turns, and small adjustments that shave seconds off when it counts. Long course training at Dow Park is essential to this training. In short course we have turns and Under Waters to bail us out and give our form a break, so it's easier to hold form throughout a race. In long course, you don't get that privilege.

2. Strength & Conditioning Dryland work over the summer is critical for increasing power, explosiveness, and injury prevention. The strength we build now directly translates into faster, more powerful swimming when we hit the blocks in-season. We are lucky to be partnered with a dryland specialty company, Swim Strong Dryland, who creates swim specific dryland programs for us to use. Their website is full of vital information to help develop your athletes! They even have lots of information that can help parents set up their athletes to be successful with information on proper nutrition, guides on building mobility, among many other things. You can access their website here! The password is Road2L@

3. Consistency & Endurance Time out of the water means lost progress. Summer training helps maintain consistency in both fitness and feel for the water, so we don't spend the first part of the season just trying to get back in shape—we're already there, ready to compete! Summer is also the perfect time to get ahead in your training due to the lack of academic stress and workload.

4. Mental Edge Putting in the work now builds confidence. Every tough practice completed, every early morning swim—it all strengthens our mindset and reminds us that we're prepared to take on any challenge. Swimmers are often some of the highest scoring student athletes due to having naturally better work ethics.

5. Team Culture When we show up for each other and put in the work together, we build a team that trusts, supports, and pushes one another. That connection is what turns fast swimmers into a fast team. There is no better way to bond than over intense workouts, as having others there to support you will build everlasting bonds. The hard workouts make the fun team bonding workouts even more fun!

Let's make no mistake—the swimmers who train with purpose this summer will be the ones who lead the charge when the season begins. What we do now determines who we'll be when the lanes are full, the races are tight, and the stakes are high.

Let's put in the work now, so when the time comes, we're not just ready—we're ahead.



Fun Swimming Youtube Channels!

(Click Images to follow links)

[Swim Swam:](#)



[Cody Miller Adventures:](#)



[Caeleb Dressel:](#)



Follow Us on Social Media!

(Click Images to follow links)

In an effort to better our community outreach and acknowledge the most exciting activities on our team, we have become more active on social media!



Recent Great Races to Watch

2 World Records in 1 Day f...

Gretchen Walsh has continued to dominate the butterfly at the start of the long course season! After breaking multiple NCAA records in short course, she posted multiple world records at the first pro long course meet of the year.

Katie Ledecky Breaks Her ...

Katie Ledecky has already garnered the reputation of the best female swimmer of all time and arguably the greatest freestyle of all time. After breaking the 800m freestyle world record after 9-years of missing her previous world record. There is no more argument; Ledecky is the greatest freestyle in the history of swimming.

Finke and Marchand Figh...

With his recent return to swimming after injuries, Marchand looks to gauge where he is in his current training. Although there are no world records in the race, Finke and Marchand swam an action pact race that should leave you guessing who will win until the end!

Men's 100 freestyle | 2025 NC...

Jordan Crooks 39.83 100 Free...

The 100 freestyle at the NCAAs was the hot topic going into the meet. It did not disappoint. Not only did we see a new NCAA record. We saw two swimmers break the :40-second barrier. Something that had only been done by one other swimmer, Caeleb Dressel.

Luca Urlando second-fastest A...

Luca Urlando, a 23-year-old athlete from the University of Georgia made waves after narrowly missing out on the fastest 200m fly time in American history. Whose time is he chasing? The great Micheal Phelps. Keep an eye out on this amazing 200 butterflyer!

