



AQUASTAR WEEKLY UPDATE

11/24/25 - 11/30/25

Team Updates: Thanksgiving Week & Champ Meet Prep

Holiday Season Training

- As we head into the holiday season, our training intensity is increasing in preparation for the upcoming championship meets.
- We encourage all athletes to attend as many practices as possible to continue building endurance and ensure they are fully prepared to perform their best.

Fueling for Success

- With higher-level training comes the need for proper nutrition. Please remind athletes to fuel their bodies well—especially this week with Thanksgiving right around the corner!

12U Fall Champs – One Week Left to Register!

- We have one week remaining for athletes to sign up for the 12U Fall Champs Meet.
- Entries are due Monday, December 1st.
- If you have questions regarding entries or meet details, please reach out to Coach James, Francesco, or Collin.
 - You're also welcome to speak with us at the pool before or after practice this week.

Thanksgiving Break Schedule

- The Thanksgiving break practice schedule is attached to this newsletter. Please review it if you haven't received it previously.

A Season of Thanks

- As we celebrate this season of gratitude, we want to express how much we appreciate the support of our athletes and parents. Your dedication and encouragement make our team what it is, and we are truly thankful for each of you.
- We hope everyone has a wonderful Thanksgiving, and we look forward to seeing you at practice!

UPCOMING EVENTS

- 13&O Gulf Senior Champs Dec. 12th - 14th
 - Location - 4 possible sites (most likely Galena Park ISD Natatorium)
 - Registration deadline has passed but the host team may reopen once initial entries have been processed. (Could be around Dec 1st)
- 12U Gulf Fall Champs - Decemebr 19th - 21st
 - Location - 6 possible sites (most likely Friendswood HS)
 - Its a great meet to try and earn some medals as well as participate in relays!
 - Registration Deadline - December 1st

8 Week Challenge Update - Coach Francesco

Final week alert!

- We're down to ONE week — finish the 8-Week Challenge strong and send your answers by next Saturday at 12:00 PM, to stay in the running for the final prize
 - Most swimmers selected strong, realistic habits—hydration, sleep, stretching, and balanced nutrition were the most common.
 - **Attendance was solid overall**, with most missed sessions tied to fall break, pool closures, or meet schedules. Leadership habits were thoughtful, with many swimmers choosing accountability and supporting teammates.
- Overall, the group is engaged, consistent, and showing great progress as we enter the final week.

November 24th - November 30th, 2025