



Volume MMXXIV, Issue XII STREAMLINE NEWSLETTER

December 2024

What a wild year 2024 was! In total our team attended 30 meets, of which we hosted 5! Most recently AQUASTAR attended the Gulf Champ Series Swim Meets and Age Group Champs while having the best overall performances the team has had in recent years.

The AQUASTAR Coaches and Staff could not be more proud of the tireless work the athletes have put in throughout the year. Hundreds of practices containing hundreds of hours of practice. The athletes drive the staff to work harder to create the best opportunities possible for all in the sport.

A special thank you to the parents! Without you, everything AQUASTAR does would not be possible. Your commitment to bringing your children to practice and participating as volunteers at team hosted swim meets truly makes you the lifeblood of our team.

As we move into January, we begin looking forward to the end of the short course season. AQUASTAR hopes to have even more athletes participate in the Spring to show everyone what our team is truly capable of.

Championship Meets



2024 Senior Champs & Age Group Champs







Last month our Blue, Gold and Senior groups took on the Senior Champs and Gulf Age Group Champs. These meets turned out to be a tremendous success as well as a lot of fun! The energy at these meets were electric as everyone was hyping each other up and cheering each other on during their races on top of many amazing swims. Before we go into the amazing times/performances from the swimmers, we do have to say how proud we are of the way our team represented ourselves on deck. Not every meet can be a successful meet, but to be able to see so many swimmers cheer each other on and help make this individual sport feel like a team sport, surely made me feel like this meet was a success without even looking at the results.

Now onto the individual performances. At the Senior Champs, **William Schauss** and **Andrew Loe** tore up the pool and swam their way to the meet High Point Earner and Runner up High Point Earners! Congrats on the amazing 1-2 punch gentlemen. With their efforts, combined with the many fantastic swims from the rest of the team, **AQUASTAR placed 2nd overall at the Senior Champs!** The best part of all of these great swims, is that these meets are only the mid-season champs. We can't wait to see how every does at the end of the year champs in the spring! Now we will move on to our individual recognitions. Make sure to read them all as there were many fantastic swims!

Individual Improvements

Senior Champs

- **William Schauss** had some big swims this weekend. On top of High Point Earner, he improved in almost every single event and put on a sprint masterclass as he had multi second drops in his 100s. He even earned himself a new A time in the 100 Free! His biggest performances though were the dominating splits he put up on the relays. His 1:02.7 100 Breast was a 3 second drop to help keep his relay in the race and eventually helping secure the win.
- **Andrew Loe** wowed everyone with his great swims this weekend. He secured a new motivational time in almost every single event! Andrew now has A times in the 100 back and 200 IM as well as AA times in the 100 Fly, 50 Free, 500 Free and 100 Free! Andrews best swim of the meet came in his 200 freestyle where he managed to drop 1.66 seconds from an already great time to get himself a first place finish!
- **Alicia Mellin** showed some serious power in the pool. She placed top 2 in all of her individual events and earned a boatload of motivational times. Alicia earned a AAA time in both her 100 free and 50 free. She earned AA times in her 200 IM and earned an A time in her 100 back. Keep up the amazing work!
- **Nadia Dawlett** dropped and placed top 10 in all of her events! Each day she showed up to finals ready to improve and had some serious drops which included her earning an A time in the 100 Free.
- **Natalie Dawlett** earned herself a couple of motivational times in her top two events. In her 100 breast she dropped two seconds to earn herself a BB time! She also swam a spectacular 100 Breast in the Medley Relay where her split would have been 3 seconds faster than her best. Natalie also earned herself a B time in her 100 Back after a 2.5 second time drop.
- **Brooke Davis** had a great Sunday session of the meet dropping a combined 9.4 seconds off her 100 free and 200 IM. These time drops earned her a BB and B time respectively.
- When **Simon Kingsworthy** wasn't too busy changing his tech suit every event he swam some seriously fast races. Simon had time drops in every single event he swam but most notably he earned quite a few motivational times! Simon earned a B time in his 100 fly and A times in both his 50 and 100 Free! His best swim of the meet was his shutdown 100 free to anchor the medley relay and earn himself a gold medal!
- **Micah Johnson** showed off the muscles in his 50 free dropping nearly a second and earning himself an A time!

- **Brendan Martinez** made the most of his 2 events dropping over 8 seconds combined between the two events and earning a BB time in the 100 fly! He also helped the team out by scoring quite a few points with these blistering times.
- **Sara McGrady** had a mid-distance specialist kind of meet. Dropping over 4 seconds in her 200 free as well as 9 seconds in her 500! The 4 second drop in her 200 free earned her a BB time! She also had a few other big drops so keep up the hard work and we hope to see some more motivational times!
- **Victor Romano** did not get a new motivational time this meet but we couldn't leave him off this report after his valiant swim in the mile! He kept a strong pace throughout and managed to score some needed points for the team. Way to go Victor!
- **Zachary Sakahara** dropped a combined 24 seconds in his events this weekend earning a BB time in 5 of his 6 events! Congratulations on the big time drops Zach, were looking forward to seeing the great swims you'll have in the future.
- **Ingrid Schauss** stepped up and delivered this weekend. She had a massive drop in her 200 backstroke which allowed her to place 5th overall! Her dominating backstroke swims really hyped up the team. Keep up the great work!
- **Joseph Stolle** is one of the single hardest workers on the team and it showed this weekend. He had drops of over 2 seconds in 5 of his 6 events! His 100 back was his star performance as he dropped another 3 seconds off his already fast prelim time and managed to win the C final!
- **Ryker Swor** kept up his freestyle dominance with huge time drops in the 50, 100 and 200 freestyles! He earned AA times in all 3 events which secured himself a spot in next seasons SSDL National Championship and Gulf Age Group champs!
- **Whitney Hutchinson** was a key contributor this weekend as she helped the team by placing top 10 in two events and she helped kick off a great Medley relay which came in second overall! This allowed her to score 32 points for the team! On top of all those points, she also got a near second drop in her 100 Breast.
- **Aliana Chapa** got some great experience this meet having to swim against many athletes many years older than her. She swam very well and had time drops in 3 of her 4 events!
- **Roland Winningham** showed off his strength gains and had a 3 and a half second drop in his 50 freestyle. Keep up the great work!

Gulf Age group Champs

- Leading up to this meet, **Emma Brueggeman** had a very successful string of meets that produced a lot of incredibly fast times! She didn't let that success end as she achieved 3 AA times in the 100 fly, 100 free, and 50 free! These swims inched her closer to the elusive TAGS times. To add to her motivational time totals, she also earned herself A times in the 200 IM and 100 Back! This girl is a hard worker with infinite energy, we can't wait to see how the spring season goes!
- One of our mighty younglings **Jase White** had a great gulf champ as well. He managed a solid half second to second drop in 3 of his 6 events! Not a bad performance at all for the young 11 year old.
- Last but certainly not the least, **Crichton Vandertie** had a dominating performance at Gulf Champs. Crichton achieved multiple AAA times in the 500 free, 1000 free, and 100 Fly! He was a mere half second away from achieving an AAAA time which is the highest rating in the motivational time standards! Crichton placed top 10 in 3 of his events and will be looking for gold next year when he's on the older side of the age bracket! Incredible job Crichton were looking forward to seeing what the future has in store for you!

To finish off the Meet Write up we will announce our girls and boys swimmers of the meets!

For the Senior Champs, even though he got runner up for high point he showed up and showed out in every single event. Our boy swimmer of the meet is Andrew Loe! For the

girls, this swimmer continued to display the speed and power with some head turning swims in finals. Our Senior Champs swimmer of the meet is Alicia Mellin!

For Age Group Champs, We only had 4 swimmers attend we want to acknowledge all 4 swimmers for their hard work and dedication which allowed them to qualify and participate in this big meet. We hope that in the summer we will see a few more swimmers there as well! So now for our swimmers of the meet, congratulations to Emma Brueggeman and Crichton Vandertie as they both dropped serious time as well as earn some high level motivational times! Congratulations everyone on the great meets.

12 & Under Fall Champs

The last weekend before Christmas, AQUASTAR attended the Gulf Fall Championships at the Friendswood Natatorium for our 12 & under swimmers. We had few swimmers attend, but overall the athletes swam great! Below are the highlights from the meet.

- **Noah Daniels** dropped over two seconds in his 50 backstroke to earn his first B cut time!
- **Yandi Fan** showed her love for breaststroke dropping over 3-second in her 50 breaststroke!

- **Arianna Garza** showed how strong white groupers can be by dropping over 2-seconds in her 50 freestyle and butterfly respectively!
- **Dalan Halili** placed top 8 in four of his seven events! Throughout those swims, he earned a B and BB cut in the 50 breaststroke and 50 free respectively.
- **Khesley Manigold** consistently dropped time in all of her events. Including a 3-second drop in the 100 I.M.!
- **Annalise Roper** did not drop any time, but it didn't stop her from showing true team spirit and cheering on her teammates like they were her own family!
- **Hudson Roper** dropped over 4-seconds in the 100 I.M. showing incredible improvement in all strokes!
- **Olivia Nagel** posted best times in all of her events earning BB Cuts in two of them! She notably placed second overall in the 100 freestyle for 9-10 girls!
- **Anne Marie Schladenhauffen** had a rough time in the specialty strokes, but stayed resilient for her freestyle events where she dropped 3-Seconds and 2-Seconds in the 100 and 50 free respectively.
- **Eli Wall**, our 8 & Under boy took on two 100s for the first time ever! He swam the 100 butterfly and the 100 backstroke!

Great job to all of our swimmers who participated in the Fall Championship Series Meets! Next year we hope to have a larger attendance and show everything our team is capable of!

Presidents Article



AQUASTAR Families,

With the ringing in of a new year, thoughts of reflection, gratitude and optimism fill my mind. I want to personally express my heartfelt gratitude to each member of AQUASTAR who made 2024 so special, each athlete, parent, grandparent, volunteer, and coach have been an integral part of our team journey. I couldn't be prouder of what we've accomplished together.

Our monthly newsletters celebrate our truly remarkable experiences. Beginning the season with a huge intrasquad swim meet on an unusually hot Saturday morning. Observing our US Masters team grow in membership, as well as attend and dominate at swim meets. Reading interesting articles from our incredible coaching staff about the heart of swimming. Discussing which swimmers to watch and learn from at 2024 Olympic games and how consistency is the key in swimming. Learning from our partner SwimStrong Dryland about all things hydration, nutrition, and leadership. And of course, the shout outs from swim talk with Coach Collin and all those pictures from our socials, meets, practices and our AQUASTAR spirit.

We are abundantly blessed with our incredible coaching staff. Thank you for your tireless dedication and passion. Your hard work and commitment have made every practice, swim meet, and social event this year a success. I also want to take a moment to recognize our board members who dedicate their time to support our team. A special thank goes out to our team sponsor Speedo.

As I reflect on the successes, I'm filling with excitement for the year ahead. In 2025, our mission is to take our swim team to an entirely new level.

Thank you for being a part of the AQUASTAR Swimming family. Together, let's continue making a lasting impact in the sport we love. May you and your family be abundantly blessed in 2025!

Amy Schauss

AQUASTAR Board President

Staying Warm for Performance - Coach Francesco



Did you ever ask yourself why, during the Olympic Games, all the swimmers wear athletic gear and keep moving until they step up to the starting block?

As the swimming season progresses, it's essential to prioritize good habits to help prepare your body for peak performance in the pool. One key method swimmers of all levels should embrace is a proper warm-up before training. Equally important is staying warm until it is time to jump into the water. This can be achieved by wearing proper attire such as parkas or snug team gear right up until the last minute. Let's dive into why warming up and staying warm matters and how it impacts your performance.

When muscles are warm, they become increasingly elastic and flexible. This improves your range of motion, making your strokes smoother and more efficient. Warm muscles also enhance blood flow, ensuring your body gets the oxygen and nutrients it needs during intense swimming sessions or competitions. Additionally, a good warm-up reduces the risk of injuries like muscle strains, as cold muscles are more susceptible to damage. A warm body also helps your nervous system fire more effectively, improving coordination and reaction time which are critical factors in a sport as technical as swimming. Essentially, when your muscles are properly warmed, they're primed for the explosive power, endurance, and precision that swimming demands.

While warming up is vital, staying warm until it's time to hit the water is just as important. Exposing your body to the cold air or sitting still for too long can undo the benefits of your warm-up. Wearing the right clothing, like a swim parka, sweatpants, or a team jacket, helps ensure your body retains the body heat generated. Keeping your muscles warm helps maintain their elasticity and readiness, so you can dive in without losing any benefits. Young swimmers often underestimate the importance of staying warm on deck, especially in colder environments. Here are a few tips:

- Wear a parka or sweatshirt over your swim gear.
- Use warm socks and slip-on shoes to prevent heat loss through your feet.

- Remove outer layers only when you're ready to swim.
- Put on a dry swimsuit after warming up in the pool and before each event.

By combining a thorough warm-up with the right gear to stay warm, you'll not only swim more effectively but also avoid common injuries. Plus, staying warm on deck makes the water feel that much better when you finally dive in! I know you're thinking I'm crazy, but here is why: when your body is warm from activity or external heat, the sudden contrast of cooler water can feel refreshing rather than shocking. Additionally, when your muscles are warmed up, they are more relaxed and prepared for movement, making the transition into cold water less jarring and more comfortable overall. Warm-ups are more than just a routine; they're a foundation for success in the pool. Take the time to warm up properly, wear the right attire, and keep your muscles ready to perform their best. Remember, a little preparation goes a long way in making your training sessions more effective and enjoyable. So next time you head to the pool, start strong by staying warm and warming up. It's the secret to swimming at your best!

-Coach Francesco Romano

Head Coach's Corner



AQUASTAR,

As we are wrapping up the fall portion of the Short Course Season and moving on to the next, I'd like to look back on these past few months. This fall season was my first here at AQUASTAR and I couldn't be more proud of the things we have done!

We have had some great swimming at all levels as shown by the great success at the champ series meets in December. We had multiple swimmers in the running for high point at these meets with William Schauss and Andrew Loe walking away with High point and runner up High point respectively! You can read about the achievement of all these champ swimmers and others in the champ series write ups above. Championship meets are a great opportunity for all swimmers as they are a chance to not only win some medals, but to help the team be successful! If your athlete would like to compete in one of these meets, we have another opportunity coming up in late February! More info will come out closer till.

Other than the championship meets, we hosted a successful meet down in Angleton. We had a huge turnout from our swimmers and it was amazing to see all the team spirit from the swimmers! The swimmers created some cool signs and the constant cheering for each other on made the meet special. We are hosting another meet, the iceberg invite, on 1/17 - 1/19! Hopefully we can see the same turnout and team spirit at this meet!

Our staff has welcomed a few new coaches this past season, Devon Leonard, Chayton Budzik, and Micah Johnson! If you haven't already met them I hope you do soon as these coaches are high energy and are going to do great things for AQUASTAR!

Lastly, I want to thank the parents for all the help yall have given us throughout the season. We couldn't have done the many fun events or be able to host a meet without you!

I'm looking forward to all the great things we will accomplish in the next season!

Go AQUASTAR!

- Coach Collin

Upcoming Events

- **1/17 - AQUA and SPA January Iceberg Invitational**
- **2/21 - 2/23 Gulf 12 and Under champs**
- **2/28 - 3/2 Gulf 13 and Up Champs**

Important Event: [AQUA/PACE January Invitational](#)

Parents,

Please sign up for the AQUA/PACE January Invitational. Below is important information regarding the event

This is a seven-session, three-day meet. Day one is a timed final session for 11 & over swimmers. Day two and three are prelim/finals and with relays and distance events as timed finals for 11 & over swimmers. Day two and three are timed final sessions for 10 & under swimmers in-between the prelim/finals sessions.

- **Friday, January 17, 2025**

- Session 1: Friday PM Timed Final Age Groups: 11 and Over Girls and Boys
 - Warm-up: * 5:30 - 6:15 pm / Meet Start: 6:30pm

- **Saturday, January 18, 2025**

- Session 2: Saturday AM Prelims Age Groups: 11 and Over Girls and Boys
 - Warm-up: ** 7:30 – 8:45 am / Meet Start: 9:00 am
- Session 3: Saturday PM Age Groups: 10 and Under Girls and Boys
 - Warm-up: ** starts 15mins after the conclusion of session 2
 - Session Start: 15 minutes after the conclusion of session 3 warm-up
- Session 4: Saturday Finals Age Groups: 11 and Over Girls and Boys
 - Warm-up: * 4:30 – 5:15 pm / Meet Start: 5:30 pm

- **Sunday, January 19, 2025**

- Session 5: Sunday AM Prelims Age Groups: 11 and Over Girls and Boys
 - Warm-up: ** 7:30 – 8:45 am / Meet Starts: 9:00 am
- Session 6: Sunday PM Age Groups: 10 and Under Girls and Boys
 - Warm-up: ** starts 15mins after the conclusion of session 5 Session
 - Start: 15 minutes after the conclusion of session 6 warm-up
- Session 7: Sunday Finals Age Groups: 11 and Over Girls and Boys
 - Warm-up: * 4:30 – 5:15 pm / Meet Start: 5:30 pm

This meet will allow the rare opportunity outside of high level championship meets for swimmers to participate in a prelim/final meet. This is especially rare for 11-12 year old

swimmers. Not only will you be supporting AQUASTAR by attending, your swimmer will gain invaluable experience with the chance to swim in prelims/finals! Sign-up now on our website!

December Birthdays



Happy birthday to the following Christmas and New Year season athletes!!!

- 12/01 - Roland Winningham
- 12/08 - Callie White
- 12/10 - Anne Marie Schladenhauffen
- 12/24 - Sydney Stover
- 12/25 - Jaxson Elizalde