



Volume XLII, Issue IX STREAMLINE  
NEWSLETTER



October 2024

This was a busy October for our team! Since the last newsletter, AQUASTAR has attended three swim meets, hosted one of the swim meets, partnered with Fitter & Faster for an upcoming master class, and collaborated with Swim Strong Drylands to ensure the best possible drylands for our athletes!

Following the finalization of goals from September, our athletes have been hard at work. Practices have been getting harder and their effort levels have improved! AQUASTAR coaches are always planning ahead for the next swim meet, but we couldn't be prouder of the athletes performances throughout the month.

Due to the unfortunately short cold fronts at the beginning of the month, you may have noticed tarps have been added to Oakbrook West! Just like the summer months, the winter months present challenges for AQUASTAR to make sure the athletes are comfortable for their training. Tarps have been added to ensure the water stays consistently warm and space heaters have been placed in the bathrooms to ensure athletes have a place to escape the colder weather outside. AQUASTAR will do everything possible to make sure the kids are comfortable as we move into the colder parts of the year!

# CONSISTENCY IS



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## 1. Technique Mastery Through Repetition

Swimming is a highly technical sport, requiring mastery of strokes, turns, and starts. Unlike other sports where slight deviations in form might not have drastic effects, even small errors in swimming technique can significantly impact performance. Consistent training allows swimmers to reinforce proper form through repetition. Each stroke whether freestyle, backstroke, breaststroke, or butterfly demands precise timing, coordination, and body positioning. Regular

practice ensures that these movements become second nature, ingraining muscle memory and improving efficiency in the water.

## **2. Building Endurance and Strength**

Swimming places unique physical demands on the body, engaging nearly every muscle group while navigating the resistance of the water. Consistency in training is essential for building and maintaining the endurance and strength needed to swim efficiently over long distances. Unlike dryland sports, swimming requires cardiovascular and muscular endurance that can only be built through consistent water-based workouts. Sporadic practice makes it difficult for swimmers to build the stamina necessary to sustain peak performance, particularly during races or meets where endurance is key.

## **3. Improving Aerobic Capacity and Breathing Control**

Breath control is a skill unique to swimming, where the timing and efficiency of breathing can make or break a swimmer's performance. Regular training helps swimmers synchronize their breathing with their strokes, reducing the likelihood of fatigue and improving oxygen intake. Additionally, swimming is a sport that heavily relies on aerobic capacity. The more consistently swimmers train, the more they improve their cardiovascular health, allowing them to maintain higher levels of performance over extended periods,

## **4. Adapting to the Water**

Unlike running or cycling, where the environment remains relatively constant, swimming takes place in a completely different medium water. Water adds a layer of resistance that swimmers must adapt to over time (800 times more dense than the air). Consistent exposure to the water is critical for helping swimmers develop the right body alignment and reduce drag. If training is inconsistent, swimmers may lose this adaptation, and it can take them longer to regain their rhythm in the water.

## **5. Developing Mental Toughness**

Consistency in training isn't just about physical improvements, it also builds mental toughness. Regular practice helps swimmers push through challenges, such as fatigue or difficult drills, and teaches them how to manage stress during competitions. This mental resilience is crucial when they face tough races or meet their personal limits. Swimmers who train consistently are better equipped to handle the ups and downs of competition, helping them stay focused and motivated.

## **6. A Lifelong Skill**

Lastly, swimming is more than just a sport, it's a life skill. Beyond competitive success, the discipline, work ethic, and perseverance developed through consistent training will benefit your child in other areas of life. Whether it's in academics, personal relationships, or future careers, the values instilled through swimming will serve them well for years to come. Consistency in swimming training isn't just about being in the water regularly, it's about ensuring steady progress, developing vital skills, and fostering both physical and mental strength. This is why this sport is so hard! As parents, encouraging your child to stick with their swimming routine, even when it's tough, will help them reach their full potential in the sport. With time, dedication, and regular practice, your child can achieve remarkable growth, not only in swimming but in life.

-Coach Francesco Romano

## Swim Strong Dryland Information



Swim Strong Dryland doesn't just specialize in dryland for our team. Below is some upcoming events and information you may not have been aware of.

**2025 SSDL Championship Meet** - AQUASTAR has declared we would like to attend the SSDL Championship Meet next year! This is a qualifying meet. If you are interested, please check with Coach Collin to see if your child qualifies.

**Swim Parent Wellness Program** - SSDL also cares about the athletes parents health! If you are interested in participating in a parent/adult lifestyle focus workout program, below is the free "walk through" link. We truly believe those who do it will benefit greatly along with their families!

### **Swim Parent Wellness free "Walk Through" Link:**

<https://calendly.com/swimstrongdrylandparents/swim-parent-wellness-walk-through?month=2024-09>

### **Nutrition**

SSDL is a great resource for nutritional articles and studies! If you have time, please look through their articles!

Reach out to the coaches for the password.

- Website Link: <https://swimstrongdryland.com/#>
- New content this month - Micronutrients for Performance: Vitamin A - <https://swimstrongdryland.com/wp-content/uploads/2024/10/Micronutrient-Visual-Vitamin-A.png>

### **Leadership**

#### **Senior Leadership Topic Video (The Green**

**Team):** <https://youtu.be/Q2j6ZyFxauM?feature=shared>

SSDL places a huge emphasis on leadership. Leadership does not apply to a few athletes on the team. Leadership CAN and SHOULD apply to EVERY athlete. If you are interested in your athlete becoming a leader of the team, please have them watch this video and reach out to Coach Collin or Coach James on the pool deck about future leadership meetings. This is an athlete driven part of the program and we would like anyone who truly wants to participate push it along!

- Individual Leader Focus: You must first become Green yourself before you can build Green on your team.
- These characteristics will be the main focus for everyone to become Green this fall. Leaders are expected to set an example in these areas.

**Rising Leadership:** This month's topic will introduce "The Green Team"

- Individual Action Item: You must first become Green yourself before you can build Green on your team.
- Team Action Item: Leaders/Coaches will gather their teammates during 1 core set during October to have a team meeting on "The Green Team". Leaders and/or Coaches will

explain the 7 rules of the Green Team to the team. From there, they will have everyone (or most everyone) shout out a characteristic of the Green Team they should strive for (EX: Not sitting out). After 10-15 characteristics have been mentioned, have the team/practice group will vote on the top 3.

## AQUA/PACE Swim Meet







1 - Coach Deven with the Red Groupers getting a spirit sign ready for the meet!







As the highlight of October, AQUASTAR hosted the annual Autumn Invitational meet! This was a **fast** meet with over **80%** of our athletes' dropping times in **at least one** of their many events! Out of the **233 total swims** by an AQUASTAR athlete, **106 were best times!** **50** of those remaining swims were **completely new times**. This means we had many swimmers courageously trying out new events! We hope to see more swimmers try new events as this is the best way to develop into an **all-around swimmer**.

Before we recognize the top swimmers of the meet, we want to give a shoutout to all the parents that volunteered this weekend! We couldn't have ran this meet without you! We greatly appreciate everything you do for us. We would like to give a special shoutout to the Loe family for running a fantastic hospitality and of course to Amy Schauss for running an amazingly efficient meet!

Now on to the swimmers. As mentioned above we had some very fast swimming this weekend. Below are the swimmers who reached new motivational time standards!

- **Natalie Dawlett** dropped time in nearly every event she swam and reached the B standard in her 100 Free.
- **Zoe Haronitis** dropped time in 4 events and reached an A time in her 50 fly.
- **Andrew Loe** reached an A time in his 200 Free. He's now within two seconds of qualifying for the SSDL National meet! Keep it going Andrew!
- **Brendan Martinez** got a BB time in the 100 free, and B times in both the 200 and 100 Breast. He had over 30 seconds of dropped time between the 3 events!
- **Sara McGrady** had herself a great meet getting a BB time in her 500 free and two B times in the 100 Free and 200 IM. She dropped nearly 50 seconds overall!
- **Olivia Nagel** got a B time in her 50 Free with a 12 second drop!
- **Rhett Philips** reached BB or B status in 4 different events! The 100 back (B), 200 Free (B), 50 Breast (B), and 50 Free (BB). Keep up the hard work!
- **Carla Rangel** had 5 events where she dropped time and reached the B standard in the 100 free.

- **Nico Rangel** had a spectacular meet, reaching B standard in two events, the 100 Free and 100 IM, as well as BB in the 50 free!
- **Mairi Redmond** showed off her powerful swimming by reaching BB in her 50 Free.
- **Hudson Roper** showed his improved Breaststroke form and reached his first B standard as an 11-12 age grouper in the 50 Breast!
- **Tyler Rowlan** had an 18 second drop in his 200 IM to reach the BB standard! He also swam the 500 free for the first time ever and got himself a BB time! Way to go!
- **Ethan Schauss** showed how hard he's been working in practice by dropping 44 seconds in the 500 free style to earn himself a B time!
- **Ingrid Schauss** had a great 500 dropping 7 seconds earning herself a BB cut!
- **Ann Marie Schladenhauffen** dropped 5 seconds in her 100 breast reaching a BB cut!
- **Anita Sun** got herself two B times in her 100 IM and 50 Breast. Keep up the good work!
- **Annelise White** got an AA cut in her 50 Breast! Congrats on your first AA cut.
- **Jase White** reached AAA in his 100 Breast and AA in his 200 IM! He also swam the 400 IM which doesn't have time standards for 10U but he would have been a BB time in the 11-12 age group!

Congratulations to all the above swimmers on a great meet! Moving into November, we are excited to see what the athletes have to show us!

On top of all the great swims already mentioned we have our swimmer of the meet. This swimmer was our bravest swimmer of the bunch. She swam in 5 new events which included the 100 IM, 200 IM, AND 400 IM! Prior to this meet she never swam a 100 of any stroke, let alone doing them all at the same time! On top of that she swam great times with a few time drops. The swimmer of the meet was Arianna Garza!

Lastly, as we approach the winter championship season, the best way to improve is to master the small skills such as under waters and turns. Luckily, we have a great opportunity coming up for just this! We are hosting a fitter and faster camp on November 16/17th at Oakbrook West. Spots are filling up fast as this camp is offered to every team in the area. The camp will be covering under waters and turns specifically. A crucial part of short course swimming! Make

sure to check your email regarding the camp and take advantage of this opportunity! Click [here](#) to sign up!























## Halloween Practice



To help round off our athletes hard work in October, the coaches and staff put together a special Halloween practice for the kids. Below you can find some photos from the special occasion!

























## Swim Talk with Coach Collin







AQUASTAR,

It's been an exciting month full of hard training as well as fun and exciting meets! We've had many swimmers achieve best times as well as improve their endurance to new heights. Since we are at the peak of our training we decided to test the athletes' endurance by doing the **MOAB Challenge**. These swimmers had to swim a 500 free, 400 IM, 300 Back, 200 Breast, and 100 Fly all for time with only 2 minutes rest in between each race. This challenge tested their endurance but everyone was able to persevere and were shocked to learn how much their endurance has increased. I'd like to acknowledge **William Schauss** as he achieved excellent times in each event! William started off hot with a 4:57 500 free then followed that up with a 4:45 400 IM. The rest of his times were just as impressive. Great job stepping up to the challenge Will!

As we are progressing through the season, our coaches recommend that all swimmers try to **attend as many meets as possible**. Meets are an **important part of the training plan** as we use them as **checkpoints** to see how well their training is working! On top of this, **meets are a great way to make friends and get the most out of your experience on AQUASTAR**.

When signing your athlete up for meets, **we highly recommend that you select longer distance events as well as the strokes your athlete may not like to swim**. Our goal is for every athlete to become an **all around swimmer** and competing in these events helps us see the whole picture. **No swimmer should specialize at an early age** as this prevents the swimmer from reaching their true potential in the sport. Trying new events may also lead to new favorite events!

**We have a new team spirit store opening soon**. Merchandise will include a **brand new CHAMPS Season logo!** Orders will be ready in **early December**, just in time for the beginning of our Winter Champs meets and for holiday season gifts. *More information will be sent out soon!*

Lastly, I'd like to share a training tip about Backstroke with everyone. [Here](#) you will find a video **breaking down World Record holder Regan Smith's Backstroke**. In this video, the narrator breaks down the different parts of her stroke that allow her to swim at such a fast speed! Below is a quick breakdown of the video from my perspective.

- First, watch Regan's **head** while she swims. Her head **stays completely still** while she is swimming. This allows her to keep a straight body line as well as help keep her body position at the surface.
- On her underwaters, she keeps her body straight and long, which allows her to cut through the water as well as get the full range of motion in her hips. Many swimmers struggle with keeping their bodies straight which causes them to face more resistance from the water. Looking at her butterfly kicks, her knees **don't** have a sharp bend.

Bending of the knees **kills all power** in your butterfly kick. **Remember the fish don't have knees!** If they did, they wouldn't be as fast in the water.

- Next, notice the **angle of her arm** during her pull. In the video, her left arm gets close to being at a **right angle during her catch/pull**. **This allows her to catch and then finish her pull with greater strength/speed than a straight arm pull!** Swimming like this also allows her to keep a shorter profile (smaller body size in the water) to help lower the amount of resistance (push back from water) that she faces. This is very important **as swimmers who tend to struggle in backstroke** tend to make their bodies face too much resistance. This is usually due to putting their chin on their chests which drops their hips and causes their bodies to have a "crumble up" look.
- Lastly and arguably the most important, **watch her kick!** Her legs are **completely straight** as well as having **her toes so pointed** that it almost looks like her feet are flippers! Regan has a very fast and consistent kick which looks like its **boiling the surface** as well as the water behind her. You will notice that her feet **don't come out of the water**, which helps her keep consistent propulsion (power) from her legs. Our very own Coach James was a state qualifying 100 Backstroker and he will say that Backstroke is all legs!

I hope everyone enjoyed this talk and I'll see everyone on the pool deck!

-Coach Collin

## Upcoming Events/Information



As we move into November and the end of the year, please be aware of the following.

- **November 2-3:** ShAC 14 & Under Open Swim Meet
- **November 9-10:** The Masters Team will be participating in a Swim Meet in Conroe! We are excited to share the results!
- **November 16-17:** Fitter & Faster Event. Sign-up [here!](#)
- **November 23-24:** BATS November Open Swim Meet. Sign-up now!
- **December 4:** Championship Season Kick-Off Potluck
- **December 5-8:** Southern Senior Champs Swim Meet
- **December 6-8:** Gulf Age Group Champs Swim Meet
- **December 13-15:** Gulf Senior Champs Swim Meet
- **December 20-22:** Gulf Fall Champs Swim Meet
- **December 23:** Team Ginger Bread House Building

- **December 28:** End of Year Challenge Practice & Breakfast
- **January 17-19:** January Iceberg Invite AQUA/SPA Swim Meet
- As we move into the colder months, Oakbrook West has added tarps on the pool and space heaters in the bathrooms to make the condition more comfortable. If you have any ways you would like to help further, please let Coach James at Oakbrook know! We are always striving to make our outdoor practices more comfortable in the colder months.