



AQUASTAR WEEKLY UPDATE

10/06/25 - 10/12/25

Announcements

- Starting this Friday, many of the surrounding school districts are going on Fall Break through the beginning of next week. Due to this we will be having practice next Monday in the morning instead of the afternoon at Oakbrook West Only. We will follow the normal Saturday morning practice schedule, which will also be on the google calendar.
- We wanted to mention again that we are currently working on a solution to better our schedule so we can make sure all athletes are getting the best coaching possible in and out of the water. **We will announce those changes soon.**
- Attached to the primary email is the link to SSDL's resource of the week! This week's resource is their streamline mobility workout. Building up a swimmers mobility, especially in the shoulders, allows swimmers to have better streamline which helps create more speed off the walls.
- **We highly recommend all parents and athletes check out the SSDL website! Below is the password for every tab on the SSDL website!**
 - **Habits>Motivation**

PRACTICE SCHEDULE - ALWAYS REFER TO THE GOOGLE CALENDAR

Oakbrook West

- We will be having **morning practice only** next **Monday 10/13**

Laporte HS

- **No practice** due to Fall break starting this **Friday 10/10 through next Wednesday 10/15.**
- We will be having practice on **Tuesdays starting tomorrow at Laporte.** Normal group starting times for Tuesday.

UPCOMING EVENTS

- **SPA Invitational October 4th/5th**
 - Meet Write up will come out this week!
- **Distance Block Party - Rescheduling, will announce asap**
- **October 25th & 26th - SHAC Invite**
 - Location - SHAC Aquatic Center
 - Entry Deadline is October 16
- **November 15th & 16th - BATS Invite**
 - Location - University of Houston Natatorium
 - Entry Deadline is October 28th

Swimmer Shout out!

Congratulations to Jase White for achieving a TAGS Bonus time in the 11-12 100 Breast!

We also have quite a few athletes that are milliseconds from Gulf Age group champs that hopefully we can give a shoutout to next meet!

October 6th - October 12th, 2025