

AQUASTAR,

There were a few people who may not have received the weekly update due to complications on my end with the new email. I wanted to resend out the weekly update to make sure everyone gets the necessary info. There are a few additions to the weekly update these are highlighted in red.

We have quite a few updates for everyone this week!

Starting with a few important ones.

AQUASTAR has switched over to a new domain which means **all of the coaches have new emails!** If you would like to get in contact with any coach please use the emails below.

Coach Collin - [coachcollin@aquastarswim.org](mailto:coachcollin@aquastarswim.org)

Coach Francesco - [coachfrancesco@aquastarswim.org](mailto:coachfrancesco@aquastarswim.org)

Coach James - [coachjames@aquastarswim.org](mailto:coachjames@aquastarswim.org)

Coach Jay - [coachjay@aquastarswim.org](mailto:coachjay@aquastarswim.org)

We also have a **new board member!** Please welcome **Alison Swenson as AQUASTARS new Treasurer!** If you have any financial questions, please make sure to contact Alison at [treasurer@aquastarswim.org](mailto:treasurer@aquastarswim.org)

Below is the rest of the normal weekly update.

### **Practice Schedule**

- There will not be practice at Laporte on **Monday and Tuesday** due to District Holidays.
- We will have normal practice this week at Clear Brook and Oakbrook.

- This Saturday, we will only have practice for Blue groups and Up.
- Please check the google calendar and Ondeck for the weekly schedule.

### **Meet Information**

- We have the **Gulf 12U championships** this **Friday through Sunday** at **Galena Park ISD Natatorium**. All meet information will be sent out later today!
- The location has been announced for the 13 and over Gulf Champs on February 28th - March 2nd! We will be competing at the **Pearland Natatorium**. Entries have been reopened! The deadline to adjust events or add entries is February 23rd by 8 pm. Please contact me in person or by email or in person if you'd like to sign up or adjust entries.
- Entries for the Aggieland Short course invite are **due February 21st by 6 pm!** If you have any questions about this event, please let me know.
- Applications are open for Duel in the pool! This is a great opportunity for athletes to represent the Gulf LSC in a duel meet against another LSC from Illinois. To find the information for this meet is [here](#). To find the application for this opportunity click [here](#).

### **Team Fundraisers**

- Remember to create your profiles for the swimathon! The top fundraiser each week gets a cool prize from Speedo! Look at my previous email from this morning for step by step directions on how to set up your athletes profile.
- The Swim-a-thon will be on **March 29th!** Don't forget to save the date!
- We also have an incredibly fun spirit night on **March 11<sup>th</sup> at Chicken and Pickle!** Bring the whole family out tryout the new hit sport. We will send out more info soon!

### **SSDL News**

- Athlete Educational Webinar: "Eat. Sleep. Swim Fast: Habits for Peak Performance" by Brittany Miller
  - Time: **Sunday, February 23rd, 2025 at 7pm EST, 6pm CST, 4pm PST, 2pm HST**
  - Join Zoom Meeting

<https://us02web.zoom.us/j/86457358421?pwd=UGHUL6HcB9OINHPyOhRPGyIbQxnuJ.1>

- Meeting ID: 864 5735 8421  
Passcode: 885592
- Parent Educational Webinar: "Programming Matters: Trusting the Process for Elite Athletic Development" by Bryan McPherson
  - Time: **Sunday, February 23rd, 2025 at 8pm EST, 7pm CST, 5pm PST, 3pm HST**
  - Join Zoom Meeting

<https://us02web.zoom.us/j/89987848650?pwd=bwf33Xbp7FzuSvq8Hhzn5JJF3D6ma.1>

- Meeting ID: 899 8784 8650

Passcode: 666917

Coach Collin

Head Coach

AQUASTAR Swimming

