

AQUASTAR,

Happy Monday everyone! I hope everyone enjoyed their weekend and saw all the amazing things AQUASTAR was doing this past weekend. Please read the weekly update below to see what's going on this week and future weeks.

### **Practice Update**

- There will be **no practice** this **Tuesday 3-11-25** as we have our **Chicken and Pickle Spirit Night!** We hope to see everyone there!
- This **Friday, 3-14-25**, there will **only be practice at Oakbrook West** due to the start of spring break. Please refer to the google calendar for practice times.
- Our **Spring Break schedule** will be as followed below:
  - o Monday through Friday
    - § Oakbrook West Morning- BGS: 7:00 - 9:00 AM
    - § Oakbrook West Afternoons
    - § Blue/Gold/Senior: 3:30-5:00 PM
    - § Red: 5:00-6:00 PM
    - § White: 5:00-6:30 PM
    - § Aqua: 6:00-7:30 PM
  - o Saturdays will be normal Schedule

### **Swimathon**

- Congratulations **EMMA BRUEGGEMAN** for being this week's top fundraising athlete! Coach will deliver your Speedo prize at practice on Monday.
- **Swim-A-Thon has already reached \$3321.05 thanks to your generous donations!** Aqua group is still in the lead with \$1296.66 earned followed by gold group at \$816 and in third place white group with \$500 raised. Who will earn the Team Spirit trophy? ... there are only **3 more weeks** to find out!
- If you haven't already done so, **PLEASE** set up your swimmer's donation page on Team Unify and start spreading the word of Swim-A-Thon by email and social media. Athletes who send at least **5 donation request emails** under their profile **AND create a social media post** (please send a screen shot to Coach Collin) by **March 10, 2025** will be entered to **win Brunch and Pickleball for 4.**

- Instructions for sending an email on Team Unify: After you are finished setting up your donation page click on the 'Promote' tab to post your fundraising page on Facebook and Twitter. There is also a designated email section under the 'Promote' tab to enter email addresses of family and friends.

### **Fundraisers**

- Join us for **Spirit Night at Chicken N Pickle on March 11 from 6–8 PM!**
  - o We have a reserved court for anyone who wants to play—no equipment needed, as it's included with the court.
  - o Come compete against your teammates at pickleball and enjoy a night of fun!
  - o **Plus, AQUASTAR will receive 10% back from all food purchases**, so come eat, play, and **support AQUASTAR. Swimming.**
  - o **\*\*There will be no practice on this day.\*\***
- Also, mark your calendars for our **End-of-Season Party on April 2 at Main Event from 5–9 PM!** Come celebrate with your teammates and enjoy laser tag, bowling, putt-putt golf, and arcade games. It's going to be a fun night filled with awards and more!
  - o **\*\*No practice will be held on this day.\*\*** We can't wait to celebrate with you!
  - o **\*\*There will be no practice on this day.\*\***

### **Meet Updates/Info/Meet Calendar**

- Our spring championship season keeps rolling along as last weekend we competed in the Aggieland Invite! As I'm sure everyone saw in the many Instagram posts, our small but mighty crew put on a display! We walked away with 2 high point earners, Greg Haronitis and Crichton Vandertie, and a second runner up high point Zoe Haronitis! On top of these high point earners, we had many other swimmers perform well. Alex Halili finaled in almost all his events and was in the top few scorers for his age group. Sara McGrady swam the 400 IM for the first and second time this weekend as she finaled and placed 11th overall! Micah Best and Dalan Halili both had major time drops in almost all their events as well as helping the team out by scoring some serious points! Dalan had even finished 1st overall in 50 breast! Make sure to catch the meet write coming out soon to see more of everyone's achievements!
- Now that spring short course season is wrapping up, we are happy to release our tentative Long Course/Summer schedule.
  - o **Summer Schedule Meets**

§ 2025 BTA Duck Derby April 12-13th at Fleet Aquatic Center, 14654 Spring Cypress Rd, Cypress, TX 77429, USA

§ AQUA/PACE Long Course Invitational May 3rd – 4th at Angleton ISD Aquatic Center, Stadium Drive, Angleton, Texas, 77515

§ SPA Short Course Developmental Meet May 17th at Club Sienna Pool, 9600 Scanlan Trace, Missouri City, Texas 77459

§ BATS LC June Meet June 6th – 8th at University of Houston

§ FLEET Last Chance Prelim/Final June 28th – 29th at Fleet aquatic Center

o July Champ Meets

§ LC Gulf Age Group/Gulf Senior Champs (at UH) July 11th – 13th

§ Sectionals (At UT) July 10th-13th

§ TAGS July 16th – 20th at Arlington, Texas

§ Gulf Summer Champs July 25th – 27th

### **Camps**

- We are partnering with Fitter & Faster to produce a 2-day swim camp for **competitive swimmers ages 10 & over** at Oakbrook West Pool in Clear Lake, Texas on May 17 & 18, 2025!

- o We will allow swimmers **under 10** who are in white group and up.

- [The Essentials For Faster Racing Swim Camp \(Ages 10 & Over\) - Clear Lake, TX - Swim Clinic](#)

- **THE ESSENTIALS FOR FASTER RACING SWIM CAMP (AGES 10 & Over)**

**DAY 1** (*Saturday, May 17*):

Session 1: The Fifth Stroke - Underwaters

Session 2: Butterfly Technique

- **DAY 2** (*Sunday, May 18*):

Session 3: Breaststroke Technique

Session 4: Flip Turns, Open Turns & Finishes

- **SESSION START TIMES FOR BOTH DAYS:**

Sessions 1 & 3: Check in 8:45 AM, Camp 9-11:30 AM

Sessions 2 & 4: Check in 12:15 PM, Camp 12:30-3 PM

Here are some other Summer Swim camps to look into to! I've included local camps as well as some of the top camps around the country.

- University of Houston [Cougar Swim Camp | NIKE Sports Camps - USSC](#)
- University of Florida [Swim Camp - Swim Tech Gainesville](#)
- University of Texas – Austin [Swim Camp - Swim Tech Gainesville](#)
- Texas A&M University [Aggie Swim Camp: Register](#)
- Bolles Swim Camp Florida [Bolles Swim Camps Home](#)
- Duke Swim Camp [Duke Blue Devils Swim Camps – While visiting a World Class University, Duke Swimming Camp](#) purposes is to educate swimmers in the fundamentals of technique, training and competition while establishing relationships with coaches and swimmers from all over the world.
- Virginia Swim Camp [2025 Cavalier Swim Camps](#)

I hope everyone found the weekly newsletter informative and as always, please let me know if there is any questions!

-Coach Collin