I apologize for the delay in sending out the Weekly Update. It's been a busy week/weekend with the SSDL National Championship. Below is the information you will need for this week!

Practice Update

- There will be practice at Oakbrook only on Friday 3/28! Please refer to the google calendar for practice times.
- There will be no practice on Saturday due to the Swimathon! We want all to attend as this will be a very fun event! More info below!

Swimathon

• Join us Saturday, March 29th from 9:00 am - 1:30 pm for AQUASTAR Swimming's first annual Swim-A-Thon fundraiser. This is a fun, family event so bring your tent and lawn chairs as we cheer on our swimmers' efforts in the pool. Every swimmer is encouraged to attend regardless of funds raised!

Swim-A-Thon Schedule of Events

9:00-11:00 Aqua, Blue, Gold, Senior Group Swim

10:30 Hot dog bar opens - we will serve complimentary hot dogs on buns with chili, cheese, onions, ketchup, mustard and relish as topping options. We will also have Fritos to make walking Frito pies. Swimmers will receive a popsicle treat after their swim.

11:00 Pie the Coach begins – you will NOT want to miss the opportunity to throw a whipped cream pie at your favorite coach!

11:00-1:00 Red and White Group swim

1:00-1:30 Coach Relay Races – cheer on our coaches as they compete in the silliest of relay races. Which team will you bet on winning???

1:30 Announcement of coach relay raffle winners

How can you help?

1. Cheer on your swimmer loud and proud as they dedicate their Saturday to swimming laps and raising money for their team

- 2. Promote the Swim-A-Thon on your social media pages to earn more donations for our team. The top earning swimmer in each training group will be named honorary coach of the day! See the full list of prizes below
- 3. Sign up to help counting laps (it's easy, you know how to make a tally mark right?) https://www.signupgenius.com/go/20F0F4FADAF22A7F49-55840926-swimathon

Team Party!

- If you haven't already, 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! We will do awards from 5:30 6:30 PM!
- 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

- Reminder that we have released our tentative Meet Schedule for the summer so please save these dates! More Meet info will come out closer to the meets!
- o Summer Schedule Meets
- § 2025 BTA Duck Derby April12-13th 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

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