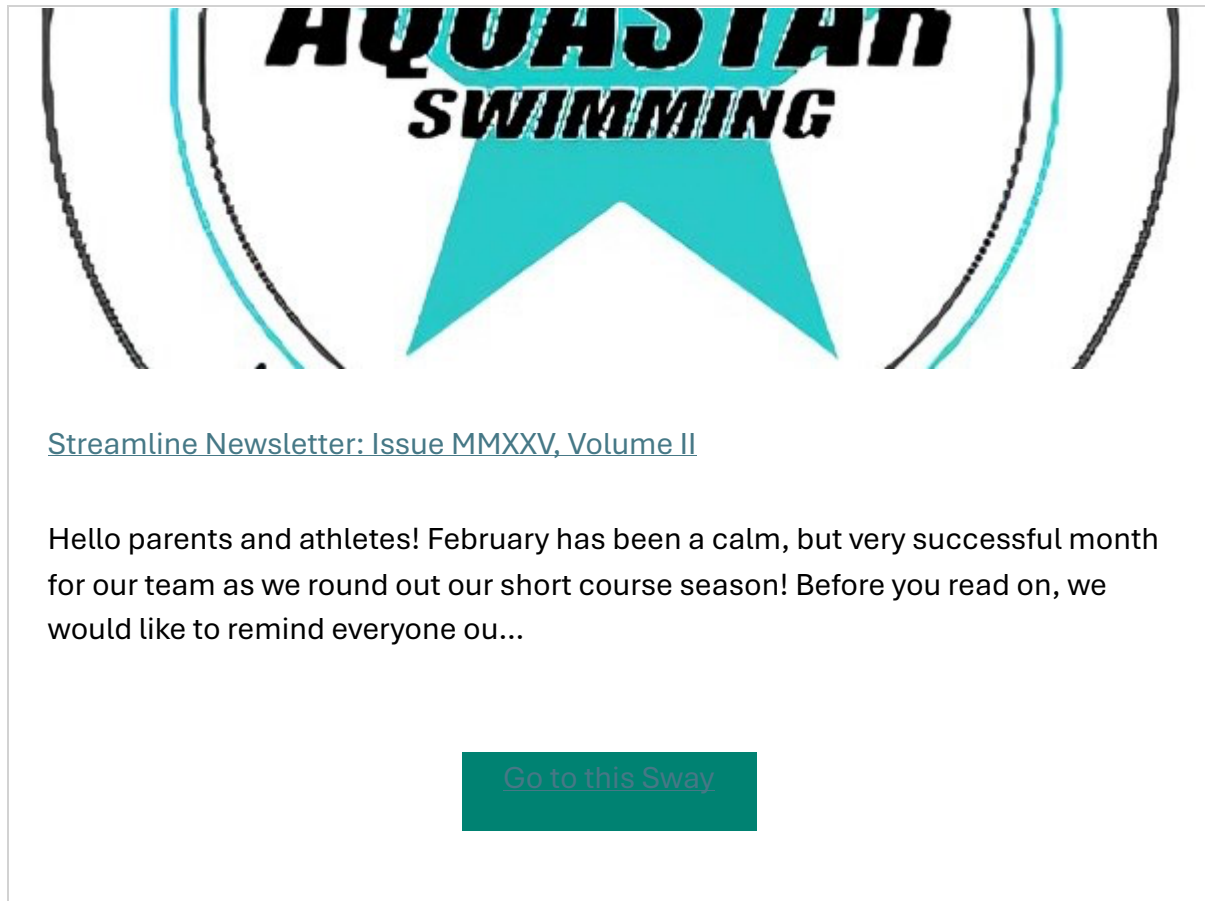


AQUASTAR,

Please read over this week's update carefully! We have lots of information including the Spring Break practice Schedule. Attached to this email is the February newsletter if you didn't get a chance to read!

Newsletter

Here is the link to the February Newsletter!



Practice

- We will have normal practice at all locations this week including Saturday morning. Please refer to the google calendar for the practice schedule.
- **Below is the practice Schedule for Spring Break. All practices are at Oakbrook West ONLY.**
 - Morning practices Monday through Friday for Blue, Gold, and Senior 7:00 - 9:00 AM

- Afternoon Practices Monday through Friday
 - B/G/S: 3:30-5:00 PM
 - Red: 5:00-6:00 PM
 - White: 5:00-6:30 PM
 - Aqua: 6:00-7:30 PM
- Saturday will be normal schedule.

Meets

- Last weekend we had the **13 and Over gulf champs!** We had many fantastic swims and competed very well against the other teams in the gulf. We had many swimmers final and had quite a few medalists! Look out for the meet write up later this week.
- **Aggieland Invite Meet info will be sent out by Wednesday afternoon.**
- If your athlete would like to apply to swim in the Duel in the pool, you can find the information in the link below. [Here is the information for Duel-](#)
 - This is a cool opportunity to compete against All-Star teams from Illinois and Indiana. This meet will be in Dallas, Texas on Saturday and Sunday, May 17 – 18 at the fourth annual Age Group Duel in the Pool. This long course Timed Finals meet will showcase the fastest athletes, ages 11 – 16, from three of USA Swimming's highest performing LSCs and promises to be an exciting three days of fast swimming. Travel days to and from Dallas will be Friday, May 16 and Sunday, May 18.

Swim-a-thon

- **TREY ACKLEN** (again!!) for being this week's top fundraising athlete! Coach will deliver your Speedo prize at practice on Monday.
- Swim-A-Thon has already reached \$2825 thanks to your generous donations! **Aqua group** is still in the lead with \$1188.32 earned followed by gold group at \$620 and in third place white group with \$450 raised. Who will earn the Team Spirit trophy? ... there are only 5 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.

Other Fundraisers

- We also have an incredibly fun spirit night on **March 11th at Chicken and Pickle!** This event will be from 6-8 pm and AQUASTAR will receive 10% of all proceeds!
- Bring the whole family out and tryout the new hit sport Pickleball!
- The flyer with more information is attached to this email!

SSDL Webinars

- Below are the Athlete and Parent Webinars from last month.
- **SSDL Athletes Educational Webinar - "Eat. Sleep. Swim Fast: Habits for Peak Performance" - Brittany Miller**
 - <https://youtu.be/fFfLRX211p4>
- **SSDL Parents Educational Webinar - "Programming Matters: Trusting the Process for Elite Athletic Development" - Bryan McPherson**
 - <https://youtu.be/Xos9xeQVFeg>

Go AQUASTAR!

Coach Collin

Head Coach

AQUASTAR Swimming

