

AQUASTAR,

This weekend we had our first annual Swim-a-thon fundraising event and it was a success! We had a great attendance, kids all swam their goal number of laps, and we all had a great deal of fun especially when throwing the shaving cream pies at the coaches! I hope everyone had as much fun as I had, and if you didn't get a chance to donate or would like to donate more, **you can still donate through team unify until Monday April 7th!** Now the rest of your weekly update is below.

Practice

- We will **not have practice Wednesday afternoon at any location** due to our Team Party at Main Event! More info below.
- On Friday April 4th , we will only have practice at Oakbrook West. See the google calendar for the practice times.
- We will not have Saturday practice as well due to all coaches attending the Gulf Coaches Clinic. We hope to learn as much as we can to better help the team!

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

- We are hosting an open water meet on Sunday April 13 at Lake Longhorn! Below is some of the meet information you will need to know.
- **MEET TYPE: Gulf Open Water All-Star Team Qualifying Event -**
 - o Location - Lake Longhorn Multisport Training Lake, 2391 Gun Range Rd, League City, TX 77573, USA
 - o This is an Open Water Lake swim. Each swimmer will be assigned a timing chip and place on their ankle.
 - o The 13 and over racecourse will be 1000 meters and be 4 laps.
 - o The 12 and under racecourse will be 1000 meters and be 2 laps.
 - o Each Race will start in the water, from a dock entry and will have a timed group start.

- It will be swum in a counterclockwise direction with buoys staying on your left shoulder.
- The finish shall take place on the shore, just beyond the last turn/start buoy.
- All swimmers must exit the lake and cross the finish line to activate timing chip stop time.
- USA Swimmers are not allowed to wear any device that will aid their speed.
- Athletes should wear brightly colored caps for this event.
- There are two meet distances offered at this meet. The 4K race will have 13 and over men's and women's separate races and the 2K mile race is limited to 12 & under and will be staggered in male and female wave. Swimmers must enter at the age/distance they are eligible to qualify to attend the Southern Zone Open Water Meet.
- Swim order will be with estimated start time:
 - 17-18 (4 kilometers / four loops around course) - Men start @ 9:30am, women start @ 11:00am.
 - 15-16 (4 kilometers / four loops around course) – Men start @ 9:35am, women start @ 11:05am.
 - 13-14 (4 kilometers / four loops around course) – Men start @ 9:40am, women start @ 11:10am.
 - 11-12 (2 kilometers / two loops around course) – Men start @ 1:00pm, women start @ 1:05pm. ** Race instructions will be given 15 minutes prior to the beginners of each race.
- Due to this meet we will only be attending the BTA Duckey Derby on **Saturday April 11th only.**

I hope everyone has a great week and let me know if you have any questions!

-Coach Collin