

Weekly Update 4-14-25

AQUASTAR,

I hope everyone is ready for another great week here at AQUASTAR. We have a pretty calm week this week as we have no big events coming up this weekend. Please read the information below for the next two weeks.

Practice- below are the practice schedules for each pool. Please refer to the google calendar for practice times.

Clear Brook:

- Monday through Thursday will be normal scheduled practice.
- There will be no practice on Friday due to Good Friday.

Oakbrook West:

- Monday through Thursday will be normal scheduled practice.
- There will be no Friday Afternoon Practice due to good Friday, but we will be offering a morning practice.
- Friday morning, we will be offering a practice for Aqua, Blue, Gold and Senior groups all together from 8-10 AM.

Laporte:

- Monday through Thursday will be normal scheduled practice.

We will begin goal planning this week for Aqua, Blue, Gold and Senior groups. We hope to have these all finished by the end of the week.

Meets

- Our next meet coming up is the AQUA/PACE Long Course Invitational! We will be cohosting this meet in Angleton.

- Coaches will be sending out the preliminary entries for this meet tomorrow afternoon! After reading over the events picked, please make sure to respond by email with one of the following options
 - **You approve of the events selected** and would like to participate in both days.
 - **You approve of the events** but would like to **only sign up for one the days**. Please add which day you would like to attend.
 - Your athlete **can't** attend the meet and **why**.
 - Your athlete would like to attend **but** you would like to make an **adjustment to the events**. Please specify which event and why. **We highly recommend** you let the athlete talk to their coach about changing any events to help them build accountability of their own swimming.
- The **deadline to sign up/respond with your answer is 4/21/25**.
- If you **don't respond to the email**, we will assume that your athlete will not be swimming in the meet.
- If you **already signed up**, we won't be adjusting any events selected unless you expressed you want us to do so by note.

If you have any questions, please don't be afraid to reach out.

Go AQUASTAR!

Coach Collin

Head Coach

AQUASTAR Swimming