

Weekly Update 4-21

Good morning AQUASTAR,

I hope everyone is staying safe during this storm filled Monday morning. We hope it clears up this afternoon, but we will let everyone know by Remind, if practice will be affected or not.

Below is what we have instore for everyone this week! We included the practice schedule for the next two weeks along with other important information.

Practice

- **Clear Brook**
 - No practice at Clear Brook on Wednesday April 30th due to a Gulf Board Meeting.
- **Oakbrook West**
 - No Saturday practice on May 3rd due to AQUASTAR/PACE Meet.
- **Laporte HS**
 - No Practice today 4/21 due to School Holiday.
 - Practice will be Tuesday, Wednesday and Thursday **this week.**
 - We will no longer offer practice at Laporte HS after this week. We will let everyone know of the fall schedule for Laporte HS after Summer season.
- **All Pools** – We will be planning a fun pre-meet/Swimathon Recognition Day sometime next week. We will let everyone know the date and practice plans as soon as possible.

Meets

- **The deadline** to approve entries for the May 3rd and 4th AQUA/PACE Invite **is today 4/21, by 6:00 PM!** You can either talk to your coach in person or email me at coachcollin@aquastarswim.org.
- We always encourage letting us know if you can't attend, as that helps us better plan events in the future. **If we don't receive a response, we will assume that means your athlete(s) are not attending the meet.**
- We are offering the SPA Developmental Meet on **May 17th** at Club Sienna, Missouri City, TX 77459, USA
 - **This meet is for swimmers with two BB times or less.**
 - It will be a short course pool (25 yard pool)
 - **It is a great opportunity to get times before the summer league season or if you haven't had a chance to compete in many meets!**

SSDL Program Items

- **Athlete Educational Webinar: "Growth vs. Fixed Mindset - The Difference Between Good & Great" by Sean Workman**
 - Time: Sunday, April 27th, 2025 at 7pm EST, 6pm CST, 5pm MST, 4pm PST
 - Join Zoom Meeting
<https://us02web.zoom.us/j/81008366938?pwd=BclOelg87afn9nu0K6Ga4CvbRS0HP0.1>
Meeting ID: 810 0836 6938
Passcode: 908812
 - We highly recommend the athletes to watch these videos as they are great for helping the mental side of training.
- **Parent Educational Webinar: "Recruiting Advice for Parents in Today's Changing Landscape" by Lori Payne from the American College Connection**
 - Time: Sunday, April 27th, 2025 at 8pm EST, 7pm CST, 6pm MST, 5pm PST
 - Join Zoom Meeting
<https://us02web.zoom.us/j/86826339386?pwd=QMjxZmxBSHmF01hmsD2OG36E1sPxeB.1>
Meeting ID: 868 2633 9386
Passcode: 643299
 - Parents with athletes interested in swimming in college one day, should watch this video as Lori Payne and her company ACC are a great resource for college recruiting.

Learn To Swim

- LTS Classes are Open! The lessons run-in two-week blocks throughout the summer beginning on June 2nd, running Mondays through Thursdays.
- We love to keep our pricing affordable while keeping our lessons at a high level with classes priced at \$165.
- Depending on the experience of the future swim athlete, the program is broken into five different levels. Level one starts with the basics of water safety and level five ends with an athlete ready to participate in a club swimming setting!
- **Make sure to share our flyers with all your friends and families!**