

AQUASTAR,

It's now the last week of April and what does that mean? It's about to be summer break! We will be announcing the Summer Swim Schedule on May 1st. If your athlete is in Aqua group and up, please be on the lookout for an email from me tomorrow regarding summer schedule options.

We will also be having a **special practice this Friday, May 2<sup>nd</sup> at Oakbrook West** to recognize the top fundraisers for our SWIMATHON as well as the athletes who hit their lap goals! We will also be having a fun practice to build spirit before this weekends home meet!

Below is all the other information you will need for the next two weeks!

### **Meets**

- We have our **AQUA/PACE long course meet** coming up **THIS WEEKEND!**
- All meet information will be sent out tomorrow afternoon so be on the lookout for that.
- **WE NEED VOLUNTEERS.**
  - If you are attending the meet and haven't signed up for a job, please do so as soon as possible or we will assign you a role. Use the link below
- <https://www.aquastarswim.org/page/swim-team/calendar#/team-events/upcoming/1611614>
- The **deadline to sign up** for the **SPA Short Course developmental meet** is this **Sunday, May 4th.**
  - We will not be doing preliminary entries for this meet, so please either select the entries for your athlete or put a note expressing that you would like the coaches to select for you.

### **Practice**

- Below is the practice schedule for each pool for the next two weeks, plus other important information.
- **Oakbrook**
  - Monday, April 28th - Saturday, May 3rd
    - Normally scheduled practice Monday - Friday.

- **BUT NO SATURDAY PRACTICE** due to the AQUA/Pace Meet.
- Monday, May 5<sup>th</sup> - Saturday, May 10<sup>th</sup>
  - Normally scheduled practice all week.
- **Clear Brook**
  - **STARTING THIS FRIDAY MAY 2<sup>nd</sup> , THERE WILL BE NO PRACTICE AT CLEAR BROOK ON FRIDAYS.**
  - Monday, April 28th - Thursday, May 1<sup>st</sup>
    - **No practice on Wednesday April 30<sup>th</sup> due to HOD meeting.**
    - Normally scheduled practice on Monday, Tuesday and Thursday.
  - Monday, May 5<sup>th</sup> - Thursday May 8<sup>th</sup>
    - Normally scheduled practice Monday through Thursday.
- **Laporte**
  - **Reminder that we will no longer be using Laporte HS starting May 1<sup>st</sup> through the end of summer.**

## **Equipment**

- Parents we are heavily encouraging our athletes in **Aqua, Blue and Gold groups** to have a **snorkel** in their bag of equipment.
  - **Snorkels** help athletes stay in proper body alignment without the need to turn their heads to breath. This is very important in helping athletes minimize drag.
- **We also recommend that athletes in all groups have fins!** If your athlete is in Blue and Gold groups, please try to purchase the shorter fins as these fins better suit this level of athletes.
  - Fins can be used for many types of training, especially helping swimmers with having a higher body position in the water. This helps lessen the drag on the body and allow athletes to work on bettering certain stroke related skills.
  - Aqua, white and red groups should stick with the typical longer fin.
  - Make sure your athlete has the right size fin!



[AQUASTAR - Calendar](#)

AQUASTAR's calendar, showing Events, Practices, Lessons and more.

[www.aquastarswim.org](http://www.aquastarswim.org)

Coach Collin

Head Coach

AQUASTAR Swimming