

Weekly Update 4-7-25

AQUASTAR,

As we are heading into the start of the new season, we want everyone to remember the policies that we have in place. Attached to this email is the code of conduct as well as the welcome letter you may have received as a new family. This will help remind you of the main policies that you will need to know in regard to practice, meets and behaviors. We have quite a bit of info as this week is the kickoff to the long course meets and of course the new season. Please make sure to read over all below.

Practice

- **Clear Brook** – No Practice on Thursday, normal schedule rest of the week.
- **Oakbrook West** – Normal practice Monday through Friday. No practice Saturday due to BTA Ducky Derby Meet.
- **Laporte** – Will only have practice on Monday and Tuesday.
- Please reference the google calendar for practice times.
- **Thursday practice will only be at Oakbrook West.**

Meets

- We have two meets this weekend, the BTA Ducky Derby and the Gulf Open Water Qualifier.
 - All Meet Info will be sent out in as soon as we have all the info.
 - We do need volunteers for the Gulf Open Water! If you are needing volunteer hours for any School organization, please let us know! We will have a sign-up genius go out with meet information.
- **May 3rd and 4th** We are hosting the AQUA/PACE LC Meet in Angleton! We hope to see everyone sign up as this will be a fun and fast meet! The coaches will send out our preliminary entry report early next week. Please be on the lookout for that email!

Goal planning

- We will be starting to goal plan and have end of season talks with athletes starting later this week and next week. We are going to be trying out a cool new template that will help with keeping up with athletes' goals on a day-to-day basis. We will let everyone know later this week more information about the process.

Learn To Swim

- The lessons run-in two-week blocks throughout the summer beginning on June 2nd, running Mondays through Thursdays.
- Through the weeks, future swim athletes work with high level competitive swimmers trained by the AQUASTAR coaches in teaching swim lessons.
- The program is broken into five different levels based on experience.
 - Level one starts with the basics of water safety and level five ends with an athlete ready to participate in a club swimming setting!
- If you , or any families you know, are looking for summer swim lessons check out Learn To Swim: Click [here](#).