

Weekly Update 5-5-25

AQUASTAR,

Before we go into our usual weekly update, I'd like to give a huge thank you to all the parents that made this weekends meet possible! Without all your support and volunteering we couldn't have pulled off such a great meet! Also be on the lookout for the results of our special raffle from this weekend. Every swimmer who dropped time got their name in a drawing for 3 special prizes. Two restaurant gift cards and the grand prize of a free year family membership at the Houston Zoo! We will be announcing the results of this grand raffle this Wednesday on our Facebook/Instagram.

Practice Updates for 5/5 – 5/16

- Oakbrook West
 - No practice this Thursday 5/8. Practice will only be at Clear Brook.
 - Reminder that there **will be practice** this Saturday 5/10 at the normally scheduled times.
 - Every other day will be normal practice as seen on the Google Calendar.
- Clear Brook
 - Remember that we **will not** be having practice on Fridays at Clear Brook.
 - Monday through Thursday will be normal schedule as seen on the Google Calendar.
- Today, 5-5-25, we are actively monitoring the weather. It may be a rainy practice at OBW!

Meet Updates

- The deadline to sign up for the SPA May 17th Developmental meet has been pushed back to May 8th.
 - This meet is a one day, one session meet.
 - Warmups will start at 7:45/8 am and the meet will start at 9 am.
 - **Athletes with no more than 2 BB times can enter this meet.**
 - Attached to this email is the meet information
 - This should be a fast meet!
- June 6th-8th we have the BATs Long Course Invitational
 - The Deadline to register is by May 19th.
 - This meet is a 3 day multi session meet.
 - 13 and overs will swim in the morning and 12 and unders will swim in the afternoon.
 - All the meet information is attached to this email.

SSDL Athlete and Parent Webinars

Below are the recordings from tonight's athlete and parent webinars!

- For the athletes, Sean did an amazing job speaking on "Growth vs. Fixed Mindset" and how powerful it can be...highly recommend all athletes to watch it!
 - Growth vs. Fixed Mindset - The Difference Between Good & Great - presented by Sean Workman
 - <https://youtu.be/wGwJcwQxX2A>
- And then Lori Payne did a fantastic job of navigating so many questions and helping shed some light on the current college recruiting landscape for parents...another one **everyone** should watch!
 - College Recruiting Advice in Today's Changing Landscape - presented by Lori Payne, American College Connection
 - <https://youtu.be/qXOHho3ZjTc>

Go AQUASTAR!

Coach Collin

Head Coach

AQUASTAR Swimming

