

Good afternoon AQUASTAR,

This week is the start of our Summer Schedule! We hope everyone is ready as there are a few practice changes. Please refer to the google calendar as well as our weekly updates for the Summer practice schedule.

We have also included our monthly newsletter. We are trying out a new format for our newsletter and would love for everyone to give it a read! We hope everyone enjoys the newsletter.

Practice 6/1 - 6/7 - Please always refer to the google calendar.

Dow Park - Long course

- Starts tomorrow morning!
- Monday, Wednesday, and Fridays 6-8 am
 - These practices are for Aqua/Blue/Gold/Senior groups but if a white or red grouper would like to join please let Coach Collin know ahead of time so that we can prepare for them.

Oakbrook

- Mornings. - Aqua group and Up 6-8 am on Tuesdays and Thursdays only
 - These practices will be focusing on building power through use of equipment and drylands.
- Afternoons - Every day normal practice times.
 - Blue Gold and Senior will train at Oakbrook on Monday, Wednesday and Friday afternoons.
 - We will be adding a Aqua and Blue & Up practice to Friday Afternoons compared to the originally sent out Summer Schedule.

Clear Brook

- Tuesday and Thursday afternoon only!
 - Blue/Gold/Senior start at 3 pm.
 - Aqua, White, and Red all start at 5 pm.

Meets

- We have the UH BATS meet this upcoming weekend June 6th - 8th
 - This meet will be located at the University of Houston recreation center.
 - We will send out the meet write up this week once we receive the timelines.
- Our next set of meets will be the **July championship Series listed below.**
 - **LC Gulf Age Group Champs – 7/11 – 7/13 Fleet Aquatic Center**
 - **LC Gulf Senior Champs – 7/11 – 7/13 University of Houston**

- TAGS LC Champs – 7/16 – 7/20 Arlington ISD Natatorium
- Gulf B & Under Champs – 7/19 – 7/20 Location TBD
- LC Gulf Summer Champs – 7/25 – 7/27 Fort Bend Training Facility or Angleton
- AAU Junior Olympics – 7/22 – 7/27 Cy-Fair Natatorium

Coach Collin

Head Coach

AQUASTAR Swimming