

AQUASTAR,

We have a few announcements for this week.

On Wednesday July 9th, **we will be hosting a pre-championships potluck and tie dye practice at Oakbrook West!** It'll be a fun practice filled with food, fun games and of course tie dying shirts!

We are offering a **White AQUASTAR T-shirt for \$15**. Attached is the picture of the front of the shirt, there will be "July Champ Series 2025" on the back. **If you would like to purchase this T-shirt, please respond to this email with the number of shirts you would like and your sizes. We are offering all sizes including youth sizes. We will charge your account with the cost once the order has been approved. We need sizes and numbers by this Wednesday if we would want to get the shirts in time for July 8th.** More information on the practice time will come out next week.

Reminder - AQUASTAR will be taking a break at the end of the summer from July 28th - August 10th.

- This break will allow us to put the finishing touches on planning for the fall and winter seasons, as well as give coaches a much deserved break.
- We will be offering "**Open Practices**" where we will offer lane space to any athlete from any group who would like to come and complete a workout. There will be a coach on deck mostly to assist/coach the younger athletes and supervise the pool. We will have workouts written for the older athletes as well. We will announce the practice dates and anymore info at the end of the month.

Practice 6/23 - 6/30 - Please always refer to the google calendar.
Dow Park - Long course

- 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 the proper practice for them.
 - Reminder that all swimmers attending will help with putting in and taking out lane lines.

Oakbrook

- Mornings - Aqua, Blue, Gold and Senior groups practice **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.
 - Monday, Wednesday and Friday will be the **new main dryland days** for all groups.
- Saturdays - **We are offering all groups practice from 9-10:30 am.** This will only be during the month of June and we may adjust this schedule in July.
 - **Red group will still only practice 9-10 am.**

Clear Brook

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

Meets

- **Our next set of meets will be the July championship Series.** All info is on the website.
- **Last week we reached out to each family with the July Championship meet that your athlete qualified for.**
 - The first set of **Meet Deadlines** are for the Gulf Age Group Champs and the Senior Champs which is **June 28th.**
 - **The B and Under and Gulf Summer Champs registration deadlines are July 5th.** Expect the preliminary entries to be sent out next Monday June 30th.
- We will be sending out preliminary entries for athletes today! Please look for the email later this evening.
- We do have one more Championship Meet opportunity that is open to all who qualify. **The AAU Junior Olympics! All the information is on the website, as well as included in this email.**
 - **Highlights**
 - **Any swimmer who has BB times or higher qualify.**
 - **Location is the Cy Fair ISD Natatorium.**
 - **Swimmer must qualify with the event time to swim the event.**
 - **Entries due July 5th**
 - **This meet is an extra opportunity, all who qualify can go.**

If you have any questions over anything please let me know!

Coach Collin
Head Coach
AQUASTAR Swimming

