

Good afternoon AQUASTAR,

This week 2 of the Summer Schedule! We had a pretty good attendance last week, but we hope to see some more athletes at our morning practices this week, especially at Dow Park.

Please refer to the google calendar as well as our weekly updates for the summer practice schedule.

Practice 6/9 - 6/15 - 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 for them.
 - Reminder that all swimmers attending will help with putting in and taking our 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.
 - These will be our main dryland days for the older kids.
- **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 the younger 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 listed below.** All info is on the website.

- **We plan to reach out to each family this week with the meet that your athlete qualified for.** If you already know which meet to sign up for, go ahead and declare your athlete! We will discuss event selection closer to the meet deadlines.
 - **LC Gulf Age Group Champs – 7/11 – 7/13 Fleet Aquatic Center**
 - **Deadline to sign up is June 28th**
 - **Qualifying times are [here](#).**
 - **LC Gulf Senior Champs – 7/11 – 7/13 University of Houston**
 - **Deadline to sign up is June 28th.**
 - **Qualifying times are in the meet program [here](#).**
 - **TAGS LC Champs – 7/16 – 7/20 Arlington ISD Natatorium**
 - **Deadline to register is July 14th.**
 - **Qualifying times are**

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- **Gulf B & Under Champs – 7/19 – 7/20 Location TBD**
 - **This meet is for B and under swimmers.**
 - **This meet will be in a 25-yard pool**
 - **Deadline to register is June 28th.**
- **LC Gulf Summer Champs – 7/25 – 7/27 Fort Bend Training Facility or Angleton**
 - **Deadline to sign up is July 12th**
- **AAU Junior Olympics – 7/22 – 7/27 Cy-Fair Natatorium**
 - **Deadline to enter is July 7th.**
 - **Meet info can be found [here](#).**

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

Go AQUASTAR!

Coach Collin

Head Coach

AQUASTAR Swimming

