



# AQUASTAR WEEKLY UPDATE

09/15/25 - 09/21/25

## Announcements

- **Reminder that All athletes are required to wear tennis shoes when doing drylands.** If you don't bring tennis shoes you will be doing an alternative workout/possible extra swim set.
- **Swim Strong Drylands are having their annual Athlete and Parent Kick off calls next Sunday September 21<sup>st</sup>!** We highly recommend as many parents and athletes attend these meetings as possible as you can learn about all the great resources offered on Swim Strong Drylands website. In case you didn't already know, SSDL is the dryland company we work with that also supports teams all around the country as well as many collegiate swim teams! *They help athletes and parents learn about proper nutrition for swimmers, proper exercise as well as help develop leaders with their own leadership training for athletes.* This is all complimentary with being an AQUASTAR athlete! **The links and meeting passcodes are all in the intro email this newsletter is attached to.**
  - **Topic: All-Athletes Kickoff Call - SSDL 2025-2026 Season!**
    - Time: Sunday, Sep 21, 2025 at 6pm CST
  - **Topic: All-Parents Kickoff Call - SSDL 2025-2026 Season!**
    - Time: Sunday, Sep 21, 2025 at 7pm CST
- **Lastly, we are accepting orders for custom swim caps!** Please use the link in the original email to fill out the google form if you are interested in ordering a custom cap. **Deadline to fill out the google form is next Monday September 22nd.**

## PRACTICE SCHEDULE - ALWAYS REFER TO THE GOOGLE CALENDAR

Oakbrook West/Laporte HS

- Normal schedule

Clear Brook HS

- No practice this Tuesday or Friday due to Water Polo

## UPCOMING EVENTS

- **Sept 20 & 21<sup>st</sup> AQUA/PACE Sprintathlon**
  - Location - [Angleton ISD Natatorium](#)
  - All meet info will be sent out this evening.
- **October 4th & 5th - SPA Invitational**
  - Location - [Club Sienna Pool](#)
  - Link will be posted on Team Unify this week.
- **October 17<sup>th</sup> - Distance Block Party**
  - Location - Clear Brook HS
- **October 25<sup>th</sup> & 26<sup>th</sup> - SHAC Invite**
  - Location - SHAC Aquatic Center

## PLEASE JOIN OUR SOCIAL MEDIA PAGES!

TEAM WEBSITE: [WWW.AQUASTARSWIM.ORG](http://WWW.AQUASTARSWIM.ORG)

FACEBOOK PAGE: AQUASTAR SWIMMING PARENT

FACEBOOK GROUP: AQUASTAR PARENTS

TEAM INSTAGRAM: @SWIMWITHTHEBEST

Google Calendar: Click [Here](#)

September 15th - 21st, 2025