

AQUASTAR,

Below is your weekly update.

Announcements

- **Reminder - AQUASTAR will be taking a break at the end of the summer from July 28th - August 10th.**
 - o 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.
 - o **Practices will be Tuesday, Wednesday and Thursday from 5:30 - 7:30 pm each of those two weeks.**

Practice 7/14 - 7/19 - Please always refer to the google calendar.

Dow Park - Long course

- Monday, Wednesday, and Friday practice **6-8 am**
 - o 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.
 - o Reminder that all swimmers attending will help with putting in and taking out lane lines.

Oakbrook West

- **Mornings - AQUA/Blue/Gold/Senior groups practice 6-8 am on Tuesdays and Thursdays**
 - o These practices will be focusing on building power. We will use all equipment and even dryland equipment.
- **Afternoons - Every day normal practice times as shown on the google calendar.**
 - o Blue Gold and Senior will train at Oakbrook on Monday, Wednesday and Friday afternoons.
 - o Monday, Wednesday and Friday will be the **new main dryland days** for all groups.
- **Saturdays - We are offering an all groups practice from 9-10:30 am.** This schedule will continue for July.
 - o **Red group will still only practice 9-10 am.**
 - o **We may adjust the schedule if attendance increases.**

Clear Brook

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

Meets

- Meet info will be sent out Today this week for both the TAGS and B&Under Champ meets.
- Below is our Fall Meet Schedule! Please save the dates of the meets below. We will send out an official meet calendar next week.
 - Saturday, August 23rd Intrasquad Block Party Meet at Oakbrook West
 - September 20-21st AQUA/PACE Sprintathlon in Angleton
 - October 4-5th SPA Invitational at Club Sienna Pool
 - Shac Invite October 25-26th
 - November 7-9th BATS Invitational at UH Natatorium
 - December 4-7th Southern Senior Champs/Gulf Age Group Champs
 - December 12-14th Gulf Senior Champs
 - December 19-21st Fall Champs
- We may be offering some small block party meets throughout the fall! We will send out more info in August about these types of meets.

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

Coach Collin
Head Coach
AQUASTAR Swimming

