

AQUASTAR,

Below is your weekly update!

Announcements

- **The Fall Practice schedule will be finalized and sent out by next week. Be on the look out for that!**
- **Reminder - AQUASTAR will be taking a break at the end of July, from Monday July 28th - Sunday, 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.**
 - o **These practices will only be at Oakbrook West.**

Practice 7/21 - 7/25 - Please always refer to the google calendar.

Dow Park - Long course (Last week of Dow Park!)

- Monday and Wednesday practice **only** from **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 - No Saturday this week due to Summer champs!

Clear Brook - Last week of this schedule! We will return to the normal Fall Schedule for clear Brook on August 11th.

- Tuesday and Thursday afternoon only!
 - o **Blue/Gold/Senior** start at **3 pm.**

- **AQUA, White, and Red** all start at **5 pm**.

Meets

- **More meet info will be coming out for the Summer champs in Angleton. This is our last meet of the July series.**
- **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**
 - **January 16-18th AQUA/SPA Iceberg invite**
 - **Rest of spring meets will be announced in the coming weeks.**
- **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

