

AQUASTAR,

I hope everyone had a fantastic 4th of July weekend! This week is the start of our July Champ Meet Series. Below is the information you will need for the upcoming week!

**Tye Dye Pre-Championship Practice – Wednesday July 9th 5:30 pm – 7:30 pm**

- **We have our Tye Dye Champ party practice this Wednesday July 9th!**
  - Practice will run from **5:30 – 7:30 pm for all groups!**
  - We will run **two one-hour** practices.
    - From **5:30 – 6:30 pm Red and White Group** will practice starts, turns, and relays, while **AQUA/Blue/Gold/Senior groups** will Tye Dye shirts and bandannas
    - From **6:30 – 7:30 pm Red and White groups** will Tye Dye Shirts while **AQUA/Blue/Gold/Senior groups** will do their race prep practice.
    - **We will have a few extra shirts in sizes Small, Medium and Large that we will offer for sale at the event for parents who missed the order.**
    - **We will have some white bandannas to tie dye as well for some of the athletes who didn't purchase a shirt!**
  - **Shirt orders will be charged to accounts this week instead of previously due to order changes.**
  - All we require from the parents is to please bring your own grocery bag or gallon sized Ziplock bag to bring how your T-shirt!
  - **We would like to also have a mini potluck to help celebrate the athletes as well as give the athletes some food to snack on while the work on their creations!** If you would like to bring some food for the kids, please sign up on the Sign-Up Genius below
    - <https://www.signupgenius.com/go/904044EACA72CAAFD0-57470732-aquastar>

**Other Announcements**

- **There will be no morning practice Friday, July 11th due to the Gulf Age Group and Senior Champs meets.**

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

**Practice 7/7 - 7/13 - Please always refer to the google calendar.**

#### **Dow Park - Long course**

- **We will not be having practice at Dow Park this Friday July 11th**
- Monday and Wednesday practice **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 West**

- Mornings - **AQUA/Blue/Gold/Senior groups practice 6-8 am on Tuesdays and Thursdays**
  - 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.
  - **Blue/Gold/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 an all-groups practice from 9-10:30 am.** This schedule will continue for July.

- **Red** group will still only practice 9-10 am.
- We may adjust the schedule if attendance increases.

### **Clear Brook**

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

### **Meets**

- Last call for the Summer Champs meet! Entries are due tomorrow afternoon.
  - Please make sure to look over the preliminary entries list and confirm whether your athlete is attending the meet.
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- Meet info will be sent out **Tuesday** this week for both the Gulf Age group champs and Senior champs meets.
- We will be announcing our Fall Meet Schedule later this week! Be on the lookout for the SportsYou post/email.

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

Go AQUASTAR!

Coach Collin

Head Coach

AQUASTAR Swimming

