

AQUASTAR,

We have a few announcements for this week.

**First, Practice for this evening, June 16th is cancelled due to weather.**

Hopefully, we can get better weather the rest of this week since we hope to build on another good week of attendance!

As always, please refer to the google calendar as well as our weekly updates for the Summer practice schedule.

**We are also announcing that AQUASTAR will be taking a break at the end of the summer from July 28<sup>th</sup> - August 10<sup>th</sup>.**

- This break will allow us to put the finishing touches on planning for the fall and winter seasons, as well as give coaches a much deserved break.
- 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. We will announce the practice dates and anymore info at the end of the month.

**Practice 6/16 - 6/21 - 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 the proper practice for them.
  - Reminder that all swimmers attending will help with putting in and taking out 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.
- **Last week we reached out to each family with the July Championship meet that your athlete qualified for.**
  - The first set of Meet Deadlines are for the Gulf Age Group Champs and the Senior Champs which is June 28th.
- We do have one more Championship Meet opportunity that is open to all who qualify. **The AAU Junior Olympics! We will send out another email with all the information necessary to the athletes who qualify for this event.**

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

Coach Collin  
Head Coach  
AQUASTAR Swimming

