



10/20/25-10/26/25

## Announcements

- **We will be hosting our Distance Block Party on Thursday, November 6<sup>th</sup> at Clear brook HS! Warm ups will start at 5:30 and we will start the meet at 6 pm.**
  - **This meet is to allow our swimmers a low pressure/fun opportunity to swim one or two of the mid-distance and distance events we encourage all athletes to swim.**
  - **For White group and up, getting times in these events helps us understand where every athletes endurance level and aerobic capacity is at which will better help us adjst our season plan and create future workouts!**
  - **The cost for this event will be \$10 and athletes can swim up to 2 events.**
  - **All times from this meet do count for USA swimming!**
- **We are planning a fun Halloween themed practice on October 30<sup>th</sup> at all pools! It'll be scary good time!**

## 8 Week challenge Update - Coach Francesco

**Another great week in the 8-Week Challenge!**

**Remember, swimmers can join at any time, and prizes are available as long as they complete at least 50% of the weekly habits challenge.**

- **White Group continues to lead with 28.5% of submissions.**
- **Staying hydrated is the most completed habit, followed by choosing healthy snacks.**
- **It's clear our team values sleeping over 8 hours and stretching daily, which is fantastic!**
- **Most importantly, 33.3% of swimmers are holding themselves accountable for their training and results, a strong sign that our team is moving in the right direction.**

**Keep up the great work, Aquastar! Every habit counts toward becoming stronger, healthier, and more disciplined athletes.**

## UPCOMING EVENTS

- **Distance Block Party - We will be planning for Thursday, November 6th!**
  - **Events**
    - **100 free - 10 & under**
    - **200 IM - Open**
    - **400 IM - 9 & up**
    - **100 IM - 10 & under**
    - **200 Free - Open**
    - **500 Free - 9 & up**
- **October 25<sup>th</sup> & 26<sup>th</sup> - SHAC Invite**
  - **Location - SHAC Aquatic Center**
  - **We will be sending out all meet info early this week.**
- **November 15<sup>th</sup> & 16<sup>th</sup> - BATS Invite**
  - **Location - University of Houston Natatorium**
  - **Entry Deadline - October 28th**

## Oakbrook West

- **This week will be normal scheduled practice!**

## Laporte HS

- **No practice on Wednesday October 22 due to Laporte HS Swim Meet.**
- **Normal scheduled practice on Monday, Tuesday, Thursday and Friday.**

## Clear Brook HS

- **There will be no practice at Clear Brook through Thursday October 23<sup>rd</sup> due to pool issues.**
- **We will update everyone if this changes at all.**
- **As of right now we do plan to have practice on Friday October 24<sup>th</sup>.**

October 20th - October 26th, 2025