



11/03/25 - 11/09/25

Announcements

- We will be hosting our Distance Block Party on Thursday, November 6th at Clear Brook HS! Warm ups will start at 5:30 and we will start the meet at 6 pm. Cost will be \$10 and athletes can swim up to 2 events!
 - The deadline to sign u for this meet is Wednesday by 9 PM!
- BATS has extended the deadline for their Novemebr 14-16th meet. We would love to see more athletes sign up! The meet is at the UH Natatorium which is a great pool that is close by!
- Attached to this email is the Practice schedule for both Thanksgiving break and Christmas Break, the full meet schedule through March, and the link to fill out the season goals for ALL athletes.
 - We would love to see more entries for our seasonal goal planning.

8 Week Challenge Update - Coach Francesco

🎃 Halloween Week Challenge Recap! 🕸

What a spooktacular week, Aquastar Families! 🦋 Even with Fall Break haunting some schedules, our swimmers still dove in strong with healthy habits, recovery tricks, and leadership treats!

Participation was amazing — from Aqua ghouls to Senior sharks, everyone worked on eating better, resting smarter, and leading with a positive spirit. “Stay Hydrated” and “Hold Yourself Accountable” were the top spells of the week! Whether you were stretching daily like a flexible mummy or leading by example like a swim superhero, you’re all part of this healthy habit monster mash! Keep submitting your weekly forms. Remember, any swimmer who passes 50% of the challenge will earn a prize! Let’s finish this challenge strong!

Let’s keep the momentum going, Aquastar — no tricks, just healthy treats! 🎃🌟

UPCOMING EVENTS

- Distance Block Party - We will be planning for Thursday, November 6th at Clear Brook Hs!
 - Events
 - 100 free - 10 & under
 - 200 IM - Open for all age groups
 - 400 IM - 9 & up
 - 100 IM - 10 & under
 - 200 Free - Open for all age groups
 - 500 Free - 9 & up
- November 15th & 16th - *BATS Invite*
 - Location - *University of Houston Natatorium*
 - Entry Deadline Extended! Entries are due 11/8
- December 5-7 Age Group Champs/Southern Senior
 - Location Age Group Champs - *Texas A&M*
 - Location Southern Senior - *Conroe ISD Natatorium*
 - Registration Deadline - *November 24th*

Oakbrook West

- No practice on Thursday 11/6 due to the Block arty Meet!

Laporte HS

- Normal scheduled practice through Thursday.
- No practice this Thursday 11/6 due to the Block party Meet!

Clear Brook HS

- We will still be out of Clear Brook for the time being due to heater and water issues. We will be receiving an updated timeline by Tuesday this week.
- We will let everyone know of any udates as soon as we recieve them.
- If necessary, we will announce an alternate location for the Block Party Meet by Tuesday 11/4.

November 3rd - November 9th, 2025