

Streamline

Lone Star Aquatic Club | Newsletter

June 2011



Coaches Corner

Swimmers of the Month

Adrienne Tank

Mele Trinh

Nicholas Varela

Wow!!! What a great way to start the Long Course season and finish up the school year. The End of School Splash was a huge success for Lone Star swimmers and we saw several outstanding swims and a massive amount of time improvements! Great job to everyone who attended!

Throughout the meet we had several amazing swims. Leading the way with Individual victories we had Abigail Hardy, Eryn Hauser, Sam Randall, and Kovi Reid place first in several events. TAGS qualifications came from Annie Wang, Eryn Hauser, and Tommy Marcotte. Way to go guys!

However, the swim of the meet came from ADRIENNE TANK as she “spun” her way to a top ranked time, IN THE NATION, for 6 and under 100 back. Great job Monkey!!!

For a more complete look at how the meet went, check our website for complete meet results and improvement percentages.

Corpus Christi entries have been sent in. All information regarding this meet will be placed on our website. If you are still looking to enter, please be patient as I am waiting to hear back from the meet host.

Coach Adam



Good Fat: Unsaturated

These oils contain some saturated fat. But they're considered heart-friendly, as they help lower levels of bad (LDL) cholesterol, and some raise the levels of good (HDL) cholesterol. They include polyunsaturated fats (like omega-3 and omega-6 fatty acids, which help build cell membranes) and monounsaturated fats high in vitamin E, which is lacking in most Americans' diets.

Canola Oil (7 percent saturated fat)

Made from: Seeds of the grapeseed plant.

Used in: Salad dressings, some margarines, frying food.

Pros: Good source of omega-3 fatty acids.

Has a neutral flavor and a high smoke point.

Con: Has fewer antioxidants than olive oil.

Sunflower Oil (About 10 percent saturated fat)

Made from: Sunflower seeds.

Used in: Some margarines; processed snack foods, like cookies and crackers.

Pros: High in unsaturated fat. Flavorless and colorless.

Con: Susceptible to oxidation, so restaurants may use an unhealthy, partially hydrogenated variety.

Corn Oil (About 13 percent saturated fat)

Made from: The germ of corn.

Used in: Salad dressings, corn chips, some margarines, baked goods, microwave popcorn, general cooking.

Pros: A good source of omega-6 fatty acids.

Neutral in flavor. High smoke point. Inexpensive.

Con: Often hydrogenated (which adds unhealthy trans fats) in processed and deep-fried restaurant foods.

Olive Oil (14 percent saturated fat)

Made from: Olives.

Used in: Salad dressings, some canned tunas, Mediterranean cooking; it's drizzled on cooked foods for extra flavor.

Pros: Tastes good. High in antioxidants.

Con: The tastiest extra-virgin varieties are expensive.



Soybean Oil (15 percent saturated fat)

Made from: Soybeans.

Used in: Salad dressings, mayonnaise, sautéed dishes, processed snack foods (in its partially hydrogenated form).

Pros: A good source of vitamin E. Inexpensive and widely available.

Con: In this country, most soybean oil in prepared foods is hydrogenated (though the bottled form is not).

Peanut Oil (17 percent saturated fat)

Made from: Peanuts.

Used in: Roasted nuts, high-heat searing and frying.

Pros: Nutty taste. High smoke point.

Con: More expensive than soybean, sunflower, and safflower oils. Potentially allergenic.



Message from Coach Megan

Dear Lone Star Families,

As my rookie year with Lone Star comes to a close, I would like to take this time to share a few thoughts and to extend my appreciation to all of you. This past year has been so positive and you and your young swimmers have made a very strong impression on me.

First off, I was thoroughly impressed with the receptiveness of the team to a new coach. Fresh out of college and with only a few years experience, your children accepted me as “Coach” very quickly. Just as quickly, I highly respected them as aspiring great swimmers. The dedication and drive to this sport is consistently evident and Lone Star continues to prove itself as an outstanding program with incredible athletes. I look forward to the future, as I am confident it will yield amazing and well deserved results. I would like to thank the parents for everything you have done for me—your support and commitment are the driver of an effective program.

I further would like to thank Adam, Matt and Jacie for their advice and experience. You all are amazing coaches and I am very lucky to have the opportunity to work along side you. I wouldn't be where I am currently without your guidance. I applaud Lone Star, and look forward to working with all of you in the future.

Best,

Coach Megan



ADRIENNE TANK

Ranked #1 IN THE NATION,
for 6 and under 100 back.

Upcoming Meets

June 10th-12th

AAAA B+
at Bill Walker Pool-San Antonio

June 17th-19th

BEAT Valero Invitational Meet
at CCISD-Corpus Christi

June 24th-26th

ST B Championship Central
WFLY-Austin

July 1st-3rd

Texas Open
at The University of Texas at Austin-Austin

July 15th-17th

BB Championship
at Palo Alto-San Antonio

July 20th-24th

TAGS
at The University of Texas at Austin-Austin

July 28th-31st

Sectional Championships
at The Woodlands

August 5th-7th

A Championship
at CCISD Natatorium, Corpus Christi

Big Thanks to The Hardys!

For providing us with the really nice Goodie Bags after we attended the TXLA End of School Splash meet. We want to say how much we appreciate your kindness.
Thank you!

Elena Brusseau

Emily Burchett

Isabella Davidson

Lucy Ellis

Marisa Galvan

Addison Gutierrez

Samantha Guzman

Abigail Hardy

Eryn Hauser

Meredith Manry

Courtney O'Brien

Isha Rajaram

Shannon Ryan

Sarah Sylling

Adrienne Tank

Nicole Tank

Mele Trinh

Christa Unland

Annie Wang

Michelle Wang

Abigail White

Stephen Davidson

Anthony Gonzales

Joseph Gonzales

Carson Hillegass

Jordan Hillegass

Gregory Holder

Benjamin Leach

Michael Leach

Jaylen Lee

Anderson Manry

Matthew Marcotte

Thomas Marcotte

Adam O'Brien

Caleb Randall

Samuel Randall

Kovi Reid

Thomas Ritthaler

Akhil Sadam

Navid Sadjadi

Daniel Sadjadi

Ross Sullivan

Wynton Trinh

Matthew Varela

Nicholas Varela

Gabriel Wheeler

Jake Wolf

20 Things to do in Corpus Christi

USS LEXINGTON

Selena Museum

Horses On The Beach

Padre Island National Seashore

Galaxy Glow Mini Golf

Texas State Aquarium

Mirador del Flor/Selena's seawall Statue

Whataburger Field

Corpus Christi Museum of Science and History

Port Aransas Birding Center

Great Texas Coastal Birding Trail

Heritage Park & Cultural Center

South Texas Institute for the Arts

Malaquite Beach

Beach Loop

Grassland Nature Trail

Laguna Madre

Bob Hall Pier

Corpus Christi Museum

Cole Park



Lone Star Aquatic Club Board of Directors

President:
Rob Moser
rmoser28@hotmail.com

Vice President:
Michael Leach
mleach@austin.rr.com

Secretary:
Diana Marcotte
ddmt4@yahoo.com

Treasurer:
Tim Manry
manryt@prodigy.net

Special Events/Newsletter:
Malena Davidson
malena-davidson@sbcglobal.net

Parents Liason/Team Contact:
Lyn Hobbs
lynhobbs@btinternet.com

Bookkeeper:
Caroline Mericas
mericas@austin.rr.com

Webmaster:
David Wang
webmaster@lonestaraquatics.com

Head Coach:
Adam Depmore
LSACCOACH@hotmail.com

Practice Location

Rabb Family Natatorium
at the Chasco Family YMCA
1812 N. Mays St.
Round Rock, TX 78664
(512) 246.9622

Contact LSAC

P.O. BOX 851
Round Rock, TX 78680

For Parent Liason/Membership Questions:

Lyn Hobbs (512) 775.6169
lynhobbs@btinternet.com

For Coaching Questions:
Adam Depmore—Head Coach
(512) 560.8735
LSACCOACH@hotmail.com

Art Direction: Malena Davidson
malena-davidson@sbcglobal.net
Photography: Tim Manry,
& Malena Davidson

Visit our website at
lonestaraquatics.com

