

Streamline

Lone Star Aquatic Club | Newsletter

December 2010

Coaches Corner

Ho ho ho!!! Happy holidays and stuff to everyone at Lone Star! We hope everyone has a safe and exciting time during the winter holidays. We have one last big hurrah this weekend at the Jingle Bell Splash and the coaches are PUMPED!!!

We have over 50 swimmers competing and it's going to be exciting. Bring your water bottles, bring your goggles, bring your coach a coffee, but most important bring your A game and get ready to dominate. All the information, including warm-up times and timeline, are posted on our web site. Check it out and let me know if you need anything.

A real quick shout out to a few swimmers. This last month I was able to move around and really check the progress on everyone. Of all the swimmers, three really stood out. So take a bow Edith Vigushin, Melina Balli, and Tarshya Wickramasinghe. You girls have worked hard and improved tremendously and we appreciate it!

Coach Adam



Glossary

A time: Time classification for a swimmer. National Age Group Time Standard "A". "A" time is .01 seconds faster than the "BB" time standard and .01 slower than the "AA" time standard

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the "AAA" time standard. This is the fastest time standard listed on the NAGT chart. Times faster than this are approaching National cuts or Top Times consideration.

B time: Time classification for a swimmer. NAGT Standard "B". "B" time is .01 seconds faster than the "C" time standard and .01 slower than the "BB" time standard.

BB time: Time classification for a swimmer. NAGT "BB". "BB" time is .01 seconds faster than the "B" time standard and .01 slower than the "A" time standard. See the NAGT published chart.

Swimmers of the Month

Edith Vigushin

Melina Balli

Tarshya
Wickamasinghe

100 Mile Jim Swim big success

by Adam Depmore

Congrats to Abigail Hardy for raising the highest amount of contributions for the fundraiser. With 35 swimmers swimming, Lone Star swam 71.2 miles and raised \$3,744.

Top 3 finishers:

1. Abigail Hardy
2. Coach Adam
3. Nicole and Adrienne Tank



Swimming Tips

By Adam Depmore

This month's workouts will be posted periodically on our Facebook Fan Page.

Holiday Closures

Friday, December 24th

Friday, December 31st





Cupcakes, Cupcakes, Cupcakes...

The Team Donated Hundreds of... CUPCAKES!

Thank you!!!

The event kicks off at 6:30 p.m. with a welcome from Round Rock Mayor Alan McGraw, followed by the illumination of the street and water tower with holiday lights.

Then Santa makes his grand entrance in a horse-drawn sleigh.

During Christmas Family Night downtown historic Round Rock is decorated with small wooden houses which "house" various free games and activities. This free event includes activities for the entire family including live music, dancers, candle-making, carriage rides, game booths, Frosty the Snowman, Santa Claus and more.

Come visit Lone Star Aquatic Club – Booth 17!



Cookies, Hot Cocoa and Marshmallows

Bring in the Holiday Cheer!

Tuesday, Dec. 21, 2010. After each practice, all swimmers are invited to enjoy a cup of hot chocolate with marshmallows and holiday cookies!

Don't miss the fun time with your fellow swimmers!

This event is possible thanks to the kind donations of The Waiwaiole Family.

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Visit our website at
lonestaraquatics.com



LONE STAR
aquatic club

Give the Gift of Spirit Wear this Holiday Season



\$10



\$20



\$20



\$15



\$25

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