

# NEWSLETTER



## Nov 2008

"Swimming Fast is Fun.\*"

Swim Right, Swim Fast.  
Swim for Life.

[www.maidolphins.org](http://www.maidolphins.org)

MAUI DOLPHINS SWIM CLUB

P.O. BOX 880694

PUKALANI, HI 96788

### Important News Notes

- Thank you for your donations. Remember recycling and signing up (and renewing) for eScrip helps more.
- No Practice Fri Nov 7 (Coach Conference)
- T'Giving: No PM Practice. Silvers encouraged to do an morning 5,000yd practice TG-am. Normal Practice Fri.
- **Paypal™** your dues or donations on our website.
- High School practices start next week, Nov 10 & 12.
- Oahu Meet TG wknd. Coach Josh is taking swimmers who want to sign up for Pearl City Invite 11/28-30.

### From the President (Glynis Okamura)

Aloha parents and swimmers. . . We all want to thank all the parents who have already volunteered to help out at the front desk and/or signed up to bring snacks for our hard working swimmers. The new MDSC board of volunteers has gotten off to a running start with new ideas and enthusiasm and we hope to continue to help meet the needs of your dedicated swimmer. Got something to contribute to the club? Let us know!!

The board would like to thank those families who have monetarily contributed to the current fundraiser. We can not operate this swim club with out the necessary funds so every little bit helps and is deeply appreciated. If you would like to make a tax deductible contribution, please stop by the front desk and drop off your donation. [Or donate w/PayPal online. -ed]

We are half way through the short course season, but it is never too late to encourage your swimmer to compete in a meet. For some, the idea of competition can be a bit intimidating but once they get through that very first event and get to "talk story" with their friends, all fears seem to disappear. Your swimmer may be pleasantly surprised at how well they do and the camaraderie that builds through the swim season.

Finally, the club will be hosting the final MAGSA swim meet Dec 6-7. Please stop by the front desk to sign up for food contribution and timing.

See ya at the pool . . . swim on!

### Coach's Corner (This Month Coach Josh)

This month I'd like to encourage everyone to sit and think about what **you** personally want to accomplish during the remainder of the season. I'd like you to write down some goals for yourself, accomplishments you can work towards for the rest of the year.

Goals are things you commit to do, things you can accomplish with hard work and dedication. For example, your goal may be to break 30 seconds for the 50 free, another person's goal may be to perform two dolphin kicks off every wall during a race. The wonderful thing about goals is they are fairly easy to establish: grab a pen and paper and make a list. It's that simple.

Goal times for races are nice, but if you focus on technical aspects of your swimming (like the dolphin kick example above, or breathing every other stroke during butterfly), goal times will come easier. Even if you don't swim any meets, establishing goals for practice will improve your focus and fun. Make your goals difficult enough to push yourself, but still possible to achieve.

Goals are personal. A goal for someone else may not be a good goal for you. Tell your coaches about your goals. If you can't think of a goal, ask your coach for some ideas, things you both think would be good to work toward. Finally, don't get frustrated if you don't make your goals right away. Difficult goals take time to achieve, so always thinking about and working towards them is the key.

Remember, you can progress at a much faster rate if you have goals to focus your efforts in the pool, especially during daily workouts. Set your goals soon so you have enough time to work on them throughout the rest of the year.

### Swim Meet Info

*Congratulations State Qualifiers:* Kyle Mauri, Owen Lingenfelder, Kendall Drake, Kaitlin Madriaga, Isabella Hager. *That's it SO FAR... HOPING FOR MORE.*

*Meet Results:* available at the website [www.maidolphins.org/results.htm](http://www.maidolphins.org/results.htm)

*Who swims and how to sign up?* Swimmers or their parents MUST sign up for meets on the sign up sheet at the front desk by Wednesday before a meet. Meets are on Saturday w/warm-up at 7:30 or 8am, meet start at 9am and are done usually before 1pm. All "Spinners" & "Silvers" should be going to all meets. Silvers should be doing all or most all events available. Flippers should be trying the meets but just do a couple of events. Ask your coach if

\* Eddie Reese, Univ of Texas Austin

you're not sure what to swim. Schedule & event list:

[www.mauidolphins.org/MAGSA.htm](http://www.mauidolphins.org/MAGSA.htm)

November 15. Kihei Aquatic Ctr. Coach Safety Trng Class.

November 22. Kihei Aquatic Ctr.

Ken Suenaga Invitational TG weekend. For an off-island experience, we'd like some swimmers to try out the Ken Suenaga (Pearl City) Invitational on Oahu. Contact your coach if interested. GREAT EXPERIENCE!

December 6-7. Kihei Aquatic Center. MDSC Hosts! This is the last meet of the Short Course (25yd) season.

**Swimmer of the Month** Kendall Umetsu. Kendall has



been with us longer than any other swimmer as you see from this pic from

May 2002 ... she was here before everyone except Coach Jim O'Brien – she started in 2000. In the last couple of

years, Kendall has rededicated herself to swimming and her hard work is paying off in more than just faster times (she holds some of our club records).



When she's not here, it's because she's playing music. Here she is in Kihei Saturday with one of her swimming & school friends, Katie Hearl.

*We will be highlighting a swimmer every month in our newsletter. Some young, some younger.*

## News

New Entrance. Remember ... for swimmer security MDSC closes the front doors to the pool building (exit OK, entrance closed). Please enter through the gate near Pukalani St. by the shallow end of the pool.

Bright New Swim Caps. Riki Maeda has ordered new swim caps. We'll be getting bright yellow latex swim caps with our Blue Maui Dolphins logo on the side within in ~1 week. Now we'll see at a glance all our dolphins on the blocks!

## Fundraising

Recycling See details at end of newsletter.

eScrip Please also sign up for [www.eScrip.com](http://www.eScrip.com) for Maui Dolphins and, perhaps, other charities you'd like to support. Please have your family and friends join in, too – even on the mainland.

Donations Maui Dolphins is a non-profit 401(c)3. Donations are tax deductible.

- If you know or work for an organization that is interested in donating, please contact us.

Other Ideas. If you have ideas for other kinds of fundraisers, or hear about opportunities to do a day's work (parking, helping at fairs or athletic events, etc.) speak up.

## Tidbits (Flotsam and Jetsam)

### Pool Closures & Problems.

- Sakamoto Pool is still closed due to a pump closure – hopefully they'll be open mid December.
- Pukalani Pool ... Teaching Pool heater still down. They've got the switch and are still waiting for parts that burned (melted) in the heater when they ran out of propane. The 50m pool heater is getting more stable, but still has occasional problems.
- Pukalani pool ... The 50m pool will probably close sometime early next year for ~2 months (hopefully Jan-Feb only) to replace the existing filter. More info as it becomes available.

Please Help Cover the Pool. If you're here after practice, please help us cover half (M-Th) or all (Friday) the pool. Many hands make light work.

## Recycling

1. Aloha Recycling Across from VIP Foodservice in Kahului near harbor on Amala Place. Tell them to put it towards Maui Dolphins Swim Club. Bring receipt to MDSC desk.

Hours: Mon: 7a-5p; Tues-Sat: 8a-4:30p.

2. Maui Disposaf. Just below Kalama School in Makawao. Tell them you're donating to Maui Dolphins Swim Club. If they need help, tell them the receipt book is in the second drawer. Bring receipt to MDSC desk.

Hours: Wed-Sun: 8:30a-1p & 2-5:30p.

Note: Only HI-5 containers provide a monetary benefit.

Other containers may be recycled to keep out of landfill.