

NEWSLETTER

Dec 2008



"Swimming Fast is Fun."
Swim Right, Swim Fast.
Swim for Life.

www.maidolphins.org

MAUI DOLPHINS SWIM CLUB

P.O. BOX 880694

PUKALANI, HI 96788

Important News Notes

- New Escrow acct for Swim Meet Entry Fees. See Below
- Thank you for your donations. Remember recycling and signing up (and renewing) for eScrip helps more.
- MDSC T-shirt sale. We have 4 Youth Sm, 6 Y-M, 3 Y-L, & 1 Adult Lg t-shirt; + 2 Adult M & 1 L Tank tops for sale.
- Last Meet Dec 6-7 in Kihei hosted by Maui Dolphins
- Paypal™ dues, escrow or donations on our website.
- Christmas Break. Last Dec practice Dec 19. Partial month Dues \$30; \$15. First Jan Practice Fri Jan 2, '09.
- Reminder. We must follow pool rules ... which includes no pets in the pool area. I have pets. I love cats & dogs. But state law says ... no pets in pool facilities ☺

From the President (Glynis Okamura)

Aloha parents and swimmers. . . I hope that all of you had a wonderful and peaceful Thanksgiving Holiday with lots of turkey and pumpkin pie. During that long weekend, MDSC was fortunate to have our very own Coach Josh take three swimmers (Michael Brown, Grace Maeda and Maya Okamura) to the Ken Suenaga Invitational on Oahu. The facility was outstanding and the swimmers had a great time competing against other swimmers from the entire state. It was a priceless experience that allowed them to push themselves a little harder and swim in a "faster" pool.

This weekend will be the last official short course meet in Kihei and our club will be hosting this meet. We are still in need of timers, food donations and/or a \$10.00 donation per family for our hospitality table to feed the officials and timers. We are also incorporating a small fundraiser into this swim meet. Fundraisers are a great way to invest into your swimmers future at MDSC! Although your swimmer may not be competing yet, please know that all parents are asked to help in whatever way you are able to. There is a sign-up sheet at the front desk and you may access further information about what "hosting a meet" is all about at our website Mauidolphins.org.

As 2008 comes to a close, that means we will need to have your swimmer register once again with the USA swimming. This \$55.00 registration fee is very important because this provides the insurance required for all practices, official swim meets, and other club events. If your swimmer registered after September 1, 2008 (3 months ago), his/her registration is good thru Dec 2009. Registration forms are available at the front desk.

For all swimmers who have participated in a meet this fall, Hawaiian Swimming has a new \$1 per event charge. To meet this new expense, MDSC has set up "escrow" accounts for each swimmer. You deposit \$50 into "escrow" with MDSC, and entry fees are deducted from this amount. When empty, you add more; if you have to leave the club remaining "escrow" funds are returned to you.

The swimming pool will be shut down temporarily for repairs during the month of January and February. We ask

for your understanding about possibly relocating our swimmers, having a short hiatus from official club practices, or having "dry-land days" mixed with a few swim days. Please continue to keep yourselves updated by checking your email. We all are faced with these very tough economic times and having the fees come at you all at once can be a burden especially because of the uncertainty of the pool situation. But, our club wants to take off running once all the dust settles so please consider making all the fee payments and know that this allows MDSC to operate properly for your swimmer.

ESCROW ACCOUNTS

On September 1, 2008, Hawaiian Swimming increased fees from \$1 per swimmer per meet to \$1 per EVENT (Relay or Individual). To cover this new expense, As Glynis mentions above, MDSC has created an escrow account to put on deposit entry fees for your child. We ask for a \$50 down payment to Maui Dolphins Swim Club from parents of all swimmers participating in swim meets. We will need the first deposit by December 8 to cover this past season's swim meets. Four points to be made regarding this fee: purpose, tracking, comparing to other islands, & to the Mainland.

First: This entry fee funds Hawaiian Swimming including coaching clinics, swim clinics, inter-island operations (meetings, equipment, etc.), a Western Zones team, bi-annual Elite Hawaiian Swim Clinic alternating with bi-annual young swimmer swim clinic, etc.

Second: This is cheap ... compared to the rest of the islands for two reasons: (a) MAGSA teams work together to hold meets sharing the load rather than one team using meets and entry fees as fund-raisers; and (b) Maui County *currently* has no fees to use the pools for practice or meets. (Note: there are officers in Parks & Recreation that think this should be changed and have recently attempted to do so.) As such, on other islands, fees are \$2 per event (\$5 relay), \$2.50 for invitationals and \$3 for champ's with \$1/event going to Hawaiian Swimming, and the remaining funds go to the host club and to pay facility & service fees.

Third: This is REALLY cheap ... compared to the rest of the country on the mainland. Typical is \$2.75 to \$3 per event PLUS \$6 or \$7 per swimmer surcharge PLUS \$6-\$10 relay fees. Each normal swim meet can easily cost each swimmer \$30 ... plus travel; \$50-\$100 for invitationals!

Fourth and finally: The MDSC Escrow amount will be tracked by our Treasurer after each meet (subtracting individual entry fees only). A report of YOUR escrow balance will be issued at the end of each season to each parent with swimmers participating in meets; or by request. This money is yours. If your swimmer leaves the club for whatever reason, the balance will be returned to you.

In the past, MDSC absorbed this cost with dues paid by all. To be fair to everyone, we ask parents of swimmers participating in meets to either deposit the \$50 with a check to the desk, or using PayPal on the MDSC website. We also hope this escrow fund will float our very low balance as soon as we receive the IRS bill.

Coach's Corner (Coach Laura – "The Little Things")

Swimming is both a team and an individual sport. Every swimmer has their strengths and weaknesses when it comes to breaking down your stroke. Improving the weaknesses and building on the strengths is how a swimmer develops into an outstanding swimmer.

Each practice is a chance to work on specific drills/skills that need to be developed more. Starts, streamlines, body alignment, breakouts, clean strokes, turns, and finishes are all the small things that will make a big difference in performance. Staying focused on what

* Eddie Reese, Univ of Texas Austin

you as an individual swimmer needs to correct is one of the challenging aspects of swimming.

Start out by picking one thing to really focus on during a specific practice. If you choose to concentrate on turns, make it a habit of reminding yourself what needs to be fixed; then work every wall during that practice.

Ask your coaches for some advice on what could be corrected or what could improve the turn (you'd be surprised with how much your coach can tell you), after all practice does make perfect! The more something is practiced the easier it will become and eventually it will come naturally. This leads to staying positive & not getting frustrated when a skill doesn't come easy to you at first.

Swimming is a highly mental sport, which is why a positive mindset, through outstanding swims and poor swims is very important. Learn from your mistakes, and take those mistakes to develop yourself into the best swimmer you can be. It is not always the end product but the journey, the "little things" that count. So let's agree to go through this next month thinking about all the little things we can improve on. When a teammate is having a rough practice, pick them up with some encouraging words that will help them get through a tough workout, because sometimes all we need is a little friendly positive reinforcement. Take the next *stroke* and you will succeed.

Swim Meet Info

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

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

Meet Results: available at our website.

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 this Wednesday.

Swimmer of the Month Kyle Mauri. Kyle has qualified for states in 10 events so far this season. Kyle started swimming in 2005 and tried a couple of swim meets in the



fall. He didn't do as well as he hoped. After a couple of private swim lessons with Karlyn, Kyle started focusing attention on form

... and pushing himself harder in practice. He tried one meet in fall 2007, but then with Olympics (and an opportunity to go to Olympic Trials this past spring), Kyle focused even harder & qualified for his first state champ's in multiple events. He and Michael Brown have found fun in swimming fast against each other daily in practice so that now in every practice "swimming fast is fun".

News

☺ New Swim Caps. The new swim cap order was cancelled due to problems with the vendor. We're looking into other vendors. We're still getting bright yellow latex swim caps with our blue Maui Dolphins logo on the side. Soon we'll easily find all our dolphins on the blocks! ☺

Clean Facility. About a week ago, I had to pick up lots of clothes and mess in the girls locker room. I've had to clean the boys side, too. Remember, please don't forget to clean up after yourself, take your suits, goggles, lycra tops, fins, etc. with you. Put buoys & boards away neatly. Clean up any food items or dropped food. The County lets us use this facility at no charge. Furthermore, some of the lifeguard staff has taken on a somewhat hostile relationship

with Dolphins and Masters in particular ... blaming our club, swimmers and coaches even for a single food wrapper under the bleachers. We don't want to give any just cause to blame our club for improper use or activities.

Fundraising

Recycling See details at end of newsletter.

eScrip Please also sign up for 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 opened today 12/1/08.
- Pukalani Trng Pool ... Teaching Pool heater still down. Gas Co contractor said they could fix it, tried, but no luck. Contacted Aquatics Pump Mech to fix ... he's on vacation 'til mid Dec. All this b/c pool ran out of propane in August and they burned (melted) parts.
- Pukalani 50m pool ... 50m pool will probably close sometime early next year for ~2 months (probably mid Jan-Feb only) to replace the existing filter. As of 12/1, *the contractor "All Pool & Spa, Inc." has been issued a NTP (notice to proceed) effective December 1, 2008 a construction schedule has been requested.* I have contacted Kamehameha Schools; they're considering MDSC's request to practice there while closed (daylight hours only – the pool has no lights). We may also mix in some "dry-land" days during the high school swim season to relieve over-crowding.

Please Help Cover the Pool. If you're here after practice, please help us cover half (M-Th) or all (Friday) the pool. We have no heaters! 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 Disposal. 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.

Mele Kalikimaka and Makahiki Hō and a Sunny warm Solstice to all.

