

NEWSLETTER



Endo Summer 09

"Swimming Fast is Fun."*
Swim Right, Swim Fast.
Swim for Life.
August 28th, 2009

www.mauidolphins.org

MAUI DOLPHINS SWIM CLUB

P.O. BOX 880694

PUKALANI, HI 96788

Sept 7th Happy Labor Day!



Important News Notes

- If you haven't already ... Please pay Dues w/Paypal[™] or at front desk. I'll be updating Escrow files this month and will contact parents.
- All swimmers – ALL – Must be certified by an MDSC coach to do a controlled dive in shallow water to dive during practice or swim meets.
- Pentathlon 8/29 Great fun starter meet **MDSC Hosts**.
- Aumakua 2.4 or 1 mile Ocean Race ... Swim and Fundraiser for YOUR club
- Plan now to Swim Meets this fall. Schedule at www.mauidolphins.org/MAGSA.htm
- As always ... check our [MDSC website](http://www.mauidolphins.org) for changes.
- **Escrow**. As you recall, each entered swim event in a MAGSA meet costs \$1 – more for Invitationals and States. We pay this by you depositing money in escrow (balance returnable if you leave the club), and deducting entries from your balance. I'll be working with our accountant to reconcile your account balance based on this past season's entries (February to July).

From the President (Glynis Okamura)

Aloha Parents and Swimmers . . . I hope that everyone had a safe and healthy summer. MDSC remained very busy throughout the summer with the State Long Course Championships which were held in Kihei and several 'Learn to Swim' classes. We will continue to be busy with a couple of exciting events that are coming up soon. These events can only be successful for MDSC with your involvement.

First on the calendar on August 29 is the Annual summer pentathlon. If your swimmer has been contemplating entering in a swim meet, this might be a great meet to start with. Most of the events are 25's or 50's

and the meet is always exciting and lots of fun. This meet is being hosted by MDSC in Kihei and we are kindly asking for your donation of cash or food. There will be a sign up sheet available at the desk.

Next up on the calendar is our biggest fundraiser for our club and we ask that EVERY family be contributors to this event. On Labor Day, MDSC is co-hosting the 'Aumakua Ocean Swim. This is a beautiful one or 2.4 mile swim out at Malu'aka Beach in Makena, near the Maui Prince hotel. Swimmers throughout the world participate at this event and we need volunteers (kayakers, timers, registers, etc.) to make this fundraiser a successful one for our club. There will be a sign up sheet for this one as well and if you know anyone in our community who might be interested in helping to contribute with food or cash donations, please feel free to let us know.

Maui Dolphins Swim club continues to grow and evolve hopefully into the swim club that you and your swimmer can be proud of. This growth absolutely can not happen unless we ALL are committed to the process. I am aware of the busy lives that we all have, but there can only be change and progress when there is support and awareness by each and every parent and swimmer. There are so many ways to get involved in making this the best swim club for your child by either volunteering your time at the front desk, timing at the swim meets and even being a part of the MDSC board. This is OUR swim club and we all need to hold our selves accountable for its success!

Swim On!

--Glynis

Coach's Corner (Coach Malcolm)

5 big topics today: Pentathlon, 'Aumakua, Sept 1st, 6:30 T,W &Th, "Swimming Fast is Fun", and HELP.

School's back in session, but summer isn't over yet. For swimming that means **1.** Maui Dolphins' 5th Annual Summer Pentathlon in Kihei this Saturday August 29th. **2.** Our biggest fundraiser is the 5th Annual 'Aumakua 2.4 or 1 mile Ocean Swim in Makena on Labor Day, Sept. 7th. We need your help ... just some preparation and Labor Day morning. **3.** The 6-meet Fall MAGSA season officially starts Saturday Sept. 19th and ending with State Champs in Kona Dec 18th. (Download & print the color schedule at www.mauidolphins.org/MAGSA.htm to post on your fridge.)

PENTATHLON Fall" Short Course (25 yd competition pools) begins (and summer swimming ends) with the "Maui Summer Pentathlon" – a short, fun meet with a 50 of each stroke (25's for 8&u's) and a 100 IM created, hosted & sponsored by MDSC. This is a perfect meet for beginners, for advanced swimmers to sprint fun events, and for families with parents who swim (a masters meet is intermingled). We've actually got a good start to our Fall season with our entries.

* Eddie Reese, Univ of Texas Austin

'AUMAKUA SWIM 2009 is the 5th Annual 'Aumakua 2.4 or 1 Mile Ocean Swim in Makena Labor Day morning, Monday Septber 7. We need **1.** food & water, **2.** some door prizes would be great, but mostly we'll need **3.** **VOLUNTEERS** to serve as safety kayakers, check-in registrars, food tables help, timers, and handing out door prizes and awards. Maui Dolphins co-sponsors this event with Maui Masters Swim Club and splits the net proceeds as our biggest fund raiser of the year helping keep your dues lower and fund operations & support for your children/swimmers.

FALL PRACTICE TO 6:30PM Beginning this Tuesday, September 1st, all Silvers and some Spinners (swim with Malcolm & Jim Tang), practice will be M&W 4:30-6pm, TWTh 4:30-6:30pm (2 hours).

"Swimming Fast is Fun" is more than just our club motto ... as it is for Eddie Reese of Univ Texas Austin. It's TRUE! Swimming Fast feels good! Swimming Fast is Tiring ... but feels good later mentally and physically. Swimming fast is fun to race ... your friend, or the clock to see if you can go just a little faster than you thought you could. Swimming fast is not just power – it's technique, finesse, and fitness.

HELP!!! Finally, as Glynis has said, **this is your club.** This club serves your children to help develop their swimming ability, to develop a sense of accomplishment and pride associated with both fun swimming and delayed gratification that goes with working out to improve, to develop long-term social interaction with other children of same and different ages, and to develop life-long healthy, productive, and fun habits. **We need your support** to do this: Beyond dues, we need:

- 👉 Support at the 'Aumakua Swim Sept 7th
- 👉 Support at the desk to handle paperwork
- 👉 Volunteers to serve on the club Board of Directors
- 👉 Officials at swim meets ... being a deck official is not that hard, and keeps you occupied and involved in a way that helps everyone. Give it a try!

Aloha

--Coach Malcolm

IMX Age Groups and Events

Our goal is to develop swimmers able to swim all strokes. USA-Swimming makes a national challenge of it with "IMX" –events are marked in red & blue on the meet schedule.

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

11-year olds; 12-year olds:

200 IM, 400/500 Free, 100 Back, 100 Breast, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Breast, 200 Fly



USA-S Safety Notice to Parents

To avoid risk of serious injury, no swimmer who has not been properly trained should attempt to perform a racing start, from either a starting block or the side of the pool, into less than six feet of water.

Beginning May 1, 2009, USA Swimming implemented a **start/dive certification program**. The coach must go through (and document) a series of dives to teach or establish every swimmers' ability to safely perform a racing start into four feet of water.

Although somewhat unusual, swimmers do not always participate in swimming competitions under the supervision of a certified coach. It is the **parent's responsibility** to make sure the swimmer does not attempt to perform a racing start in less than six feet of water if the swimmer has not been properly certified by the swimmer's coach to do so. -- Coach Malcolm

Swim Meet Info (See MDSC website/MAGSA.htm)

Sat Aug 29 Kihei Pentathlon.

Sat Sept 19 Kihei Schedule "A"

Meet Results: As always on 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 Wednesday before the meet.

Don't forget your escrow? Please parents remember to keep your escrow account full (or pay fall swim balance).

News

New Swim Caps: Are here ... picture top of this newsletter. Bright Yellow Dolphins are easy to find on the blocks (and in ocean swims)!

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.

Recycling (club cal always use the help).

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.

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

Other containers may be recycled to keep out of landfill.