

NEWSLETTER

Feb & Mar 2009



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

www.maidolphins.org

MAUI DOLPHINS SWIM CLUB

P.O. BOX 880694

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Important News Notes

- This newsletter delayed & combined due to [pool closure](#).
- Please pay **Dues** for March w/[Paypal](#) or at the desk this last week of February b/c of pool closure.
- MDSC T-shirts ... still a couple more shirts at the desk.
- **Paypal™** dues, escrow or donations on our website.

Contents: Prez' message; Coaches Corner – Change!; meet results; upcoming meets; IMX; swimmr o.t. Month

From the President (Glynis Okamura)

Happy Valentines Day swimmers and parents . . .and speaking of "hearts" ... Did you know that most experts agree that swimming is one the best activity that a person can do for a healthy heart. Swimming builds muscle strength, endurance and increase in cardio-vascular fitness. Investing time in swimming as an activity will contribute to a healthier adulthood. Swimming has life time health benefits that will not decrease, incur penalties or require a future government "bailout."

Our competition season is now upon us with the introduction of a short course meters meet held at the Kihei pool on February 7. It was the first of its kind on Maui and our very own MDSC swimmers did wonderfully and had a great time. (See results on our web page at Maidolphins.org) We will also be participating in a "fun meet" at our well known friend, the Sakamoto pool on February 21. Stop by the front desk, check out the events that will be available and sign up. Other meets in the future are also posted on the MDSC bulletin board at the pool or at our website.

I often hear from our young swimmers that they like the "learning" to swim part but not the "competition" part for whatever reason. Believe me, I have heard it all and mostly from my very own children at one time or another. It just took that "special" encouraging that can only come from a parent to urge the child out of their comfort zone

and to try something that they never thought possible. I hope to see brand new, happy and shiny children at pool ready to take the plunge.

Swim on,

- Glynis

Coach's Corner (Coach Malcolm) **Changes**

February & March are going to be months of change. The biggest change that will affect you daily is that **Pukalani Pool 50m will be closed for 5 weeks** from March 2 and is scheduled to reopen April 6. The contractor is one that has worked with the county before and finished projects on time or earlier. When done, Pukalani Pool should be warm & clean (not murky & not sandy). The county is refurbishing the problematic filter that leaks sand into the pools during backwash.

The Teaching Pool is scheduled to remain open most days during this construction. **Doggie Paddlers** will continue to meet daily at Pukalani with coach **Jim O'Brien**. **Flippers** will also meet daily but will be split to "beginners & can't travel" and "Spinners". Spinners that CAN go to Sakamoto MWF should do so. Others may do dry-lands or work in the teaching pool with coaches **Josh and Laura**. **Silvers** ... and the more advance Flippers aka **Spinners** will meet at Sakamoto MWF 4:30-6pm; and Tues+Thurs at Pukalani for dry-land & video training with coach(s) **Jim Tang &/or me**.

We're also working with **South Maui Sharks** (coach Janet Renner) to have some **"fun" workouts** with games & pizza afterwards. These may be on a weekday or weekend at Kihei Pool. Stay tuned for dates.

Another change is a "new season" for Maui Swimming with **25 meter meets** on Feb 7 and Mar 21. These are the first ever short course meters (international distance) meets held for Age Group swimming on Maui. These are made possible by the High School season moving earlier 2 weeks, and Age Group state champs moving from mid June, to later July (to be hosted by us on Maui).

High School swimmers are **returning** to complete our team. They're taking a break after a long season, but will be back. **Welcome Back & congratulations!**

Swim for Heart ocean swim is another event that is changing ... dates from early to late March (29th); and it will benefit South Maui Sharks. Many of us can swim in it too.

I've also been making some changes, updating and expanding our **MDSC website** - check it out changes.

Finally, we're opening up a **partnership with Molokai swimmers**. They have a beautiful 25m pool, and we're trying to partner with them as a branch of Maui Dolphins. In the longer term, this will benefit our neighbor island and give us a chance to have a fun meet with them at their pool some day.

Aloha

--coach Malcolm

* Eddie Reese, Univ of Texas Austin



USA Swimming is very pleased to announce an exciting new program ... the **I.M. Xtreme Challenge**. The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming.

Your coaches are challenging our swimmers to take the USA-Swimming "Extreme Challenge". USA-Swimming is the best in the world in part because they train in all strokes and focus on technique, smart workouts, and good health; rather than "fast suits" or other questionable methods.

Age Groups and Events

The following single age groups & event combo's will be tabulated and scored for both men and women:

9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Brst, 100 Fly

11-year olds; 12-year olds:

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

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

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

Congratulations to Kyle Mauri, Owen Lingenfelder, Grace Maeda, and Maya Okamura who have scores.

Swim Meet Info

Congratulations High School Swimmers: Our swimmers form a backbone of Seabury Hall, Kamehameha and King Kekaulike High Schools. We want all of you to keep swimming to become essential parts to our local High School Swim Teams.

February 7: First scm meet. Went very well. Kihei Aq Ctr.

February 21: "Fun Meet" at Sakamoto Pool.

March 21: 2nd scm meet – different events. Kihei Aquatic Center.

March 29 (Sunday): Swim for Heart 1 mile Ocean Swim.

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).



Swimmer of the Month Maya Okamura. 11-year old Maya loves to swim. Maya loves to play. Maya is always having fun and smiling and laughing. Maya likes (loves) to work hard. (Then

she likes to go easy. THEN HARD. Then play ... THEN HARD AGAIN!).

Swimming fast is fun!

When Maya started swimming -5 years ago at 6 yrs old, she was *terrified* of



the water b/c of an incident at a hotel pool coming down a slide and slid under water. At her first swim meet she got a first ... and won the team high point for the 8-under that season. Now she's a multi-year states qualified dolphin.

She can also speak *dolphinese* ... at Kahala Mandarin hotel on Oahu she once said "I can talk to the dolphins." Then she did ... and the dolphins all stood up like given a command from the trainers. She started moving her arms and the dolphins did what she "said" as the crowd watched. She swam her first ocean event with fins and friends (Marlena and Grace) at the 2007 Kaanapali Klassic and accompanied by Josh and Malcolm. She just swam the Polar Bear Swim Jan 25.



Maya loves to read ... esp fantasy. And she's got magic origami fingers and almost perfect butterfly.

News

Ⓢ New Swim Caps. I'm ordering 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! ☺

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.

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.

- Pukalani Trng Pool ... Teaching Pool is now working!
- Pukalani 50m pool ... closed March 2-April 6.

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.

2. Maui Disposat. 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.