

NEWSLETTER



Jan 2009

"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

- **First Jan Practice Fri Jan 2, 2009. All swimmers must be registered for 2009 with USA-S to join in.**
- **Thank You!** Swimmers and Parents from Coaches for your generous Xmas gifts. Thank you very much.
- Please pay Escrow acct for Swim Meet Entry Fees. A list with totals credited and due is at the front desk.
- MDSC T-shirts ... still a couple more shirts at the desk.
- **Paypal™** dues, escrow or donations on our website.
- **Hot Tip: (1)** Water sucks the heat from your body 25x faster than dry air. Wear two caps, or at least one soft silicone cap to keep in the heat. You lose ~10% of your heat through your head, but ironically heat loss through a wet head increases your body core cooling rate by ~42%. [click](#) **(2)** Lycra tops make you **colder** by keep you wet and wicking away core body heat. If you have to wear a top, make sure it allows full shoulder movement, has a tight fit on the body, a high neck, and preferably reflects heat back in like a Titanium™ top.

Contents: Prez' message; A message from your new team captains; States Results; Upcoming Meet Info; Swimmer of the Month; Miscellaneous

From the President (Glynis Okamura)

Happy New Year to all MDSC families. I hope that this greeting finds everyone refreshed and rejuvenated in body, mind and spirit for the 2009 year. For some of us, last year went by in an uncomfortable blink of an eye but it caused many of us to take pause and appreciate all that we already have. MDSC hopes to continue to evolve as well into the swim club that all swimmers and families can be proud of and that can only be possible with your continued support. Any help, big or small, is most appreciated and provides the club the opportunity to operate smoothly for your swimmer.

I recently had the privilege of being a chaperone for the MDSC State Short Course swim meet swimmers. Eight of our very own qualified for this opportunity to swim at a competition pool on Oahu. Yep, this was the real deal and it was a blast! Kendall Drake and Kyle Mauri helped to rack up points for MDSC. Although the rest of the representatives of MDSC (Leslie Lockyer, Kaitlin Madriaga, Carter Umetsu, Michael Brown, Owen Lingenfelder and Maya Okamura) did not place and make it into the finals, I would definitely say that they enjoyed the total experience.

The pool was great, the competition was intense ... blah, blah, blah. Aside from the obvious, what I witnessed was something much grander than the pool and the competition. I saw eight "kids" of various backgrounds, swimming abilities and stories to tell, enjoying the company of each other. Okay, as a mommy I think that these social opportunities are just as important for growth for a child as school work. The kids had fun just "hangin' out", "talkin' stories" and eating all kine snacks. Oh, and they swam

too! I see this at our regular meets at the Kihei pool as well. Your children are great and they realize early on, that it really just isn't about the swimming and the time spent in the water. They see the BIG picture and we as their parents can continue to support their efforts! Swim on ... 2009 is here!

New Team Captains (Michael Brown & Kendall Umetsu)
[This month Maui Dolphins inaugurates 2 Team Captains. Both have swum with Dolphins for many years and both currently swim for Seabury Hall High School. We look to both to help build our team in spirit, dedication, size, success ... and fun! Look to them for support at practice & meets, to help get stretching or start dry lands before practice, to organize some games, to help new swimmers oriented at their first meets, and more. This month I've asked each to introduce themselves by writing to all of you. Next month ... we can all talk about keeping warm!]

Michael: For the longest time, swimming was just a form of exercise for me. It was a refreshing way to burn off the days lunch, or compensate for those two or three chocolate chip cookies I ate the day before. But in the past year and a half, swimming has become less of a way to work out, and more of a way to swim fast and have fun doing it. Our team motto is "Swimming Fast is Fun," and this past year, to my surprise, I discovered I actually agree.

A lot of this enthusiasm came from high-school swimming. It was the motivation I needed to start working hard in practice and want to swim fast to be the best swimmer that I could be. Swimming for my school gave swimming that sense of competition, and as Kyle and the coaches know, I never like to be the last one to the wall. As I saw my times drop on the scoreboard at meets it just made me want to work harder. It made me want to beat the kid next to me. It made me want to be the swimmer in lane four that just blows everyone else out of the water. It made me want to swim fast. And as I got faster, swimming became more fun.

Just recently I visited Oahu twice because of swimming: Once for the Ken Suenaga Invitational, and once the Hawaii State Championships. Just to be able to jump in a lane with 15 people for warm ups or sit through 7 heats of 50's or go out with the team for dinner made it all worth it. Staying in a hotel room and waking up at 6 every morning to go jump in some icy cold water to some people might seem like a punishment, but to me it was so exciting and well worth all that work that I put in during the season. To race against the fastest kids in the state might have been embarrassing to me at first, but in those meets looking out from lane 10 and seeing them only slightly ahead made me feel as though I had actually done something other than swim laps in a pool for 5 months.

As team captain along with Kendall, I would like to help build more of a team feeling for ALL Maui Dolphins. It would be great to have the kids not only swimming because their parents want them to, or because they need to work off those two or three chocolate chip cookies they ate the before, but to have them WANT to swim because their team needs them to. And really, we do. To inspire the kids to work hard, and want to work hard either for their team or just so that they may beat that one kid in the lane next to them, would make swimming on the Dolphins much more fun than it already is.

Iggy la piggy wiggy. Iggy la boom ba. Offa la toffa waffal. Upadi ah.

-Michael Brown

Kendall: Starting is the worst, in writing and in swimming. The beginning of a race is always the hardest; the anticipation, the nerves, and then stepping up on the block for the dive. Beginning an article can be even harder;

* Eddie Reese, Univ of Texas Austin

how are you supposed to know what to write? I suppose I can start by saying that I have been part of the Maui Dolphins Swim Team for the past eight years and I am planning on continuing swimming into college and beyond. Because, as you all know, swimming is a LIFE SPORT.

When I was seven years old my parents signed me up for swim lessons with Coach Jim O'Brien. Since then I have competed in as many swim meets as possible and I have gotten my brother Carter into the sport. We now enjoy swimming with each other and sharing a common interest.

It was only about two weeks ago that Coach Malcolm extended me the position of girls team captain. My personal goal as captain would be to see more and more of you coming out to compete in swim meets. It's not all about winning; it's about having lots of fun, and that you can always count on when you are part of this team!

-Kendall Umetsu

Coach's Corner (Next Month ... Our Captains this month)

ESCROW ACCOUNTS

On September 1, 2008, Hawaiian Swimming increased fees required for meets (see last issue for info why). For all swimmers swimming meets ... please check your balance and "fill-er up" either at the desk or with PayPal on our site.

Swim Meet Info

Congratulations State Swimmers: Kyle Mauri, Owen Lingenfelder, Kendall Drake, Kaitlin Madriaga, Michael Brown, Maya Okamura, Carter Umetsu, Leslie Lockyer. Congratulations to Kyle and Kendall making finals in many events & setting new MDSC records (see MDSC web site).



January 25. Polar Bear Fin Swim; Maluaka Beach fronting Maui Prince. 1.2 mile Ocean swim with fins! This swim is meant to initiate the not very confident swimmer to distance ocean racing ... with fins. Cost is \$20 by Jan 18 and comes with a long sleeve t-shirt. Entry forms are on our website under "events".

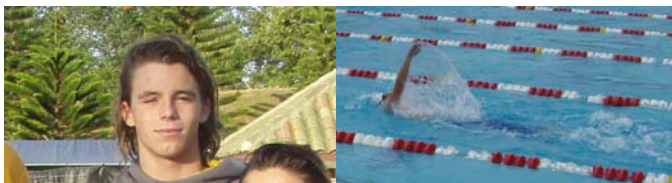
February 7. Kihei Aquatic Center. This is the first ever 25m meet for MAGSA. All 1st places will be MAGSA records. With different events for our other 25m meet March 21 ... this is a "once/year chance".

February 7. Kihei Aquatic Center.

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.

Swimmer of the Month *Michael Brown.* Michael qualified for states in 4 events this season. He was selected by discussion with our coaches and board to be our co-captain with Kendall Umetsu starting in January. He and Kyle Mauri have found fun in swimming fast against each other daily in practice so that now in every practice "swimming fast is fun". Michael tells his history best in his words above as our new captain. Michael has grown



incredibly in physical size, coordination, dedication, leadership, and his ability to have fun mixing workout with play.

News

Ⓢ New Swim Caps. 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! ☺

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 ... 50m pool will close sometime probably mid February for ~2 months to refurbish & automate 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.* As of 12/23 *"the contractor has given a preliminary probable estimated off-the-record educated guess that the project will be under construction during the middle of february as soon as delivery dates of materials are confirmed a construction schedule will be worked out with the contractor and facility operators."* 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.

