

# NEWSLETTER

## May 2009



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

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

MAUI DOLPHINS SWIM CLUB

P.O. BOX 880694

PUKALANI, HI 96788

May 1<sup>st</sup> Happy Lei Day!



### Important News Notes

- If you haven't already ... Please pay **Dues** for May w/[Paypal™](https://www.paypal.com) or at front desk. Escrow, Donations & Aumakua entries, too!
- 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.
- May 30 Kihei Meet ... MDSC Hosts. Contact Glynis.
- Coach Malcolm is looking for a **Graphic Artist** to help design both Aumakua Swim logo for 2009. (Also to design a web banner for Hawaii Masters Swim Assoc.)
- As always ... check our [MDSC website](http://www.mdsc.org) for changes.

### From the President (Glynis Okamura)

And we're back! Aloha parents and swimmers, May is here and now comes the happy/sad part of the year. You know what I mean. . .happy children as the school year comes to a close soon and sad for the parents who are encouraging the kids to finish out the school year strong and yet another school year older. No better time to get the kids swimming regularly to help with all the stress of finishing out the year and working out all the "wiggles" that seem to appear as the weather gets warmer.

Maui Dolphins will be busy as May rolls in out of nowhere. There are two more meets and Sakamoto Invitational coming up during this month. If your child is even a little interested, try talking to his/her coach and see what he/she says. It may surprise you just what your child can do and how they can rise to the occasion. The front desk has all the information about what events are available for your child to swim in. If this is your child's first meet, allow the coach to help make the decisions about what to sign up for.

Our club will be hosting a swim meet at Kihei pool on May 30th and we will be incorporating an essential fundraiser at this meet. You can help by stopping by at the front desk and signing up for cash donations, food donations for the hospitality table and for various duties that our club is responsible for at the swim meet. If your child chooses not to compete on that day, we still encourage ALL families to get involved in this fundraising effort. (Please refer to the MDSC handbook online for more information.) Every swimmer in our club benefits from the monies raised and it is a fun time for parents and swimmers.

Swim On! --Glynis

### Coach's Corner (Coach Malcolm)

Busy Busy Busy ...  
As we spring into summer: 1 May Day & Lei Day, 5 Cinco de Mayo & National Teachers Day, 9 Swim Meet Lahaina, 10 Mothers Day, 12 Nurses Day, 16 Armed Forces Day, 18 Victoria Day, 22 Nat'l Maritime Day, 23-25 Sakamoto Invitational, 25 Memorial Day, 30 Swim Meet Kihei (MDSC hosts). Plus Graduation end of May/early June. **Don't forget to get to practice on time every day ... to swim, stretch out and mentally relax with a good tough workout clearing out the mental & physical cobwebs.** The pool is open for swimming. The weather has been nice and not too windy. **Swimming fast is fun! Again.**



This month we've added a new "Early Flippers" class 3:30-4:40pm MTThF (not Wednesday) coached by Malcolm.

Reminder ... We're supporting (practicing for and entering in events for...) USA-S's IMX (IM Extreme Challenge) where swimmers swim all strokes to make US swimmers the best in the world! More information is available at [USA-Swimming](http://usa-swimming.org) (click link on website)



Two ocean swims: I've finished the paperwork and filing for the [Aumakua Swim](http://aumakua-swim.org) (our major fundraiser every year benefitting Maui Dolphins and Maui Masters swim clubs); as well Maui Dolphins helping to host a new [Maui Coast Ocean Relay](http://maui-coast-ocean-relay.org) Swim June 14<sup>th</sup> (benefits MDSC and Hawaiian Lifeguard Assoc [Jr. Lifeguards]). Let's get some of our swimmers to make some relay teams.

Aloha --Coach Malcolm

### IMX Age Groups and Events

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

\* Eddie Reese, Univ of Texas Austin

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



### **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**

May Meets: See MDSC website/MAGSA.

Sat May 9 Lahaina "C" schedule.

May 22-26 Mem Day Weekend; Sakamoto Invitational (Swimmers must have Hawaiian "AA" times to swim.)

Sat May 30 Kihei "A" Schedule

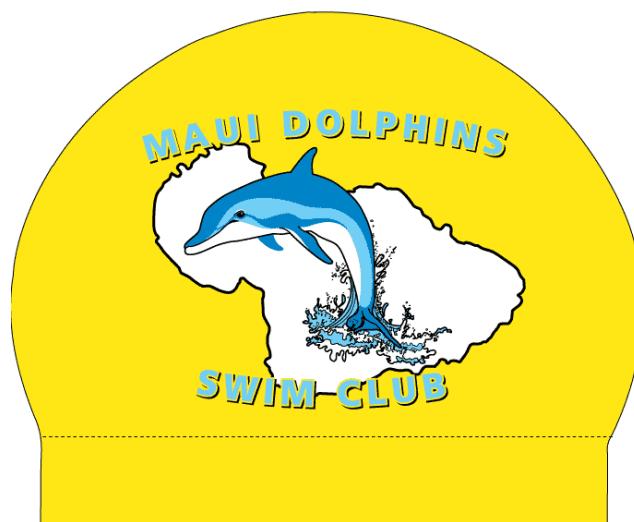
Meet Results: As always on our website.

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. Have been ordered from NorCal Swim Shop. 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](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.

### **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 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.