

# newsplash

Newsletter of Swim Kauai Aquatics

Spring 2013

## Mamizuka Invitational Team proves worthy.

The Swim Kauai Championship Team led by veteran Yasmine Ware was joined by new SKA qualifiers Lani Alo, Kassy McCoy, Asha McGinnis, Zoe McGinnis, Xaveria Rodriguez, Malia Splitsoesser, and Alex Hashimoto. Although due to a busy spring our team for Mamizuka was smaller than usual, the SKA team powered out 83 points for 10th place. Congrats to Alex Hashimoto for scoring a second in the 15-16 100 breast and Yasmine for winning another high point for SKA. Swim Kauai championship team has 18 state qualified athletes and 13 up and comers with a AA standard that can move up in the next two swim meets. Make it your goal to achieve the next time standard in your age groups. Age Group States is JULY 18-21!

We want to send a BIG team to Maui.



### "news-splishy" stuff

#### March Sectionals Team

SKA attended it's 4th Sectionals Championship in Federal Way, Washington. The meet featured top swimmers from USA including Olympic champ Missy Franklin



**Mahalo to Uncle Mike and his team for epic culinary treats at the Classic!**



#### Ocean Swim

Season is upon us. Warmer and calmer seas and skies mean a chance to race in the big blue. June 8 and July 27. See calendar

#### Feb. HSSAA RECAP

Kauai High girls finished in 5th place in a pre-meet toss-up on who would win the state girls title. The team made finals in every event entered but one. Yasmine 1st 50 free and 2nd 100 back and Kate 4th 200 and 5th in 500 free and the relays scored a 2nd and 5th.



Sophie Kate Tambrina and Yasmine prepare for relays



Kaitlyn, Sophie, Yasmine, Tambrina, and Kate  
The record setting state team from Kauai High



# The Kauai Classic Grows Up

*155 Swimmers compete in the largest swim meet in the known universe and several unknown dimensions. One of the only meets anywhere with across the board Jr National level speed, up and coming A AA AND Q stars and first time swimmers racing and sharing international aloha together.*

## YaaHoo!



The 2013 version of the Kauai Classic proved we have more fun and swim faster than any team in the history



of the world. ;) The mixed relays and 8 lanes packed with 4 and 5 heats in near perfect weather. made for really fast swims!

## Aloha Canada

Kauai welcomed team Killarney from



Calgary for their 3rd training camp and team visit. 24 Senior level athletes hit the mountains and the beaches and trained with SKA for two weeks. They left with sunburns and new friendships.



## Outer Island Guests



Nine Swim clubs represented well: Punahou Aquatics, Hawaii Swim Club, Santa Clara (Oahu) Team Santa Monica, Killarney Swim Club, Orange County Waves and Bellevue Club Swim Team. Special Olympics swimmers graced our program and were cause to cheer and be proud.

## SKA wins



The 64 SKA athletes entered in the meet enjoyed a home



field advantage scoring 1642 points winning the coveted Classic winners cup. Mahalo to the over 20 SKA sponsors who support our swim program.

## One of a Kind Event



No swim meet in Hawaii combines international flavor, fast senior level



swims and massive piles of ABC athletes lining up to race. Great parent volunteers, a full deck of officials, (10) insane food and sweet t-shirts all sold out!

-Coach Billy

What a busy spring; Sectionals, Manoa, training with Killarney, whale watching, and of course the Classic! We have done a lot in the past few months, and are getting fired up for the summer.

The Kauai Classic was a phenomenal weekend that still brings a huge smile to my face just thinking of it. From the training trip camp with Killarney, all the way to the coaches' relay at the end, that was a blast for those two weeks. The kids trained really well, and were exposed to some great coaching from Brad, Anton, and of course the man, the myth, the legend Coach Mike. I saw a lot of kids step up their practices and pushed themselves more than I have ever seen before. I hope all of you kids saw and felt that and keep that up, as well all know that's when the best results happen.

A big thank you again to all of the parents and supporters of the meet that weekend to put on what was easily considered the best Classic yet. Without all of your help that would not have been possible, and nowhere near as smooth and professional.

The Manoa Invitational was a great success. Congrats to our eight swimmers who busted out a tenth place finish in the meet with Yasmine winning high point for her age group and tying Casey Garcia for best overall swimmer for the meet going 8/8 gold medals. Kassy, Lani, Asha, Xaveria, and Malia carried our ten and under girls with a strong presence, having some great swims, with both Malia and Xaveria getting new Sate times (50 free and 50 back respectively). Zoe was our lone 11-12 stud by hammering out four for four best times, and two new AA cut. Alex showed off the Westside with four strong races, including a silver medal in that 100 Breast on Sunday. It was a great meet, and such a treat to see all of these kids swim long course for the first time, nevertheless race an Oahu meet. Congrats again to all of you, that was a fun weekend!

So as we look ahead towards the next month or two of training I want us to keep the focus that we had last month. In order to keep that lets please BE PREPARED! This includes, having your own goggles and cap, and being ON-TIME to your practice. We have been having many of the GOLD KIDS show up to jump in anywhere between 5-20 minutes late, even though they have been at the YMCA facility since 2:30. Also, being prepared means, BRING ALL OF YOUR EQUIPMENT. This does not mean getting fins and paddles after Coach asks you to put on the equipment. Don't be lazy, bring everything every day, even if we don't use it often, just please bring it all.

The bottom line is, the more you are prepared for practice the better you will be in the long run. Not only does it set yourself up for success, it shows me that you care about your success.

As we look now towards the summer, there are many things to look forward to. One is being water polo, another being more clinics and group stuff at practice, as well as warmer water and more kids. So let's be stoked, and let's gather our focus. The meet schedule is on this newsletter, and it obviously shows as we are less than three months from state champs over in Maui.

If you have any questions with anything, please let me know. If you are interested in private lessons for your swimmer, I have been doing those before and after practice as well lately. It is a separate charge but I do one on one "stroke refinements" with the kids for 30 minutes at a time, and use our new ipad to film and critique the kids. If you are interested please let me know. I see great results from it, and I know it would benefit your swimmer as well.

SWIM FAST SKA!

What's Happening this Spring and Summer

Schedule of Events

May 18 (Saint Helens Day) SKA Swim Meet YMCA -all in!! 745 am warmup 900 am start

June 8 SKA Kauai Loves You Swim Challenge Saturday 7 am Ocean swim and racing. Keiki, 1/2 and 1 mi

June 13 14 15 Senior Championships at UH Manoa

June 22 SKA YMCA Swim Meet -all in 745 am warmup 9 am start. \*

**July 18 -21 Hawaiian Swimming Long Course Championships Kihei Maui -make those time cuts!!**

July 27 Namolokama Ocean Challenge-Hanalei. Sign up Namolokama.com

August 3 SKA YMCA all in 745 am warmup 9 am start

August 5 First day of school students

August 17 and 18 Fun Meet at Kauai High sponsored by Mokihana Aquatic.

\* Dan and Coach Kathleen will not be available for June Meet. We will need extra help for tent and equipment setup on Friday and Saturday morning. Mahalo

\* \* Jr and Keiki Lifeguards will be all June and July please sign up your swimmer to take part in Ocean

**parents and swimming**

There is a great article on the swimkauai.com website in our "about us" section. Please read or reread it. It is very informative and the contents of the article can be applied towards the whole scope of youth sports and activities. I am reminded when I attend large swim meets that every single kid that swims at that level is accomplished and exceptional. Some are just faster than others. What I mean is that swimming fast is great (and SKA athletes have won more than their fair share over the years) but in perspective the real reward after all the great wins, tough losses, state records and championships, missed time cuts, MADE time cuts, meltdowns, high fives, road trips, bad hair days and tough practice sets is: 'WHAT' is the net result. Why do we encourage our keiki to swim?

In swimming, they have unlimited opportunities to practice not just swimming strokes but failure, success, disappointment and achievement. Losing or winning in Playstation does not qualify in the above. Swimming teaches what discipline and hard work can reap. We turn them over to the coaches for a few hours a week and trust they get some exercise and improve. That's my basic expectation.

After that, the very fact that our youth are not sitting on the couch or hanging out (too much) after school is a win. As a parent I understand the importance of the activity (swim team) vs winning or losing being the key. The side benefits is a long list including the lessons of loss and success, achievement, teamwork and effort. Being a part of the growing process through swimming is a gift to our keiki. Volunteer and support the team and it's coaches. No one is (not yet) training for the Olympics or national championships here. Everyone is looking to improve and get better through the sport. Honor the process and honor the sport. And enjoy it. Before you know it your little bronzie will have a wall of memories and then they'll set off for new horizons with the lessons learned from swimming as happy ammo for life. And remember, the heart of a champion cannot be measured by victories but in attitude and effort. Just look at our Special Olympians.



-D

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 SKA YMCA
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8 ocean event

## board of directors

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### Practice Schedule (YMCA)

Bronze: M-T-TH-F 3:30-4:15 PM

Silver: M-T-W-TH-F 4:15-5:15 PM

Gold: M-T-W-TH-F 4:15-5:45 PM

JR. M-T-W-TH-F 3:30-5:30

SR. M-T-W-TH-F 3:30-6:00

JR/SR Saturdays : 7:30-10:00 AM

JR/SR Morning: Tu and Th 5:30 AM

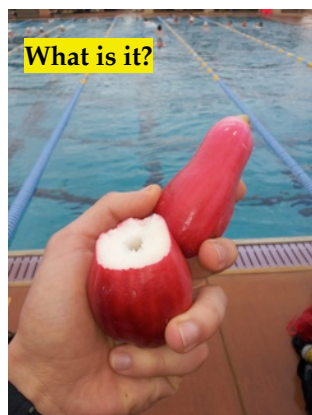
Waimea: M-W-F 5:15-6:15 PM



# Killarney Swim Club

*“Interacting with the Kauai kids and having a blast, our coaches couldn't help but join in on the fun.”*

**Blog from Killarney swimmers;**



The sun streaming through our windows awoke us from our beauty sleep as we were granted another chance to sleep in for our 11th day

in Hawaii. A shopping trip was announced the day before, and the air was filled excitement and anticipation as we headed for the outdoor markets to start our shopping adventure.

Our first market we went to visit was on the shoreline. The view of the waves toppling over one another was breathtaking as we started to spend our money on souvenirs for our parents, friends and selves. A great way to start the day off. Our fantastic coaches and chaperones joined us on our journey as they drove us from one market to the next. By 1:00, everyone had gathered up their goodies and was ready to return to the villas to relax before our afternoon swim. Deprived of water polo Wednesday last week, our Fearless Leader and

Coach Billy decided to grant us with a much needed game of big ball soccer as our dryland session. Pitting the



Johnson brothers against one another as team captains, each did a great of being leaders and mixing up the teams so we could get to know their local swim team. Interacting with the Kauai kids and having a blast, our coaches couldn't help but join in on the fun. With many great passes, teamwork, laughs and battle cries, the game was put into a tie breaker. Our epic game of soccer ended as Princess Ali scored the final goal, a bitter sweet moment as that was the sign we had to get in for practice. However with our win, we dove into the pool feeling like warriors.

Intense training has been the focus this past week, and with backstroke and breaststroke being the main idea today, the swimmers were more than happy to focus on technique. The afternoon flew by, and before we

knew it we had finished our last afternoon practice of the camp. Returning to the villas, we were



blessed with another delicious meal provided by our extremely fabulous chaperones Jan and Laura, whom we would all agree outdo themselves with every meal and cannot thank enough. Kauai has provided all of us with such incredible memories and experiences, it still feels so surreal that we are all here. I cannot wait to see what this beautiful island has to offer us these next few days.

Until next time,  
Shayla  
xox

*Visit The Killarney website below for great blogs and photos of the training camp and Kauai Classic. See you next year!!*

[www.killarneyswimming.com/](http://www.killarneyswimming.com/)