

newsplash

**inside this issue ! triathlon success! health tip! calendar!, fundraising!
summers coming! Mamizuka results! exclamation points!!!**

newsletter of swim kauai aquatics

may 2009

fundraising

Time to put on your thinking caps for our Kauai Classic and fundraising efforts. Kauai Classic is SKA's two day meet held this August 29-30 and requires a big team effort. Kathleen Littlefield will be your contact!

team trip: big island june 6-7!

Off island trips with the team are a mini vacation of fun and competition. Airfares are down so book now. Contact your coach or Stacy Machorek for details.

meet on saturday

may 9

bring your A AA and Q game!!



triathlon tell-all

Bryson and Chelsea get serious in the 1st SKA KLY triathlon. see page two for details....



calendar

practice schedule May:

Bronze: 3:30-4:15

Silver: 4:15-5:15

Gold: 4:15-5:45

Junior: 3:30-5:30

Senior: 3:30-6:00

Waimea: MW 5-6:30

morning senior practice

T&Th 5:30-7:00

Sat: Jr & Sen. 8-10AM

Polo 10-11AM Sat.

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coach billy

Coach Billy leads SKA to highest invite finish ever. More fun around the corner. well,well,well.

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SKA scores a 5th place finish at Mamizuka Invitational!!

After the dust settled and the results came over the loudspeaker, just about everybody in the Manoa swim complex couldn't say enough about how great it was to have SKA at the Harry Mamizuka Invitational held in sunny Manoa April 24 and 25. And it wasn't just about the 5th place trophy out of 20 teams, the 261.5 points and 3 high point individual swim awards.

Swim Kauai Aquatics showed up at Manoa Aquatics swim center with 23 swimmers, a coach and a herd of the best parents on any team. Aloha spirit and participation go hand in hand. While our swimmers charged the field with several top eight finishes and personal bests, SKA parents cheered them on, shuttled kids to mall and back and volunteered as timers. Overall it was a total team

Anya Littlefield displays her winning form in the 100 meter butterfly at the Mamizuka Invite.



29th annual Harry Mamizuka Invitational Swim Meet held April 24 and 25 in the beautiful Manoa Aquatics Center.

effort and very satisfying for all the hard work that goes into these events.

Bling for us.

Just about everyone on the team wanted to touch the 5th place trophy as if it were made of real gold. And it may as well have as it was a significant milestone for our young club. We beat many clubs

that are older and considerably larger. And just as important, our younger swimmers were exposed to a great athletic event that featured swimmers just starting out to state, zone, sectional and Olympic qualifiers. Every SKA swimmer gave it there all and it showed in the results and all the personal bests.

High points and scorers

It was a proud moment when the final results came over the announcers system, Yasmine Ware scored in every event and garnered the award for 11-12 age group and Emma Rausch and Anya Littlefield tore up the 15-16 year old division sharing the high-point honors. Not to be outdone, in the men's division, Aaron Pigott scored 19 points. Other scorers were Evan Hamamoto, Ryann Lithicum, Bryson Baligad and Jack Machorek. Team effort showed as SKA was easily the most enthusiastic and had great parent participation all over the deck. It was the epitome of what age group swimming was all about, great swims, enthusiasm and most of all results from hard hours put in at the pool...results that just so happen to equal fun. Next team trip is June 6-7 on the Big Island and all swimmers are eligible, so get stoked and plan on it. Contact your Coach or Stacey M. for travel information.

----Dan

Health tip from USA swimming-

This Speedo tip comes from National Team physician, Dr. Jim Miller. He offers some advice for fighting the flu in the coming championship season. The Tip: You have completed the dreaded intensive training of the holiday season and have two to four more months until your championship meet. Everything has been taken into account – your event schedule, your training and the best part – taper.

Is there anything that could mess all this up? YOU BET! One to two weeks off with five pounds of muscle loss could surely derail this train. That is exactly what could happen with a bout of influenza, more commonly known as the Flu. If you feel that you are coming down with a nasty respiratory infection whether it involves your lungs or not, get to your medical practitioner quickly. There are antiviral medications that make a big difference, if you start them quickly. Your medical expert also has a rapid test, which will help to determine whether this is influenza or not while you wait. By taking care of it quickly, you get better faster and your team and coaches will be more likely to stay healthy, too. You do not want to take out your whole relay team with you! When it comes to the flu, there are some basic steps you can take to help prevent getting and spreading the virus. Wash your hands routinely and cover your mouth when coughing, and sneezing – and of course wash your hands when you do if you did not make it to a tissue. The antibiotic gels that do not require water work just fine.



Kauai Loves you Triathlon was a Ginormous hit!

This is a true account of a triathlon survivor. The incidents in this story are factual and really happened. Do not attempt a triathlon unless you are: one, a trained athlete. Two, a former Green Beret. Three: Insane.

There before me lay the serene waters of Kalapaki Bay. A gentle breeze wafted over the palms towering above the beach. The sun gleamed brilliant in the early morning sky. And behind me, milled a muscled pack of gibbering endurance athletes poised to trample and then drown my latex encrusted noggin. Coach Billy Brown's advice was still fresh in my mind: "try to take the lead and then hold it to the finish." Knowing that was impossible, I decided that trying to finish was a good second choice.

The training regimen. Time has a way of creeping up on you. By the time triathlon day was upon me I had gone on two bike rides and one and a half runs around the neighborhood. In the last two years I had gone on two bike rides and one and a half runs around the neighborhood. I swam a lot of laps. That's all I had.

It's not the swim that sucks the life out of you, and although hard, the bike ride was kinda fun. And in retrospect I figured I could slog three miles. What crushes your soul is the combination of all three. It's like getting punched in the gut then poked in the eyes and finally hit over the head with a bag of oranges while blindfolded. I did it for fun.

The swim. It's a funny thing about competition. People who you are friendly with, even good friends, at the moment the whistle blows, grow nasty fangs, a hump and long sharp fingernails. I am pretty sure I saw a tail grow out of one guy who left me in his bubbles as we slashed our way to the first buoy bobbing innocently on the reef. Mercifully, the swim was a blur of arms and legs, and 11 minutes later I came out of the water. I resembled a stumbling Tom Hanks in *Cast Away*, kind of bumbling, to the transition area soaked, confused and exhausted. When I got to my borrowed bike, I realized, the last 500 Saturdays before this day I was pounding down pancakes and bacon watching Spongebob (excluding swim

meets which have henceforth consumed all other Saturdays).

The Bike. I rode a lot of bikes as a kid. Crashed a lot too. Many trips, I took to the drugstore for comics and candy. This was not that kind of bike ride. When I was a kid, when you got to a steep hill, you could ride back and forth across the face of the hill, or you got off and pushed. In a triathlon you ride as hard as you can straight up. My thighs are still screaming and they won't shut up. I promised myself I will not allow anyone to pass me on the bike ride. OK, the 16 year old on the Sting-ray, but that was it! (the kid was bookin' like he was late for swim practice)

The run to the finish. After getting off the bike, I had 750 yards of swim sprinting and 12 miles of bike sprinting, under my stretchy-tards. But, getting off my bike, and groping for my running shoes made me feel I was in one of those nightmares where your legs won't move and the monster is right behind you. Well, my legs could move, it's my muscles inside of them that took the form of solid rock. After about a mile of sustained

shuffling, my calf exploded into teeny bits. I heard it pop. It felt like some one opened a bottle and all the spring drained out of my leg. My arms were pumping furiously however my legs remained mired to the pavement as I was passed by runner after runner without mercy. Thankfully, the hallucinations kicked in, and I do remember I was able to scuttle along like a crab back to the beach and to the finish area. I can say now, looking back I'm glad I did it. I am starting to sleep through the night again now that the nightmares and foot cramps have stopped. And it will be a whole year I can train and look forward to the next one. And this time I plan a least two more bike rides before the event!

-Dan

well played SKA.



Well we did it, Fifth place!!!!

"We swam well, raced well, cheered well, and over all we did really well!"

-Coach billy brown

Well we did it, FIFTH PLACE!!!! What an incredible invitational we had the other day in Manoa. We swam well, raced well, cheered well, and over all we did really well! I am very impressed with how well we raced each and every race, whether it was the 50 free or the 200 fly, we attacked every race with determination and passion. So what do we do now? Well, let's take this momentum and take that into the pool every practice as we are getting better at racing, but we could still be plenty faster. Let's work on the details of the breakouts and the stroke tips I have been working on with all of you. We have a short two and a half months until states, let's make sure we are the best prepared team on that deck come July.

So, as far as the next couple weeks look like, it will be something like this. We have our meet here this Saturday the ninth at the YMCA. It will be a great meet to score some more AA and QUAL (state) times, and to get up there and swim the race to perfection. The next will be the team travel meet which is for all of the bronzies through the junior group. This meet is at Hawaii Prep

Academy in Waimea, Big Island. It will be a great meet, that I would like to see all of us take part in. It will be a short course meet at the same pool we swam at last May at our team trip.

After that we will have the rainbow invitational over in Oahu for the invite swimmers. That meet is June 13-14. I am planning though on going to the senior championships with my senior group. It takes 13-14 QUAL times to get in but will be a phenomenal meet. More info will come very soon in an email from me. I know, yet again another one ☺

Finally, a huge THANK YOU to everyone who helped out this past weekend with the triathlon! That was an amazing event that really exposed our team to a lot more of the island besides just the swimming community. We did it very well (as we always do), and received numerous compliments on how well organized and put together it was. Thank you to Stephanie, as always, for such a great job putting something together that we had no experience doing. Not an easy task by any means, so thank you from our entire team, and Kauai Triathlon community!

As we set our sights towards the

summer, let's make sure we are bringing water bottles to practice, as it will start getting hotter and hotter out there....finally. We are also looking forward to seeing our college kids' start coming back this month as well. Let's keep up this momentum SKA; we have only just begun the accomplishments that we are going to achieve together! SWIM FAST SKA!

Aloha,
Coach Billy



above, diana white,tambrina,yasmine and kate cheer . coach billy, emma and sinead push sammy b. to the finish.

sunday	monday	tuesday	wednesday	thursday	friday	saturday
26-april	27	28	29	30	1-may entries for meet due to coach today!	2 triathlon
3	4 submit GI article	5 BOD reports	6	7	8 meet-setup 4PM	9 SKA Meet 7:45 warmups 9:00 start. timers: 8:30
10	submit GI article	12 BOD meeting 6PM Members welcome!	13	14	15	16
17	18	19	20	21	22	23
24	25 newsletter submissions due!	26	27	28	29	30
31	1-june	2	3	4	5 coming in June Team trip Big Is. June 6-7!	6 coming in June: SKA meet June 20

board positions available... ground floor opportunity...awesome benefits...(no pay)



You don't have to look like Mr. Boring A. Gray III on the left to be a member of a vital and important non-profit that shapes and molds our own kids. No one on Swim Kauai is a stranger, and the wonderful thing about this team is we all want what's best for our kids: good health and an atmosphere of positive teamwork and competition. If you read the last newsletter you now know all the great benefits that swimming has to offer our keiki. But don't leave all the fun for for the kids!. Just a few hours a month volunteering working the phones for fundraising this summer or coordinating sign prep, or helping with concessions for our big meet in August can make all the difference between a ordinary team and one that is outstanding. Right now all of Hawaiian Swimming is buzzing about Swim Kauai and Coach Billy following our fantastic showing at the Mamizuka invite. Read the gushing love story on page one.

Up and forward. No looking back. Please consider coming to our board meetings every 2nd Tuesday of each month and think about becoming a board member. Believe me, we'll find stuff for you to do. We could really use someone to learn how to run the timing system, help at the swim shop and assist in fundraising. In other news we have a great new interactive website coming on soon so you can get this newsletter there and also sign on to pay your fees and dues, and link to other great websites that love to Swim Kauai. And as always another monster thank you to Stephanie Rogers for spearheading the hugely successful triathlon held May 2nd! This, with the news that the Hoolaulea is happening will help to keep our fundraising future bright. Speaking of Hoolaulea...hey guess what! we need volunteers! YAY! (u will be contacted) --anonymous editor

board of directors

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