THANK YOU to ALL PARENTS who found a way to help at the meet. Your time and efforts are greatly appreciated! Set Up and Clean-Up were incredibly smooth! We host 2 meets in the fall and look forward to your continued support. For any parents who wish to join the ranks of officiating, please reach out to me, Coach Mark. It's a great way to give to the swimming community. Without officials, we will not be able to have competitions for kids. This meet, Mellisa Schad (Referee), Rayna Williams (Stroke and Turn) and Ignacio Soler (Timing Console) volunteered. Thank you to all!

The meet was a tremendous success, with many swimmers competing in 5 individual events and 2 relays. There were many best times and lots of smiles!

FIRST SWIM MEET - Congratulations - Ava Rose!

New Q / AAA State Qualifying Times

Jace - 100 Fly
Jack - 50 Free

New "AA" Time

Kali - 100 IM

New "A" Times

Alex - 100 Free and 200 IM
Kylie - 100 Free and 100 Back

New "B" Times

Axel - 50 Back & 100 Breast
Bo - 25 free and 25 Breast
Hayley - 100 IM
Kai - 25 Free
Knox - 25 Breast
Kylie - 100 IM
Mackenzie - 100 Free & 100 Breast
Olivia - 100 Free & 100 IM

AAA - STATE CHAMPIONSHIP TEAM - (12 Swimmers)

- 10/UNDER BOYS - Jace Buscher, Braeden Peck, Jack Perry, Zion Wong Yuen
- 11/12 GIRLS - Kali Kennedy
- 13/14 GIRLS - Madison Coronos-Holeso
- 15/18 BOYS - Hulton Chicoine, Lucas Duba, Kaiea Hudgins, Kelan Kennedy, Coleson Pouoa, Finn Wirum

PRACTICES - STATE CHAMPIONSHIPS - END OF SEASON

- **MONDAY, 7/10/23**
  - Senior - 7-8:30am
  - Bronze - Silver - Gold 415-5pm to hand out ribbons from the meet and to have treats. The state swimmers on Gold will continue to practice until 5:30pm.

- **Tuesday - Wednesday - Thursday - All state meet swimmers from Gold and Senior Groups 415-5:30pm.**

All Upcoming Races

- July 14-17 - **AAA Q times needed** State Championships LCM at Kihei, MAUI

NEXT SEASON
The next Season Begins August 7, 2023, for most groups. Stay tuned for the registration link to appear.

We will kick the season off with a parent gathering on August 7, to meet and hear from the coaches. There will be some free time in the pool for the swimmers and a potluck to follow. Jolynn Dean will be the point person for our first get-together of the season.

Fall/WinterSchedule 2023-24

- Sept 16 at ASC (WAIK and WAC to co-host)
- Sept 30 at KCAC
- Oct 21 at HAQ
- Oct 27-28 at Bill Smith Inv Oahu
- Nov 4 at HAQ
- Nov 17-19 Sr. Champs Oahu
- Dec 16 at ASC Classified
- Jan 6 at KCAC
- Feb 3 at ASC
- Feb - AAA State at Kona Community Aqua Center
- March AA (JAG) at Kona Community Aqua Center
- March - Sr. Zone
- March Sr. Sectionals, Futures,

Safe Sport

- **US SWIMMING - SAFESPORT TEAM RECOGNITION**
  Parents, PLEASE take the course below. Our team needs you to take the course so that our club will complete the requirements for SAFE SPORT CERTIFICATION.
    - PARENT'S COURSE HERE - Use your USA SWIMMING LOGIN info, or create one. ***By taking this course, our team can complete our requirements to be nationally recognized as a USA Swimming SafeSport program.***
    - PARENT'S SAFE SPORT COURSE QUICK GUIDE on the USA SWIMMING Site, HERE.
    - US CENTER FOR SAFE SPORT INFO HERE

TEAM FOCUS ON IMPROVING ATHLETES/GROUPS

- Lead coaches, Barbara (Bronze), Kate (Silver), Kerry (Gold), and me (Senior) agree on the following areas of focus for advancing swimmers, and practices will reflect this plan.
    - Body Alignment in the water, including streamlining off of turns and starts. Body alignment during swimming (long axis = freestyle and backstroke) and short axis (breaststroke and butterfly).

- Stroke Technique - varying by the group- but learning proper mechanics and using drills that will also be used by swimmers as they advance from group to group.
- Proper timing of breath during swimming.
- Fast kicking.
- As appropriate, aerobic and anaerobic development sets.
- Non-swimming things - Character development, Goal Setting, Being a Good Teammate…