

Families - We start this week off by encouraging you to begin **your safe sport course**. If you have already taken it **this year**, please let me know so I can reach out to USA Swimming to alert them of your completion, and needing to update their files and ours. Please see the next section.

Hugo Batchelor, competed this past week in the New Zealand National Age Group Swimming Championships LCM and was **CHAMPION** in the 400 IM and 200 Butterfly. Great work Hugo! Complete results can be found [HERE](#).

Safe Sport

- **US SWIMMING - SAFE SPORT TEAM RECOGNITION**

Parent's, PLEASE take the course below. Our team is ONLY needing you to take the course and our club will complete the necessary 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](#)

Practices this week: (as seen on the team website calendar)

- Bronze 1 Monday & Wednesday, 4-430, 4-430,
- Bronze 2 Monday, Wednesday, Thursday 440-520,
- Silver Monday, Tuesday, Wednesday, Thursday 5:30-6:30, **Saturday (SWIM MEET AT ASC)**
- Gold Monday, Tuesday, Wednesday, Thursday 5:30-6:30, **Saturday (SWIM MEET AT ASC).**
- Senior : Monday, Tuesday, Thursday 5:30-6:30,
 - **WEDNESDAY 3:30-5:15**
 - **Saturday, SWIM MEET AT ASC**
 - Mornings - 545-700am M-W-F

NEXT COMPETITION - Saturday, April 22, 2023 AT ASC - Home meet.

- 43 Swimmers have committed to the meet this Saturday at our pool. If your swimmer is entered and has any changes to their status in attending, contact bkopra.swim@gmail.com ASAP. Final scratches are due on Friday afternoon.
- JOB SIGN UP- If your swimmer is in the meet, please sign up for a job on the site. "Many hands makes for light work."

TEAM FOCUS FOR IMPROVING ATHLETES/GROUPS

- Lead coaches, Barbara (Bronze), Kate (Silver), Kerry (Gold) and me (Senior) are in agreement 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 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 Deveopment, Goal Setting, Being a Good Teammate...

Upcoming Races (CHECK OUT OUR CALENDAR ON THE WEBSITE/Ocean races are included there)

- **April 22, at ASC - HPA Pool**
- April 29-30 - Mamizuka Inv SCY at VMAC OAHU - AA Q times needed.
- May 7, CINCO OCEAN RACE
- May 13, LCM (50 meter course) at Kona Community Aqua. Center
- May 27 SCY - ASC classified at HPA Pool
- June 3 - LCM at Kamehameha - last chance qualifier for Sr. Champs
- June 11, HAPUNA MILE - OCEAN
- June 17-19, Senior Championships LCM VMAC Oahu
- June 24, LCM at KCAC last chance on-island qualifier
- July 1-2, Keo Nakama Inv (OAHU) AA Q
- July 1, KONA MILE - OCEAN
- July 14-17 - AAA State Championshs LCM at Kihei, MAUI