July 19, 2025

Dear Swim Families,
Here's an update on the ASC Swimmers. All eight are achieving lifetime best performances throughout their events, which is the best result we could hope for from these athletes. Performing your very best at the biggest age-group meet in Hawaii is a compliment to the grit and focus of the swimmers. My college coach would often call that "intestinal fortitude."

In addition to achieving their best performances, all have contributed to the overall team points by finishing in the **Top 16 (Sam, Paxton, Kai, Jace, Kali, Pemma, Coleson, and Beaudin)!** Some have even performed to the level that landed them in the **Top 8 (Paxton, Kai, Jace, Kali, Pemma, Coleson, Beaudin),** earning a STATE MEET MEDAL!!. And, four ASC swimmers were crowned as **STATE CHAMPIONS (Paxton - 50 Fly, Beaudin - 50 Fly, Pemma - 50 & 100 Breaststroke, and Coleson 50 & 100 Breaststroke).**

We wish the swimmers good luck as they go into the final day, Sunday, July 20, with Coach Kerry leading the team. A special "thanks" to our parents who are at the meet supporting not just our swimmers, but officiating and timing, to help all participants.

2025 PC Novato CA/NV Speedo Sectionals

- **Kaiea Hudgins** has completed the 100 free and 100 fly events, and has time-trialed the 100 Free and 50 Free Events. He hit a lifetime best in the 100m Freestyle and will aim to perform his best in the 50m Freestyle event tomorrow, the final day of that competition. Good luck, Kaiea!

Previous information sent July 13, 2025.

WHEN IS NEXT SEASON?

- **Senior Group: August 4** will have three sessions, and the following week will offer full sessions.
- **Gold, Silver, Bronze: August 11** will be the starting date for those groups.

COMPETITIONS COMING UP

- August 30, at ASC - Pentathlon: 50's of each stroke and 100 IM, or 100's of each stroke and the 200 IM.
- Sept 12 Senior Level meet at UH
- Sept 13, BIS (location on island TBD)
- More are listed on our website, all the way through March 2026.

TEAM STORE - ARENA - BAGS - PARKAS - SUITS - GOGGLES - GEAR

Go to our team website and click on the TEAM STORE and you'll be taken to our Swimoutlet.com store. There you will find items you can have "customized" like backpacks, parkas, and warms ups, or get "gear" like swimsuits, goggles, paddles, snorkels…

Academy Swim Club-Hawaii Team Store

COACH'S CORNER

Support Academy Swim Club-Hawaii by shopping at our store. A portion of all proceeds goes back to Academy Swim Club-Hawaii! Also, get FREE SHIPPING on orders over $49.



Academy Swim Club-Hawaii Custom Gear



ASC TEAM GEAR

TIME STANDARDS(what do they mean?)

A note about time standards - As swimmers beginning in the program start to compete, their results (time) fit into a scale (see below and for exact times, see the link) HAWAIIAN SWIMMING TIME STANDARDS, to be shown the options for LCM and SCY time standards.

For new swimmers to achieve a “B” standard is excellent and is their first level of recognized achievement in the Hawaiian Swimming system. Please note that ASC coaches push athletes to strive to improve their personal bests simply, and the rest will take care of itself. ASC has had athletes on the chart below, all the way to the Jr. National (18/under) Championships. We currently have four athletes at the Futures Championship Level.

The more swimmers compete, the more opportunities they have to learn “how to compete.” So, as parents, keep encouraging and listening to your swimmer(s). No need for you to give any technical advice to them, that’s for the coaches. Just keep encouraging them to do their best and work hard to strive to achieve their goal. ***Often, the best thing you can say to a swimmer is that you’re proud of them for trying, and you enjoy watching them compete and exercise.***

Climbing the Hawaiian & USA Swimming Steps

USA Nat’lChampionships/OLY Trials

USA Jr. National Championships

USA Futures Championships

USA Speedo Senior Sectional Championships

Age Group Zone and Senior Zone Level

AAA - Hawaii State Championships & Senior Champsionships

AA - Hawaii Jr. Age Group and Invitational Level

A - Hawaii Jr. Age Group Championship Level.

B - Hawaii Level Age Group

BECOME AN OFFICIAL - JOIN OUR GROWING TEAM & HELP BIG ISLAND SWIMMERS

Want to be on deck in the future to watch your swimmer compete? Become an official. It's not hard; you'll get great training and have the opportunity to shadow officials until you're ready to go. ASC needs more Stroke & Turn Officials on our roster! Please talk to any of the parents listed below, or Coach Mark or Coach Barbara.

ASC's Registered Officials

1. Melissa Schad
2. Oscar Pouoa
3. Robyn Scarth
4. Rayna Williams
5. Sorry if I missed anyone

USA - Swimming/US Center For Safe Sport

Many families have continued to have their swimmers take the SafeSport course, as well as taking it themselves. The coaching staff thanks you for doing this. Here's the link to the USA Swimming SafeSport/US Center for Safe Sport. Keeping our athletes safe is the responsibility of all of us.
All for now,

Lastly, the coaching staff truly appreciates the opportunity to work with your swimmers. We realize the importance of physical activity and the development of skills that support the growth and development of teamwork, loyalty, and other character traits, and we're glad you swimmer(s) are with us.

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All the best,

Coach Mark