



# newsplash

*Yasmine Ware Senior Champs Female High Point Champion  
and Hawaii 13-14 Girls State Champion in 100 back 100 free 50 free*

Newsletter of Swim Kauai Aquatics

July /August 2011

## Senior Champs and State Champs

Way back in June 16-17 our Senior swimmers went to Oahu and came home with a pile of medals. Yasmine Ware laid down the law she was going to make some serious waves this summer and won the individual high point trophy. Kate Machorek pushed herself to the top of the 13-14 girls age division with several top 3 three finishes and a gold medal in the 200 backstroke. Tambrina Fairbanks won a 6th place medal in the 200 Breaststroke turning heads in the process. Fast forward to July 14-17 long course state meet. The best news is as a team we finished the meet in a team record 12th place. Our 13-14 girls dominated the division capturing high point and 3rd overall (Kate) positions and Yasmine Ware among her 3 state titles broke a Hawaii State swimming record in the 50 Free 13-14 girls. And a Jr National time cut! That's a big deal. Overall we came home with 24 finals medals. Congratulation to Dutch Fairbanks and Jack Machorek 10 and under studs. Tyler Keith and Quinn-Hannah White dropping time like hot coffee and Tambrina Fairbanks and Sophie Britzmann 15-16 girls making PB in 7 out of 10 races.

## SWIM A THON IS BACK!!!

This year our annual fundraiser is on September 23. Friday evening from 3:00PM to 6:00 PM sunset fun and food with music and dancing bears. YMCA pavilion and pool Now is the time to start gathering your pledges and we should have pledge packets in hand very soon. How does swim-a-thon work? Read below and look into the eye of Great Odins Beard!

Swim-a-Thon® is our only mandatory fundraiser in which participants earn money for their team by swimming lengths of the pool. Swimmers have a two-hour period to swim a maximum of 200 lengths. Participants get pledges from businesses, family, neighbors, etc. prior to swimming. Some choose to get pledges and money prior to swimming while others get pledges per length and collect the money following the Swim-a-Thon®.

The exciting benefits of this program are that Swim-a-Thon® is not only an excellent fundraiser, but also an opportunity for teams to combine swimming and a social event. Additionally, Swim-a-Thon® can boost team spirit and increase community awareness of the team. Last year SKA 10 and under star Olivia Mcsweeny was recognized by USA Swimming as the top producer in all of the State of Hawaii and SKA was number two fundraising team in Hawaii and in the top 50 out of over 500 swimathons held each year. Thank you for supporting your swim club and helping to make SKA the great team that it is. We make champions and happy swimmers but we also hope to create opportunities for your `ohana to connect through events (triathlons and ocean swims) parties and outings (awards party and zipline adventure) and through shared knowledge that swimming leads to good health strong bodies and minds and life long friendships for our keiki.

pertinent stuffs

-Car Wash 8a-noon October 16 Kukui Grove Mall-funds our awards and team events

-JR LIFEGUARDS CHAMPS BIG ISLAND JULY 30

-Namolokama Swim This Saturday July 30 Join the fun in Hanalei

**-NO PRACTICE MONDAY AUGUST 1-**

**-MARATHON VOLUNTEERS: SKA needs to provide 6 hardworking and industrious young citizens to help put (light) equipment away at the Lawai Cannery**

SKA Fall Schedule

DATE	EVENT	NOTES	LOCATION
SEPTEMBER 10	SKA MEET	TEAM EFFORT	YMCA
SEPTEMBER 23	SWIM A THON	FUNDRAISER	YMCA
OCTOBER 8	SKA MEET	TEAM EFFORT	YMCA
OCTOBER 14	MEMBERSHIP MEETING	TEAM EFFORT	YMCA
OCTOBER 16	ANNUAL CAR WASH	VOLUNTEER FUNDRAISER	KUKUI GROVE
OCTOBER 22-23	BILL SMITH INVITE	AA QUAL TIMES	OAHU
NOVEMBER 12-14	SENIOR CHAMPS	SENIOR QUAL TIMES	OAHU
NOVEMBER 19	SKA MEET	TEAM EFFORT	YMCA
DEC 3	AWARDS PARTY	TEAM EFFORT	HYATT
DECEMBER 16-19	STATE AGE GROUP CHAMPS SC	QUAL TIMES	BIG ISLAND KONA
DEC 20-JAN 2	BREAK	BREAK	HAVE FUN



Aloha SKA,

Yet Again, SKA had an incredible state championship meet out in Kihei last week! Our team took 12<sup>th</sup> place in the meet which is the highest placing we have ever had as a team. I would like to say that it was led by this person or that person, but I honestly believe that it was led by our entire team over the past season. This season has had its ups and downs, but our team has just finished one of the best SKA seasons ever. From a great high school season, to a good sectional meet, to a phenomenal Kauai Classic, to a very inspiring senior champs, it was a very successful summer. Over the months I have seen of a lot of growth and adaptation. We flipped the pool and trained long course for the first time, and the results showed its value. All in all, it was an overall team effort that earned us our highest place at states, and every single swimmer from the bronze to the senior groups should all be proud of what we have done together. It was very well deserved.

Some of the highlights of the meet were Yasmine getting her second state record in her career with a blazing 26.73 in the 50 free. That is almost three tenths of a second ahead of junior nationals, and only a mere 0.34 of a second away from Olympic Trials!!!! We will be going to Stanford University in mid august for Junior Nationals to compete with the top 5% of USA swimmers nationally. Way to go Yas! She also got the high point award for the meet for the 13-14 girls age group.

Kate had a great meet getting several medals, and becoming the third sectional swimmer for SKA by qualifying in the 1500 free the first night, followed by the 100 back the next night. It was a great meet for her in the 13-14 girls by also swimming very well in the IM's, Backs, and distance frees finishing in 4th overall.

Jack Machorek and Dutch Fairbanks crushed it by going 15 for 16 with best times in 10 and under boys. The two did so well and dropped ungodly time chunks in everything from their 50's to their 200's. The newly turned 15 year olds showed a strong presence, especially in the mile with Quinn and Tyler dropping over 30 seconds each in the swim! Tambrina, in the most anticipated race of the meet, swam an amazing 3 minutes in the 200 breast, and getting sixth place in her first ever state final! Sophie had a heck of a meet dropping a second in her 50 free, and having as always a great 400 IM as well. Her closing speed in the freestyles at the end of her IM's were unmatched!

Anyway, as we look ahead here for SKA there are so many things to look forward to. We will be transitioning some swimmers around a bit, and will be talking with the kids throughout the week about that. Coach Vicki has been AWESOME for our team, and somehow I got her to commit for awhile longer, so we have her to at least the end of the year ☺

Finally, this coming up week, we will not have Monday practice (August 1), but will have our last meet of the "summer season" this August 6<sup>th</sup>. Please let me know via email if you are planning on swimming in it. It will be a great meet to see how hard we worked this summer.

Also, don't forget, the Hanalei Ocean race this Saturday the 30<sup>th</sup>! Please come up, it is the only race of its kind, and is highly supported by our team. All of the coaches are doing it, so come on up. You can register the morning of, so please talk with a coach if you are at all interested. It is a great morning event!

As always, if you have any questions, please let me know. I can't wait for our new season starting back up in late August. If our momentum holds, we could be on track for a dream filled season these next couple of months. Congratulations to all the kids for their success, and THANK YOU to all the parents for your support and commitment to this great team, and to your son/daughters swimming career. Without your support, effort, and time, our swimmers would not be who they are now. I know it's tough sometimes making ends meet and time schedules work, but somehow we all do it, and the results are showing ☺

Your Proud Coach- Billy

## in case you were wondering....Coach Vicky



Coach Vicky West comes to Swim Kauai from Redlands, California. Previously, Vicky served as head age group and developmental coach with the Palm Springs Piranhas. In 2010, she was awarded ASCA Age Group Coach of the Year, an honor chosen by her peers in Southern California Swimming. Prior to Palm Springs, Vicky Coached the 10 and Under Group with Redlands Swim Team taking the number of Junior Olympic Qualifiers from 6 to 20 in one year. Additionally, Vicky coached for both of the local high school teams in Redlands working with several CIF qualifiers. As a swimmer, Coach Vicky joins the Swim Kauai Aquatics staff as a former NCAA Division I swimmer. She attended the Northwestern University competing primarily in distance freestyle and IM where she was Big Ten champion and former school record holder in the 1650 freestyle. Coach Vicky qualified for the Olympic trials in 1996, 2000, and 2004, was a member of the USA National Junior Team and Open Water Teams, and was a 3 time Junior National Champion. Currently, Coach Vicky enjoys doing ocean swims with Coach Kathleen, Coach Billy, and any other willing participants.

## The Fall

I enjoy the fall. It's the time of the year where Summer begins to lay down a little and starts to wheeze a sigh of relief. Two majestic events begin to unfold in August. It's akin to the migration of the wildebeest of the Serengeti. First the keiki begin to molt and appear in the aisles of Kmart and Walmart hungrily snapping up paper goods and colorful writing instruments. Then, like the Knights of Camelot riding winged monkeys into battle, football season flashes to life across our 42 inch flat screens. That's what I am talking about!

With the scream of that first school siren or chime or bell, another summer has peeled away our skins and left us with new pets, ruined lawnmowers, 3 trips to doctor for swimmers ear, lots of stories, sad and happy. So what is the fall all about? It is really about change. New schools and friends. In swimming the fall brings the kids back together and sets challenges for the season. Many of our gold and silver swimmers are on the cusp of breaking through to the next level, be it a new AA or Qualifying time cut. A swimmer through practice and maturation finally "gets" a stroke or leaping off the blocks like a frog morphs into a real dive headfirst. Summer is the season of confidence and trying new things and Fall is when those new things become skills.

So NOW is a good chance to make that time cut and try for a first invitational meet. We have a meets every month to help those along that want to make it to the State Meet. Really cool and great things happen at state meets. (see above). SKA encourages everyone to do a swim meet, but it is not a requirement.

Every single SKA swimmer and their `ohana shares in the success of our senior swimmers. All of our current seniors have started with SKA as a work in progress and have swum their way through the Silver and Gold level to becoming skilled and competitive athletes on the state level and well beyond. Our bronzies group will one day be shaking things up at states too. And it doesn't stop with swimming, those learning progressions spill over into all aspects of growing up. It all started with a tiny toe dipped into the water, seemed like only last summer... Dan

sunday	monday	tuesday	wednesday	thursday	friday	saturday
24	25	26	27	28	29 EMAIL COACH ENTER MEET: SUMMERPLASH	30 Ocean Swim Hanalei 9AM
31	<b>August 1</b> NO PRACTICE COACHES MEETING	2	3	4	5 FUN MEET YMCA	6 SKA Meet YMCA
7 BREAK	8 BREAK	9 BREAK	10 BREAK	11 BREAK	12 BREAK	13 BREAK
14 BREAK	15 BREAK	16 BREAK	17 BREAK	18 BREAK	19 BREAK	20 BREAK
21	22 PRACTICE RESUMES	23	24	25	26	27
28	29	30	31	<b>1 September</b>	2 EMAIL COACH ENTER MEET	3
4	5 ENTRIES DUE	6	7	8	9	10 SKA Meet

**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**

### Board of Directors

**Dan Britzmann — President .. 639-8792 [britzmand001@hawaii.rr.com](mailto:britzmand001@hawaii.rr.com)**  
**Kathleen Littlefield — Treasurer...652-1385**  
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### Public Relations / Travel

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## SUNSET SWIM-A-THON

Swim Kauai Aquatics

Friday, September 23rd

3:00 check-in, 4:00-6:00 Swim, 6:00 Potluck

The money we raise goes towards equipment, training, coaching, and scholarships. It's our main fundraiser of the year...and every little bit helps! Mahalo!

### It's Swim-A-Thon time! Wo-hoo! Here's a reminder of what you need to know:

1. **Check in at 3:00pm.** Bring your pledge money and Swim-A-Thon envelope to turn in. You may continue to collect money until September 30th, but turn in what you have by September 23rd. Also, Gold, Silver, and Bronze swimmers must bring a "counter" to count laps for you while you swim. Juniors and Seniors, Coach Billy said he guarantees you'll make the 200 lengths...no worries :)
2. (1) Raffle ticket will be given for each \$50.00 raised for the Swim-A-Thon. Prizes will be given out throughout the Swim-A-Thon. Prizes range from "Get out 10 minutes early" cards to iTunes and Starbucks gift cards!
3. **Music!** You can make song dedications to your teammates, coaches, BFF's, parents, or secret crushes for \$1.00 each. There will be a playlist and a big jar so bring your \$1.00 bills! All extra money raised will go towards our Swim-A-Thon total.
4. **3:30pm** We will kick off the Swim-A-Thon with some fun relays...get ready to laugh!
5. **4:00 - 6:00pm** The official two-hour Swim-A-Thon. Swim, smile, laugh, sing...repeat!
6. **6:00pm Potluck Dinner.** SKA will provide the pizzas, parents please provide drinks, fruits, snacks, etc.

**Prizes:** All prizes will be determined after the final deadline to turn in pledges on September 30th.

**Grand Prize** (individual who raises the most money) : Swim Parka with SKA logo and name

**2nd Prize:** Speedo Pro Backpack with SKA logo and name

**3rd Prize:** \$35 Gift Certificate to our SKA Swim Shop

**Team Prize:** (group (gold, silver, etc) that raises the highest average per swimmer) Pizza Party

**What to bring Friday:** pledge money and envelope, a person to count laps, your swimsuit, a potluck item, a huge water bottle, \$1.00 bills for songs, and a gigantic smile!

**Parents:** We need a few parents to help set-up at 2:00pm. Please contact Stacey ([hoonanea4@hawaii.rr.com](mailto:hoonanea4@hawaii.rr.com) or 651-5311) or Kathleen (652-1385) if you are able to help....Mahalo!

