



# MokiOhana

*Official Newsletter of the  
Mokihana Aquatics 'Ohana (Family)*

**Volume VII Issue 2**  
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## Aloha!

### Thoughts from the Newsletter Desk

Hey, Hey, Hey, summer is almost over and then....finally.....we get our "cool" back on. I know that during this summer, I have sat, longingly at times, looking out into the practice pool at that cool clear water and wished I was in there with them. Sooooo different then the winter months when I sit and cringe at the cold that surrounds the water as they are swimming! Guess you have to be ready to get the good with the bad. Such is life. Speaking of good and bad...remember....it is time to pay your dues which comes to \$40 a month for most swimmers. This is also the time we pay our yearly \$100 for membership with USA Swimming and insurance etc. Just a reminder to get that in to coach who will get it to the treasurer. In addition.....did you see? We have our Christmas Tree tickets!

like earlier delivery time support. It's a fun event for all of us and the smell of the trees is just a wonderful way to kick off the Christmas season. After the sale, you can wander over to watch the Lights on Rice Parade and check out the Kauai Museum Craft Fair. It really is a special treat. There won't be an exhibit in the county building this year but they will be lighting the trees as they do every year.

Well, hope to see you all at the upcoming time trials!

### POOL JOKES

When I was a child, I swam at a pool that had the sign

"Welcome to our \_OOL, Notice there is no "P" in it. We'd like to keep it that way".



Moses' first and last day as a lifeguard.



Mahalo!

Nalani Brun

More info? 652-3304 or email: [geevum001@earthlink.net](mailto:geevum001@earthlink.net)

Our Christmas Tree sale day is Friday, December 4 from 12-6 for the regular sale time. Coach will be calling for special duties



## Coaches Corner.....

### What would life be without a CHALLENGE?

"Here we go, here we go, here we go again!" I have used this mantra before, and now is a perfect time to repeat it. A new season; coming back to our home pool soon. We are looking at a tentative date of November 2, 2009 with a very big emphasis on 'tentative.' Our 2009-2010 swim schedule is out, and meets are in place (see below). New time standards. Changes in 10&Under only.

Our swimmers just started a new year in school, some entering high school. How quickly they grow. I tell you, having raised four children myself, enjoy the pre-teen years. They will be some of the best times, and it can not be taken back. New school clothes — I know the kids like that! New friendships. New goals and strategies for success. All this fresh new wonderment going on with the holiday barreling down upon us. Do you feel the chicken skin? How exciting.

Our swimmers are fabulous. Training hard, making practices, and learning core values in the process. Simply magnificent to watch our swimmers grow, not only in our sport, but as outstanding young men and women. That's why I do what I do, and love it so much.

Every year at this time I do some comparison shopping (although what Mokihana Aquatics is all about has no comparisons). Did you know that compared with Little League, Pop Warner, Junior Golf, cheerleading, hula, gymnastics, and other youth activities, we offer the most? Let's talk dollars and cents. In these tough economic times who is not looking at the bottom line? Let's use gymnastics because my daughter is in it. They pay \$100.00 per month. They meet once a week for one hour. That's the minimum. That comes to \$25.00 per hour which is the current average baby sitting rate. If you are an 8&Under you have eight hours per month at \$25.00, or \$3.12 per hour; 9&Above doing the minimum are doing 16 hours per month at \$40.00, or \$2.50 per hour. Now, check this out. Our Senior athletes are offered 13 hours per week or 52 hours per month at \$40.00. That comes out to \$.77 per hour; that's right, 77 cents per hour. The longer you stay with Mokihana Aquatics, and the better you get, the cheaper it becomes. Compare that with my daughter being asked to join the advanced dance team in gymnastics. They want \$300.00 per month and practice will be extended for half an hour. So, if she progresses, her dues will double, not to mention all the costumes that she will be 'required' to have. Wow!

Some history here on dues. When Mokihana Aquatics started back in October 1980 (we were called Kapaa Swim Club, and I still have the original banner) there were no monthly dues, and all fundraisers went to

swimmers' travel. In September 1988 Mokihana Aquatics Swim Club, the immediate predecessor to the current Mokihana Aquatics ('swim club' has been removed) started charging monthly dues. The fee structure set up in 1988 has not changed, and that is what you pay today. Let me go on record saying that we have no plans now or in the foreseeable future to raise dues. In fact, I will be making a radical proposal to our Directors and Officers at our next meeting. Stay tuned.

Finally, it is that time of year again. "Here we go, here we go, here we go again!" Xmas trees..... and you are being challenged. While you have agreed to sell five trees, or eight if you have two swimmers, I am challenging everyone to double that as a minimum. This is not a requirement, just a challenge. Sell 10 trees or 15 trees if you have more than one swimmer. If you have not received your tickets, please call me immediately. Xmas trees procedures are listed below and will be sent out weekly with an updated count. Our Team Goal is 400 trees plus specialty orders. Specialty order goal is 50 trees. For the swimmers, for the program that gives so much, "What would life be without a challenge?"

With respect and aloha,

Orlando S. Anaya  
aka Coach O



# MOKIHANA NOTICES

- Review Xmas trees procedures carefully, and call Coach O with questions. Coach O will be doing a weekly update. Our work day and place is as stated on tickets: 9:00 AM to 6:00 PM on December 4th at Two Frogs Hugging parking lot. Since this is a work day we need physical labor to unload the container and a couple of delivery people with trucks. We usually have Westside, North shore, and Lihue/Kapaa delivery routes.
- Review Mokihana Aquatics meet schedule. Complete Hawaii swim schedule can be seen by going to our website and clicking on Meet Schedule.
- No November calendar as we are hoping to be back home at the Kauai High School pool. Negotiations with KHS are ongoing as of this printing. November newsletter will be out early to compensate.
- We are all out of team backpacks and warm-up gear. We have a few travel bags in stock. If you are planning to order for Xmas gifts, please contact Coach O. For all other swim shop items, Sammys, caps, goggles, and practice suits call our swim shop manager, Naomi Mersberg at 639-7424.
- Timers will be needed for the two Time Trials in October and November. If anyone is interested in being a deck Official or a Meet Manager, contact Coach O so training can begin.
- Note info on Invitational and State meets travel below, and contact Coach O if you would like to attend, or if you qualify.



Kaitlyn Jarry freestyles it!



# T-E-A-M WORK

## Roles and Responsibilities in Your Club

Parental involvement is crucial to every club. Regardless of the organizational model of the club, parents play key support roles. In parent owned clubs, parents are needed in leadership roles as board members and committee leaders. Regardless of structure, clubs are looking for volunteers to help with swim meets, coordinate social events and organize fundraising.

Getting involved with your child's club is a great way to meet people, have fun and teach your child about commitment. Many swim parents develop long-term friendships and enjoy the family-like atmosphere that develops when people work together. Working at a meet can be a lot more fun than sitting in the stands! Additionally, when your child sees you devoting time and energy to help the team, he or she understands that team loyalty is important and worthwhile.

### 1. How can we help support the team?

That's a great question. Check with the coach to find out if there is a parent's committee or booster organization that supports the team. Many clubs have programs in place to maximize parent involvement and resources. For example, your club may have a fundraising committee, or even a social committee. Find out from your board or coach how the team can best utilize your skills.

### 2. It looks like it takes an awful lot of people to run a meet. What can I do to help?

If you have already attended a meet, you have probably been approached to be a timer. This is a great way to begin to help run meets. In fact, this is how many officials get started. Officials are a necessary part of every type of competition. Here is a list of the officiating positions:

Stroke and turn judges

Clerk of course

Computer operator

Starter

Referee

Safety Marshal

If any of the jobs interest you, check with your coach



# 2009-2010 Meet Schedule

## ***Mokihana Aquatics '09-'10: Swim Meet Schedule***

### **Oct 10 & 11 2009 Kauai Timed Trials (Bill Smith Qual)**

Sat. Waimea & Sun. Kapaa

Warm ups 8 am / Meet starts at 9 am

Meet done between 12 noon and no later than 1 pm on 2 days

Potluck lunch and free swim on Sunday after meet

### **Oct 24 & 25, 2009 Bill Smith Invitational**

CORP (Central Oahu Regional Park) Pool

Leave Kauai Hawaiian flt. #104 on Sat 10/24-09 at 6:44 am

Arrive HNL 7:14 am

Leave HNL Hawaiian Flt. #373 on Sun. 10-25-09 at 6:50 pm

Arrive home safety at 7:27 pm

Stay at Pagoda Hotel

Travel package is \$250

Airline tickets only can be purchased upon availability for \$125.00 round trip

### **Nov 7 & 8 2009 Kauai Timed Trials (Ken Suenaga Qual)**

KHS on both days

Warm ups 8 am / Meet starts at 9 am

Meet done between 12 noon and no later then 1 pm on 2 days

Potluck lunch and free swim on Sunday after meet

### **Nov 27 to 29, 2009 Ken Suenaga Invitational**

CORP (Central Oahu Regional Park) Pool

Leave Kauai Hawaiian flt. #110 on Fri 11/27-09 at 7:19 am

Arrive HNL 7:49 am

Leave HNL Hawaiian Flt. #313 on Sun. 11-29-09 at 5:31 pm

Arrive home safely at 6:08 pm

Stay at Harbor Arms Hotel

Travel package is \$300

Airline tickets only can be purchased upon availability for \$150.00 round trip

### **Dec 18 to 21 Short Course State Championship**

Kona Aquatic Center / Kailua Kona Big Island (Hawaii)

No packages have been made at this time

Because meet is in Kona we may ask State qualifiers to make their own travel arrangements?

### **No Meets Jan and. Feb.**



# 2009-2010 Meet Schedule

## March 6 & 7 2010 Sparky Kawamoto Meet see "NOTE" below

Sparky Kawamoto Swim Stadium Hilo Hawaii

Leave Kauai Hawaiian flt. 514 on Fri 3-5-10 at 10:55 am—Arrive HNL 11:25 am

Leave HNL Hawaiian flt. #182 on Fri 3-5-10 at 11:49 am—Arrive Hilo 12:40 pm

Leave Hilo Hawaiian Flt. 263 on Sun. 3-7-10 at 4:12 pm—Arrive HNL 5:01 pm

Leave HNL Hawaiian flt. #313 on Sun. 3-7-10 at 5:31 pm—Arrive home safely at 6:08 pm

Stay at Hilo Sea Side Hotel

Travel package is \$300.00. Airline tickets only can be purchased upon availability for \$225.00 round trip

Note: 20 packages available

## April 3 & 4 2010 Kauai Timed Trials (Manoa Qual)

KHS on both days

Warm ups 8 am / Meet starts at 9 am

Meet done between 12 noon and no later than 1 pm on 2 days

Potluck lunch and free swim on Sunday after meet

## April 24 & 25 2010 Manoa Invitational (LC Meet)

Manoa Regional Park Pool Oahu

No packages have been made at this time

## May 8 & 9 2010 Kauai Mothers Day Timed Trials (Sakamoto Qual)

KHS on both days

Warm ups 8 am / Meet starts at 9 am

Meet done between 12 noon and no later than 1 pm on 2 days

Potluck lunch and free swim on Sunday after meet

## May 28 to 30 2010 Sakamoto Invitational (LC Meet)

Soichi Sakamoto Memorial pool / Wailuku Maui

No packages have been made at this time

## July 15 to 18 2010 Long Course State Championship

Site to be determined?

No packages have been made at this time

## August 21 & 22 2010 Fun Meet 2010

KHS Pool Lihue Kauai

Working weekend

**NOTE: Mokihana Aquatics is looking at the possibility to host a Distance Timed Trials. Options are Winter 09/10 or Summer 10. Call and let Coach O know what you think!**



# Christmas Tree Sale



## Christmas Tree Sale Procedures

- Go to our website at [www.mokihanaaquatics.com](http://www.mokihanaaquatics.com) and click the happy tree to get the cost on specialty orders.
- **DO NOT** use tickets for specialty orders. Tickets are only for Premium 6' to 7' Douglas Firs.
- Specialty order trees will be given a hand-written "pick up receipt" issued only by the Xmas tree sale Coordinator, Avis Anaya, Coach O's wife, but don't call her Miss Coach O (:
- Call Coach O and the receipt will be available in one to two days.
- Collect and turn-in monies and stubs as you go. Tickets will be torn in two. The large portion with pick-up information on the back goes to your customer. The stub-end, completely filled-out, gets returned with monies immediately to Coach O. We are trying something new this year and want monies and stubs to be turned in upon sale. Do not hold.
- Checks should be made out to Mokihana Aquatics.
- Your customers can be offered a \$26.00 tax deduction on standard trees purchased. They will just need our Federal ID tax exempt number: Federal ID #99-0338664.
- Should specialty order customers want the tax write-off, the amount is substantially more and will be reflected on 'pick up receipt' issued only by the sales Coordinator. Call Coach O for tax write-off amounts on specialty orders.
- You can offer customers free delivery. We offer delivery only — no set up! Delivery will be during the day of December 4th, sometime between 10:00 AM and 6:00 PM. If your customers are not home at this time, ask them to leave a 5-gallon bucket with water inside at a place where it is safe for delivery.



# Christmas Tree Sale



- You may pay a \$250.00 fee in lieu of selling trees. You may still be called upon to help on December 4th.
- Remember that all our trees are "Premium" and have much bigger girth and trunk than most trees their size. 10' to 12' trees are for display at hotels and large restaurants. They will not fit in your house, and they require up to six individuals to carry them. If you sell 10' to 12' trees, note that these trees will not be delivered, and customer must make their own arrangement to pick up tree(s) on December 4th during regular pickup time of 12:00 Noon to 6:00 PM. A minimum 1-ton utility truck will be needed.
- All trees have an exclusive money-back guaranty. If your customer is not satisfied for whatever reason, they can either take another tree or get a full refund.
- Do not give tickets for donation only. Keep the stub and ticket together. While donations are greatly appreciated, it will not be credited to trees sold.
- A minimum of \$300.00 is due per single swimmer family, and \$480 for multiple swimmer families.

Always be professional, courteous, and upbeat with your customers. You are representing Mokihana Aquatics, Kauai's Best.

**TO SEE WHAT YOU GET FOR TREES GO TO:**

[Http://www.willametteevergreen.com](http://www.willametteevergreen.com)



**Mokihana Trees being loaded up for the trip to beautiful Kauai!**

**Hey guys, can you please put the big ones by the door?**



# Daurice: Mokihana History

Welcome back to Daurice and her ohana. I was very privileged to coach Daurice from our club's inception as Kapaa Swim Club in 1980 until she left for Kamehameha School in 1987. Daurice was a member of the state's #1 ranked relay team in all relays for 11-12 girls. While she excelled in backstroke Daurice was truly the all-around swimmer, making States finals in all races entered. I call her "the best swimmer I ever coached." While I have had faster swimmers, I have never to this day seen a swimmer with more passion and commitment than Daurice had. As a young coach, and with permission from Daurice's parents, we took her to the UH Physical Swimming Research Lab and had Dr. Jan Prince run body composition testing on her. Daurice knew more about her body as a 10-year old than most people know as adults. And, I learned more about coaching during that time than at any other time in my 28-year coaching career. My favorite Daurice story is not when our girls swept all relays at the Aulea Invitational in 1985, but a year before, and it started two years before that. When Daurice was about to turn 10 we sat down and set goals together. We set our goals for the Short Course State Championship for the following year when she going to be 10 and about to turn 11. We picked eight races and discussed what times she wanted to be swimming in 14 months. We talked about what she would need to do to accomplish these goals, and we started on our quest. More than a year later, having done everything I asked of her, we went to the Short Course State Championship. It was held at the UH diving well, considered at the time the fastest pool in Hawaii. Guess what? Every single time that each of her eight events were done, the times were only 1/2 second off what we had written down more than a year earlier. And that, my friends, was and still is to this day my greatest moment as a coach. Daurice, I never had a chance to say this, but thanks. You were an inspiration to me. Below please find a short bio written by Daurice, herself. Imua Mokihana Aquatics.

Coach O

"I graduated from Kamehameha Schools in 1993, and moved to Oregon to attend Pacific University. Graduated from Pacific University in 1998 with a major in Japanese and Accounting, and a minor in Computer Science. I completed an accounting intern position at a Heavy Highway Construction Company out of Gresham, Oregon, which began my career path as their comptroller until July of 2008. I also obtained my Masters in Business Administration from the University of Phoenix in 2002.

"My husband and I decided to move back to Kauai to raise our two sons, Akoni "AJ" (5 yrs. old) and Aukai (2 yrs. old), closer to family. So the Arruda family has had some time to adjust to our new lives back in the islands. My husband, Clifton, is the Branch Manager at Bank of Hawaii. I currently work out of the Kauai Civil Defense Agency. AJ is attending kindergarten at Wilcox, and Aukai, when not fishing, aspires to be like his big brother and start school soon."



Daurice, Aukai, Akoni (AJ) and Clifton Arruda

# September 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 No Practice	2 No Practice	3 No Practice	4 No Practice	5 NO PRACTICE
6 No Practice	7 Practice 5:00 - 7:00 Kapaa	8 Practice 5:00 - 7:00 Waimea	9 Practice 5:00 - 7:00 Kapaa	10 Practice 5:00 - 7:00 Waimea	11 Cross Training 4:30-6:30 Kalapaki	12 NO PRACTICE
13 No Practice	14 Practice 5:00 - 7:00 Kapaa	15 Practice 5:00 - 7:00 Waimea	16 Practice 5:00 - 7:00 Kapaa	17 Practice 5:00 - 7:00 Waimea	18 Cross Training 4:30-6:30 Kalapaki	19 NO PRACTICE
20 No Practice	21 Practice 5:00 - 7:00 Kapaa	22 Practice 5:00 - 7:00 Waimea	23 Practice 5:00 - 7:00 Kapaa	24 Practice 5:00 - 7:00 Waimea	25 Cross Training 4:30-6:30 Kalapaki	26 NO PRACTICE
27 No Practice	28 Practice 5:00 - 7:00 Kapaa	29 Practice 5:00 - 7:00 Waimea	30 Practice 5:00 - 7:00 Kapaa			

# October 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> No Practice	<b>2</b> No Practice	<b>3</b> NO PRACTICE
<b>4</b> No Practice	<b>5</b> Practice 5:00 - 7:00 Kapaa	<b>6</b> Practice 5:00-6:30 Waimea	<b>7</b> Practice 5:00 - 7:00 Kapaa	<b>8</b> Practice 5:00-6:30 Waimea	<b>9</b> Cross Training 4:30-6:30 Kalapaki	<b>10</b> Time Trials Waimea Pool Warm ups: 8am Meet: 9-1
<b>11</b> Time Trials Kapaa Pool Warm up: 8am Meet 9-2 Pot luck/free swim	<b>12</b> Practice 5:00 - 6:30 Kapaa	<b>13</b> Practice 5:00-6:30 Waimea	<b>14</b> Practice 5:00 - 7:00 Kapaa	<b>15</b> Practice 5:00-6:30 Waimea	<b>16</b> Cross Training 4:30-6:30 Kalapaki	<b>17</b> NO PRACTICE
<b>18</b> No Practice	<b>19</b> Practice 5:00 - 7:00 Kapaa	<b>20</b> Practice 5:00-6:30 Waimea	<b>21</b> Practice 5:00 - 7:00 Kapaa	<b>22</b> Practice 5:00-6:30 Waimea	<b>23</b> No Practice Bill Smith Invitational	<b>24</b> NO PRACTICE Bill Smith Invitational
<b>25</b> No Practice Bill Smith Invitational	<b>26</b> Practice 5:00 - 6:30 Kapaa	<b>27</b> Practice 5:00-6:30 Waimea	<b>28</b> Practice 5:00 - 7:00 Kapaa	<b>29</b> Practice 5:00-6:30 Waimea	<b>30</b> Cross Training 4:30-6:30 Kalapaki	<b>31</b> NO PRACTICE