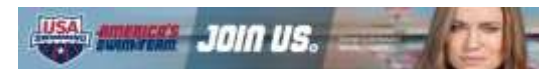


## COACHES & ADMINISTRATION

All of our coaches are knowledgeable of the rules and techniques of competitive swimming, trained in water safety & CPR/First Aid, and have successfully passed USA Swimming certification & criminal background checks. Coaches use reoccurring swim practices as the primary tool to prepare swimmers for athletic competition.

The general management of the club is performed by a parent-volunteer Board of Directors. The Board of Directors and parents provide logistical and moral support to swim practices and swim competitions, and encourage swimmers to stay active in Aloha Aquatics' program by hosting recreational activities, running incentive programs, holding fundraisers, scheduling travel to off-island meets, and organizing the annual awards banquet.

For more information or to schedule a tryout session please visit our website at [www.alohaaquatics.org](http://www.alohaaquatics.org) and click on the "Contact" icon.



Aloha Aquatics Association  
P.O. Box 894032  
Mililani, HI 96789  
<http://www.alohaaquatics.org>



## HISTORY OF ALOHA AQUATICS

Mililani Swim Team first started at Recreation Center 1 in 1971 with the first increment in Mililani Town's development. The team's objective was to provide children residing in Mililani with an organized recreational activity. Swimming was the first organized sport in Mililani.

Mililani Town grew rapidly and so did the team. The name Aloha Aquatics was introduced in 1980. Today, Rec Center 6, Rec Center 1, and the Veteran's Memorial Aquatic Center (VMAC) facility, on the other side of Kipapa Gulch in Waipio, are our swimmer development facilities.

The team's proven success is shown by the many records set by our swimmers, some of which still remain unbroken. Our swimmers have competed at all levels from State Championships, Western Zones, to even the National Championships and the Olympic Trials.

The swim program here in Mililani has produced quality individuals who know the value of hard work and realize that nothing comes easy. Regardless of whether they become champions, all will be able to apply the same values and traits learned in swimming to becoming successful in life.



## THE CLUB

Aloha Aquatics is a community based nonprofit swim club operating under the rules and guidance of Hawaii Age Group Local Swim Committee and USA Swimming.

Our program offers an excellent competitive athletic experience for swimmers of all ages and levels. Our swimmers develop and improve their skills, increase their aerobic conditioning, and gain self confidence and team spirit. Our goal is to support each swimmer to reach their full potential as an athlete and to create life-long swimmers who love all aspects of swimming.

Practices are held at the Veterans Memorial Aquatic Center in Central Oahu Regional Park (VMAC/CORP) in Waipio Gentry from 5 to 7 pm Monday through Friday; at Mililani Rec Center 6 from 6 to 8 pm Mon-Wed-Fri; and at Mililani Rec Center 1 from 5 to 7 pm Tue-Thr



## TRAINING & COMPETITION

For training purposes, swimmers are divided into five groups:

**Bronze:** Swimmers who are new to competitive swimming and those who are building endurance and improving technique in all four strokes. Their initial focus is to gain the skills necessary to begin competing in meets. They compete at the A, B and C levels as appropriate.

**Silver:** Strong intermediate swimmers who are building endurance and improving technique in all four strokes, starts, and turns. Dryland training is introduced. They regularly compete at the A, B and C level.

**Gold:** Competitive swimmers who continue to increase their aerobic base and conditioning, refine their skills, and focus on race strategy. Their goal is to compete in invitational and championship meets.

**Juniors:** Advanced swimmers who are committed to competing at an elite level, can handle the rigors of demanding aerobic workouts, and continue to perfect their technique and race strategy. Their goal is to compete at the state championship level and beyond.