



PAQ News

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Summer 2010

Coaches Corner

By Coach Joe

Looking back and moving forward...

This time of the season offers a great opportunity for the coaching staff and team members to look back at our year's accomplishments. When I became head coach in 2008, PAQ had placed 13th in the State Championship Meet. We had around 100 swimmers, many of whom approached swimming as a hobby. Two short years later, our team has made amazing progress! Last month we placed 4th in the State Meet, our team has grown to 150 dedicated swimmers, and our swim school has a wait list! We are thriving at many levels, with 90 invitational swimmers currently qualified (A-level swimmers and above). At the sectional level, we had a sectional champion, as well as two senior sectional level qualifiers, and many of our swimmers are close to knocking on the door to senior sectional time cuts. Some of our swimmers are looking to qualify for the junior and senior national meets (*the highest level of competition next to the Olympic trials!*)! This is truly an exciting time for the team.

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What's New at PAQ

- **AUG. 29 -Team Banquet...rsvp online now!**
- **SEPT. 6 - Wakiki Rough Water Swim**
- **SEPT. 8 - Intrasquad Meet at PAQ**
- **SEPT. 11- Pentathlon at UH**
- **SEPT. 22-Open House at PAQ**

Welcome, **Coach Rachel Keylon**, we are glad to have you on our team!



PAQ Takes 4th Place at State Championship Meet!



**SWIMMERS
GOING TO THE
ZONE MEET**
LB Deer, Lia
Foster, and Lena
Hayakawa
*Good Luck,
girls!*

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As we look back, there is one big thing the coaching staff wishes we had done differently, and that is to push for more meet participation. Competing in meets is an essential part of being a serious swimmer. At any age, two competitions a year will not be enough for a swimmer who wants to maximize their potential. We will also keep building our team spirit. It is one thing to swim for yourself, but it is even more inspiring and rewarding when you are swimming for your teammates. We saw some amazing swims this year from our relay teams. Next year, PAQ team spirit will be reflected in more team gear at the meets and more inspiring relay performances.

While it is nice to look back, it is even more exciting to look forward. For 2010/2011 our Blue and Silver swimmers will be transitioning to working out three days a week. This will make the groups a bit smaller, and will allow the coaches to focus on each individual swimmer. For the older swimmers, we have ordered a ton of new dry land gear to boost the dry land program, and help push the swimmers to the next level! Also, we are very excited to put together "group training requirements," which will let swimmers to know the exact requirements and expectations of their group, including what it will take to get to the next level. Finally, we can now look forward to the next state meet which will be held at our pool on Dec. 17-20th. We will need all parents on board for this important event. I am not going to predict how our team will finish, but I can predict that we will see some truly amazing performances out of our swimmers.

As the season ends, let's take this time to renew ourselves and to reassess our goals. All swimmers are encouraged to do a lot of physical activity other than pool swimming. Activities such as ocean swimming, surfing, running, hiking, or playing beach volleyball, are all great cross training methods to refresh the swimmer in the pool. The *Waikiki Roughwater Swim* is coming up on Sept 6th and we would like a *big* team turnout (20+ swimmers), so stay in shape!

Last, I'd like to thank you all for your tremendous support during the 2009-2010 swim season. I'm looking forward to an even better 2010-2011 season. Enjoy your break, and see you on August 23rd!

A Note From the President

Aloha PAQ Family,

What a fast and fun year! Coach Joe wrote about the team success in the pool, but I wanted to say MAHALO to our fantastic parent and swimmer volunteers who helped all year behind the scenes. From timing at meets to hauling tents to working the snack bar and bringing goodies for team pot lucks, you really stepped up this year. We hosted two highly successful meets, which will prepare us well as we host the STATE MEET in December. We went to the theater, to Kauai, and ate lots of pizza and cupcakes at various team events. The kids and coaches truly appreciated your involvement, and you helped make the year a huge success. Next year we'll be looking for the same kind of commitment. Look for a list of jobs and Board of Directors openings to be posted online soon. Pick something that looks interesting, and get involved! You'll be glad you did...we are building a top-quality program for our kids.

Before turning to next year, let's get together one more time to celebrate this past year. Tutu Pflueger has graciously invited us to hold our annual banquet at her home on Sunday, August 28th from 11:30 a.m. – 2:00 p.m. Please join us for food, fun, prizes, swimmer awards and more. RSVP and get all the details online at www.punahouaquatics.org under the Events tab. See you there!

*A hui hou,
Nedra Manson*



Swimmers in the News

NEW BLUE SWIMMERS:

Dane Thompson, Eve Thompson, Sammie Saruwatari, Sydnee You, Kaya Ceyhan, Defne Ceyhan, Emma Ng Pack, Shaynna Whitty, Sydnee Whitty, Jaemi Tamaye, Leana Dickhens, Malia Dickhens, and Malia Goldstein

NEW SILVER SWIMMERS:

Johnny Tamanaha, Evan Liu, Piper Rea, Wilder Worrall, and Tori Gacutan

NEW GOLD SWIMMERS:

Jaesun Lee, Zack Uchima, and Jillian Kuba

NEW JUNIOR SWIMMERS:

Leia Deer, Ward Weldon, Ella Copp, Alvin Lai, Maddie Balish, Jolene Akasaki, and Hailey Sonson

NEW SENIOR I SWIMMERS:

Perry Onaka and Kaiko Manson

NEW VARSITY SWIMMERS:

Rhiann Sato, Jake Dohrn, Nanea Tuttle, Sarah Watanabe, Liam Namba, Elan Giddings, Ian Sandison, Bennet Chun, Natalie Ma, Hallie Lam, Cayla Pang, Alison Nichols, Gianna Vance, Iris Onaka, Maria Parker, William Bowers, Courtney Won, Marilyn Ganuelas, and Ashley Cambe

Congratulations...your hard work paid off!



GOT GEAR? YOU NEED THIS:

BLUE GROUP and SWIM SCHOOL: FINS

SILVER AND GOLD GROUPS: FINS and GYM CLOTHES for DRYLAND

JUNIOR AND VARSITY: FINS, PADDLES, MESH BAG, and GYM CLOTHES

SENIORS: FINS, PADDLES, SNORKELS, OLD SHOES (for kick sets), and GYM CLOTHES.

All gear (fins, paddles, snorkels, and mesh bags) can be purchased locally or online through our club vendor Poco Loco. Please have these by Sept. 1, 2010. All items may be stored at the pool (everyone needs a mesh bag to store gear at the pool!) and are essential for practice.

Coach Mark Schuber (USA National Team) says:

"If you want to raise the level of your team, you have to center your workout around the best swimmers on the team. You don't ignore the other swimmers, so the others tag along and raise their level. You can set tough intervals, and adjust the way the sets are done for the slower swimmers, but you certainly don't motivate the better swimmers by having them go a lesser workout centered around the majority of the team. I also feel that by giving the extra attention to the better swimmers, you motivate the lesser swimmers to strive to be better, so they get that attention. As you gradually raise the team level, you will have people breaking through and challenging the good swimmers."



GO PAQ!



**Turn the page for
Swimmers of the Month...**

Cable Kronen BLUE



The swimmer of the month for the **Blue Group** is Cable Kronen. As the youngest member on the swim team, he has consistently shown his dedication and enthusiasm for swimming. Though it was tough for Cable to keep up with the other swimmers when he first started, he has improved tremendously. He already has his 25 breaststroke A time, and is determined to get his 50 breast stroke A time. We always see Cable at the pool, giving his positive energy and inspiration to every swimmer and coach around him.



Jaesun Lee SILVER

Although he is only 9 years old, Jaesun has shown a lot of commitment to swimming, leading up to the challenge of swimming with Gold group to prepare for the State meet. Jaesun was rewarded for his efforts by dropping an astonishing 4.5 seconds off of his 50 back stroke time at the State Championship Meet! Many swimmers are happy when they drop 1 second, so this is truly an incredible performance. The highlight of Jaesun's meet was being first in the 9-10 boys 200 medley relay, and second place in the 9-10 boys 200 free style relay. As a result of all his hard work, Jaesun has been promoted to the Gold Group full time. In addition to swimming for PAQ, Jaesun is a student at Maryknoll school, and his little brother, Josh, is enrolled in the PAQ swim school. Jaesun is almost always seen smiling at the pool. Keep up the great commitment Jaesun!



Jake Gaughan GOLD

At the beginning of the 2009-2010 swim season, Jake had zero QUAL times. But by July, Jake's hard work was rewarded by going to the State Championship Meet, and he received his first Zone time! These are huge steps for a swimmer to make in one short season. Jake's success can be attributed to his desire to never miss a practice. He comes to practice each day looking to improve on his skills and to listen attentively to his coach. Even on the strokes that Jake feels he's not that good in, he still strives to do better. Jake's best strokes are freestyle and back stroke. In addition to swimming, Jake is also an accomplished basketball player, and he is going in 5th grade at Punahou School. Great job Jake, and keep working to improve every day!



Madison Balish JUNIOR

In the fall of 2009, Madison had to take time off due to a shoulder injury. With her shoulder healed, Madison made a full commitment to swimming and reaped great rewards this season. After a couple of months of morning practices, and double water polo/swim practices, Madison showed some great results at the state championships. In two of her individual events, she dropped tons of time, shaving one second off of her 50 free time, and three seconds off of her 100 free time. Her meet highlight was the 11-12 girls 200 medley relay in which she ran down a swimmer from another club, to bring home a third place medal for PAQ. She also had a great split on the 400 free relay to help her team capture second place. One of her strengths as a swimmer is to consistently perform on relays. She is also a great kicker and is extremely coachable, and is often asking her coaches for extra help at the end of the practice. In addition to swimming for PAQ, Maddie participates in the dance program at Punahou and plays for Hawaiian Islands water polo team during the summer. Great job Maddie!

Cayla Pang SENIOR 1



Cayla recently re-joined the club in May of 2010, and has shown a tremendous work ethic during this short time with the club. Her attitude and work ethics are infectious to her teammates. She works hard and motivates other swimmers to do the same. Cayla swims all strokes very well, and is particularly strong in the breast stroke and freestyle., and is one of the best kickers on the team! Cayla has a great attitude, and has been rewarded for her hard work by qualifying for six events at JAG. In addition to swimming at PAQ, she competes for Punahou School at the Varsity II level for swimming and water polo. Cayla's level of swimming will undoubtedly continue to improve as she gets more comfortable with the training. Thanks for the great attitude Cayla!



Noah Deer SENIOR ELITE

Noah Deer has been involved with PAQ for six years now, but this was definitely his most memorable season. After making a renewed commitment to the sport in May of 2009, Noah showed some truly incredible results at the State Championship Meet in July. Noah has never been in a state final before, but did some amazing things at this past state meet. He dropped three seconds in the 100 free (2nd place), eight seconds in the 200 free (2nd place), 11 seconds in the 400 free (3rd place), and two seconds in the 50 freestyle (6th place). These were some amazing results for a swimmer that only had one QUAL time leading to the season. Noah is an absolute powerhouse on freestyle sets, and doesn't like getting second place in practice. He steps up challenge swimmers that are older than him. Noah will be a 9th grader at Punahou School next year, and will be looking to make the Varsity I team in both swimming and water polo. In addition to his endeavors in the pool, Noah is an avid surfer and paddler, and has been known to make surf trips to Fiji. With more time in the pool, Noah will have his sights set on the senior sectionals this upcoming season.

Looking Back...WHAT A YEAR!

2009 – 2010 PAQ Team Goals

METRIC	GOAL/PROGRESS	QUALIFYING SWIMMERS
New Sectional Qualifiers GOAL MET!	1/2	LB Deer, Lena Hayakawa
New Zone Qualifiers GOAL MET!	3/11	Griffin Bolan, Noah Deer, Lia Foster, Jake Gaughan, Lena Hayakawa, Brailey Hirose-Hulbert, Chelsea Liu, Saki Migliorato, Naomi Uyeno, Kekoa Vieira, Russ Wong
New Age Group Sectional Qualifiers GOAL MET!	5/7	Buster Bickerton, Sean Deryck, Allen Hayakawa, Chelsea Liu, Saki Migliorato, Zoe Namba, Kekoa Vieira
New QUAL Swimmers GOAL MET!	10/28	Walker Bolan, Lauren Boyer, Luke Boyer, Hayden Comerford, Mason Comerford, Ella Copp, Anna Deryck, Sean Deryck, Davis Eichelberger, Malia Gacutan, Jake Gaughan, Kathrin Hashemi, Tate Higashihara, Alvin Lai, Jaesun Lee, Greg Loui, Sean Kwon, Aukai Manson, Kaiko Manson, Halia Mash, Madison Meister, Saki Migliorato, Emily Nakata, Alyssa Roberts, Kekoa Vieira, Drew Watamull, Ward Weldon, Nicole Yarbrough
New Invitational Swimmers GOAL MET!	20/36	Al-jay Agustin, Ethan Bosworth, William Bowers, Lauren Boyer, Luke Boyer, Mia Coker, Schuyler Cole, Hayden Comerford, Mason Comerford, Ella Copp, Noa Copp, Nick Fancher, Jeremy Giangarra, Elan Giddings, Keilee Isono, Jillian Kuba, Alvin Lai, Jaesun Lee, Eileen Liu, Kelly Marshall, Saki Migliorato, Emily Nakata, Melissa Newsham, Cayla Pang, Maria Parker, Tyler Rea, Kaelan Rezentes, Alyssa Roberts, Pablo Rubin-Jurado, Ian Sandison, Rhian Sato, Hailey Sonson, Sophia Stratton, Drew Watumull, Ben Weldon, Ward Weldon
Swimmers Achieving "A" Times	90%	86% (126/147)
Every Swimmer Competes in at least one swim meet	100%	97% (143/147)
Team placing at State meet GOAL MET!	5 th or better	4 th Place!
Social Events: one every two months GOAL MET!	6 events/at least 12	Costume party, Winners Camp, Holiday party, Theater & dinner, Polar Bear Club, End of Year Bash, States dinners, away meets, Beach Clean up, Zones/SectionalSend-off parties, Banquet
Every swimmer loves competitive swimming and physical fitness	Intangible	Check in with your Swimmer!



Thanks for a great year, everyone!
Register online now for the 2010/2011 swim season!