

The Official Newsletter of Mokihana Aquatics

MOKIOHANA

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Aloha Mokihanaians! Summer is approaching fast! Slight changes in temperatures should warm up the water and air for you kiddos soon!

Please note this issue's "Parent Article" is from a prior Mokiohana newsletter providing all new families a picture of Mokihana Aquatic's historical program that you are all a part of now!

Enjoy the May 2018 issue of "MOKIOHANA"!

A Hui Hou, Noelani Sawyer-Auger

Coach's Corner
by Coach O

Some Things Stay The Same

Write it down! Write *everything* down. Swimming journals are so important. I wish I could make it a mandatory thing to have every swimmer, no matter what age, have to write something in a swimming journal every single day from their first day of swimming. Me, too? Yes, I have cases of journals going all the way back to 1981. Cases!

So, why the rant? Well, for a swimmer it can show them where they were and where they are at this point in time for comparison. It is a tool to motivate, especially when times seem trying. For coaches it is a tool especially when times get trying. It is no secret that while we have a proud 38 year history, and counting, for all intents and purposes we are a brand new team.

I have been trying to keep our yardage up—nothing under 3,000 yards, and trying to keep our senior swimmers at a minimum of 4,000 yards. You know what? It was just not working. I was getting frustrated because I knew we were doing what is referred to as 'garbage yardage.' Mokihana, and my personal reputation as a professional swim coach, is known for our technical expertise. Mokihana swimmers are known not just for their speed, but for the technical aspect of their strokes. It is not uncommon for coaches across the state to watch Mokihana swimmers to pick up tips on proper technique. That's what we are known for, so to do garbage yardage is totally and completely unacceptable.

So, you wonder where I am going with this. Write it down, remember? I pulled out my journals from 1981 when I first started coaching. I read about what we/I did that first year of coaching.

Coach's Corner Continued...
by Coach O

Then I read it again, again, and again. I must have gone over that year's journals about a half dozen times, at least, before it hit me like a ton of bricks. Wow! How times have changed. Strokes have changed. Swimmers have changed. Parents have really changed (big time on that change). The socio-economic environment has changed. In fact, just about every aspect of youth sports and age group swimming has changed.

Yet, one thing stands out in my journals: technique, technique, technique. We did not do anything over 3,000 yards back then because as I told myself by writing it down, "do not let them do it wrong." I told myself back then to "cut yardage until they get it right." I wrote to myself "no garbage yardage."

So, a couple of weeks ago I changed my strategies. I cut back on yardage and started focusing on technique. No yardage, just technique. Wow, laulau! What an improvement. Just a couple weeks of starting all over again and our swimmers, all swimmers, have improved immensely.

This is quite remarkable, actually. All swimmers are commenting on how what they are doing feels weird. Some even going as far as to say, "it just feels wrong." Looks of confusion abound. Yes, folks, this is a good thing. One of my most favorite sayings is, "if it feels weird, different, or funny-kine, it's probably right." Because after a while that feeling will be, like my most famous saying, "bumbye pau." It will feel normal again.

So, while changes abound, they are here. They are there. They are everywhere. Yes, change is inevitable. It is consistent, but you know what? Some things stay the same.

PARENT'S ARTICLE

Da Best! - Mokihana Aquatics Style By: Coach O

Coach's note: The following analysis is just my own personal observation and opinion, reminiscing over our last 30 years, without input from anyone else. This is one man's thoughts, and in no way implies anything but that.

Who were "Da Best" Mokihana swimmers over the past 30 years? You would think that trying to pick our top five swimmers, out of approximately 1,000 who have come and gone through our program, would be hard. Not! In fact, it was way easier than I thought. I chose them 'Mokihana Aquatics style,' five girls and five boys, ranked in order. These would be the ultimate relay teams, which, of course, includes an alternate, hence five each. The #1 position being the top girl and boy respectively.

Girls

- | | | |
|---|-------------------------|--------------|
| 1 | Daurice Tamura (Arruda) | Keenan Anaya |
| 2 | Malia Olds | Aaron Olds |
| 3 | Britta Read | Adam Trepte |
| 4 | Kesia Anaya | Jarred Perry |
| 5 | Pamela Ishida | Mark Mikami |

Boys

I would first like to point out that while nearly all of our top four girls and boys were either State Champs (somenany times over), or medalists (top three at States) at the height of their careers, both our alternates never made a State time yet had numerous KIF championships. Also, only Keenan, Kesia, and Jarred are from this last decade, while all seven other are from the first decade. No swimmer was selected from our second decade (11 to 20 years).

While picking the list, it gave me pause to wonder, "Why so easy to pick? What's the commonality?" Wow, that's simple also. These swimmers dedicated a portion of their lives to the sport; eating, sleeping, and breathing swimming for a minimum of three years, and as long as seven years. Incidentally, only one of these swimmers was never on a Principal's List (straight A student), and all were perennial honor students. One was a valedictorian of his high school (we've had two in total, and hope to have the third soon — congrats to Kaitlyn Jarry).

All of these swimmers swam at a time when we had all the pool time we wanted. That was mornings, four times a week, and five afternoon practices. Of course, this was also when a holiday, any holiday, always meant two practices per day. (OK, I did give them Christmas and New Years Day off.) Practice sessions averaged two hours, so that means they were practicing a minimum of 18 hours per week while fulfilling all other obligations at home and at school. Yes, as recently as eight years ago we had morning practices and Wednesday afternoons at Kauai High School pool. It has been a while!

PARENT'S ARTICLE

Da Best! - Mokihana Aquatics Style By: Coach O (continued...)

Because we had swimmers for so much time, strength and dryland training were incorporated. All 10 swimmers were on a nutritional program at one time or another, and ALL, yes ALL maintained a swimming journal. Everyone needs to realize how important that is!

But, most importantly, all had extremely involved and supportive parents. Not just mom and dad, but an extended family. I remember going with Daurice, as Mokihana Aquatics' only swimmer, to a State Championship once in the early 80s. There must have been 20 people there: cousins, aunts, uncles, grandparents on both sides, brothers, sisters, and yes, mom and dad, too. Awesome.

These families sacrificed a lot.

You know how hard it is to have your child at every practice, and to be early, too (because Coach locks you out if you're late... still done today). And, how hard it is to have them do their chores and homework, while both parents are working to raise a family. Consider this, only one of our top 10 swimmers was a single child, the rest had three to six siblings. Only one came from a split family. All others were in a nuclear family, same mom and dad for all kids.

All 10 swimmers were 10 of the hardest workers you've ever seen in the pool. Some of our current swimmers know this because they had the opportunity to swim with Jarred, Keenan, and Kesia (yes, Keenan is my eldest son, and Kesia my eldest daughter). These swimmers tried to come in first in every warm-up, every practice set, and every cool-down; in short... in everything. Yes, they were all complainers, but when told what to do, they did it. All 10 cried many tears at practice, but they swam through it. Yes, even the boys cried; that's how hard they swam. It's rare to see that any more. Finally, all these 10 swimmers swam at an extremely competitive and fast era in Hawaii swimming.

Aaron Olds, for example, a sprinter who swam a high 21, low 22 seconds for the 50 Free, was crazy-fast. These times would make him a champion even today. Alas, he swam at the same time and in the same age group as the late, great Corey Carroll and a fast Scott Coleman. These two were swimming in the low 21 seconds for 50 Free. Aaron always came third behind Corey and Scott while they waged their epic battles. Everyone remembers them, but only a few remember Aaron. Yet, Aaron was one of the greatest ever in Hawaii. If not for Corey and Scott, Aaron would be famous today for his accomplishments.

Incidentally, in my 30 years involved in Hawaii swimming, I would have to say that right now Hawaii swimming is at its least competitive. As a group, our swimmers are swimming slower.

PARENT'S ARTICLE

Da Best! - Mokihana Aquatics Style By: Coach O (continued...)

So, who was "Da Best" ever? Let's see; most know Keenan: numerous State championships; won 'High Point' at every major Invitational; was undefeated in the 200 Fly for more than two years; eight KIF individual and eight KIF relay championships (a feat that had never before been accomplished); broke too many records to be listed in age group and high school; and, all while swimming in a fast, competitive age group. Keenan has been ranked by others as the second best ever from Kauai behind the legendary Corey Carroll. Yes, Keenan has some great stories, even accomplishing his goal of swimming Division I in college where he swam for UH. The UH Warriors traveled to Texas in 2007 where Keenan won the 200 Fly Consolation Finals at the Conference USA Championships. Keenan was great, but I have to tell you about someone else.

My nod for "Da Best" goes to Daurice Tamura (Arruda). She swam for Mokihana in the 1980s. There were times when I felt I could have told her to jump into a fire, and she would have asked me "where and how?" She was the first swimmer in Kauai swimming history to qualify for every event at States and make finals in every race with all silver and bronze medals. She was the first from Kauai to be offered a high school scholarship (Punahou). She was our first "star," bringing fame and recognition not only to herself, but also to Mokihana Aquatics. She was the Outstanding Swimmer of the meet at all three (and only) Kauai Island Swimming Championships. Mokihana Aquatics won all three. She was also the first swimmer from Kauai to get a national ranking. She had Top 16 national rankings in 100 Fly, 50 and 100 Back, and 100 and 200 Free for 10 & Unders and 11-12 girls. She was also the first swimmer to be selected as outstanding Kauai athlete by The Garden Island newspaper back when they did that. She was, without a doubt, the most *coachable* of them all. I couldn't get others to do the extra work that she would do on strength and flexibility. I would bet money and give odds that when Daurice was 12 years old she was the strongest, most flexible, most athletic 12 year old on Kauai, guaranteed! Most importantly, she was a member of Kauai's only multiple champion relay teams.

Our girls won the 200 and 400 Medley and Free relays at the Aulea Invitational; a feat never before accomplished by a Kauai relay team. Our greatest race in Mokihana history was one of those relays.

Back in the 1980s Aulea held the biggest and most competitive Invitational meet, held annually during Christmas break. There were always mainland and international teams. Japan would bring two to three teams. Back then, to win at Aulea, you had to be the best. It was, at the time, arguably bigger than winning at States.

Please bear with me, the story takes a while to tell.

PARENT'S ARTICLE

Da Best! - Mokihana Aquatics Style By: Coach O (continued...)

We expected to win the 200 and 400 Medley relay. After all, Britta Reid was ranked #2 in the Backstroke, Malia Olds was #2 for Breaststroke, and Daurice was #2 for Fly. We also expected to win the 400 Free as these three girls were all ranked in the top ten for the 100 Free. Back then, Hawaii Swimming used to do a local 'Top 16' (like USA Swimming does nationally). It was great — don't know why they stopped. We needed a fourth swimmer. It was a tough decision. It came down to a club swim-off between Kara Kitamura (current Kapaa HS girls head swim coach) and Rochelle Morales (Keoho). We called her "Mo." Mo won, and made the trip. Mo was an extremely talented swimmer with great 'natural' talent, but was lazy at practice and got sent home on many occasions.

During the first two days of competition we easily won the 200 and 400 Medley relays and the 400 Free relay. We were on the verge of making history. Sweeping relays is a big deal. It rarely happens. If we were to win the 200 Free relay (the Sprint relay), our Mokihana girls would be "Da Best." Meets lasted 8-10 hours back then.

The president of Hawaii Swimming approached me on Saturday after our third decisive victory. Her name was Jo Birch, a wonderful lady. Jo introduced me to the sports editor of the Honolulu Star Bulletin. He wanted to do a feature article on our Mokihana girls sweeping all relays at Aulea. I declined, saying that we had not swept anything yet, and reminded him that the sprint relay was the most difficult to win. I did not want to '*bachi*' our girls. He said that he was not available the next day (Sunday), and if he were not allowed to do this story now he would not do it at all. Again, I humbly and respectfully declined.

The meet continued...

A little while later, Jo pulled me aside and explained how our sport needed the big news coverage. "Ink" she called it (a phrase I still use today). She asked me to ask the girls what they thought. Now, what group of pre-teen adolescent girls wouldn't want to be in the newspaper? We struck a deal. He would interview the girls and take pictures, yet agreed to only publish the story if the girls won their final relay on Sunday. (How about a great big dose of added pressure for the girls?) The stage was set for something great... or bust.

Sunday morning, I told the girls that as a treat for doing so well, so far, that they could eat wherever they wanted for breakfast. You see, back then we even controlled what and when they ate; a strictly controlled diet. We even had a sports nutritionist on staff. I told them that I did not care if they won or lost today, since winning 3 of 4 relays was already an historical accomplishment and they were already champions to me. It was a psychological ploy that I like to think helped.

PARENT'S ARTICLE

Da Best! - Mokihana Aquatics Style By: Coach O (continued...)

Of course the girls picked McDonalds as it was strictly forbidden for a Mokihana Aquatics swimmer to eat there. I called it 'Make'-Donalds; 'you going die if you eat there.' But, a funny thing happened at McDonalds that morning. The girls went in, stood in line for what seemed like forever, and then came out to the van without ordering anything saying, "Coach, there's nothing good to eat here." This was one of my greatest personal complements as a coach. The girls wanted to win so badly that they were not going to mess it up by eating junk food for breakfast. They'd learned well, and all ended up having pancakes (no butter or syrup), with OJ. The sprint relay was coming soon enough.

While we had the #1 seeding, Hawaii Kai Swim Team was seeded 2nd, less than a second behind, and they had the best 11-12 girl swimmer in the state at the time, Michelle Parish. She was ranked nationally and made the USA Swimming Junior National team. If not for her, Daurice would have had more State Championships than any other Kauai swimmer. Michelle was fast and she was a sprinter. I knew that she would be anchoring their relay (swimming last), so I decided to swim our team in an unconventional order. I placed our swimmers fastest to slowest, having our only unranked swimmer, Mo, go last, up against Michelle. It was a gamble. The plan was to get as big a lead as possible to demoralize Hawaii Kai and to put the race seemingly out of touch for Michelle.

Our greatest race of all time begins...

Britta takes a solid lead. Malia and Daurice expand on the lead, and Mo starts our final leg. It looks like our plan is working. By the time Michelle of Hawaii Kai enters the water, Mo is already half way down the pool on her first 25. In a 50-yard race that's usually an insurmountable lead. I never got a split on her, but I don't think I ever saw anybody swim a 25 Free as fast as Michelle did. She caught Mo at the 25 and they flip-turned together. It seemed like it was over for us.

Wait... someone forgot to tell Mo that an unranked swimmer couldn't swim stroke for stroke with one of the top sprinters in the country, but that's exactly what happened. Unbelievable. The best last 25 Free I have ever witnessed in my life.

The crowd was on their feet, going wild. You could not even hear my whistle. Stroke for stroke, so in sync with each other that it looked like synchronized swimming. Mo did not give an inch after Michelle chased her down nearly 40'. Could she hold off Michelle's charge, I wondered. They hit the finish wall with such great force and so close to each other that the wave created made it impossible to see who'd won. All heads turned, in a manner that could have caused whiplash, to the electronic scoreboard. It takes a second before the results show.

PARENT'S ARTICLE

Da Best! - Mokihana Aquatics Style By: Coach O (continued...)

Place 1 Lane 6

Sadness. Quickly our emotions took over since we were in Lane 4. But wait, Hawaii Kai was bummed out, too. They were in Lane 5. Lane 6 was still racing. What was going on? The electronic scoreboard was a single-place display. We had to wait for all teams to finish before the scoreboard would show 1st place again.

What had happened was that one of the timers, in their zeal to see the finish, had leaned over and stepped on the Lane 6 touch pad and set it off. The silence in the crowd was unreal. Chicken skin. I was standing next to Coach Winston who was draped with cameras. All eyes were still fixed on the scoreboard when the display finally flashed.

Place 1 Lane 4

We had been the meet favorites, so again the crowd went wild. Without thinking, I literally jumped onto Winston. Thanks to the quick response by the Starter to grab the two of us we did not end up in the pool where we were headed.

"Insane" would be an understatement for that race. It was one for the ages.

So, there you have it. Our best swimmers; our best race. Can you feel the chicken skin. Oh yea!

Note: Daurice is now a mom with two boys of her own (with a third due in February) and is our Mokihana Aquatics Financial Controller. I shared this Coach's Corner article with her prior to publication and got a wonderful response which I asked her if I could include because its so pertinent to our swimming ohana. She said "sure." Please read:

"Thanks Coach....

""That was an amazing journey back to the past... it's so hard to believe... (I don't know how you remember it so clearly).

"And thanks for all those kind words... I always remember you working me real hard. I just thought everyone worked that hard.

PARENT'S ARTICLE

Da Best! - Mokihana Aquatics Style By: Coach O (continued...)

"When I think back, it's hard to believe all of it ever happened. I couldn't imagine dropping AJ off at the pool at 5am in the morning before school for practice and expecting to trust him that he'd make it to school on time... then walking to the pool after school for afternoon practice. Times have changed so much...

"You know something, Coach... I know my grandpa said AJ is the natural swimmer; and he is. He is the fish in the family, but his work habits are terrible. However, Aukai, on the other hand... he is not an AJ, but he has excellent work habits and he will be the one to work hard, and perfect everything he does. He is only 3 1/2 now and can do just about anything his older brother does just because he works at it and feels he should be able to. So he may be the next one... He may be the next one that you work your magic on to become another one of Kauai's athletic stars. Again... thanks... for that!"

Daurice but she (Daurice) was the first one.

Coach O

Mo had some comments on the article, too. Please read:

"Coach O,

Talk about bringing me back there, LITERALLY.....total Flashbacks of that race, and many more with Patti Silva from Aulea, if I remember right. Thinking back at the hard work that was involved with Mr. Takasaki, those practices before school, helping with swim lessons after school, sometimes practices with the high school team then actually having our normal scheduled practice 'til 7pm was crazy, and fun. I remember us hiding your PVC pipe then fighting for the middle of the pool. LOL. Those were the days.... but I don't remember ever having to leave practice, probably just denial on my part I guess. But those were the days and I am very honored to have been able to be a part of the Mokihana family.

"Here's to 30 more years....."

Rochelle "Mo" Keoho

Notices

- Due to bad weather last month, canceled practices, and many taking spring break off, Coach O has canceled our mock meet for May 5th and 6th. We will still do our mock distance meet at the end of May. We will need timers. Note that distance meet is held during practice times.
- Taste of Hawaii is fast approaching. It is always the first Sunday in June. We need adult volunteers to work from 8:00 AM to 4:40 PM. We also take swimmers 12 years old and above. Coach O will be signing up parents and swimmers this month.
- Coach O would like more "helpers" for summer Learn To Swim. Remember that team members must be 11 years old and non-team members must be 13. A parent asked and, yes, parents may be helpers also. While volunteers do not have to commit to all summer classes they must commit to full sessions. If you know someone, or your swimmer is interested, please contact Coach O ASAP. Incentive for anyone doing all three summer sessions is an all expense paid pupus, dinner, and dessert at Kintaro's restaurant at the end of summer. Mokihana will also provide shirts and suits for helpers.
- For only the third time in 30 years the County Farm Bureau Fair is the same weekend as our Fun Meet. The last two times this happened it was great for traveling teams (double the fun), but challenged Mokihana as volunteers are harder to get. Mark your calendar if you have not already done so. we really need everyone's 100% as we are celebrating our 30th anniversary.
- Still looking for a webmaster. Contact Coach O if interested. We also need to start training deck officials. Again, let Coach O know if interested.
- Looks like our bad weather is behind us so do not forget to use sunscreen.

Swim Meet Schedule

Age group w/ distance at KHS in Lihue, Kaua'i - May 17, 18 & 19, 2018

Sakamoto LC Invitational at the Sakamoto Memorial pool in Wailuku, Maui - May 26 & 27, 2018

Keo Nakama Qual at KHS in Lihue, Kauai - June 2 & 3, 2018

Keo Nakama LC Invitational at VMAC at CORP in Waipahu, Oahu - June 29 to July 1, 2018

Long Course State AG Swimming Championship at VMAC at CORP in Waipahu Oahu - July 12 to 15, 2018

Fun Meet 2018 At the Kapaa Swimming Pool in Kapaa Kauai - August 18 & 19, 2018

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 PRACTICE LIHUE 5:00- 7:00 pm	2 KAPAA BIKE PATH 4PM	3 PRACTICE LIHUE 5:00- 7:00 pm	4 PRACTICE LIHUE 5:00- 7:00 pm	5 PRACTICE LIHUE 7:30-10AM
6 NO PRACTICE	7 PRACTICE LIHUE 5:00- 7:00 pm	8 PRACTICE LIHUE 5:00- 7:00 pm	9 KAPAA BIKE PATH 4PM	10 PRACTICE LIHUE 5:00- 7:00 pm	11 PRACTICE LIHUE 5:00- 7:00 pm	12 PRACTICE LIHUE 7:30-10AM
13 NO PRACTICE	14 PRACTICE LIHUE 5:00- 7:00 pm	15 PRACTICE LIHUE 5:00- 7:00 pm	16 KAPAA BIKE PATH 4PM	17 AGE DISTANCE TRIALS LIHUE	18 AGE DISTANCE TRIALS LIHUE	19 AGE DISTANCE TRIALS LIHUE
20 NO PRACTICE	21 PRACTICE LIHUE 5:00- 7:00 pm	22 PRACTICE LIHUE 5:00- 7:00 pm	23 KAPAA BIKE PATH 4PM	24 PRACTICE LIHUE 5:00- 7:00 pm	25 PRACTICE LIHUE 5:00- 7:00 pm	26 SAKAMOTO MEMORIAL LONG COURSE MAUI
27 SAKAMOTO MEMORIAL LONG COURSE MAUI	28 PRACTICE LIHUE 5:00- 7:00 pm	29 PRACTICE LIHUE 5:00- 7:00 pm	30 KAPAA BIKE PATH 4PM	31 PRACTICE LIHUE 5:00- 7:00 pm		

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PRACTICE LIHUE 5:00- 7:00 pm	2 KEO NAKAMA QUAL TRIALS LIHUE
3 KEO NAKAMA QUAL TRIALS LIHUE	4 PRACTICE LIHUE 5:00- 7:00 pm	5 PRACTICE LIHUE 5:00- 7:00 pm	6 KAPAA BIKE PATH 4PM	7 PRACTICE LIHUE 5:00- 7:00 pm	8 PRACTICE LIHUE 5:00- 7:00 pm	9 PRACTICE LIHUE 7:30-10AM
10 NO PRACTICE	11 PRACTICE LIHUE 5:00- 7:00 pm	12 PRACTICE LIHUE 5:00- 7:00 pm	13 KAPAA BIKE PATH 4PM	14 PRACTICE LIHUE 5:00- 7:00 pm	15 PRACTICE LIHUE 5:00- 7:00 pm	16 PRACTICE LIHUE 7:30-10AM
17 NO PRACTICE	18 PRACTICE LIHUE 5:00- 7:00 pm	19 PRACTICE LIHUE 5:00- 7:00 pm	20 KAPAA BIKE PATH 4PM	21 PRACTICE LIHUE 5:00- 7:00 pm	22 PRACTICE LIHUE 5:00- 7:00 pm	23 PRACTICE LIHUE 7:30-10AM
24 NO PRACTICE	25 PRACTICE LIHUE 5:00- 7:00 pm	26 PRACTICE LIHUE 5:00- 7:00 pm	27 KAPAA BIKE PATH 4PM	28 PRACTICE LIHUE 5:00- 7:00 pm	29 KEO NAKAMA VMAC-OAHU LONG COURSE	30 KEO NAKAMA VMAC-OAHU LONG COURSE

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 KEO NAKAMA VMAC -OAHU LONG COURSE	2 PRACTICE LIHUE 5:00- 7:00 pm	3 PRACTICE LIHUE 5:00- 7:00 pm	4 KAPAA BIKE PATH 4PM	5 PRACTICE LIHUE 5:00- 7:00 pm	6 PRACTICE LIHUE 5:00- 7:00 pm	7 PRACTICE LIHUE 7:30-10AM
8 NO PRACTICE	9 PRACTICE LIHUE 5:00- 7:00 pm	10 PRACTICE LIHUE 5:00- 7:00 pm	11 KAPAA BIKE PATH 4PM	12 STATES LONG COURSE VMAC-OAHU	13 STATES LONG COURSE VMAC-OAHU	14 STATES LONG COURSE VMAC-OAHU
15 STATES LONG COURSE VMAC-OAHU	16 PRACTICE LIHUE 5:00- 7:00 pm	17 PRACTICE LIHUE 5:00- 7:00 pm	18 KAPAA BIKE PATH 4PM	19 PRACTICE LIHUE 5:00- 7:00 pm	20 PRACTICE LIHUE 5:00- 7:00 pm	21 PRACTICE LIHUE 7:30-10AM
22 NO PRACTICE	23 PRACTICE LIHUE 5:00- 7:00 pm	24 PRACTICE LIHUE 5:00- 7:00 pm	25 KAPAA BIKE PATH 4PM	26 PRACTICE LIHUE 5:00- 7:00 pm	27 PRACTICE LIHUE 5:00- 7:00 pm	28 PRACTICE LIHUE 7:30-10AM
29 NO PRACTICE	30 PRACTICE LIHUE 5:00- 7:00 pm	31 PRACTICE LIHUE 5:00- 7:00 pm				

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 KAPAA BIKE PATH 4PM	2 PRACTICE LIHUE 5:00- 7:00 pm	3 PRACTICE LIHUE 5:00- 7:00 pm	4 PRACTICE LIHUE 7:30-10AM
5 NO PRACTICE	6 PRACTICE LIHUE 5:00- 7:00 pm	7 PRACTICE LIHUE 5:00- 7:00 pm	8 KAPAA BIKE PATH 4PM	9 PRACTICE LIHUE 5:00- 7:00 pm	10 PRACTICE LIHUE 5:00- 7:00 pm	11 PRACTICE LIHUE 7:30-10AM
12 NO PRACTICE	13 PRACTICE LIHUE 5:00- 7:00 pm	14 PRACTICE LIHUE 5:00- 7:00 pm	15 KAPAA BIKE PATH 4PM	16 PRACTICE LIHUE 5:00- 7:00 pm	17 PRACTICE LIHUE 5:00- 7:00 pm	18 MOKIHANA FUN MEET KAPAA POOL
19 MOKIHANA FUN MEET KAPAA POOL	20 NO PRACTICE	21 NO PRACTICE	22 NO PRACTICE	23 NO PRACTICE	24 NO PRACTICE	25 NO PRACTICE
26 NO PRACTICE	27 PRACTICE LIHUE 5:00- 7:00 pm	28 PRACTICE LIHUE 5:00- 7:00 pm	29 KAPAA BIKE PATH 4PM	30 PRACTICE LIHUE 5:00- 7:00 pm	31 PRACTICE LIHUE 5:00- 7:00 pm	