

MOKIOHANA

The Official Newsletter of Mokiiana Aquatics

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Aloha Mokiianaans!

The summer days are getting definitely warmer. Don't forget to prepare your water jugs with icy cold water to keep you hydrated before, during and after practices..

Enjoy this July 2017 Issue of "MOKIOHANA"

A Hui Hou, Noelani Sawyer-Auger



COACH'S CORNER

by Coach O

Your children keep me going.

Ask any of my older swimmers from as far as six years back, "how old is Coach O," and they all knew; Coach O is 19. That's right—19 through my 20s, and 19 through my 30s and 40s. Only when 50 came along did I start to reveal my real age. It is a drag getting old. I go home and sleep for hours longer than ever, and still wake up tired. Finding myself needing to sit down in my office for longer periods of time.

At our last Learn To Swim program I was talking to an old friend, Bobby Kubota. He owns Pono Market in Kapaa. Bob's two grandchildren are in our summer program. Then it hit me, Bob's mom was in our program. His wife, also. We taught all Bob's kids how to swim, and now we have his grandchildren. That's four generations of Kubotas that have gone through our program. It made me think. Forty-two years of teaching swimming and training in water safety and recreation, and 36 years of coaching, is a very long time. I started to feel sad about that, but then I mentioned to the mom of Gavi, a new swimmer, about me going to be 57. Gavi's mom swam for Mokihana about 18 years ago. She smiled and laughed and said, "Coach, you will always be 19." I said, "not anymore," and we both laughed. When she went on to insist that I am 19, I started practice.

The next day, tired, we started a new session of LTS. Then I saw our helpers and thought about the time they are giving. How's this... most of our helpers put in seven-hour days. Leigh, being only 11 and doing this all summer, expresses some disappointment that even while going on an awesome family vacation she will miss a meet and a couple weeks of classes and training.

COACH'S CORNER CONTINUED

by Coach O

Then I talked to the LTS helpers who have no affiliation with Mokihana at all, yet dedicate their time to help teach swimming to the young ones this most important and critical life skill. Then I thought about how the parents from LTS left their kids in the charge of these helpers. How much trust and faith for a parent to leave their five year old in the charge of Aides as young as 11, and not older than 15 in our environment (but all under my supervision).

I then began to think about our swimmers on the swim team. I went over notes that I make and saw that we have so much more to accomplish. More than a few of our swimmers need to improve dramatically on Breaststroke. While Breaststroke has never been my strong suit we did have a nationally ranked Breaststroker in the early 1980s, Malia Olds. I still try to train so that I can coach Breaststroke better. I have to work on finding ways to make our swimmers be better at what they do between the flags and the walls.

While thinking about this I began to feel like 19 again because of what still needs to be done and because, well, the kids are just awesome. The amazing helpers. The amazing swimmers. The amazing families that still believe in loyalty and hard work and other old school values and virtues that I personally hold dear.

Okay, let's be honest. I am still tired, but let me tell you this, "your children keep me going."

PARENT'S ARTICLE

By Chris Rosenbloom, PhD, RDN, CSSD / Source: USA-Swimming Website

When talking to young athletes, someone will always ask about a specific food or beverage and says, "is this healthy?" My answer is, "it depends." More on the reason why it depends a little later in the column.

Food marketers have a simple goal: get you to buy more of their food. What they know is that if a food carries a health claim on the package, sales go up. (Check out this [overview on the more than 1,000 public comments to the Food and Drug Administration](#) on defining "healthy.").

A recent survey by the International Food Information Council Foundation also found that we think a food is healthier if it is fresh versus frozen (even if the nutritional value is identical), if it costs more, if it is a brand name versus a store-brand, or if it is purchased from a natural foods store versus grocery or convenience store.

Let's break down some of the health claims on food products that might be fooling you into believing they are healthier than they really are:

- Wheat bread versus white bread. Wheat bread sounds healthier than white bread, but bread is made from wheat, whether is labeled white bread or wheat bread. If you want the healthier whole wheat bread, you have look at the ingredient list for "whole wheat flour" as the first ingredient.
- 5-grain bread versus wheat bread. The confusion here comes from the word "grain." You might know that whole grains are healthy, but a bread touring 5-grains may not contain any whole grains. Again, the only way to know if there are whole grains is to look at the ingredient list.

PARENT'S ARTICLE

- Sugar-free yogurt. Yogurt (and milk) contain the sugar lactose; a naturally occurring sugar. Unfortunately, the nutrition label does not separate naturally occurring sugar from added sugar. A 5.3-ounce carton of yogurt (typical single serving size) can contain 4-20 grams of sugar; less sugar for plain yogurt and more for vanilla or fruit-flavored. A good goal is to stick to yogurt with 15 grams of sugar (the equivalent of 3 teaspoons of sugar) or less.

- Any food labelled as “natural.” There is no defining natural; a potato chip labeled as natural is not healthier than plain old chips.

Back to the opening question: “Is it healthy?” No single food can provide you with good health. It is the total diet that is important. Swimmers require many calories to get them through training and competition, so if most of your food choices are healthful, don't worry about a single food derailing a healthy diet.



NOTICES

- Mokihana needs someone to step forward to send out mass mailings for Fun Meet 2017 event sponsorship ASAP. Contact Coach O.
- Fun Meet sponsorships will be handed out soon. Each family is responsible for three sponsorships. Sponsorships are \$75 for an individual event and \$150 for a relay. We also have corporate sponsorships for \$300. Any one of the above counts for only one of three that each family needs to get. This year because of our small group Mokihana will offer an incentive. The family that gets the most sponsorships in dollars-raised will have their swimmer (only one swimmer if it is a family with more than one swimmer) get free air-fare, \$80 cash per diem, entry fee, and a meet T-shirt paid for by Mokihana to an off-island swim meet. Estimated value is \$350.
- We are currently paying to have our website managed. Coach O is looking for a parent or swimmer to be the Mokihana webmaster. Contact Coach O.
- Until further notice all Wednesdays will be bike riding days in Kapaa. The swimmers' parents and siblings may attend. Remember: no helmet, no ride.
- Note that the last two weeks of July and the week before the Fun Meet we will have some practices at Kapaa pool. Late July is due to the annual closing of the Kauai High pool for maintenance, and August is to prepare for Fun Meet 2017 which is held annually at the Kapaa pool.
- Molokai bread sale monies will need to be turned in, in full, on Friday, July 21st. Turn in all bread monies or non-participation fee to Carla Idica. We will need tents and help with pick-up as well as staffing for bread pick-up all day at Walmart on the 29th of July.
- It is still summer so remember to use sunscreen properly. Mokihana has free sunscreen for anyone who wants some.

SWIM MEET SCHEDULE

**June 30 & July 1, 2017 - Keo Nakama Invitational
VMAC @ CORP Central Oahu**

**July 13 – 16, 2017 - Age group State Long
Course Championships**

Kihei Aquatics @ Kihei Regional Center

**August 19 & 20, 2017 - Mokihana Fun Meet
Kapaa Pool**



July 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|------------------------------|--|--|--|
| | | | | | | 1 KEO NAKAMA INVITATIONAL VMAC OAHU |
| 2 NO PRACTICE | 3 PRACTICE 5:00 - 6:30 LIHUE | 4 PRACTICE 5:00 - 7:00 LIHUE | 5 KAPAA BIKE PATH 5PM | 6 PRACTICE 5:00 - 7:00 LIHUE | 7 PRACTICE 5:00 - 7:00 LIHUE | 8 PRACTICE 7:30 - 10:00AM LIHUE |
| 9 NO PRACTICE | 10 PRACTICE 5:00 - 7:00 LIHUE | 11 PRACTICE 5:00 - 7:00 LIHUE | 12 KAPAA BIKE PATH 5PM | 13 AG LONG COURSE CHAMP VMAC OAHU | 14 AG LONG COURSE CHAMP VMAC OAHU | 15 AG LONG COURSE CHAMP VMAC OAHU |
| 16 AG LONG COURSE CHAMP VMAC OAHU | 17 PRACTICE 5:00 - 6:30 LIHUE | 18 PRACTICE 5:00 - 7:00 LIHUE | 19 KAPAA BIKE PATH 5PM | 20 PRACTICE 5:00 - 7:00 LIHUE | 21 PRACTICE 5:00 - 7:00 LIHUE | 22 PRACTICE 7:30 - 10:00AM LIHUE |
| 23 NO PRACTICE | 24 KAPAA PRACTICE 5:00 - 7:00 | 25 KAPAA PRACTICE 5:00 - 7:00 | 26 KAPAA BIKE PATH 5PM | 27 KAPAA PRACTICE 5:00 - 7:00 | 28 KAPAA PRACTICE 5:00 - 7:00 | 29 KAPAA PRACTICE 7:30 - 10:00AM |
| 30 NO PRACTICE | 31 KAPAA PRACTICE 5:00 - 7:00 | | | | | |

August 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|---|
| | | 1 KAPAA PRACTICE 5:00 - 7:00 | 2 KAPAA BIKE PATH 5PM | 3 KAPAA PRACTICE 5:00 - 7:00 | 4 KAPAA PRACTICE 5:00 - 7:00 | 5 KAPAA PRACTICE 7:30 - 10:00AM |
| 6 NO PRACTICE | 7 PRACTICE 5:00 - 7:00 LIHUE | 8 PRACTICE 5:00 - 7:00 LIHUE | 9 KAPAA BIKE PATH 5PM | 10 PRACTICE 5:00 - 7:00 LIHUE | 11 PRACTICE 5:00 - 7:00 LIHUE | 12 PRACTICE 7:30 - 10:00AM LIHUE |
| 13 NO PRACTICE | 14 PRACTICE 5:00 - 7:00 LIHUE | 15 PRACTICE 5:00 - 7:00 LIHUE | 16 KAPAA BIKE PATH 5PM | 17 KAPAA PRACTICE 5:00 - 7:00 | 18 KAPAA PRACTICE 5:00 - 7:00 | 19 <u>MOKIHANA FUN</u> <u>MEET</u> <u>KAPAA</u> |
| 20 <u>MOKIHANA FUN</u> <u>MEET</u> <u>KAPAA</u> | 21 PRACTICE 5:00 - 7:00 LIHUE | 22 PRACTICE 5:00 - 7:00 LIHUE | 23 KAPAA BIKE PATH 5PM | 24 PRACTICE 5:00 - 7:00 LIHUE | 25 PRACTICE 5:00 - 7:00 LIHUE | 26 PRACTICE 7:30 - 10:00AM LIHUE |
| 27 NO PRACTICE | 28 PRACTICE 5:00 - 7:00 LIHUE | 29 PRACTICE 5:00 - 7:00 LIHUE | 30 KAPAA BIKE PATH 5PM | 31 PRACTICE 5:00 - 7:00 LIHUE | | |
| | | | | | | |