

MOKIOHANA

The Official Newsletter of Mokiiana Aquatics

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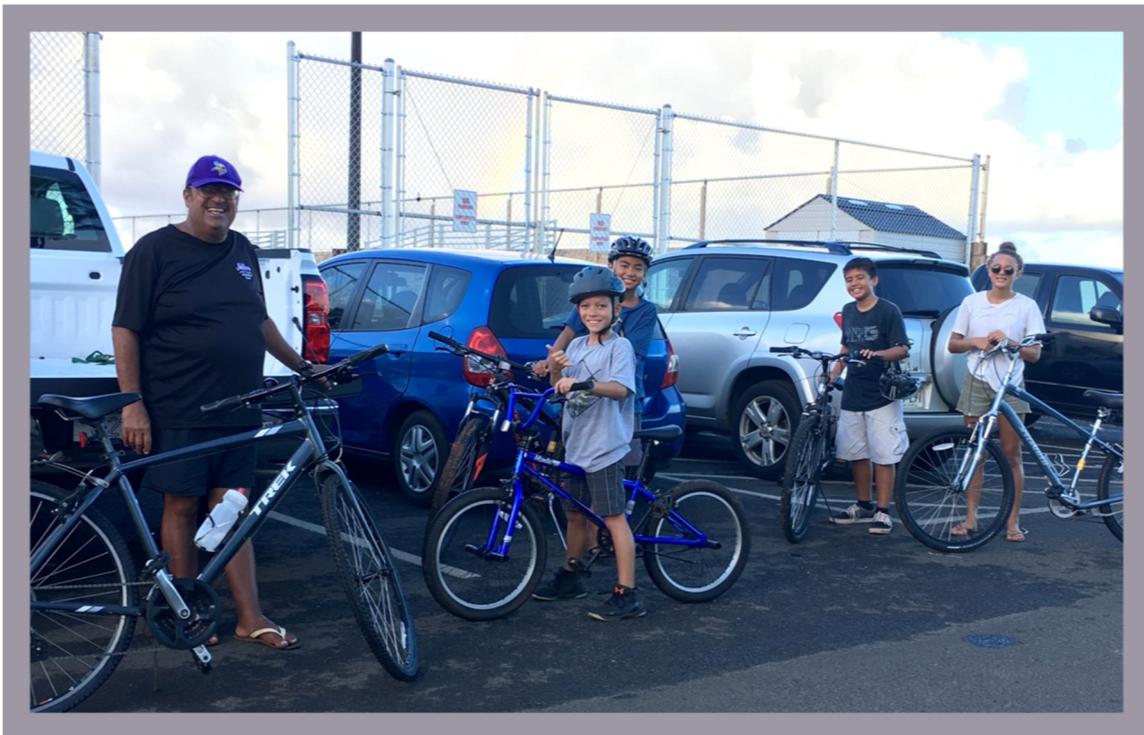
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Aloha Mokiianians!

Hope everyone got some beach time to cool the warm summer days off. You kiddos will still need those cold water jugs to keep you hydrated in the summer heat. Mahalo to all the hard working Mokiianians who made the bread sale a success! Here is your August 2017 Issue of "MOKIOHANA"

A Hui Hou, Noelani Sawyer-Auger



COACH'S CORNER

By: Kristi Shea Moises

Swimming has always been a part of my life, my identity. I was never the fastest, the best or even the die-hard swimmer that attended every practice, but I am and always will be a swimmer. It is a part of who I am.

I cannot even recall the age at which I began swimming. I think it might have been around age 6 or 7, but I had some older cousins who were also swimming so I might have started at an even earlier age. The first big event I can remember is winning the 8 and under division for the Island. It is probably the only medal I have held on to till this day because this was the first time I remember wanting to win something so badly, and working hard to achieve that goal. Swimming was able to teach me at a young age that anything worth having, takes hard work, it isn't just going to happen.

My earliest memories are of traveling to the outer islands with the team, eating red licorice and string cheese at each meet, carb loading on spaghetti at some point, playing cards and wearing our purple Mokihana sweats while waiting for our events, and cheering my team members on when it was their turn to swim. I remember calling Maile Masuoka, "mom" and Adam Trepte, "dad". They were my swim team parents. The one other unforgettable memory of swim team time is the infamous whistle. No one can forget Coach O and his whistle. It was so distinctive, that it would pierce through the water, and you could hear it, even when your ears were covered by your swim cap. You knew that when you heard that whistle, you better start swimming harder and faster. This whistle would come when you thought you couldn't possibly swim any harder than you already were, but when you heard the whistle, you found the strength to kick and pull that much harder. Everyone that swam I'm sure, remembers that whistle.

COACH'S CORNER CONTINUED

I remember practically living at the pool. If I wasn't practicing or traveling for swim meets, I was helping teach summer swimming lessons to the younger kids. I remember barely being able to touch in the shallow and having to tread water to stay afloat while carrying one of the tiny tots. This is where my passion for working with children and helping others began.

That was 30+ years ago, give or take a few, but I am now a school counselor on the island of Kauai and a mother of 2. Just like every parent hopes, I would love it if one of my children would follow in my footsteps and become a swimmer. Both my girls take swimming lessons from Coach O during every break because I would not trust anyone else to teach them how to swim. Shealee took to swimming naturally and is currently in Class 4 at 7 years of age. Kenzie developed a fear of the deep end and would make herself sick, hoping she wouldn't need to swim. Granted, she is only 4 years old, but as a parent, the hardest thing in the world is to force your child to do something they are afraid of, but know they will benefit from in the long run. If I didn't trust Coach O so completely, I don't know if she or I would have been able to get through the beginners class, which she finally passed about a week ago. Although Shealee has more natural ability, I have higher hopes for Kenzie because she has the attitude to be a great swimmer. And by attitude, I mean stubborn and determined.

I've come full circle, watching my kids be in the very class I once upon a time taught, gives me great pleasure. I wouldn't be where I am in life today, without my experience swimming for Mokihana Aquatics and being taught by Coach O. It taught me about working hard to get what I wanted in life, guided me towards my chosen career of helping children, and gave me strength to deal with the many experiences I have so far encountered dealing with my own children.

NOTICES

- Fun Meet 2017 fast approaching.
- Coach O will be calling with assignments and a parent meeting will be held the week on our meet.
- Remember that our work day is Friday the 18.
- Tentative entries should have been received by now excluding relays

Mokihana Fun Meet



SWIM MEET SCHEDULE

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



ORLANDO'S ANGELS

August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 KAPAA PRACTICE 5:00 - 7:00	2 NO PRACTICE	3 KAPAA BIKE PATH 5PM	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 KAPAA PRACTICE 5:00 - 7:00	16 KAPAA Practice 5-7PM	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		