

*The Official Newsletter of Mokiiana Aquatics*

# MOKIOHANA



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Aloha Mokiianaiana!

Happy New Years All! Get those resolutions ready to dive into 2019! Enjoy the January 2019 issue of "MOKIOHANA"!

A Hui Hou, Noelani Sawyer-Auger



# COACHES CORNER

By: Coach O

It is all about going back to the future.

Happy New Year! A time for reflections on the past. Not just last year, but all years past. So we old-timers have more reflection than most. Yet we cannot get lost on our youth today. Never. Like it or not, what we teach is the future—2019 and beyond.

So let us (Mokihana) reflect on what we do for our future. Create outstanding individuals who just so happen to swim really fast. "How?" you say.

Let's first look at the rules of practice. Ask your swimmers this; they know.

Number 1. Show up.

Number 2. Respect your teammates with hard work.

Number 3. Do it right.

Ok, there is a Number 4. Do it fast.

Respect. Humility. Loyalty. Dignity. Grace.

Those are the things that the new school, X, Y, and Z need to accept and learn.

# COACHES CORNER

By: Coach O

Yet, like us before them, they cannot be told what. Hence, the challenge.

We must challenge our keiki. We must engage them. We must unite them. No bullying anymore. We must show them that respect, responsibility, and hard work mean everything. Men respect women. Women respect men because we are not the same. Get over that. Just learn core values. Teach core values.

Here 'we' go. (I do not like the words me, myself, or I). You want a better swimmer. At MokiOhana we make better Families. Our MokiOhana. Going into the New Year, that's what we are most proud of.

Mahalo to all of you who support Kauai's Best.

Have a great New Year. Our MokiOhana will as we have a surprise coming in the first month of what will be a great year.

You will see why "it is all about going back to the future."

# PARENT'S ARTICLE

By: Coach O

## **A Coach's Top 21 New Year's Resolutions For All Swimmers:**

- 1) Make more practices when you can.
- 2) Streamline off every start and turn.
- 3) Work harder on underwater portion of swim.
- 4) Practice breath control, constantly.
- 5) Work hard at home.
- 6) Work hard at school.
- 7) Work harder at practice.
- 8) Respect your teammates.
- 9) Support your teammates.
- 10) Be loyal to your team.
- 11) Practice fast.
- 12) Listen to the coach.
- 13) Remember that meets are to swim fast, and swim fast only.
- 14) Do something different at practice every day.
- 15) Always challenge yourself.
- 16) Be humble in all we do.
- 17) Take pride and responsibility for our work.
- 18) Wear colors at meets.
- 19) Stand and swim tall//posture
- 20) Work your core.
- 21) Have Fun.

## **2018-2019 Swim Meet Schedule**

### **◆ Sparky's at the Sparky Kawamoto Pool Hilo Hawaii (Big Island) March 3 & 4 2018**

#### **Notices**

- Suspense date to let Coach O know on attending Sparky's in Hilo is January 18, 2019. Coach's surcharge of \$50 per swimmer due at that time, also. Note that coach's surcharge is 100% refundable should you cancel.
- Minicamp the first week of January. You should have details. All are encouraged to attend, and parents will be asked to help with snacks and meals.
- Note revised practice schedule for first week of January due to Kauai High School's camp. They have priority, and we need to work around them.
- Coach O will be extending Saturday practices—see calendar—and allowing 8&Under swimmers. Again, see calendar. This is in preparation for Sparky's.
- Still looking for deck officials so we can run a training clinic to train and run club trials.
- Still looking for a webmaster.
- Also looking for a newsletter editor.
- For any of the above three requests, please contact Coach O, ASAP. Webmaster can be a swimmer.

Happy New Year.

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 NO PRACTICE	2 PRACT.8:00-9:30 am DRYLAND KAMALANI 4PM	3 PRACTICE LIHUE 8:00-9:30 am	4 PRACTICE LIHUE 4:30-6:00 pm	5 PRACTICE LIHUE 7:30-9:00 am
6 NO PRACTICE	7 PRACTICE LIHUE 4:30-6:00 pm	8 PRACTICE LIHUE 4:30-6:00 pm	9 DRYLAND KAMALANI PLAYGROUND 4PM	10 PRACTICE LIHUE 4:30-6:00 pm	11 PRACTICE LIHUE 4:30-6:00 pm	12 PRACTICE LIHUE 7:30-9:00 am
13 NO PRACTICE	14 PRACTICE LIHUE 4:30-6:00 pm	15 PRACTICE LIHUE 4:30-6:00 pm	16 DRYLAND KAMALANI PLAYGROUND 4PM	17 PRACTICE LIHUE 4:30-6:00 pm	18 PRACTICE LIHUE 4:30-6:00 pm	19 PRACTICE LIHUE 7:30-9:00 am
20 NO PRACTICE	21 PRACTICE LIHUE 4:30-6:00 pm	22 PRACTICE LIHUE 4:30-6:00 pm	23 DRYLAND KAMALANI PLAYGROUND 4PM	24 PRACTICE LIHUE 4:30-6:00 pm	25 PRACTICE LIHUE 4:30-6:00 pm	26 PRACTICE LIHUE 7:30-9:00 am
27 NO PRACTICE	28 PRACTICE LIHUE 4:30-6:00 pm	29 PRACTICE LIHUE 4:30-6:00 pm	30 DRYLAND KAMALANI PLAYGROUND 4PM	31 PRACTICE LIHUE 4:30-6:00 pm		

# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PRACTICE LIHUE 4:30- 6:00 pm	2 PRACTICE LIHUE 7:30-9:00 am
3 NO PRACTICE	4 PRACTICE LIHUE 4:30- 6:00 pm	5 PRACTICE LIHUE 4:30- 6:00 pm	6 DRYLAND KAMALANI PLAYGROUND 4PM	7 PRACTICE LIHUE 4:30- 6:00 pm	8 PRACTICE LIHUE 4:30- 6:00 pm	9 PRACTICE LIHUE 7:30-9:00 am
10 NO PRACTICE	11 PRACTICE LIHUE 4:30- 6:00 pm	12 PRACTICE LIHUE 4:30- 6:00 pm	13 DRYLAND KAMALANI PLAYGROUND 4PM	14 PRACTICE LIHUE 4:30- 6:00 pm	15 PRACTICE LIHUE 4:30- 6:00 pm	16 PRACTICE LIHUE 7:30-9:00 am
17 NO PRACTICE	18 PRACTICE LIHUE 4:30- 6:00 pm	19 PRACTICE LIHUE 4:30- 6:00 pm	20 DRYLAND KAMALANI PLAYGROUND 4PM	21 PRACTICE LIHUE 4:30- 6:00 pm	22 PRACTICE LIHUE 4:30- 6:00 pm	23 PRACTICE LIHUE 7:30-9:00 am
24 NO PRACTICE	25 PRACTICE LIHUE 4:30- 6:00 pm	26 PRACTICE LIHUE 4:30- 6:00 pm	27 DRYLAND KAMALANI PLAYGROUND 4PM	28 PRACTICE LIHUE 4:30- 6:00 pm		

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NO PRACTICE Travel to Hilo for Sparky's	2 SPARKY KA- WAMOTO MEET HILO
3 SPARKY KA- WAMOTO MEET HILO	4 PRACTICE LIHUE 5:00- 6:30 pm	5 PRACTICE LIHUE 5:00- 6:30 pm	6 DRYLAND KAMALANI PLAYGROUND	7 PRACTICE LIHUE 5:00- 6:30 pm	8 PRACTICE LIHUE 5:00- 6:30 pm	9 PRACTICE LIHUE 7:30-9:30 am
10 NO PRACTICE	11 PRACTICE LIHUE 5:00- 6:30 pm	12 PRACTICE LIHUE 5:00- 6:30 pm	13 DRYLAND KAMALANI PLAYGROUND	14 PRACTICE LIHUE 5:00- 6:30 pm	15 PRACTICE LIHUE 5:00- 6:30 pm	16 PRACTICE LIHUE 7:30-9:30 am
17 NO PRACTICE	18 PRACTICE LIHUE 5:00- 6:30 pm	19 PRACTICE LIHUE 5:00- 6:30 pm	20 DRYLAND KAMALANI PLAYGROUND	21 PRACTICE LIHUE 5:00- 6:30 pm	22 PRACTICE LIHUE 5:00- 6:30 pm	23 PRACTICE LIHUE 7:30-9:30 am
24 NO PRACTICE	25 PRACTICE LIHUE 5:00- 6:30 pm	26 PRACTICE LIHUE 5:00- 6:30 pm	27 DRYLAND KAMALANI PLAYGROUND	28 PRACTICE LIHUE 5:00- 6:30 pm	29 PRACTICE LIHUE 5:00- 6:30 pm	30 PRACTICE LIHUE 7:30-9:30 am
31. NO PRACTICE						



# April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PRACTICE LIHUE 5:00- 6:30 pm	2 PRACTICE LIHUE 5:00- 6:30 pm	3 DRYLAND KAMALANI PLAYGROUND 4PM	4 PRACTICE LIHUE 5:00- 6:30 pm	5 PRACTICE LIHUE 5:00- 6:30 pm	6 PRACTICE LIHUE 7:30-9:30 am
7 NO PRACTICE	8 PRACTICE LIHUE 5:00- 6:30 pm	9 PRACTICE LIHUE 5:00- 6:30 pm	10 DRYLAND KAMALANI PLAYGROUND 4PM	11 PRACTICE LIHUE 5:00- 6:30 pm	12 PRACTICE LIHUE 5:00- 6:30 pm	13 PRACTICE LIHUE 7:30-9:30 am
14 NO PRACTICE	15 PRACTICE LIHUE 5:00- 6:30 pm	16 PRACTICE LIHUE 5:00- 6:30 pm	17 DRYLAND KAMALANI PLAYGROUND 4PM	18 PRACTICE LIHUE 5:00- 6:30 pm	19 PRACTICE LIHUE 5:00- 6:30 pm	20 PRACTICE LIHUE 7:30-9:30 am
21 NO PRACTICE	22 PRACTICE LIHUE 5:00- 6:30 pm	23 PRACTICE LIHUE 5:00- 6:30 pm	24 DRYLAND KAMALANI PLAYGROUND 4PM	25 PRACTICE LIHUE 5:00- 6:30 pm	26 PRACTICE LIHUE 5:00- 6:30 pm	27 PRACTICE LIHUE 7:30-9:30 am
28 NO PRACTICE	29 PRACTICE LIHUE 5:00- 6:30 pm	30 PRACTICE LIHUE 5:00- 6:30 pm				

# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 DRYLAND KAMALANI PLAYGROUND 4PM	2 PRACTICE LIHUE 5:00- 6:30 pm	3 PRACTICE LIHUE 5:00- 6:30 pm	4 PRACTICE LIHUE 7:30-9:30 am
5 NO PRACTICE	6 PRACTICE LIHUE 5:00- 6:30 pm	7 PRACTICE LIHUE 5:00- 6:30 pm	8 DRYLAND KAMALANI PLAYGROUND 4PM	9 PRACTICE LIHUE 5:00- 6:30 pm	10 PRACTICE LIHUE 5:00- 6:30 pm	11 PRACTICE LIHUE 7:30-9:30 am
12 NO PRACTICE	13 PRACTICE LIHUE 5:00- 6:30 pm	14 PRACTICE LIHUE 5:00- 6:30 pm	15 DRYLAND KAMALANI PLAYGROUND 4PM	16 PRACTICE LIHUE 5:00- 6:30 pm	17 PRACTICE LIHUE 5:00- 6:30 pm	18 PRACTICE LIHUE 7:30-9:30 am
19 NO PRACTICE	20 PRACTICE LIHUE 5:00- 6:30 pm	21 PRACTICE LIHUE 5:00- 6:30 pm	22 DRYLAND KAMALANI PLAYGROUND 4PM	23 PRACTICE LIHUE 5:00- 6:30 pm	24 PRACTICE LIHUE 5:00- 6:30 pm	25 PRACTICE LIHUE 7:30-9:30 am
26 NO PRACTICE	27 PRACTICE LIHUE 5:00- 6:30 pm	28 PRACTICE LIHUE 5:00- 6:30 pm	29 DRYLAND KAMALANI PLAYGROUND 4PM	30 PRACTICE LIHUE 5:00- 6:30 pm	31 PRACTICE LIHUE 5:00- 6:30 pm	

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 PRACTICE LIHUE 7:30-9:30 am
2 NO PRACTICE	3 PRACTICE LIHUE 5:00- 6:30 pm	4 PRACTICE LIHUE 5:00- 6:30 pm	5 DRYLAND KAMALANI PLAYGROUND	6 PRACTICE LIHUE 5:00- 6:30 pm	7 PRACTICE LIHUE 5:00- 6:30 pm	8 PRACTICE LIHUE 7:30-9:30 am
9 NO PRACTICE	10 PRACTICE LIHUE 5:00- 6:30 pm	11 PRACTICE LIHUE 5:00- 6:30 pm	12 DRYLAND KAMALANI PLAYGROUND	13 PRACTICE LIHUE 5:00- 6:30 pm	14 PRACTICE LIHUE 5:00- 6:30 pm	15 PRACTICE LIHUE 7:30-9:30 am
16 NO PRACTICE	17 PRACTICE LIHUE 5:00- 6:30 pm	18 PRACTICE LIHUE 5:00- 6:30 pm	19 DRYLAND KAMALANI PLAYGROUND	20 PRACTICE LIHUE 5:00- 6:30 pm	21 PRACTICE LIHUE 5:00- 6:30 pm	22 PRACTICE LIHUE 7:30-9:30 am
23 NO PRACTICE	24 PRACTICE LIHUE 5:00- 6:30 pm	25 PRACTICE LIHUE 5:00- 6:30 pm	26 DRYLAND KAMALANI PLAYGROUND	27 PRACTICE LIHUE 5:00- 6:30 pm	28 PRACTICE LIHUE 5:00- 6:30 pm	29 PRACTICE LIHUE 7:30-9:30 am
30 NO PRACTICE						

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PRACTICE LIHUE 5:00-6:30 pm	2 PRACTICE LIHUE 5:00-6:30 pm	3 DRYLAND KAMALANI PLAYGROUND 4PM	4 PRACTICE LIHUE 5:00-6:30 pm	5 PRACTICE LIHUE 5:00-6:30 pm	6 PRACTICE LIHUE 7:30-9:30 am
7 NO PRACTICE	8 PRACTICE LIHUE 5:00-6:30 pm	9 PRACTICE LIHUE 5:00-6:30 pm	10 DRYLAND KAMALANI PLAYGROUND 4PM	11 PRACTICE LIHUE 5:00-6:30 pm	12 PRACTICE LIHUE 5:00-6:30 pm	13 PRACTICE LIHUE 7:30-9:30 am
14 NO PRACTICE	15 PRACTICE LIHUE 5:00-6:30 pm	16 PRACTICE LIHUE 5:00-6:30 pm	17 DRYLAND KAMALANI PLAYGROUND 4PM	18 PRACTICE LIHUE 5:00-6:30 pm	19 PRACTICE LIHUE 5:00-6:30 pm	20 PRACTICE LIHUE 7:30-9:30 am
21 NO PRACTICE	22 PRACTICE LIHUE 5:00-6:30 pm	23 PRACTICE LIHUE 5:00-6:30 pm	24 DRYLAND KAMALANI PLAYGROUND 4PM	25 PRACTICE LIHUE 5:00-6:30 pm	26 PRACTICE LIHUE 5:00-6:30 pm	27 PRACTICE LIHUE 7:30-9:30 am
28 NO PRACTICE	29 PRACTICE LIHUE 5:00-6:30 pm	30 PRACTICE LIHUE 5:00-6:30 pm	31 DRYLAND KAMALANI PLAYGROUND 4PM			

# August 2019

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