

MOKIOHANA

The Official Newsletter of MokiHana Aquatics

December 1, 2016

Volume XI, Issue IV

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FROM NEWSLETTER DESK

*Aloha Parents and Swimmers,
Mele Kalikimaka! The holidays are here ready or not! Keep warm and stay healthy, and don't forget to be good for Santa!
Would like to wish all the MokiHana swimmers attending the upcoming Ken Suenaga Invitational, the best of luck! Swimmers don't forget to train hard, eat good and sleep well in preparation for your upcoming race weekend. **Swim Spooky Fast and "May the Force Be With You"!**
A Hui Hou, Noelani Sawyer-Auger*

COACH'S CORNER

BY COACH O

I got a couple of great coach's questions. I love it, and for the record would like more. After all, that was the original intent of the Coach's Corner—to answer parents' questions and concerns.

- 1) *"Coach, I did research and found that SKA and the best swimmers in the state are doing doubles. Should we not be doing doubles also?" ('doubles' refers to two practices a day).*

Answer: First and foremost I sent a notice to all parents on swimmer development after I met personally, all day (I was a puka shell tour guide) with our Western Zone USA Swimming representative, Mr. Bill Krumm. We had talked about this subject for hours—literally. The simple answer to this question is that doing doubles for age groupers is wrong. Hence lies our problem with USA-S. Too many coaches not knowing that they are not giving swimmers the best opportunity to succeed because as I said before, no good coaches are available anymore. Young and old inexperienced coaches pushing swimmers under 16 years old. That's simply crazy.

Let me confess that I did this for many years; many, many years. Actually when we did this we were at our best. In fact we have seen the greatest success when we did not do just doubles, but incorporated nutritional and strength training with flexibility training. Heck, we had the kids 23 hours a week on a bad week. We actually had a motto that said, and I quote, "A cold day does not matter. A rainy day does not matter. And, a holiday just means extra practice." We lived that mantra. The problem is that when you challenge an age-grouper to be at his or her fullest, by the time they are at their potential to be there, they are over it. If you look at the history of really fast age-groupers, the percentage of those who went on to be "da best" is very, very small. I cannot give a figure, but we are looking at maybe 1%. Yes, 1%.

I learned that we need to keep our swimmers hungry. When I talk to most of our best swimmers including my son, Keenan, who was voted the 2nd best swimmer ever from Kauai, to say why in the end they either faltered or quit, it came back to the "fun" factor. "Nothing in high school was new because you (myself) had us do all that. Nothing in college was new." No more carrots. No more athletes. Too many want results now. It is the generation we live in. Now. Not by and by. See the latest USA-S report on swimmer development that I sent last month. It is one of the best from USA-S in years. Mokihana and I will not make the mistake that I made as a young coach. I actually ruined many swimmers' careers because I had them swimming fast at an age group level. Nearly all of these swimmers never continued swimming because of the aforementioned.

COACH'S CORNER CONTINUED...

2) *"Since you canceled our distance meet should we do something, anything, so our swimmers can get times?"*

Answer: By the way, another great question! "No" is the straight answer as this is our 'training season.' Having meets all the time is not a good thing. Just five years ago we in Hawaii had an age group Chair who wanted 52 meets a year. One every weekend because we are a year-around sport. Good intentions—bad idea. We have to keep our swimmers hungry. It is actually better to compete less instead of more. It is a head coach's responsibility to keep swimmers challenged. Not meets. Again, it goes back to our current lifestyle of doing things 'now' and not working for success.

Several years ago Kauai produced our 5th only nationally ranked age group swimmer. She was from Mokihana. The parents approached me and wanted me to change the way I coach, the way Mokihana was managed, and when and whom we should compete with. I told the parents that I would consider their request, but then told them point-blank that none of their request would be honored. They argued that their nationally-ranked swimmer (remember, we made her that) may not be swimming in a year, and that I (Mokihana) needed to change our program to fit their needs. With that I said I have never seen a 10 year old in the Olympics and that we would continue down the path that made their swimmer nationally ranked in the first place. Guess what? The family left to another program, and while the swimmer remained a great swimmer she lost and never got back her national ranking.

I love age group swimming because we can train parents to understand that swimming is long term. Programs like Junior Lifeguard are great, and kids love them because after just a week of training they are told that can go on to be champions. But, that's why I do not really like these programs. It's a totally misleading notion. To be successful in life requires time and effort. Not just one week. It requires commitment, dedication, hard work, many, many hours, loyalty (something that is not even understood today), and perseverance just to name a few values. Today no one wants to do that. They want everything and they want it now. Unfortunately most times it is the parents and not the swimmers themselves.

I recently had a conversation with my 26 year old son. I asked him to go get a construction job as the profession is booming now. Work hard for the next 5 to 10 years. Learn something and work hard while your back is still strong. He responded by saying, "Dad, I can work hard. That is all you taught us when we were young. I just no like."

Such is the challenge of any program today. In our politically correct world we are supposed to reward everyone. I know sports where everyone gets a trophy. That will never happen with Mokihana. Honors will be handed out to only the deserving. Everyone else will gain our knowledge and wisdom and all will be better for it. It is the parents who will see this through. Mokihana cannot do it alone.

PARENT'S ARTICLE

By Jill Castle, MS, RDN

Cereal can be one of the most nutritious foods a growing athlete can eat. It can also be one of the unhealthiest.

As a stand-alone crunchy snack or a full-fledged breakfast, cereal can be part of a healthy diet for the growing swimmer. Just look at how it can be incorporated into the daily diet: Combined with milk (or a non-dairy alternative) as a breakfast option, as an after-school snack, for pre- or post-training fuel, or eaten dry between competitive events.

Cereal is also an easy way to add in calories at the end of the day, especially if an athlete is trying to gain weight or just meet the high calorie demands of a rigorous training schedule.

As part of an athlete's nutrition plan, there are a few things to focus on when choosing a healthy cereal to add to the training diet:

Tip #1: Check the Sugar Content

Many cereals on the market today pack a punch of sugar that would equal a bona fide dessert.

Did you know Golden Grahams have about 10 grams of added sugar per $\frac{3}{4}$ cup, which is equivalent to 3 Starburst candies? Less than a cup of Cocoa Puffs offers up the sugar of one Reece's Cup. And, those Honey Nut Cheerios? Munching on a serving is like eating 2 $\frac{1}{2}$ Chips Ahoy cookies.

What to do: Choose a cereal that has the lowest amount of sugar per serving. Look for cereals with around 5 to 6 grams sugar per serving. Good examples are: Cheerios, Rice Krispies, Kix, Wheaties, Life, and Shredded Wheat.

Remember, athletes can add fresh or dried fruit to sweeten the bowl.

Be aware that serving sizes can be different with each cereal type. For example, granola-type cereals typically fall in the range of a $\frac{1}{4}$ to $\frac{1}{3}$ cup serving size, while 'puff' cereals are typically $\frac{1}{2}$ cup to 1 cup serving size. Many athletes eat a multiple of cereal servings and this will affect the total sugar intake.

PARENT'S ARTICLE CONTINUED...

Tip #2: Look for Fiber

Cereal can be an easy way to get the day started with a healthy fiber source, which can be helpful in preventing constipation and keeping the young athlete "regular." Cereals made with wheat, bran or oats are always a good bet for a healthy fiber source. To make sure the athlete is getting a good source of fiber from cereal, pick options with more than 3 grams of fiber per serving.

What to Do: Look at the ingredient list for whole grains, such as 100% whole wheat, oats, or bran. Ingredients are listed by weight, so look for whole grains to be listed as the first ingredient.

Watch out! Multi-grain doesn't always mean whole grain. Look at the ingredients to be sure. "Made with whole grain" can be deceiving, with as little as 10% whole grains included in the product.

Tip #3: Is it Fortified?

Cereal can be a good source of iron, calcium, vitamin D and other nutrients, as these nutrients are added back in during processing (this process is called fortification). You can get a sense of whether or not a cereal is a good source of nutrients by looking at the Daily Value (DV) chart on the Nutrition Facts Panel.

Nutrients are standardly listed as a percentage of nutrient requirements from a single serving of the product. The DV's are based on a 2,000-calorie diet.

Let's look at calcium, for example. The DV standard for food product labeling is 1,000 mg calcium per day. If a cereal has 20% of the DV for calcium, it means that one serving will meet 20% of an individual's calcium needs for the day, or 200 mg calcium per serving. A high source of nutrients will have at least 20% of the DV or more, while a low source will contain 5% or less.

What is your favorite healthy cereal?

Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert. She is the author of [Eat Like a Champion: Performance Nutrition for Your Young Athlete](#). Learn more about Jill at www.jillcastle.com and check out her free list of [70 Awesome Pre-Workout Snacks for Kids](#).

NOTICES

Until the end of high school season we will be finishing practice at 6:30 PM for safety reasons as it is very dark. Please remember to bring flashlights, and if it is not a KIF 'game night' parents must be at the pool to pick up swimmers. We do not release swimmers to the parking lot unless it is a KIF game night.

There will be no practices on KIF swim meet days, which start in December, and end in early February. This is to encourage swimmers to attend said meets which are posted in the calendar in this month's newsletter.

Please note the holiday schedule, and if anyone is planning a vacation, let Coach O know.

Remember that the next few months get very cold. If you would like, your 8&Under swimmers to take a break, it is actually encouraged by Coach O. 8&Unders only.

Shearwater season ends on December 14th, and we can start using lights again starting December 15th.

Reminder that December distance trials have been canceled because of the Ken Suenaga Invitational move.

Monies for fundraiser must be turned in by Saturday, December 10th. No exceptions.

If families want Mokihana Aquatics jackets and/or bags for their swimmers for Christmas, you must let Coach O know and place order no later than December 3rd. This is because we do not have them in stock and we will need to get them embroidered before we can have it ready for Christmas.

Have a Merry Christmas and a Happy New Year





KIF

While Coach O will refrain from his usual long article on KIF this year, he did want to point out Waimea High School's top swimmer, our Team Leader, Sara Fontanilla, and Kapaa High School's top girl swimmer, our Girls Captain, Mad-die Hoesel. Those are direct quotes to Coach O from the head coaches at the two programs. While the KIF is full of past Mokihana swimmers Sara and Mad-die are the only two who are current team members.

Also, yes, the rumor is true, after 16 years Kapaa High School head girls and boys swim coaches are retiring from high school coaching. They confirmed with Coach O personally. What a great run they had. So, yes, this will be their aloha and farewell tour. Coach O says he may have to attend Champs to give them a lei and gift basket.

That said, Coach O's prediction for KIF Champs this year is that we will see a repeat of last year. Kapaa High will win girls, and Kauai High will win boys. You heard it here first.

KIF MASTER SWIMMING SCHEDULE 2016-2017

Sat.	12/10/2016	Qualifying Meet	Waimea Pool / Waimea	10:00 AM
Sat.	12/17/2016	Qualifying Meet	Kapaa Pool / Kapaa	10:00 AM
Sat.	1/7/2017	Qualifying Meet	Kauai HS Pool / Kauai	10:00 AM
Sat.	1/14/2017	Qualifying Meet	YMCA Pool / Island	10:00 AM
Sat.	1/21/2017	KIF Championships	YMCA Pool / Island	10:00 AM

SWIM MEET SCHEDULE

December 3 & 4, 2016 - Ken Suenaga Invitational

VMAC @ CORP Central Oahu

December 8, 9, 10, 2016 - Age group with distance events—CANCELLED

Kauai High School Pool

December 16 - 19, 2016 - Age group State Short Course Championships

VMAC @ CORP Central Oahu

February 9 - 11, 2017 - Age group with distance events

Kauai High Pool

March 4 & 5, 2017 - Sparky's

Kawamoto Swim Stadium, Hilo

March 16 - 18, 2017 - Age group with distance events

Kauai High School Pool

April 8 & 9, 2017 - Mamizuka Qualifying

Kauai High School Pool

April 29 & 30, 2017 - Mamizuka Invitational

Mamizuka Memorial Pool Manoa Oahu

May 6 & 7, 2017 - Sakamoto Qualifying

Kauai High School Pool

May 18 & 20, 2017 - Age group with Distance

Kauai High School Pool

May 27 & 28, 2017 - Sakamoto Invitational

Sakamoto Memorial Pool Wailuku Maui

June 3 & 4, 2017 - Keo Nakama Qualifying

Kauai High School Pool

June 30 & July 1, 2017 - Keo Nakama Invitational

VMAC @ CORP Central Oahu

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

VMAC @ CORP Central Oahu

August 19 & 20, 2017 - Mokihana Fun Meet

Kapaa Pool

December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 LIHUE PRACTICE 5:00—6:30PM	2 NO PRACTICE	3 KEN SUENAGA INVITATIONAL VMAC OAHU
4 KEN SUENAGA INVITATIONAL VMAC OAHU	5 PRACTICE 5:00 - 6:30 LIHUE	6 LIHUE PRACTICE 5:00—6:30PM	7 NO PRACTICE	8 LIHUE PRACTICE 5:00—6:30PM	9 LIHUE PRACTICE 5:00—6:30PM	10 KIF-WAIMEA 10:00AM NO PRACTICE
11 NO PRACTICE	12 PRACTICE 5:00 - 6:30 LIHUE	13 LIHUE PRACTICE 5:00—6:30PM	14 NO PRACTICE	15 LIHUE PRACTICE 5:00—6:30PM	16 AG SHORT COURSE CHAMPS VMAC OAHU	17 KIF - KAPAA AG SHORT COURSE CHAMPS VMAC OAHU
18 AG SHORT COURSE CHAMPS VMAC OAHU	19 AG SHORT COURSE CHAMPS VMAC OAHU	20 PRACTICE 5:00 - 6:30 LIHUE	21 NO PRACTICE	22 LIHUE PRACTICE 5:00—6:30PM	23 LIHUE PRACTICE 5:00—6:30PM	24 NO PRACTICE
25 MERRY CHRISTMAS	26 LIHUE PRACTICE 5:00—6:30PM	27 LIHUE PRACTICE 5:00—6:30PM	28 NO PRACTICE	29 LIHUE PRACTICE 5:00—6:30PM	30 LIHUE PRACTICE 5:00—6:30PM	31 NEW YEAR'S EVE

January 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NO PRACTICE HAPPY NEW YEAR	2 LIHUE PRACTICE 5:00—6:30PM	3 LIHUE PRACTICE 5:00—6:30PM	4 NO PRACTICE	5 LIHUE PRACTICE 5:00—6:30PM	6 LIHUE PRACTICE 5:00—6:30PM	7 KIF-KAUAI HS 10:00AM NO PRACTICE
8 NO PRACTICE	9 LIHUE PRACTICE 5:00—6:30PM	10 LIHUE PRACTICE 5:00—6:30PM	11 NO PRACTICE	12 LIHUE PRACTICE 5:00—6:30PM	13 LIHUE PRACTICE 5:00—6:30PM	14 KIF - YMCA 10:00AM NO PRACTICE
15 NO PRACTICE	16 LIHUE PRACTICE 5:00—6:30PM	17 LIHUE PRACTICE 5:00—6:30PM	18 NO PRACTICE	19 LIHUE PRACTICE 5:00—6:30PM	20 LIHUE PRACTICE 5:00—6:30PM	21 KIF - YMCA 10:00AM NO PRACTICE
22 NO PRACTICE	23 PRACTICE 5:00 - 7:00 LIHUE	24 PRACTICE 5:00 - 7:00 LIHUE	25 NO PRACTICE	26 PRACTICE 5:00 - 7:00 LIHUE	27 PRACTICE 5:00 - 7:00 LIHUE	28 PRACTICE 7:30 - 10:00AM LIHUE
29 NO PRACTICE	30 PRACTICE 5:00 - 7:00 LIHUE	31 PRACTICE 5:00 - 7:00 LIHUE				

February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NO PRACTICE	2 PRACTICE 5:00 - 7:00 LIHUE	3 PRACTICE 5:00 - 7:00 LIHUE	4 PRACTICE 7:30 - 10:00AM LIHUE
5 NO PRACTICE	6 PRACTICE 5:00 - 7:00 LIHUE	7 PRACTICE 5:00 - 7:00 LIHUE	8 NO PRACTICE	9 AGE GROUP W/DISTANCE LIHUE	10 AGE GROUP W/DISTANCE LIHUE	11 AGE GROUP W/DISTANCE LIHUE
12 NO PRACTICE	13 PRACTICE 5:00 - 6:30 LIHUE	14 PRACTICE 5:00 - 7:00 LIHUE	15 NO PRACTICE	16 PRACTICE 5:00 - 7:00 LIHUE	17 PRACTICE 5:00 - 7:00 LIHUE	18 PRACTICE 7:30 - 10:00AM LIHUE
19 NO PRACTICE	20 PRACTICE 5:00 - 7:00 LIHUE	21 PRACTICE 5:00 - 7:00 LIHUE	22 NO PRACTICE	23 PRACTICE 5:00 - 7:00 LIHUE	24 PRACTICE 5:00 - 7:00 LIHUE	25 PRACTICE 7:30 - 10:00AM LIHUE
26 NO PRACTICE	27 PRACTICE 5:00 - 7:00 LIHUE	28 PRACTICE 5:00 - 7:00 LIHUE				

March 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NO PRACTICE	2 PRACTICE 5:00 - 7:00 LIHUE	3 PRACTICE 5:00 - 7:00 LIHUE	4 SPARKY'S HILO
5 SPARKY'S HILO	6 PRACTICE 5:00 - 6:30 LIHUE	7 PRACTICE 5:00 - 7:00 LIHUE	8 NO PRACTICE	9 PRACTICE 5:00 - 7:00 LIHUE	10 PRACTICE 5:00 - 7:00 LIHUE	11 PRACTICE 7:30 - 10:00AM LIHUE
12 NO PRACTICE	13 PRACTICE 5:00 - 7:00 LIHUE	14 PRACTICE 5:00 - 7:00 LIHUE	15 NO PRACTICE	16 AGE GROUP W/DISTANCE LIHUE	17 AGE GROUP W/DISTANCE LIHUE	18 AGE GROUP W/DISTANCE LIHUE
19 NO PRACTICE	20 PRACTICE 5:00 - 6:30 LIHUE	21 PRACTICE 5:00 - 7:00 LIHUE	22 NO PRACTICE	23 PRACTICE 5:00 - 7:00 LIHUE	24 PRACTICE 5:00 - 7:00 LIHUE	25 PRACTICE 7:30 - 10:00AM LIHUE
26 NO PRACTICE	27 PRACTICE 5:00 - 7:00 LIHUE	28 PRACTICE 5:00 - 7:00 LIHUE	29 NO PRACTICE	30 PRACTICE 5:00 - 7:00 LIHUE	31 PRACTICE 5:00 - 7:00 LIHUE	

April 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 PRACTICE 7:30 - 10:00AM LIHUE
2 NO PRACTICE	3 PRACTICE 5:00 - 7:00 LIHUE	4 PRACTICE 5:00 - 7:00 LIHUE	5 NO PRACTICE	6 PRACTICE 5:00 - 7:00 LIHUE	7 PRACTICE 5:00 - 7:00 LIHUE	8 MAMIZUKA QUAL LIHUE
9 MAMIZUKA QUAL LIHUE	10 PRACTICE 5:00 - 6:30 LIHUE	11 PRACTICE 5:00 - 7:00 LIHUE	12 NO PRACTICE	13 PRACTICE 5:00 - 7:00 LIHUE	14 PRACTICE 5:00 - 7:00 LIHUE	15 PRACTICE 7:30 - 10:00AM LIHUE
16 NO PRACTICE	17 PRACTICE 5:00 - 7:00 LIHUE	18 PRACTICE 5:00 - 7:00 LIHUE	19 NO PRACTICE	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 PRACTICE 5:00 - 7:00 LIHUE	25 PRACTICE 5:00 - 7:00 LIHUE	26 NO PRACTICE	27 PRACTICE 5:00 - 7:00 LIHUE	28 PRACTICE 5:00 - 7:00 LIHUE	29 MAMIZUKA INVITATIONAL MANOA
30 MAMIZUKA INVITATIONAL MANOA						

May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PRACTICE 5:00 - 6:30 LIHUE	2 PRACTICE 5:00 - 7:00 LIHUE	3 NO PRACTICE	4 PRACTICE 5:00 - 7:00 LIHUE	5 PRACTICE 5:00 - 7:00 LIHUE	6 SAKAMOTO QUAL LIHUE
7 SAKAMOTO QUAL LIHUE	8 PRACTICE 5:00 - 6:30 LIHUE	9 PRACTICE 5:00 - 7:00 LIHUE	10 NO PRACTICE	11 PRACTICE 5:00 - 7:00 LIHUE	12 PRACTICE 5:00 - 7:00 LIHUE	13 PRACTICE 7:30 - 10:00AM LIHUE
14 NO PRACTICE	15 PRACTICE 5:00 - 7:00 LIHUE	16 PRACTICE 5:00 - 7:00 LIHUE	17 NO PRACTICE	18 AGE GROUP W/DISTANCE LIHUE	19 AGE GROUP W/DISTANCE LIHUE	20 AGE GROUP W/DISTANCE LIHUE
21 NO PRACTICE	22 PRACTICE 5:00 - 6:30 LIHUE	23 PRACTICE 5:00 - 7:00 LIHUE	24 NO PRACTICE	25 PRACTICE 5:00 - 7:00 LIHUE	26 PRACTICE 5:00 - 7:00 LIHUE	27 SAKAMOTO INVITATIONAL WAILUKU
28 SAKAMOTO INVITATIONAL WAILUKU	29 PRACTICE 5:00 - 6:30 LIHUE	30 PRACTICE 5:00 - 7:00 LIHUE	31 NO PRACTICE			

June 2017

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

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 NO PRACTICE	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 NO PRACTICE	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 NO PRACTICE	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 PRACTICE 5:00 - 7:00 LIHUE	25 PRACTICE 5:00 - 7:00 LIHUE	26 NO PRACTICE	27 PRACTICE 5:00 - 7:00 LIHUE	28 PRACTICE 5:00 - 7:00 LIHUE	29 PRACTICE 7:30 - 10:00AM LIHUE
30 NO PRACTICE	31 PRACTICE 5:00 - 7:00 LIHUE					

August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 PRACTICE 5:00 - 7:00 LIHUE	2 NO PRACTICE	3 PRACTICE 5:00 - 7:00 LIHUE	4 PRACTICE 5:00 - 7:00 LIHUE	5 PRACTICE 7:30 - 10:00AM LIHUE
6 NO PRACTICE	7 PRACTICE 5:00 - 7:00 LIHUE	8 PRACTICE 5:00 - 7:00 LIHUE	9 NO PRACTICE	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 NO PRACTICE	17 PRACTICE 5:00 - 7:00 LIHUE	18 PRACTICE 5:00 - 7:00 LIHUE	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 NO PRACTICE	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 NO PRACTICE	31 PRACTICE 5:00 - 7:00 LIHUE		