



ALAMEDA ISLAND AQUATICS

August, 2010

www.alamedaislanders.org

President's Message

It is amazing how fast time flies but it is August already. For those of you new to swimming the swim year starts in September and ends in August. The last meet of the season is the Alameda City Championships on August 13-15. Residents of Alameda are encouraged to swim in this meet.

It has been another fantastic year for the Islanders. The team is thriving with a large membership, some very dedicated parents and a board of directors that has really made

this year work. Speaking of parents, I want to extend a big thank you to Les and Jacquie Lum who coordinated the Islanders entry in this year's July 4th parade. While I could not be there it sounds like great fun was had by all.

July was a month of change for the Islanders as well. Two long-time coaches are moving on to new endeavors. Tommy Lothian, our Group 2 coach will be teaching at Chabot college now. Brandi Wong, our Novice coach has joined the US Navy. We wish them both the best of luck.

I would also like to welcome Adam Kallabis, our new Group 2 coach. You may have seen him at Emma Hood. Please say hello to Adam. Welcome to the Islanders!

Lastly, keep a lookout for announcements on our annual awards banquet in September.

I'm sure you have heard this by now but the Islanders take two weeks off right after the City meet. Have a great remainder of your summer and we will see you in the fall at the pool.

Don Krause AIA President

Coaches corner

The Islanders just finished swimming a strong Championship Long Course season with outstanding performances at the summer Junior Olympics and Far Western Championships. The Islanders sent 15 swimmers to JO's and 12 swimmers to FW's.

Highlights:

Chris Hausmann collected five top five finishes at FW's including a first place finish in the 100 Freestyle and a second place finish in the 100 backstroke and 50 freestyle. Chris set three Team records in the process. Chris finished third in the high point standings. Maddy Delore

broke two team records in the 50 free and 50 breast at FW's. Catherine Boles also broke two team record in the 100 and 200 backstroke at FW's. Catherine also placed in three events at JO's. Morgan Truong placed at FW's with a new sectional cut in the 100 breaststroke. Danny Truong placed at JO's and Marlina Nip placed at both JO's and FW's. Her time in the 200 Breast at FW's also set a new team record. The boys 15-16 400 Medley Relay comprised of Chris Hausmann, Morgan Truong, Galen Lam, and Danny Truong made a new sectional cut! At FW's, the team finished 31st out of 140 teams from around the

US, Mexico, and Canada. Congratulations to all of our championship participants!

You all did an amazing job!!

Next up is the Alameda City Championships Aug.13-15. I hope to see all Islanders participating!

See you at the Pool!

Coach Bob



MEMBERSHIP NEWS

At the end of this swim season, I would like to give my sincerest thanks to my Membership colleague, **LISA CUENCA** -- I'm sure that most of you know Lisa, and that you'll agree that there isn't a person better suited for this position than she is! Lisa will be sending out information about purchasing Islander team swimsuits, parkas, and sweats at the **Awards Banquet**, which is scheduled to be held at the Recreation Center in Lincoln Park on **Sunday, September 26, 12-3pm**. Hopefully, you will take the opportunity to enter your children in our own Islander-hosted meet, scheduled for the weekend of **October 23-24**. Ordering your children's swimwear in September means that we may receive the items back in time for them to be worn at our swim meet.

Are your children interested in setting some goals for themselves next season? You can access Pacific Swimming Standards here: <http://www.swimconnection.com/pc/exec/TscHome>

- Click on Pacific Swimming (bottom of page)
- Click on Pacific Swimming official website (bottom of page)
- Click on Times, then Time Standards (top of page)
- Click on Age Group, then select your child's age group

If your child has not yet achieved a "B" standard, then he/she is considered a "C" swimmer - as our meet in October is a C/B/A+ meet, then all swimmers are eligible to enter. In other words, our meet is a great opportunity for your child to get more swim meet experience! If you have any questions at all about our meet in October, please know that you can always approach either me or Lisa (or any other Board Member), and that we will be happy to answer your questions.

I hope to profile more of our wonderful swimmers in the coming months, and welcome your ideas or suggestions for newsletter articles.

Have a fun and restful two weeks, and I look forward to seeing you all when workouts resume again in September.

With best wishes,
Rebecca Boles