



# ALAMEDA ISLAND AQUATICS

October 2009

www.alamedaislanders.org

## President's Message

Once again, thank you for coming to the Awards Banquet. Kim and the team did a great job and it was fun to see everyone there. As you heard at the banquet we have an Islander hosted meet coming up in October. We'll need all hands on deck to make this meet a success. Eric Delore is the Meet Director. Please go to our web site and sign up to help. It's a great way to burn off some of those 20 volunteer hours needed this swim season. There will be only one more

Islander hosted meet during the year, in March 2010 so take the opportunity now.

It looks like everyone has gotten into the Fall routine, with school and swimming and perhaps other sports. I realize that there are a number of time conflicts at the pools due to water polo, please bear with us. At the end of October water polo ends and we're back to a more normal schedule.

There are three opportunities for your swimmers to compete this

month: a Jr+ meet in San Jose, next weekend, a C/B/A+ meet hosted by Walnut Creek, and our own meet at the end of the month. If your swimmer has not participated in a meet before, please work with your coach to determine if your swimmer is ready.

I hope that many of you have had an opportunity to read the updated Islander Handbook. The Board is always open to feedback so feel free to ask questions or express concerns.

See you at the pool!

**Don Krause AIA President**

## Membership news

The 2009 Annual Awards Banquet was a huge success! For those of us that have been around a couple years noticed that the event has never been so well attended. We have top notch swimmers, top notch coaches and a top notch team organization. Thanks to all the volunteers that put it together and to all the attending members.

One of the important items introduced at the Awards Banquet was our updated Membership Handbook. Please take the time to read this very important document, especially the new members.

Swimmers who joined during the summer under a seasonal membership

to USA/Pac Swimming MUST immediately renew their USA/Pac membership by completing the USA/Pac Swimming registration form and paying the annual \$60.00 fee. You CANNOT swim or be entered to meets without a current membership. You can download the 2010 USA/Pac Swim registration form at [http://www.pacswim.org/page/doc\\_forms.html](http://www.pacswim.org/page/doc_forms.html). Send the completed form and payment to the address indicated on the form. The club code is "AIA."

Members with swimmers registered for 2009 have been invoiced the \$60.00 USA/Pac Swimming registration fee. The team will renew the USA/Pac Swimming memberships for those swimmers that pay

the fee. The \$60 USA/Pac Swimming registration fee and \$100 annual team membership fee are due in October.

Don't forget to sign up for our short course swim meet on 31-October and 01-November. We'll be hosting the meet at Chabot College and expect about 800 swimmers – this will be huge and we need everyone's enthusiastic assistance running the meet. It's important that all members sign up for some job. This will be one of the main events in order to work off those reduced number of volunteer points. We especially encourage the new members to sign up and learn a trade.

**Chris Allen**

# Coaches corner

**A**s we begin another swim season, we celebrate our past seasons accomplishments at our 2008-2009 awards ceremony. Congratulations to all of our hard working swimmers for another extremely successful season. We begin our 2009-2010 swim season with three meets in October, including a JR+ meet in San Jose Oct.3rd,

and our Islander meet at Chabot College at the end of the month. Last I heard, we had well over 50 Islander swimmers participating at our meet. This is outstanding! Thank you in advance to all of our very supportive parents for lending a hand at our meet and making it a positive experience for everyone. I hope to see our Islander swimmers continue to par-

ticipate in meets the rest of the Fall season.

See you at the pool.

**Coach Bob**



## Islander Calendar

Oct. 3-4	Junior+	TBD
Oct. 10-11	CBA+	Walnut Creek
Oct. 31-Nov. 1	CBA+	Chabot College
Nov. 14-15	BA+	Orinda
Dec. 4-6	JO	Pleasanton
Dec. 12-13	CBA+	Mills College
Dec. 18-22	Sectionals	Long Beach

### Junior Olympic Qualifiers

Alexa Lum  
Maddy Delore  
Catherine Boles  
Monica McNamara  
Noripaul Ken-ly  
Jeffrey Ploss  
Morgan Truong  
Galen Lam  
Chris Lam  
Danny Truong  
Ben Krause  
Chris Hausmann  
Anna Sharpe  
Marlena Nip  
Michael Molina  
Irene Illa-Font  
Matthew Kim  
Becky Krause  
Dylan Tonningsen

### Far Western Qualifiers

Catherine Boles  
Alexa Lum  
Maddy Delore  
Chris Hausmann  
Ben Krause  
Danny Truong  
Morgan Truong  
Anna Sharpe  
Marlena Nip  
Monica McNamara  
Galen Lam  
Irene Illa-Font  
Michael Molina

### PRT swimmers

Maddy Delore  
Catherine Boles  
Ben Krause

Chris Hausmann  
Michael Molina  
Marlena Nip  
Galen Lam

### New Members

Ethan Archibald, Group 1  
Matthew Bishop, Group 1  
Taylor Blumkin, Group 1  
Lyanna Chan, Group 1  
Disha Hauzaree, Group 1  
Robert Wirth, Group 2

# Islander Awards 2008-2009

## 8-un girl:

Most outstanding: Isabelle Delore  
Most Improved: Lauren Lum  
9-10 Girls  
Most Outstanding: Catherine Boles/Maddy Delore  
Most improved: Hannah Hidalgo  
11-12 Girls  
Most Outstanding: Monica McNamara  
Most Improved: Noripaul Ken-ly  
13-14 Girls  
Most Outstanding: Helene Takamura/Becky Krause  
Most Improved: Jessica Alvarado  
15-16 Girls  
Most Outstanding: Marlena Nip  
Most Improved: Zoe Allen  
17-18 Girls  
Most Outstanding: Irene Illa-Font/Anna Sharpe  
Most Improved: Jenn Hwang

## 8-under boys

Most outstanding: Yosiah Fetahi/Jake Cuenca

Most improved: Anthony D'Orazi

## 9-10 Boys

Most Outstanding: Anthony Oreshkov  
Most improved: Austin Stenstedt

## 11-12 Boys

Most Outstanding: Matthew Kim  
Most Improved: Jeff Ploss

## 13-14 Boys

Most Outstanding: Morgan Truong  
Most Improved: Galen Lam

## 15-16 Boys

Most Outstanding: Ben Krause/Chris Hausmann  
Most Improved: Danny Truong

## 17-18 Boys

Most Outstanding: Michael Molina

Bob's Coaches Award:  
Sody Enkhbayar  
Nick Kim  
Chris Lam  
Moy's Coaches awards:  
Olivia Thomas  
Julia Puchkov

Pedro's coaches awards  
Chloe Alvarado  
Julie Smith  
Simon Boeger

Tommy's Coaches awards:  
Alexa Lum  
Anthony Tran  
Anthony Huang

## Team records:

### 9-10 Girls

50 yard Freestyle  
Maddy Delore 28.32

### 9-10 Girls

50 yard Breast  
Maddy Delore 38.27

### 9-10 Girls

100 yard Freestyle  
Catherine Boles 1:02.56

### 9-10 Girls

100 IM  
Catherine Boles 1:12.25

### 15-16 Boys

200 yard Butterfly  
Ben Krause 1:59.79

### 17-18 Boys

50 yard Freestyle  
Michael Molina 21.67

### 9-10 Girls

50 meter Freestyle  
Catherine Boles 31.73

### 9-10 Girls

100 meter Freestyle  
Catherine Boles 1:09.69

### 9-10 Girls

200 meter Freestyle  
Catherine Boles 2:33.06

### 9-10 Girls

400 meter Freestyle  
Catherine Boles 5:21.11

### 9-10 Girls

50 meter Backstroke  
Catherine Boles 36.85

### 9-10 Girls

100 meter Backstroke  
Catherine Boles  
1:20.08

### 9-10 Girls

50 meter Breaststroke  
Maddy Delore  
42.32

### 9-10 Girls

100 meter Breaststroke  
Maddy Delore  
1:34.51

### 9-10 Girls

50 meter Butterfly  
Catherine Boles  
36.45

### 9-10 Girls

200 meter IM  
Maddy Delore  
2:56.59

### 17-18 Girls

100 meter Breaststroke  
Anna Sharpe  
1:21.02

### 17-18 Girls

200 meter Breaststroke  
Anna Sharpe  
2:57.89

### 15-16 Boys

100 meter Butterfly  
Ben Krause  
1:01.12

### 15-16 Boys

200 meter Butterfly  
Ben Krause  
2:12.92

### 15-16 Boys

400 meter IM  
Ben Krause  
4:55.54

## **EIGHT ISLANDERS ON PACIFIC SWIMMING'S TOP 25 LISTS**

Pacific Swimming, one of the largest and most highly competitive organizations in USA Swimming, recently posted their complete year-end Top Times reports for the 2008-09 swim year, and Alameda Island Aquatics has EIGHT swimmers who are ranked in the top 25 of Pacific Swimming! Congratulations to:

Catherine Boles (15 events)

Maddy Delore (14 events)

Chris Hausmann (10 events)

Ben Krause (9 events)

Galen Lam (1 event)

Alexa Lum (1 event)

Monica McNamara (5 events)

Marlena Nip (1 event)

**This is an incredible achievement, and we are proud of you!**