



# ALAMEDA ISLAND AQUATICS

April, 2010

[www.alamedaislanders.org](http://www.alamedaislanders.org)

## President's Message

A big thank you to all who helped make our meet in March a big success. Once again we received many compliments from coaches and officials. Volunteer points have been recorded, or will be soon. We have a break now, our next meet is in October. If you still need volunteer points before the end of August (when our year ends) please let us know. There are many ways to earn points.

We're approaching a busy time of year. As I write this a number of Islanders are swimming at the Spring Junior Olympics. JO's cover all zones in Pacific Swimming and swimmers must meet time standards for this meet. In two weeks Far Westerns will be held in Morgan Hill. Times to qualify for Far Westerns are faster than those for JOs however the Islanders will be well represented at Far Westerns. If you are curious about how the swimming time standards

work (C, B, A, JO, FW, PRT, Sect) please ask one of your coaches or one of the board members. We'd be happy to fill you in.

Right after Far Westerns the long course season starts. For those of you who don't know, the meets we've been doing since September are "short course" meets. This means that one lap is 25 yards. Long course pools have a length of 50 meters. It's very different to swim in LC meets but can be a lot of fun. The Islanders will be attending some Long Course meets over the summer. Please make sure you check the entry criteria before entering any meet to ensure your swimmer qualifies.

Speaking of entering meets, there are two very important things that you should do prior to entering a meet. The first is to read the meet sheet. A copy of the meet sheet can be found on Swimconnection, or on the Pacific Swimming web site. The meet sheet tells you all of the rules about a

particular meet, including whether there are any qualification requirements. If, after reading the meet you have any questions, please ask your coach or a board member. Again, we'd be happy to help. The second thing that you should do is to enter early. Many meets are capped, either having a maximum number of swimmers or a maximum estimated timeline, or both. The meet sheet will tell you if the meet is capped. Once the cap criteria are met, the meet is closed, even if the entry deadline has not passed. Entering early will ensure that you are successfully entered into the meet and not denied admission due to the cap.

As always, please feel free to ask your coach or any board member if there is something you do not understand. We're here to help.

Thanks again for all of your help at Mills College and I'll see you around the pool

**Don Krause AIA President**

## Coaches corner

The Islanders sent thirteen swimmers to the prestigious Junior Olympics in San Ramon. There were over 100 teams and 1300 swimmers participating. Five of our Islander swimmers made finals: Marlana Nip, Anna

Sharpe, Morgan Truong, Galen Lam, and Catherine Boles. Congratulations to all of our swimmers who represented the Islanders superbly earning numerous personal best times which included new FW, and PRT times!

The Islanders will be sending ten swimmers to Far Westerns in April.

Long course season begins in May and runs through the summer. The team will swim its first Long course meet on May 1-2. See you at the pool, **Coach Bob**

# Membership news

**H**ello Parents and Swimmers! This is a final reminder that the Islanders will be holding a Spring Open House on Sunday, April 18, 2010 at the Encinal High School Swim Center from 1:00-3:00pm. For additional information, please refer those interested to [www.alamedaislanders.org](http://www.alamedaislanders.org).

I'm excited that our AIA swimmers will now be receiving the Islander

newsletter! If any of you have ideas or specific issues that you would like me, our President Don Krause, Head Coach Bob, or any of the other Board Members to address in upcoming issues of the newsletter, please don't hesitate to let us know. I hope you all have a great Spring Break!

Happy Swimming,

**Rebecca Boles**

## New Swimmers

Olivia Floersch, Group 1

Suzanna Floersch, Group 1

Caroline Harlow, Group 1

Catherine McMahon, Group 1

## Islander Calendar

April 8-11	FW	Far Westerns,	Morgan Hill
May 1-2	CBA+	Terrapins Swim Team,	San Ramon Valley Livermore Aquatics (dual venue)
May 23	(high school) Jr.+	Walk-on	DVC
May 23	All	14-under relay meet,	Laney College
June 4-6	Junior+,		Pleasanton
June 26-27	C/B,		San Pablo
July 10-11	C/B/A+,		San Pablo
July 15-18	JO+T&F	Junior Olympics Championships,	Orinda
July 28-Aug.1	Q	Far Westerns,	Concord
Aug. 13-15		All	Alameda City Meet