



Aloha Hawaii Masters Swimmers,

Tuesday, May 19, 2009

Happy Mothers' Day! At least I hope you had one. If you're a mom, I hope it was a great day, and if you had a mom ;-) I hope you had a chance to make her day a great day. I meant to get this first newsletter out Sunday, but I was enjoying a morning ocean swim in Makena. And yes, I called my Mom.

From the Chair:

For the past 10+ years, **Janet Renner** has served as the Chair for Hawaii Masters Swimming Association. Like the rest of us, she has been growing and changing, learning new skills, going in new directions and has found herself overloaded ... and she's been looking for some new blood to head up HMSA. So both reluctantly and with a thankful sigh of relief, she has stepped back as your Chairperson. She is still (thankfully) on the board serving as Maui VP to help with a transition to your new chair: Malcolm Cooper.

For those who don't know me, I moved to Maui ~10 years ago. I grew up and went to college in the Northeast. Summers during college were spent on Oahu swimming with Punahou Aquatics. I lived in LA where in addition to full time work in medical instruments, I lectured for 20 years at Griffith Observatory, and coached & swam masters for CalTech-PAC masters in the Pasadena area. I moved to Maui for the swimming and windsurfing. I'm a masters swim coach for Maui Masters Swim Club (along with my wife and your registrar Toni Sinnott) and for Janet's Valley Isle Masters upcountry; and have been the head coach for age-group Maui Dolphins Swim Club for 9 years. I am race director for the 'Aumakua Swim here on Maui and support for most of the other (all USMS & USA-S sanctioned) ocean races here. I also serve on the board of Hawaiian Swimming as secretary.

Enough ... this is just to day "Thank You" to Janet for all your years ... and future years ... promoting and supporting swimming for kids of all ages in Hawaii. And introduce myself. I'll be doing good if I can do half of what she's done for adult swimming in Hawaii.

Some New Stuff

But swimming is about YOU. As a start, I've been making some changes to the website to make it more relevant to masters, more helpful for clubs, and informative for visitors and residents alike. So check out the website <http://www.hawaiimastersswim.org/>

- Sanction forms have been updated for 2009
- There's a new section on Ocean Safety including links to sites for each of the island on conditions, guarded beaches, USLA, and more. I'm looking for more links to County Pool information, too.

- Race Notices, Entry Forms and Results have been added ... looking for more from previous years, or links to same. (I'd like to make this one of the first places to go for links to our Hawaii Ocean Races with links to active forms for entry.)
- **POOL MEETS:** Let's not forget **The 6th Annual Hawaii International Masters Swim Meet**. The 6th Annual Hawaii International Masters Swim Meet will be held Saturday June 20, 2009 at VMAC on Oahu. [Click here](#) for shortcut Notice & Entry on this site. There's also a possible pool LCM meet being offered on Big Island Kona June 20 right after the Age Group Meet at Kona Aquatic Center.
- **Lets's get all our Ocean Swims posted on the USMS website Open Water Calendar:**
<http://www.usms.org/comp/ldcalendar.php#OCEANA>
- A link & graphic to USA-Swimming and the New/Re-Registration button top right first page just like USMS site.
- I've been updating some of the swim club information as it has been coming back to me.
- I've updated the contact list.
- Our records chair, Jim Mellon, tells me the records are up to date.
- I'll be adding useful links for general swimming information in future months. I'd also like to add some pages (like Hawaii Swim Club has www.hawaiiswim.org) about Channel Crossings,

In addition to the website and keeping it updated with swim info, I'd like to get a newsletter published regularly (at least quarterly). This weekend on Oahu, after the monthly Hawaiian Swimming meeting, I'll be meeting with some members of Waikiki Swim Club to review sanctions, insurance, masters swimming and more.

Go the Distance:

<http://www.usms.org/fitness/content/gothedistance>

How far are you swimming? Keep track and get recognized on the USMS website.

The fitness event "[Go the Distance](#)" (GTD) is once again being offered by the U.S. Masters Swimming Fitness Committee in 2009! Please read the [event announcement](#) (PDF file) for complete details.

Just sign-up at www.USMS.org, then email or snail-mail your distances once/month to USMS. There is a log sheet on the USMS site for you to print out and record your distances. You'll be recognized on the USMS site and there are special awards you can purchase at the end of the year.

There's a virtual "scenic" way many will swim ... [200 miles to Key West](#). That's like swimming from Maalaea to Lihue, Mokuokahailani Rock to Hanauma Bay, from Molokai to Oahu then from Oahu to Kauai, or all the way around the Big Island! Take it one swim at a time. Partner up with a friend you swim with and see how far you can go.

Masters SCY Nationals in California:

[Masters Short Course Nationals](#) were held May 6-10 in Clovis CA at [Clovis North High School](#). Congratulations to [Anna Togias](#) of Hawaii Masters (HiMa) and [Renee Wilcox](#) of Maui Masters (MMSM).

If you have questions or comments, please feel free to contact me ... probably best and easiest by email: malcolmwhy@yahoo.com ... contact info's on the HMSA website if you forget.

Aloha.

--Malcolm

Please forward this newsletter to any non-USMS swimmers you know.