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# ALAMEDA ISLAND AQUATICS

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August, 2009

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

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## President's Message

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**D**ear Islander families, Thank you to Les Lum, dad of Alexa and Lauren Lum, who has volunteered to organize the Islanders in next year's Alameda 4th of July parade. While shopping at the Bay Farm Island Long's Drugs/CVS Pharmacy Jacquie Lum, mom of Alexa and Lauren Lum, was able to get a large donation of a special, popular surprise that will be raffled off at the Islanders' Award Banquet on September 20th. She also received a donation of goggles. Thank you Jacquie, Long's Drug/CVS manager Vincent Duong and Islander parent Gwendolyn So (Dustin's mom) for making this happen for the kids.

Don, Rebecca and I had the pleasure of going to Clovis last week to see

three Islanders swim at the USA Swimming 2009 Speedo Champions Series (aka Sectionals). The swimmers were Marlena Nip, Chris Hausmann and Ben Krause. Wow - what a meet! There were close to 1,300 swimmers and the event with the most heats was the women's 100 free with 43! This meet was held at Clovis North High School which has two 50 meter pools. The Islanders did GREAT and dropped time in every event they swam. Thank you to Coach Bob and Coach Moy for being there in over 100 degree weather supporting the swimmers.

A special thank you to Lisa Cuenca for ordering Junior Olympic, Sectional, and Far Western caps for the Islanders. The kids look great with

their new caps on!

We will see you at the Alameda City Meet on August 14th to 16th at Emma Hood Swim Center. Please remember to mark your calendar for the Islanders' Awards Banquet to be held on September 20th at 12:30 at Harrison Center at Lincoln Park.

The City Meet concludes another successful year for the Islanders. We will take a two week break after the City Meet, with practice resuming on Monday, August 31st. We hope that you enjoy the rest of your summer and we'll see you again on August 31st.

As always, please let us know if you have any questions, concerns or great ideas for the Islander Swim Team.

**AIA co-president Kim Krause**

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## Volunteer points

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**R**unning a swim team takes a significant amount of work. The only paid staff on the team are the coaches. Everyone else is a volunteer. In order to share the workload the Islanders instituted a volunteer work hour requirement. The idea behind this requirement is that a little from everyone is much more than a lot from a few people. We have found this to be the case and appreciate all of the time that you have put in to help us out. As I'm sure you know, we also bill for hours not worked at the end of the year. We do not

want to do this. In an ideal world, we would have everyone work their allotment and we would take in \$0 for unworked hours.

There are some people who volunteer many more hours than are required. The board members all exceed their allotment as do a number of other generous people. We greatly appreciate their time and effort. However, there are certain aspects of running this team that require more work than this small group can possibly do. This is the reason we ask for everyone's help. For example,

part of running this team is that we put on 2-3 swim meets a year. The money raised from these meets augments the monthly coaches fees each of you pays. Without the meets we would have to raise rates. Our goal is to keep our rates as low as possible and have a successful team so we try to find ways to raise money without asking each of you to pay more in monthly coaches fees.

To date, the requirement is that each family on the team contribute a minimum 30 hours of volunteer time, 15

**continued on page 2**

hours for the first year on the team. If those hours are not met, each hour is billed to the team member at a rate of \$6.00 per hour at the end of the swim year (Sep-Aug).

As part of a periodic review of how the team runs, the Islander Board has voted to change the team volunteer hour requirements beginning the next swim year, starting September 2009. This change adjusts both the number of hours required and the cost per hour not worked. Beginning

September 2009 and going forward we are reducing the number of required volunteer hours from 30 to 20. Also, we are increasing the billing rate for non-worked hours from \$6.00 per hour to \$20.00 per hour. Again, we hope that you will volunteer 20 hours, rather than pay the money. All fixed hour jobs will be scaled proportionally. For instance, a job that currently earns 15 points will earn 10 points in the coming years. Other credits, such as food donations will also be adjusted accord-

ingly. However, an hour worked will still be credited as an hour earned.

There are many, many ways to volunteer and help the team. Most are not difficult and very few require training of any kind. If you are not sure how to volunteer, please ask. We can suggest a number of ways that you can help, and meet your volunteer hour requirement.

Thank you for your ongoing support. If you have questions please feel free to contact us.

**Don Krause, don@dkkrause.com**

<b>Islander Calendar</b>			
<b>City Meet</b>	<b>August 14-16</b>	<b>Alameda</b>	<b>ALL</b>

## Membership news

I hope all you parents and swimmers are enjoying your summer. August is the last month of summer vacation as well as the last month of the current swim season; September begins a new swim season. For those swimmers who joined USA Swimming on a seasonal card, mostly those of you who started in April or afterwards, will need to re-register for the new season by 01-September. All Islander team members must be current members of USA Swimming in order to be on the team, so if you plan to swim with us after 01-September and have a seasonal USA Swimming membership, you must re-register. The 2010 USA Swimming registration forms are not currently available. We will notify affected team members when they are and send a notice with instructions.

August also means a swim break at the end of month. There will

not be practice beginning the 17-August; swimmers will return to practice on 31-August. Please check the team website for practice location and times. Once practice resumes, we'll be back at our regular practice pools so please be sure to check our team website for practice times and venues, read your team emails and check with your coach.

The new season also means it's time for our annual Awards Banquet to be held on Sunday, 20-September, at the Harrison Recreation Center in Lincoln Park. This is a very important team building and general member meeting. The swimmers have a lot of fun being recognized by their coaches for their achievements, improvements, attitudes and workout ethic. A new board of directors will be voted in as well as a general call for volunteers for important program or activity chairs.

### **New Members**

- Aaron Clavin (Group 1)
- Jasline Fong (Group 1)
- Erin Giang (Group 1)
- Divya Hauzaree (Group 1)
- Vivian Hung (promoted from Novice to Group 1)
- Derrick Huynh (promoted from Novice to Group 1)
- Larry Huynh (promoted from Novice to Group 1)
- Justin Lan (promoted from Novice to Group 1)
- Anthony Lan (Group 1)
- Alison Li (Group 1)
- Juliane Smith (Group 1)
- Mariko Stenstedt (Group 1)
- Alton Zheng (Group 1)

# Coaches corner

Islanders are amazing at sectionals! Three of our Islanders competed at the Speedo Sectional Championships in Clovis this summer. Chris Hausmann, Ben Krause, and Marlana Nip represented the Islanders at this prestigious meet.

The three swimmers competed in a total of twelve events. They improved in all twelve events which included three team records! Congratulations on a very successful meet!

## ISLANDERS BREAK RECORDS AT JUNIOR OLYMPICS!

Fourteen Islanders swam at the recent JO meet in Concord. Several Islander swimmers established new PRT, WZ, and FW times. The team was lead by the ten year old trio of Catherine Boles,

Maddy Delore, and Alexa Lum. These three young ladies set personal best times in almost everything they swam. They also broke nine team records in the process. Several other swimmers earned Far Western times and will be swimming at Far Westerns in San Jose.

### Far Western Team:

Maddy Delore  
Catherine Boles  
Alexa Lum  
Ben Krause  
Chris Hausmann  
Marlena Nip  
Galen Lam  
Morgan Truong  
Danny Truong  
Anna Sharpe  
Monica McNamara

### Western Zone Allstars:

Ben Krause  
Maddy Delore  
Catherine Boles  
Anna Sharpe



### North American Challenge Cup Allstar:

Chris Hausmann

### Congratulations to all of our hard working Islanders!

I will see everyone at the City Championships!,

Coach Bob



*Monica McNamara, Rebecca Krause, Ben Krause and Moy Cortez in sunglasses at JOs*



*Ben Krause, Marlana Nip and Bob Radecke at Sectionals in Clovis*



*Chris Lam and Bob talking at JOs*

**Chris Lam** - Chris will be entering the 10th grade or his sophomore year at Alameda High School. He has been an Islander for the past 6 years. Chris learned to swim at the Harbor Bay Club. His favorite stroke is the back stroke and Chris is undecided on what his favorite event to swim at a meet is. He started swimming because he was experiencing problems with his back and continues to swim for that reason and because of the strong friendships he has built and continues to build through swimming. Homework can get in the way of Chris' swimming, but he does try to attend practice at least three times a week. Chris is also busy with Scouting and in his "free time" he officiates at Alameda High School swim meets and at East Bay Swim League meets.



**Catherine Boles** - Catherine will be starting the 6th grade at Lincoln Middle School on August 31st. For the past 2 and 1/2 years she has been an Islander and currently swims in group 2. Catherine began to swim at the young age of 3 months in San Mateo. Her favorite stroke is back stroke and her favorite event is the 100 back. She swims 4 days a week and swims because it is fun. Catherine also does hula dancing, enjoys drawing and per little sister Hannah loves to watch lots of TV.

**Alexis Lum** - Like Catherine, Alexa will be starting the 6th grade at Lincoln Middle School. Alexa has been swimming with the Islanders for the past 3 and 1/2 years and swims in group 2. Her favorite event is the 500 free and her favorite stroke is free style. She swims 4 days a week and says that swimming is fun. She also does ballet and enjoys reading.



**Maddy DeLore** - On August 31st, Maddy will begin the 5th grade at Bay Farm School. Six years ago, her mom taught her to swim at the Harbor Bay Club. Maddy has been an Islander for 4 or 5 years and swims in group 2. Her favorite event is the 50 free and her favorite strokes are free and fly. She swims 4 or 5 days a week and also swims because it is fun. In her free time, Maddy likes to play video games, make You Tube videos, draw picture, and play the piano.