



ALAMEDA ISLAND AQUATICS

November 2009

www.alamedaislanders.org

President's Message

We just completed a huge accomplishment for the Islanders in hosting the Pumpkin Splash at Chabot College. The meet was amazing - 902 swimmers over two days! I'm not sure, but I think this was a team record. This is one of three major fundraising events we hold each year, and something we do to contribute to the swimming community. While it was a big undertaking, there were many people who stepped up to help. Thank you to everyone who did so. You may have noticed that we did not require meet program advertising this time. This is due to the fact that we do not need the additional revenue right now. We felt that forgoing this charge was a way to give

back to everyone.

We had many volunteers who put in quite a few hours at this meet. We had a few positions where the person who signed up did not appear and we had to scramble to find replacements. In some cases people worked a number of hours more than they signed up for because the person for the next shift was not there. If you sign up to volunteer we are expecting you to be there. We understand that circumstances may cause you not to be able to fulfill your commitment but it's very important that we find out as soon as possible so that we can fill the position again.

On a different note, thank you for your patience as we fight through

a few weeks with the Encinal High School pool problems. Unfortunately there are a minimum of three weeks left as parts are ordered, delivered and installed. As soon as we get any updates we will pass them along. The pools at Emma Hood are crowded but it's clear that everyone is doing their best to accommodate the situation.

Happy Thanksgiving to everyone. During the holiday times there are always a few days with different practice schedules so please watch for messages from your coach.

As always, I'm happy to hear from anyone. Please send me an e-mail or see me at the pool if you have any questions or comments.

Don Krause AIA President

Membership news

Iwould like to start off my very first article by thanking Chris Allen for his many years of service to the Islanders. Chris travels a lot for his "real" job, yet has found the time to help me ease into his former position as the Islanders' Membership person. You have probably also seen Chris walking the pool deck as Head Marshall at Islander meets in the past, as he often worked all day, BOTH days at our swim meets, making sure that all positions on deck were staffed. Many

thanks for your dedication, Chris!

It was so good to see many new parents helping out at the Islanders' Pumpkin Splash over the Halloween weekend. In typical Islander tradition, the meet was well-run, and fun as well, not to mention a terrific way to earn volunteer hours while getting to know some of the other Islander parents. A big thank you to all of you for your efforts, especially to Eric Delore, the Meet Director, who once again did a superb job.

Lastly, there are a couple of parents who deserve a really big round of applause: Don Krause and Randy Sharpe. Don is truly a jack-of-all-trades, who works tirelessly behind the scenes, and Randy put in a lot of hours before the meet even began, transporting and setting up the Colorado system, and working long hours in the office as well. Remember parents, it's all for the benefit of the swimmers.

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Coaches corner

Now that the days are getting shorter and we are quickly approaching the winter month, swimmers need to be prepared for cold weather both at practices and swim meets. During practice, swimmers should wear a cap. Swimmers lose heat from the top of their head. Wearing a cap keeps the heat in and the swimmer stays warmer. Swimmers should bring warm cloths for after practice. Shoes, pants, hat, and their

parka or a jacket of some type should be brought to every practice. It is important to stay as warm as possible during this time of year. At swim meets, swimmers should bring their parka or a large jacket to keep warm in. Bring lots of towels, one for each race. During the rainy season, a tent to stay warm and dry in would help tremendously. Boots to wear between races will keep you warm. The warmer you stay the better you will swim. Any-

thing like hand warmers, umbrellas, gloves, warm hats, socks and hot drinks will help keep your body ready for competition. Be prepared for anything mother nature might throw at you!
See you at the pool, **Coach Bob**



Islander Calendar

Nov. 14-15

BA+

Orinda

Dec. 4-6

JO

Pleasanton

Dec. 12-13

CBA+

Mills College

Dec. 18-22

Sectionals

Long Beach

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Many new Islander parents were able to enter their children in the Pumpkin Splash meet after the meet closed because we had reached our entry cap by contacting me directly. Please remember that you can enter meets online as soon as they open, by periodically checking SwimConnection: <http://www.swimconnection.com/pc/exec/TscHome>
The Islanders sponsor your annual SwimConnection membership as part of your annual \$100 Islander team membership fee. SwimConnection is a great resource for tracking your swimmer's progress throughout the year as all meet times are recorded. If you are not

yet a SwimConnection member, go to the SwimConnection site (see link above), look for the icon "Membership has its privileges," and register with the team abbreviation of "AIA." Using SwimConnection simplifies the meet entry process. There's a small transaction fee if you use swim connection to enter meets.

One fun thing to do in SwimConnection is to check on where your swimmer stands on the list of all AIA recorded times:

Sign into SwimConnection

Click on the Pacific Swimming tab

Click on Top Results

Select Team: AIA

Select Archive: Yes

Have a Happy Thanksgiving, everyone!
Rebecca Boles

New Members

MaryJane Howland, Group 1

Molly Howland, Group 1

Yoshua Yamazaki, Group 1



Islander Swim Meet at Chabot College 2009

