

# Head Coach Ken Suenaga

In 1967, Ken Suenaga started his coaching career with the Palama Swim Club where he mentored over a dozen swimmers. In 1968, he focused his coaching efforts in establishing Pearl City Aquatics, Inc. (PCA). Coach Ken served as the only coach of PCA at that time where his mission was to create an activity and environment for kids to stay off the streets and out of trouble. Finding success in PCA's mission, he was able to instill a strong competitive spirit in his swimmers to build the club membership over the next few years and continue it to today.

In 1972, at the beginning of Pearl City High School, Coach Ken established the high school's OIA Swim Team. He is still the Swimming Coach for PCHS and has accomplishments that include many years of winning OIA Western Titles for Boys/Girls divisions as well as outstanding individual awards.

Coach Ken's achievements in the pool with Age Group swimming include producing numerous champions in the sport. He has produced State champions, Northwest Regional champions, Junior Olympic champions, Western Zone champions, and a NAIA collegiate champion. His past swimmers were able to accomplish great things in the pool including establishing numerous local meet records, State records, Northwest Region records, Western Zone records and National Top 10 and Top 100 times. He has coached at least two generations of swimmers, and had all of his children, as well as 6 grandchildren swim under his tutelage at PCA. The tradition that Coach Ken had instilled in his swimmers continues on with this next generation of swimmers. His general words of competitive encouragement to his swimmers: "Don't just swim fast...swim FASTER."

Coach Ken dedicated many years of service in the sport that he loves, and still continues to do so. He has served as the Hawaiian Swimming LSC General Chair, Technical Planning Chair and Safety Coordinator. He has also played an integral role in establishing the annual Western Zone Swimming Championship which was started in 1976. He has served as Western Zone Coach and Coordinator for the Team Hawaii all-star swimming team over thirty times, as well as Meet Director for past Western Zone Championships held on Maui.

Coach Ken's job resume is just as impressive. He served in the army as a combat serviceman at 18 years old. He served in Korea during the Korean War as a Combat Medic/Airborne. Other job highlights include Certified Medical Laboratory Technician, Apprentice Sign Painter for the Navy, an Emergency Medical Technician (EMT) for the City & County of Honolulu Ambulance Division, and as a Benefits Counselor for the Veterans' Administration for over 29 years.

On November 3, 2012, Coach Ken Suenaga was honored with his induction into the Hawaii Swimming Hall of Fame. This achievement highlights the many accomplishments of this man's swimming history.