

Registration Packet

Fall/Winter 2022-2023



Aloha Pau Hana swimmers and families, 

We are almost ready to start our 2022-2023 season and it is finally starting to feel normal again. We have all survived the last couple of years of the pandemic and learned what perseverance, commitment, and having faith in each other can do. We survived and thrived. There is no stronger bond than family (Ohana) and Together we did some amazing things. That means so much and I thank you. And to those who are new or coming back ...welcome to our OHANA!

Prior to starting the season we will be hosting our 4th Annual Pau Hana Swim Team Golf Outing on September 10th @ The Denison Golf Club. This is our 1st fundraiser of the season. You have the ability to offset your fundraising/team fees by selling hole sponsorships. You will also be asked to volunteer and donate some items for the event. We are maxed out with 33 teams (132 golfers)...so I would say we host a pretty sweet event!

We will be kicking off the 2022-2023 Fall/Winter season at the Mound-builders Country Club on September 12th until the end of Septemberand then BACK TO DENISON!

Practice times may tweak a bit during the season as we gain more pool time so I thank you in advance for your flexibility. All of our coaches are excited for the start of the season and seeing you all again.

So...Here's to a simply awesome Fall/Winter season filled with FAST swimming, great memories, working hard and having a blast with friends, coaches, and family. We have all gone through so much and being together has made it a little easier.

You are all Pau Hana strong!
Pau Hana Ohana forever!!

Swimmingly,
Teresa

Pau Hana Mission Statement

The mission of Pau Hana Swim Team is to provide a high-quality age-group competitive swim program in a safe and supportive swimming environment, free from abuse, with positive, challenging coaching and technique instruction that helps each athlete reach their unique potential and benefits them physically, emotionally, and mentally.

Important Pre-Season Dates

Registration for Returning Swimmers opens: Aug 26, 2022

Registration for New Swimmers opens: August 26, 2022

First Practice: September 12, 2022

Season Ends: March 10, 2023

New Family (current can come too) Meeting: September 20, 2022 @ 5:30pm (Moundbuilders Country Club)

HAWAII 2023 Planning meeting: TBD (dates of 75th Annual Keo Nakama Invite June 30-July 2, 2023)

Registration Information

Registration is completed online on our team website, www.pauhanaswimteam.com, by clicking “Online Registration” to begin the process and following the onscreen prompts after that. Returning swimmers, please be sure to update all of your information including email, address, ect.

PAPERWORK WILL BE INCLUDED WITH ONLINE REGISTRATION. YOU MUST AGREE/ INITIAL ONLINE DURING THE REGISTRATION PROCESS. NO PAPERWORK NEEDS TO BE TURNED IN TO YOUR COACHES.

1. Emergency Medical Form,
2. Concussion Form
3. Code of Conduct, (all swimmers & parents must sign)
4. Lindsay’s Law Form
5. Covid Release Form
6. Safe Sport Information & Forms

If you have questions on registration, please contact Staci Stought @ skstought@gmail.com

Team Vendor & Apparel

The Pau Hana Swim Team is a SPEEDO sponsored program. They are the official supplier of our swim equipment, suits, and warm-ups. Their support allows our members to receive discounts on Speedo products. In return for their support we are expected to support **SPEEDO** and their products. **So you are asked to wear all SPEEDO suits and attire when they are required TEAM Apparel.**

Our team vendor is Aquatic Outfitters of Ohio. Team suits, sweats, bags, parka’s, etc. can be purchased through them. Aquatic Outfitters can be found by clicking on their logo on the left hand side of our website (this takes you to our team page) or at aquaticoutfittersofohio.com or 330-498-9179. **Team fitting is Tuesday September 20, 2022 @ Moundbuilder’s Country Club (tentative 4:30-7pm)**

Equipment Requirements

Equipment can be purchased through our vendor, Aquatic Outfitters, or by using the SwimOutlet Store tab on our team's website. Please be sure to either click on the link from our website or type in the full address www.swimoutlet.com/pauhanaswimteam. Purchasing through this website or by clicking on the link on our website, allows our team to earn cash back as a fundraiser for us!

Fins (all Groups)

Snorkle (Kamehameha/Alani/Akala)

NZ or Finis Small Parachute (Kamehameha/Alani/Akala)

Paddles (all but Hui Poni & Koa)

(Polu and Akala should get small)

Kickboard (all Groups)

Pull Bouy (all but Hui Poni & Koa)

Mesh Bags (all Groups)

Water Bottle (all Groups)

Team Fees and Expenses

Team Fees are outlined by practice groups below. Your payment options to pay team fees - you may pay by ACH (bank account draw) or credit card in monthly installments; you may also pay by cash/check **PRIOR** to the 1st of the month but you must still have a credit card on file that will be charged if the monthly fee is not paid prior to the 1st. As mentioned under the credit card information, the processing fees charged by Mastercard, Visa & Discover, will be added to your account.

Registration fee: A non-refundable \$25 registration fee per family is required with registration

Travel fee: \$150 for Kamehameha, Alani & Akala, \$125 for Polu & Poni and \$100 for Koa which will be used to cover coaches travel expenses for meets.

USA Registration Fee: You will be given our Pau Hana Swim Team swimming link to register on the USA Swimming site (you pay them directly for your membership)

Ohio Swimming Registration Fee: \$13

Fund Raising Fee: Each family is responsible for raising \$150. If you would like to offset this fee you can do this **by selling 2 hole sponsorships at our 4th Annual Pau Hana Swim Team golf outing. Each hole sponsorship is \$100 with \$80 coming back to you.** **You can apply to your fundraising or swim fees.** We will also have other fundraisers that you can offset this fee (which means you will be billed this fee initially but will be credited once you reach the \$150 amount). Otherwise if you choose not to participate in any of our team fundraisers you may opt out and pay \$150.

Monthly Installments: When registering, you may choose to pay in full for the season or spread your registration fee over 6 installments (when registering, Oct 1, Nov 1, Dec 1, Jan 1, Feb 1) Your account will be charged on the 1st of each month and will be considered past due on the 15th of each month. Delinquent accounts will be automatically charged a \$15 service charge and the credit card on file will be charged.

Credit Card Processing

Your registration and meet fees will be automatically charged to your credit card (or bank account via ACH) each month. This can be set up during the registration process or afterward in your account - please note that a credit card transaction fee will be added to your monthly total to offset the fees charged by Mastercard/Visa/Discover.

If you prefer to pay by check, please pay your monthly payment PRIOR to the 1st of the following month (a check can be given to your coach at practice).

Please contact Jen Bunstine with payment/credit card questions at bunstine@columbus.rr.com.

Practice Groups

The Pau Hana Swim Team offers progressive training and practice groups from the novice swimmer to the elite swimmer. It is the goal of the Pau Hana Swim Team to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR ability. Swimmers are assigned to practice groups by the coaching staff. They are continually evaluated and moved up as deemed ready. Any new swimmers must be evaluated prior to registration (please contact the Head Coach, Teresa Fightmaster, to schedule).

Kamehameha 1 & 2 (The One Set Apart) \$1,794 or 6 Monthly Payments of \$299 (when registering please look at schedule for Sept when you sign up)

This group is made up of swimmers 13 and older who have increased their level of commitment to and focus on swimming and want to get the most out of their training every practice. Training emphasis is on fine tuning stroke mechanics, increased physical conditioning, and improved racing strategies. Goals for this group are to compete and score at USA JO's and Zones, the High School District & State meets, as well as the USA Sectionals, Junior National and higher level meets. You are expected to compete at the highest level meet you qualify for that season. You are also highly encouraged to submit a goals/expectation sheet the first week of the season.

Hui Alani (Team Orange) \$1,650 or 6 Monthly Payments of \$275

This group is for high school swimmers, 14 and over, who are interested in increasing their conditioning level as well as working on proper stroke mechanics. Workouts will consist of training all 4 strokes, drill work as well as instruction on race strategy. The goal for this group is to build a great stroke and conditioning base to be better prepared for high school swim season. They should also be willing to compete at the USA Senior meet championships at season's end.

Hui Akala (Team Pink) \$1,650 or 6 Monthly Payments of \$275

This group is for the more experienced and committed 11-14 year old swimmers who are serious about their goals and training. Training emphasis is on advanced stroke technique work, increased physical conditioning, and improving racing strategies. The goal for this group is to qualify for Junior Olympics. They should be willing to compete at the highest level meet that they qualify for during the season with the team.

Hui Polu (Team Blue) \$1392 or 6 Monthly Payments of \$232

This group is for the 9-14 year old swimmers who are increasing their commitment to the sport of swimming. Training emphasis is on proper stroke mechanics, increasing their conditioning level, and intensity of workouts. The goal for this group is to progress to qualifying for and participating at the Junior Olympics.

Hui Poni (Poh'nee) (Team Purple) \$1320 or 6 Monthly Payments of \$220

This group is made up of 8 - 12 year old swimmers. Training focuses on learning proper stroke mechanics for all four competitive strokes, working on starts and turns, and increased conditioning. The goals for this group are to have fun, learn while being challenged to compete at their own unique ability levels and competing at the USA Regional meet.

Koa Kids (Warrior)

Designed for young athletes who enjoy swimming and want to compete and develop over the winter. Focuses on technique and stroke development in a fun and rewarding environment. This year the group will be split into two groups, but will have a combined practice on Sundays. Both groups will have the opportunity to compete in 2-4 meets during the season.

Koa 1 – For those who can complete a lap of legal freestyle and backstroke. Emphasis on the development on all four strokes and starts.

Practices will be 2x a week for an hour (days will be announced early October)

Season begins: The week of October 31, 2022 and ends March 3, 2023

** Practice days may vary due to Home Denison meets and also Holidays**

Max #: 16 athletes

Swim Fee Cost: \$400 (may be split into 4 monthly payments)

Koa 2 – For those who are legal in all four strokes. Continue the development of strokes, diving, turns, pullout, underwater, and introduce pace clock. Practice will be held in both the diving well and competitive pool at Denison.

Practices will be 3x a week for an hour (days will be announced early October)

Season begins: The week of October 17, 2022 and ends March 3, 2023

** Practice days may vary due to Home Denison meets and also Holidays**

Max #: 20 athletes

Swim Fee Cost: \$600 (may be split into 4 monthly payments)

Important Covid Information

For our 2022-2023 swimming season we will be following the guidelines available through the CDC, current state/local government, USA swimming, and Denison University that we followed over the summer.

You will be expected to follow this specific information as it worked well over the summer and we will update accordingly. These protocols are in place to make sure we do everything to the best of our ability to stay safe and healthy. Thank you to everyone doing their part and communicating to coaches if you have any health issues. When in doubt stay home.

Before the start of the season you will receive an email with any specific facility updates and guidelines we have been ask to follow.

September 12- 30, 2022 Tentative Practice Schedule
@ Moundbuilders Country Club
May be slightly tweaked after registration

Kamehameha 1:

Mon- Fri: 4-5:30pm

Dryland starts Sept 19th (Tues & Thurs 6-7pm @ TAD)

Kamehameha 2:

Mon, Weds, Fri: 4-5:30pm & Tues and Thurs: 7-8:30pm

Dryland starts Sept 19th (Mon & Weds 6-7pm @ TAD)

Alani:

Mon: OFF , Tues: & Thurs 5:30-7pm, Weds: 6:30-8pm

Dryland starts in October @ TAD

Akala:

Mon- Thurs: 7-8:30pm

Dryland starts in October @ TAD

Polu:

Mon, Tues, Thurs: 5:30-7pm, Weds 5:30-6:30pm

Poni:

Mon, Weds, Fri: 5:30-7pm

Tentative Denison Schedule starting October 3rd

May be subject to slight tweaks due to registration numbers and also in-
creased water time

Dryland will be send out to Kamehameha 1 & 2, Alani and Akala Mid September

Kam 1 & 2: Mon- Fri 7-9pm

Alani: Mon- Thurs: 7-9pm

Akala: Mon, Tues, Thurs, Fri: 7-9pm

Polu: Mon & Weds 7-9pm, Thurs 7-8:30pm, Fri 7-8pm

Poni: Tues, Weds, Thurs 7-8:30pm, Fri 7-8pm

Koa 2: starting Oct 17th (Mon, Weds, Thurs 7-8pm)

Koa 1: starting Oct 31st: (Tues & Thurs 7-8pm)

2022-2023 Tentative Meet Schedule

October:

16th: Force relay meet @ Mt Carmel

22-23rd: BSC Spooktacular Invite @ Ohio University (Team Meet)

November:

4-6th: UASC Golden Bear Invite @ UAHS (Groups TBD by your coach)

11-13th: Rays Mason Fall Invite @ Mason (P/F) (Team Meet)

18-20th: Sr Meet (for high school swimmers only) @ BGSU

December:

3-4th: BGSC Holiday Invite (Team meet)

11th: NAAC Penguin Plunge @ New Albany (Polu & Poni, Koa ask coach)

9-11th: GSCT Holiday Invite @ Columbus Academy (ask coach)

January:

7-8th: UASC Triple Crown @ UAHS (team)

15th: OSI Safe Sport Invite (BSC) @ Ohio University

21-23rd: SYL NWOWI @ BGSU

29th: UAC Frosty Fun Meet @ CSG (Polu & Poni, Koa ask coach)

February:

3-5th: GCST Last Ditch @ Columbus Academy ([possibly TYR in Cincinnati](#))

12th: New Albany Valentine's Day Splash @ NAHS (Polu & Poni, Koa ask coach)

Ohio SC Regional Championships (TBD)

March:

4-5th: BK Mini Meet (8 & unders) @ Worthington HS

SR MEET DATE TBD

Ohio SC Age Group Championships (TBD)

Either USA Sectionals (23-26) @ IUPUI (Indy) or ISCA Sr Cup @ St Pete, FL (21-25)