

Registration Packet Spring/Summer 2023



Aloha Pau Hana swimmers and families, 

Let's get this season started!!

Welcome to the 2023 Spring/Summer season. We will be starting back on April 17th and finally headed back to Hawaii for our second trip there since 2018. We will be training, experiencing the beautiful island of Oahu and also competing at the 75th Annual Keo Nakama Invite June 30-July 2nd. Here's hoping many of our families join us on this amazing trip.

We will also be hosting our 8th Annual Jill Griesse Memorial Invite once again on June 16-18th. Our event has raised over \$60,000 and donated to the National Pancreatic Cancer Foundation and Pelotonia in honor of our founder, Jill. Each and every one of you make a difference and are why our event is a success.

So...Here's to a simply awesome Spring/Summer season filled with FAST swimming, great memories, working hard and having a blast with friends, coaches, and family. We have gone through so much the past couple of years and nothing seems easy anymore butbelieving in each other and working together we can make amazing things happen.

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 opens: March 31, 2023

First Practice: April 17, 2023

Season Ends: July 28, 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. COPIES ARE INCLUDED IN THIS PACKET FOR YOUR REVIEW**

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. Equipment, 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.

Pau Hana apparel

We will have a team apparel sale at the beginning of the season so that you can buy the special Pau Hana season shirt and also other apparel (orange, white, blue Pau Hana logo shirts, and other pretty cool items). You are encouraged to buy a special season shirt and orange Pau Hana logo shirt (if you don’t have one). Since some meets are 2-3 days long we wear different color shirts each day.

Equipment

Fins (all Groups)

Snorkle (Kamehameha/Alani/Akala)

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

**Paddles (all but Hui Poni & Koa)
(Polu and Akala should get small)**

Kickboard (all Groups)

Pull Buoy (all but Hui Poni & Koa)

Mesh Bags (all Groups)

Water Bottle (all Groups)

Team Fees and Expenses

Team Fees are outlined by practice group on the pages 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.

All Pau Hana swimmers are expected to compete in our 8th annual Jill Griesse Memorial Invitational June 16-8th. We need everyone to help out and do their fair share. This event is very helpful with offsetting costs for our team as well as a opportunity to give back to the The Ohio State University Comprehensive Cancer Center- James Cancer Hospital and Solve Research Institute through Pelotonia in the name of our Founder, Jill Griesse who passed from pancreatic cancer in 2014. **Failure to volunteer could result in a financial penalty of \$150 that will be charged to your credit card on file.**

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

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

USA Registration Fee: New Pau Hana swimmers will either need to complete a USA Transfer form or will be required to get a USA Seasonal membership. There is a new process to register so you will need to get with Staci Stought our registration chair.

Dryland fee: TBD (more info to come)

Monthly Installments: When registering, you may choose to pay in full for the season or spread your registration fee over 4 installments (when registering, May 1, June 1 & July 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 - no more worries about having money in your escrow account and constant monitoring of your balance. 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 swimmer must be evaluated prior to registration (please contact the Head Coach, Teresa Fightmaster, to schedule).**

Kamehameha (The One Set Apart) \$1,160 or 4 Monthly Payments of \$290

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 Sectional, Future and Junior National meets. They are expected to compete at the highest level meet they qualify for during the season with the team.

You must also be committed to your workouts and training to the best of your ability each practice.

Hui Alani (Team Orange) \$1,100 or 4 Monthly Payments of \$275.00

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) \$1,100 or 4 Monthly Payments of \$275.00

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) \$900 or 4 Monthly Payments of \$225.00

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) \$880 or 4 Monthly Payments of \$220.00

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.

Special Poni Tune-up for Summer League Session \$440:

Want to get a jump start on summer league swimming. This special session from April 17- May 26th is your perfect opportunity to get in shape and work on your stroke mechanics. (\$390 + \$25 Admin fee + \$25 Travel fee)

Tentative Pau Hana April 17-30th Practice Schedule @ Denison

Monday April 17th

Kam: 7-9pm
Alani/Akala: 7-9pm
Polu: 7-8:30pm
Poni: 7-8pm

Monday April 24th

Kam: 7-9pm
Alani/Akala: 7-9pm
Polu: 7-8:30pm
Poni: 7-8pm

Tues April 18th

Kam: 7-9pm
Alani/Akala: 7-9pm
Polu: 7-8:30pm
Poni: 7-8:30pm

Tues April 25th

Kam: 7-9pm
Alani/Akala: 7-9pm
Polu: 7-8:30pm
Poni: 7-8:30pm

Weds April 19th

Kam: 7-9pm
Alani/Akala: 7-9pm
Polu: 7-8:30pm
Poni: 7-8:30pm

Weds April 26th

Kam: 7-9pm
Alani/Akala: 7-9pm
Polu: 7-8:30pm
Poni: 7-8:30pm

Thurs April 20th

Kam: 7-9pm
Alani/Akala: 7-9pm
Polu: 7-8:30pm
Poni: 7-8:30pm

Thurs April 27th

Kam: 7-9pm
Alani/Akala: 7-9pm
Polu: 7-8:30pm
Poni: 7-8:30pm

Friday April 21st

Kam: 7-9pm
Alani/Akala: 7-8:30pm
Polu: OFF
Poni: OFF

Friday April 28th

Kam: 7-9pm
Alani/Akala: 7-8:30pm
Polu: OFF
Poni: OFF

Tentative May Coaching Schedule @ Moundbuilders CC

Mon May 1st:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Tues May 2nd:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Weds May 3rd:

Kam: 3:30-5:30pm
Alani & Akala: 5:30-7:30pm
Polu : OFF
Poni: OFF

Thurs May 4th:

Kam: 3:30-5:30pm
Alani: 7-8:30pm
Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Fri May 5th:

Kam: 3:30-5:30pm
Alani: 3:30-5:30pm
Akala: 5:30-7pm
Polu: 5:30-7pm
Polu: OFF

Sat May 6th:

Kam, Alani, Akala: OFF
Polu: 8:30-10am
Poni: 8:30-10am

Sun May 7th: ALL groups OFF due to swim meet

Mon May 8th:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Tues May 9th:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Weds May 10th:

Kam: 3:30-5:30pm
Alani & Akala: 5:30-7:30pm
Polu : OFF
Poni: OFF

Thurs May 11th:

Kam: 3:30-5:30pm
Alani: 7-8:30pm
Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Fri May 12th:

Kam: 3:30-5:30pm
Alani: 3:30-5:30pm
Akala: 5:30-7pm
Polu: 5:30-7pm
Polu: OFF

Sat May 13th:

Kam, Alani, Akala: OFF
Polu: 8:30-10am
Poni: 8:30-10am

Sun May 14th: ALL groups OFF Happy Mother's Day!!

Tentative May Coaching Schedule @ Moundbuilders CC con't

Mon May 15th:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Tues May 16th:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Weds May 17th:

Kam: 3:30-5:30pm
Alani & Akala: 5:30-7:30pm
Polu : OFF
Poni: OFF

Thurs May 18th:

Kam: 3:30-5:30pm
Alani: OFF
Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Fri May 19th:

Kam: 3:30-5:30pm
Alani: 3:30-5:30pm
Akala: 5:30-7pm
Polu: 5:30-7pm
Polu: OFF

Sat May 20th:

Kam, Alani, Akala: OFF
Polu: 8:30-10am
Poni: 8:30-10am

Sun May 21st:

Kam: 9-11am
Alani: 9-10:30am

Mon May 22nd:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Tues May 23rd:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Weds May 24th:

Kam: 3:30-5:30pm
Alani & Akala: 7-9pm
Polu : 5:30-7pm
Poni: 5:30-7pm

Thurs May 25th:

Kam: 3:30-5:30pm
Alani: 7-8:30pm
Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Fri May 26th:

Kam: 3:30-5:30pm
Alani: 3:30-5:30pm
Akala: 5:30-7pm
Polu: 5:30-7pm
Polu: OFF

Happy Memorial Weekend!!!
Off Sat May 27-Mon May 29th!!!

Tues May 30th:

Kam: 3:30-5:30pm
Alani & Akala: 7-8:30pm
Polu: 5:30-7pm
Poni: 5:30-7pm

Weds May 31st:

Kam: 3:30-5:30pm
Alani & Akala: 7-9pm
Polu : 5:30-7pm
Poni: 5:30-7pm

June 1- July 28, 2023 @ Denison Practice Schedule

**practices in the am are LC
pm practices are SC**

There are NO PRACTICES:

MONDAY May 29th (Memorial Day)

**Friday June 16-18th for our Team hosted 8th Annual Jill Griesse Memorial Invite
July 1-4th Denison closed**

Poni & Polu practices end July 21st

Dryland times will come in a separate email for Kamehameha , Alani and Akala

Monday:

Kam: 9:30-11:30am

Alani: 9:30-11:30am

Akala: 9:30- 11:30am

Polu: 9:30-11:30am

Poni: 9:30-11am

Tuesday:

Kam: 9:30-11:30am & 4-6pm

Alani: 9:30-11:30am

Akala: 9:30- 11:30am

Polu: 4-6pm

Poni: 4:30-6pm

Wednesday:

Kam: 9:30-11:30am

Alani: 9:30-11:30am

Akala: 9:30- 11:30am

Polu: 9:30-10:30am

Poni: 9:30-10:30am

Thursday:

Kam: 9:30-11:30am & 4-6pm

Alani: 9:30-11:30am

Akala: 9:30- 11:30am

Polu: 4-6pm

Poni: 4:30-6pm

Friday:

Kam: 9:30-11:30am

Alani: 9:30-11:30am

Akala: 9:30- 11:30am

Polu: 9:30-11am

Poni: OFF

Tentative Summer 2023 Meet Schedule

May 7: (TBD)NAAC Spring Challenge

Possibly additional May meet

June 9-11th: GCSTO Creekside Blues & Jazz Invite @
Gahanna

June 16-18th: 8th Annual Jill Griesse Memorial Invite @
Denison (Pau Hana hosted- Team Meet)

June 30-July 2nd: 75th Annual Keo Nakama Invite (Waipahu,
HI) Oahu

July 7-9th: Regional Championships (location TBD) 14 & unders

July 7-9th: 2023 Tim Myers Memorial LC Sr Champs (HS and
above) @ Mason

July 13-16th: Sectionals @ The Ohio State University (qualifying
times)

July 20-23: 2022 LC JO Championship @ Miami University
(qualifying times)

July 26-30th: USA Futures in Richmond, VA (qualifying times)

EMERGENCY MEDICAL RELEASE FORM (One Form Per Swimmer)

This form must be completed before your swimmer begins swimming with the **Pau Hana Swim Team**. The information will be held in the swimmer's file for use only in the event of an emergency.

Swimmer Name: _____ **Date of Birth:** _____

*Parent (Guardian) Name: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

*Parent(Guardian) Name: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

*****IN THE EVENT OF AN EMERGENCY NOTIFY:**

Name: _____ Phone: _____

Insurance Information & Policy #: _____

Insurance Phone #: _____

PHYSICIAN: _____ Phone: _____

Address: _____

HEALTH HISTORY (Please Circle All That Apply)

Hearing Impaired / Visually Impaired / Contact Lenses / Diabetes / Asthma /Epilepsy/ Seizures

Other: (list) _____

Does Swimmer Take Medication? NO / YES

Please list: dosage/frequency: _____

Does Swimmer have allergies? NO /YES

Please list: _____

Does Swimmer have other medical conditions? NO / YES

Please list: _____

MEDICAL AUTHORIZATION:

I, (Parent/Guardian) in the event of an accident, injury or serious illness to the above swimmer, do voluntarily consent to and authorize the Pau Hana Swim Team to secure medical aid (which may include routine diagnostic procedures, medical and/or surgical treatment including injection, anesthesia, or transportation to a medical facility.) I understand that an effort will be made to contact myself or any of the individuals listed above before any action is taken. I understand that the Pau Hana Swim Team does not guarantee the results of any medical treatment and will have any or all examinations/treatments done by authorized persons or facilities.

BY MY SIGNATURE, I AUTHORIZE AND GIVE MY PERMISSION FOR MEDICAL TREATMENT OF MY SWIMMER.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____