

MLKB Blue Dolphins

MLK, Jr. Blue Dolphins
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Date: January 17, 2013

To: Kent Yoshiwara, Pacific Swimming

Re: Diversity Grant Update

MLKB Blue Dolphins Swim Team, San Francisco CA

Dear Kent Yoshiwara,

In October 2012, the MLKB Blue Dolphins Swim Team received a diversity grant for the swim team.

The parents' council voted to use a large portion of the grant on registering swimmers, new and old, with Pacific Swimming. We have paid for 25 swimmers as of January 21, 2013 at \$65.00 each. Eligible families are applying with Pacific Swimming for the \$5.00 membership/scholarship.

We reimburse parents who have paid 2013 or collect applications and ask our non-profit, San Francisco Housing Development Corporation (SFHDC), to issue a check to Pacific Swimming for all these swimmers' registrations.

We used some more grant money on team caps, suits and parkas. We buy at Swim Outlet for suits, caps and parkas, Sundance/Face First USA for the team's colorful logos. We use the co-pay system where the team buys and parent co-pays! We are buying ribbons for the swim meet, A medals, etc. with Boys and Girls club.

We have scheduled two meets in 2013, March 2 and 3, and November 30 and December 1 at MLK Jr Pool.

The March 2013 meet is cohosted by Boys & Girls Club of San Francisco. Not only do we help each other, MLKB and BGC-SF, but all the city teams have expressed support (USF-Koret, Rossi, Hamilton, YMCA, SI, Balboa and Olympic Club).

There will be a "San Francisco Mile", an open event where we hope to get the fastest long distance swimmers to what I hope can become an annual event at MLK Jr Pool, a City and County of San Francisco-Recreation and Parks Department (CCSF-RPD) pool.

New Lane Lines:

Nine new Blue and Gold (Go Bears) lane lines help the pool, the swimmers and the staff who work with the equipment improve the team and environment. CCSF-RPD matched the Pacific Swimming grant, actually exceeded twice their original money commitment.

CCSF-Summer League 2012:

WE WON! See attached photo of a bunch of winners. Hard work, patience, competitive spirit exhibited by coach Don Lane, Kako Gonzalez, Matt Biel, and Irina Yesimova, plus the parents and those swimmers who dropped time in all events—every swimmer in our team of 51 swimmers dropped time in all their events—amazing!



Bylaws and Quick Books:

Some grant funds were used to set up Quick Books for the team and ease up bookkeeping with SFHDC, our non-profit. The bylaws are in Chinese and English.

For the record: Lolita and SFHDC have been wonderful as a partner to MLKB. No cash, all receipts purchase orders, etc.

Triple Crown Award:

Kenya, Noa and Rosa swam 200 Fly, 400 IM, and 1650 Yards. A 20" Wide X 36" High plaque has been posted at the pool! We will put up new posters as others complete the Triple Crown.

Swim Meet, Press Release, Flyers:

Although ARC Repro reduced their color print copy price, there were still costs related to the 500 flyers for others teams, schools and neighborhoods.

Website:

An ongoing work in progress, we extended contracts with hosting sites, etc. We changes photos, and content is always being updated.

Jo's—Morgan Hill:

Mia and Crystal competed in the maximum number of events and they did very well. Noa, Vince and Kenya also competed all swimming best times (even with all the rain!).

Grant Goals:

- Continue stroke work with new swimmers. Attempt to get proficiency with all strokes.
- There are 20 new swimmers since summer 2012.
- Good practice habits, on time, practice hand, listen, have a plan with coach about goals for each swimmer to achieve.

- Understand practice, pace clock and lane spacing—we have to work together in practice at meets and in life!
- Work with parents, some who don't swim, to get whole family in the water, children and parents.
- Continue to work with Rec and Park, James Wheeler and Sean McGrew on swim lesson programs. James and Sean are very familiar with competitive swimming and are great partners in efforts to have meets and competitive swimming in San Francisco.
- Lane 0 is a concept of swim teaching where there is an in-the-water instructor, paid by team. A college swimmer teaches with use of aluminum platform for shorter kids. It's real one-on-one work with each swimmer.

John Murphy

Chairman, MLKB

Kent Yoshiwara
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July 10, 2013

Dear Kent,

The MLK Blue Dolphin swim team parent council has been reorganizing and has yet to spend our Diversity Grant. A new council, comprising 4 new parent members, was elected last May.

We held our first meeting for parents of all swimmers, at which officials from Pacific Swimming spoke about the importance of parent participation in swim competitions and explained the overall value of competitive sports for children. We keep all parents updated of the Parents' Group and team activities on our pool bulletin board and via an email list of team families.

We understand it is our responsibility to reach out to our under-served community, so we actively encourage new swimmers to join the MLKB Swim Team.

Best Regards

Kristine Novak
MLKB Swim Team Parent's Council Secretary