

MLKB Blue Dolphins

MLK, Jr. Blue Dolphins
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Date: July 24, 2012
To: Kent Yoshiwara, Pacific Swimming
Re: MLKB Blue Dolphins Youth Swim Team

Dear Mr. Yoshiwara,

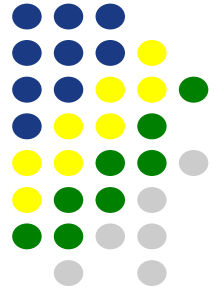
We want to thank you and Pacific Swimming for the Diversity Grant.
We are very active, we have listed some summer team activities.
Pacific Swimming grant support has changed MLKB Team!

J.O.'s:

- Mia won 2 events, Vince Wong, Noa Sto-Domingo and Crystal swam! Crystal and Mia made it to finals in numerous events. 2 years ago no MLKB swimmer at JO's or FW!
- Mia is going to western zones, our team should win CCSF summer league on July 27, 2012 at City College.
- August 11, 2012 team BBQ at pool
- August 12, 2012 Santa Cruz overnight camping for team members and parents.
- All these team functions, meets, fun events are possible because of team work, kids and parents and Pacific Swimming Diversity grant.
- Thank you Pacific Swimming! Matt Biel coaching, suits, paddles, stretch cord, caps fees for meets all possible because of grant. Our team is up 94 names on team charts, up from 75 last year.

Summer League:

- June 9th YMCA, June 15 BGC, June 23 Balboa (CCSF), and July 7 St. Ignatius and July 27 Championship City College, last year zone 3 officials worked.
- Summer league fees paid with grant, San Francisco Summer League
- **SF FOOD BANK: Sunday 9 – 11am – July 15, 2012:** Food bank volunteers, 36 swimmers and parents, 50 group lots of fun
- **ACRO SPORTS: Saturday 2 – 5pm – July 14, 2012:** Acrosports (7-14-12: 2- 20 kids sessions and 7-29-12: 1-20 kids session) 60 swimmers will use bungee, zip line, tumble rope ride, great exercise, great fun.



Grant Goals:

- Working with Lane O (learn to swim) and Lane 1 (learn to practice and compete). We have 20 new swimmers this year, 2012, our team is up to a list of 94 swimmers.
- All four strokes are being learned and mastered. Most can read pace clock and understand practice drills and spacing with other swimmers, starts and turns are big part of practice. Practice is fun!
- 200 IM – more children are competent and able to complete.
- 10 new varsity swimmers, 40 lap tests – ex. Age. 11, 40 laps in 23 mins.
- Stroke analysis by coaches, daily reviews.
- Olympic trials on T.V. lots of discussions especially under water work, streaming.
- We are accepting applications for college swimmer for helping Matt Biel, Don, Irena & Joe with the Lane O students and for fast lane JO/F.W. swimmers.
- Grant money helps all aspects of team and swimmers

Website: (www.mlksf.org)

- New 2012 photos/food bank/ acro sports/ summer league meets on website

Don Lane and Matt Biel:

- Stretch cords & hand paddles added to team tools practice goals & objectives!
- Specific meet warm ups/ practice guidelines. Start/turn focus for competitive swimmers (Note: some kids are starting out, learning to swim).
- Matt has brought top level training to kids. Matt is a great coach too!
- Don has run the MLK, Jr. pool since it opened and started team!

Lane 1:

- All children who can swim each stroke. And practicing to be able to swim with learning lane kids, daily workouts.

Lane O:

- We repaired an aluminum table with adjustable legs to put in water so youth can stand safe while getting in the water, instruction mainly by Joe, who does a wonderful job with the “day one” kids
- Lane “O” develops safe swimmer and develops swim team option to swimmer. Same pool, the young kids see the older kids practicing. We don’t push, but we strongly recommend the “lane o” kids try out for “lane 1”

TRIPLE CROWN:

- 1000 yards, 400 IM & 200 butterfly. Don Lane proposes a medallion and name on pool records chart for swimmers who compete in these three events in Pacific Swim Meets.
- The idea is for kids to try something new, we want to add open water swimming to award.
- Go Blue Dolphins!

Chairman, MLKB Blue Dolphins Team