

# HAWAIIAN SWIMMING

presents



**Honoring Olympian Ivanelle Hoe  
August 22-23, 2009  
Central Oahu Regional Park  
Waipio, Hawaii**



# The Veterans' Memorial Aquatic Center

Aloha and welcome to the Veterans' Memorial Aquatic Center. The center is a world-class facility that includes a 50-meter pool with electronic touch pads and a diving well with 1- and 3-meter boards. We opened our main entrance to the public on Veterans Day in 2005. The Honorable Mayor Mufi Hannemann dedicated the facility to honor all the men and women who answered the nation's call to duty, and who selflessly serviced and sacrificed so our youth could live and play in peace.

This facility was designed to host a variety of local, national and international aquatic sporting events and to be a training site for the community. The facility schedule and public lap swim hours are available on our web site at: [www.honolulu parks.com](http://www.honolulu parks.com); Title VMAC hours.

## VETERANS MEMORIAL AQUATIC CENTER FACILITY RULES.

1. ALL ATHLETES AND SWIMMER NEED TO SHOWER BEFORE ENTERING THE POOL
2. NO FOOD OR DRINKS ON MAIN POOL DECK:  
Except for Meet Officials, Volunteers, and Coaches during scheduled competition events. Spectators and events participants may have food and drinks in bleacher and grass area where team tent are set up. Athletes may use plastic water bottles for re-hydration on pool deck.
3. BULK HEADS ARE OFF LIMITS TO ALL SPECTATORS AND SWIMMERS:  
Only Meet Officials, Facility Personal and Coaches are permitted on the bulkhead during the course of the meet and scheduled practice times. Exception: swimmers who are assisting during distance events.
4. DIVING WELL IS CLOSED DURING SWIMMING EVENTS.  
Only during short course season. All Diving Boards are closed except for diving competitions and practice
5. BLEACHER AREA PLEASE KEEP A 3-4 FOOT WALK PATH ALONG HAND RAIL

Mahalo  
Glenn Pang, Pool Director



# HAWAIIAN SWIMMING

## Hawaii Swimming Invitational

### Honoring Olympian Ivanelle Hoe

#### August 22-23, 2009

#### High School and Hawaii Swimming Club star.

She dominated the Interscholastic Girls swimming meet by breaking three records in the breaststroke. She set new standards in the 50 yard novice event at 33.3 seconds, the 50 yard open at 34.2 and the 100 yard novice race at 1:16.2. Ivanelle established another criterion in the AAU Indoor meet trials when she won her heat in the 100 yard junior breaststroke in 1:19.6

That's great swimming for a 16-year old girl and a sophomore in high school.

She was one of the most unpromising swimmers ever to come under the tutelage of Soichi Sakamoto, the successful and internationally famous coach of the University of Hawaii and the Hawaii Swimming Club teams, when she first began training "Her progress at first was so slow that at times Coach Sakamoto almost lost patience despite the fact that his greatest pleasure was to coach young swimmers just starting out. But her courage and desire to master whatever I was trying to teach her sustained him. In fact, it became a pleasure to work with her because she showed him great intestinal fortitude and a tremendous desire to learn."

Her development had been the result of hard conscientious training. She had been swimming for three years when she started going places. "I would be strict and stern with her in trying to teach her coordination," Sakamoto said. "But she never quit trying. She would do whatever I told her to do and not once did she show any signs of becoming discouraged.

. She lacked coordination and struggled through the water instead of gliding through it. Ivanelle is gradually mastering coordination. She first showed signs of acquiring a sense of timing and the confidence she has gained by her recent victories will enable her to make faster progress in picking up the finer points of swimming technique. So much so, Sakamoto said that he is pointing her for the next Olympic Games.

Sakamoto had more than passing interest in helping Ivanelle become a champion.

One of his former swimming protégés on Maui wrote to him and asked him if he would teach her sister Ivanelle, to swim. That person was WAC Lt. Genevieve Hoe, who was then stationed in Japan. Sakamoto obliged. Because of the hard work he had to go through to bring Ivanelle to the fore in local swimming circles, Sakamoto looks back to her development with no little pleasure. Anyone would for a job done so well.

However, Sakamoto realized there was still plenty of grueling work ahead to be ready for the 1956 Olympic Games.. Although Ivanelle's best stroke is the breaststroke, she is beginning to swim the free-style events.

When Sakamoto was asked to compare Ivanelle with Evelyn Kawamoto, who was a member of the U.S. Olympic team the year before, at their commensurate period of development. Sakamoto stated, "Kawamoto had better coordination and was steadier, but Ivanelle has shown that she is a better sprinter," Sakamoto answered. "Kawamoto had a lot of fight, Ivanelle also has shown that she is a fighter."



# Saturday Order of Events

| GIRLS EVENT # | DIVISION | EVENT                 | BOYS EVENT # |
|---------------|----------|-----------------------|--------------|
| 1             | 15-16    | 200 Individual Medley | 2            |
| 3             | 13-14    | 200 Individual Medley | 4            |
| 5             | 12-Nov   | 200 Individual Medley | 6            |
| 7             | OPEN     | 200 Individual Medley | 8            |
| 9             | 10&U     | 200 Individual Medley | 10           |
| 11            | 15-16    | 50 Freestyle          | 12           |
| 13            | 13-14    | 50 Freestyle          | 14           |
| 15            | 12-Nov   | 50 Freestyle          | 16           |
| 17            | OPEN     | 50 Freestyle          | 18           |
| 19            | 10&U     | 50 Freestyle          | 20           |
| 21            | 15-16    | 100 Back              | 22           |
| 23            | 13-14    | 100 Back              | 24           |
| 25            | 12-Nov   | 100 Back              | 26           |
| 27            | OPEN     | 100 Back              | 28           |
| 29            | 10&U     | 100 Back              | 30           |
| 31            | 15-16    | 100 Breast            | 32           |
| 33            | 13-14    | 100 Breast            | 34           |
| 35            | 12-Nov   | 100 Breast            | 36           |
| 37            | OPEN     | 100 Breast            | 38           |
| 39            | 10&U     | 100 Breast            | 40           |
| 41            | 15-16    | 100 Fly               | 42           |
| 43            | 13-14    | 100 Fly               | 44           |
| 45            | 12-Nov   | 100 Fly               | 46           |
| 47            | OPEN     | 100 Fly               | 48           |
| 49            | 10&U     | 100 Fly               | 50           |
| 51            | 13-14    | 200 Free Relay        | 52           |
| 53            | 12-Nov   | 200 Free Relay        | 54           |
| 55            | 10&U     | 200 Free Relay        | 56           |
| 57            | OPEN     | 200 Free Relay        | 58           |

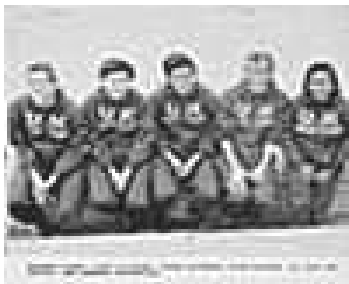


# Sunday Order of Events

| <b>Girls Event #</b> | <b>Division</b> | <b>Event</b>     | <b>Boys Event #</b> |
|----------------------|-----------------|------------------|---------------------|
| 59                   | 15-16           | 200 Back         | 60                  |
| 61                   | 13-14           | 200 Back         | 62                  |
| 63                   | 11-12           | 50 Back          | 64                  |
| 65                   | OPEN            | 200 Back         | 66                  |
| 67                   | 10&U            | 50 Back          | 68                  |
| 69                   | 15-16           | 200 Free         | 70                  |
| 71                   | 13-14           | 200 Free         | 72                  |
| 73                   | 11-12           | 200 Free         | 74                  |
| 75                   | OPEN            | 200 Free         | 76                  |
| 77                   | 10&U            | 200 Free         | 78                  |
| 79                   | 15-16           | 200 Butterfly    | 80                  |
| 81                   | 13-14           | 200 Butterfly    | 82                  |
| 83                   | 11-12           | 50 Butterfly     | 84                  |
| 85                   | OPEN            | 200 Butterfly    | 86                  |
| 87                   | 10&U            | 50 Butterfly     | 88                  |
| 90                   | 15-16           | 200 Breast       | 90                  |
| 91                   | 13-14           | 200 Breast       | 92                  |
| 93                   | 11-12           | 50 Breast        | 94                  |
| 95                   | OPEN            | 200 Breast       | 96                  |
| 97                   | 10-U            | 50 Breast        | 98                  |
| 99                   | 15-16           | 100 Free         | 100                 |
| 101                  | 13-14           | 100 Free         | 102                 |
| 103                  | 11-12           | 100 Free         | 104                 |
| 105                  | OPEN            | 100 Free         | 106                 |
| 107                  | 10&U            | 100 Free         | 108                 |
| 109                  | 15-16           | 200 Medley Relay | 110                 |
| 111                  | 13-14           | 200 Medley Relay | 112                 |
| 113                  | 11-12           | 200 Medley Relay | 114                 |
| 115                  | 10&U            | 200 Medley Relay | 116                 |
| 117                  | OPEN            | 200 Medley Relay | 118                 |

**Ivanelle Hoe** was a pathfinder in the early days of women's sports in Hawai'i. As a swimmer, Hoe set a world record in the 100-meter butterfly as a senior at Roosevelt High School in Honolulu. During her career as a Rainbow Wahine swimmer, she collected seven Hawai'i state records. In 1957, Hoe captured the national Amateur Athletic Union (AAU) indoor 200-meter breaststroke title. Hoe was the first female athlete to be chosen "Bow of the Week" in February 1956. She broke into the college swimming ranks by being named "Outstanding Swimmer" in all meets during her freshman year. (1994)

## Ivanelle Hoe's Swimming Records



WOMEN'S TEAM (LEFT TO RIGHT): DIANE GOODMAN, ALICE KOIZUMI, IVV HOE, PAT MIZUNO, ART ISOSHIMA, PAUL FUNG, VERNON KNIGHT, AND CHARLEY KANEMORI. CRONIN AND BARBARA NAKAMATSU. AND AWAY WE GOT IVY HEADS FOR HOME 217"

1955 - Natatorium, set World Record for the 100 meter butterfly.

1956 U.S. Olympic Trials.

200 meter Breaststroke, 3rd place

100 meter Butterfly, 5th place

1957 - First female athlete, University of Hawaii, Bow of the Week, February, 1956

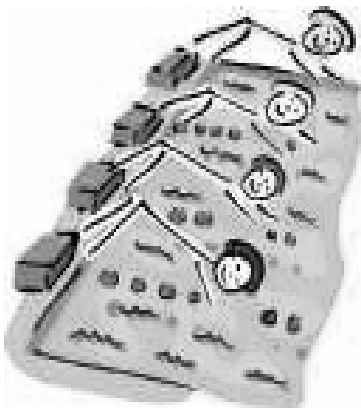
1957 Beverly Hills, California, April 1957 National Indoor 250

Breaststroke Champion.

1994 - Inducted Hall of Fame Special Olympics, Hawaii. For coaching and contributing.

1994 - Inducted Hall of Fame, University of Hawaii - Pioneered Castle High School Girls Athletics.

2008 - Inducted Hawaii Swimming Hall of Fame



## **Because You're Special**

We sometimes take for granted  
In the rush of all we do,  
And forget to say a special thanks  
To volunteers like you!  
So we send this note to tell you  
How much all you do means,  
Your gifts of time and of yourself  
Are special ones indeed.

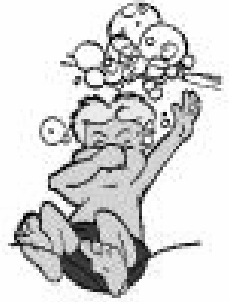
The volunteer support of  
our swim families is vital  
to the success of the team  
overall and our swimmers  
individually.

# **Thank You!**

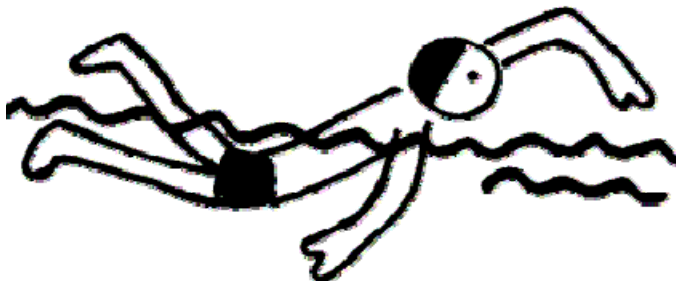
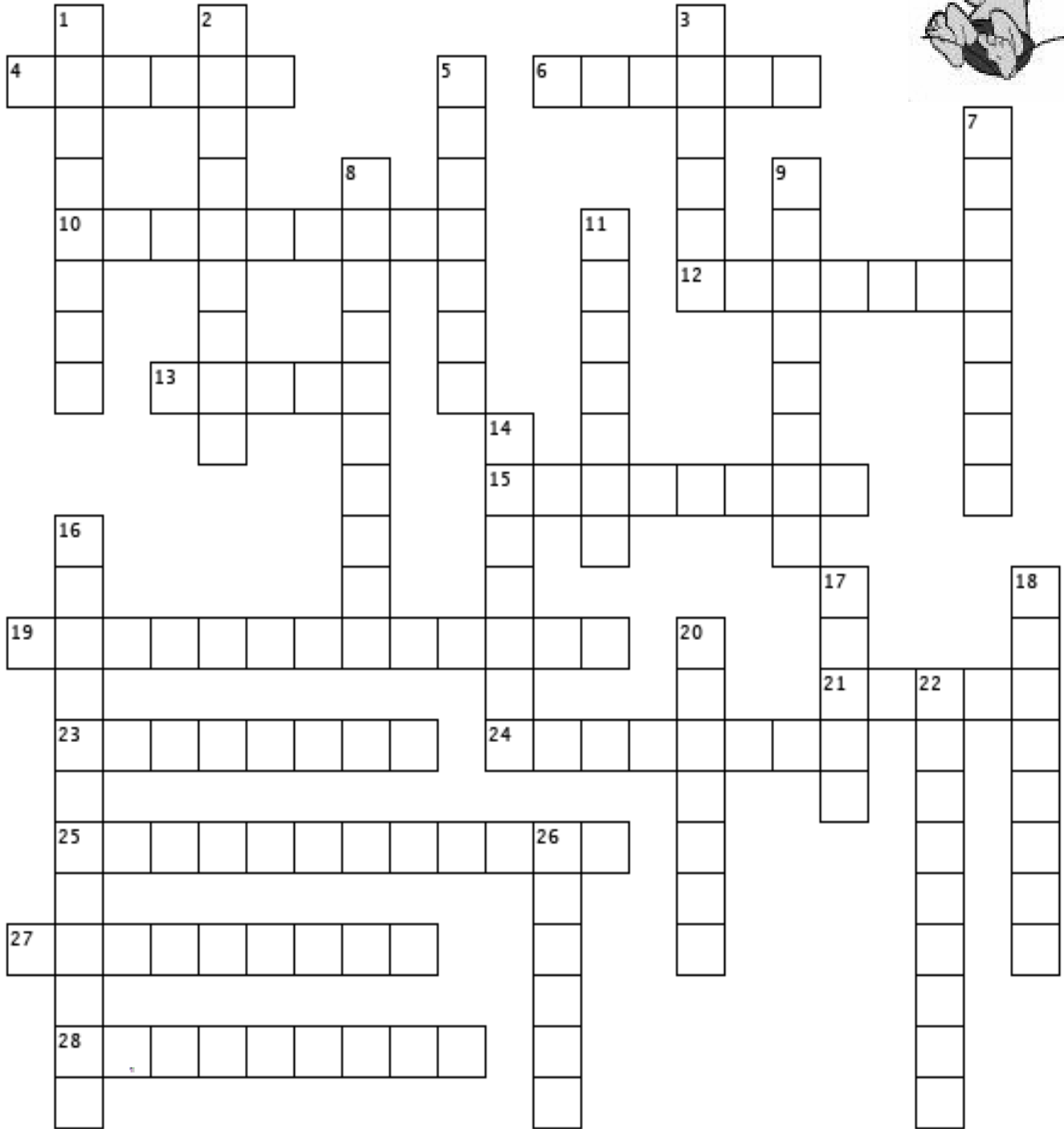
## **PARENT APPRECIATION**

A BIG MAHALO to all the wonderful parents who help with many of the activities around the pool!!! So many things could not happen without YOUR help from meet set up and clean up, Supervising Meet Hospitality or Concessions Stand, Clerk of Course, Safety Marshall, Computer Operations, Colorado Timing System Operations, Awards Desk, Head Timer, Timer, snack bar and hospitality and many other duties. It takes many people volunteering many hours to make a swim meet a success. Thanks for all your generosity and for saying yes!!

# swim stuff



words related to swimming and pools



Answers on page 10



## Across

4. This is what you should do before you race.
6. #11 down often give you these so that you can practice technique and build strength and endurance. You can also use them to put holes in wood, steel and other material.
10. Many swimmers do this as one of their first paying jobs.
12. This is meant to reduce drag and is often used to make competitive proclamations or show team spirit.
13. These help backstrokers turn when they need to.
15. You use this in long-course competition in events over 50 meters and in short-course competition in events over 25-meters/yards, but usually only in breast stroke and butterfly.
19. Your coach may make you throw these back and forth.
21. This is often left at swim meets and a swimmer can never have too many.
23. racewear
24. head covering is sometimes made of this, is often found in goggle gaskets, and is used to caulk your bathtub.
25. These can help develop less used but important swimming muscles.
27. In this stroke pretty much anything goes.
28. This can help a lot when doing '#20 down #6 across'.

## Down

1. A number of these these, depending on width of the pool, reduce waves and keep swimmers apart - for the most part.
2. mariposa. pappilon, motyl, Schmetterling, ...
3. Competitive swimmers use these when doing #26 down.
5. These might be thought of as #9 down for the other end.
7. You use this in long-course competition in events over 50 meters and in short-course competition in events over 25-meters/yards, but only legally in freestyle and backstroke.
8. Swimmers swim this 'sunny-side-up'.
9. A lot of swimmers wish their feet were these.
11. These can help you become better swimmers through instruction, encouragement, and seemingly outrageous demands.
14. These can help keep #18 down out of your eyes and can help you see the wall when you do #7 down.
16. This is the slowest stroke and is considered the most difficult stroke to master.
17. head covering is sometimes made of this; also used to describe a kind of water-based housepaint.
18. It was discovered in 1774 by Scheele, who thought it contained oxygen. It was named in 1810 by Davy, who insisted it was an element. It has the Atomic number seventeen. So, what is it?
20. This is a fundamental part of every stroke done with your legs and feet. A lot of masters swimmers use #9 down when they do this as a drill set.
22. This sport involves a wet yellow ball.
26. This begins most swimming races and is a sport in itself



OFFICIALS and COACHES



YUTAKA KIMURA KAZUYUKI MATSUDA BETBUYA KON



AKIKO MATSUMOTO

SWIMMERS

GIRLS →



RINA SAKAMOTO MOMO NAKAMURA



ASUKA HATA MAYU MIZODUCHI KAWO OGUSU



SAYA SAKAMOTO AYANE SAKABAI REINA ICHIKAWA



KUMI MATSUMIYA KANA TOBITA NANAMI TAKATERA



MAYU MOCHIZUKI AYAKA YOSHIOKA EMI YAMAMOTO

BOYS →



UMI HIRABAWA TAISHI YAMASHITA



WATARU HIRACHI KAITO SUZUURA RYO TAKEBHITA



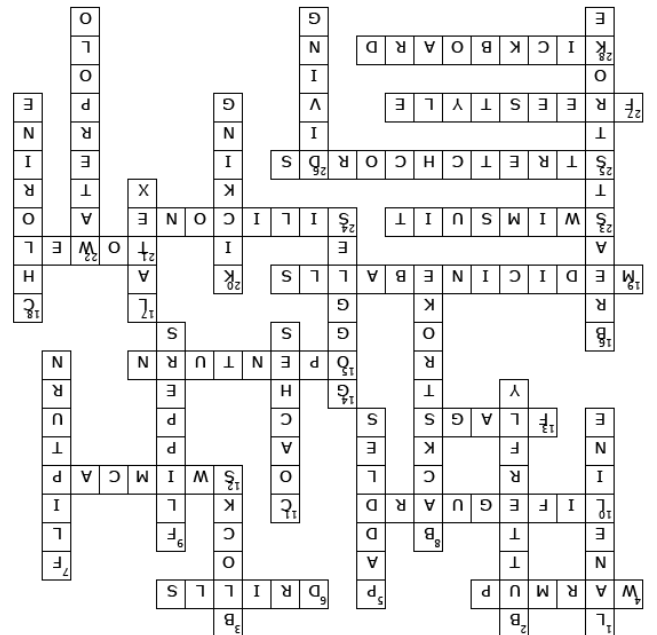
YUSUKE YASUDA YUJI NARITA RHO MIYAMOTO



FUMIYA UCHIDA TAKAHIRO SHIMIZU KEISUKE SAITO

Good Luck !

# Central Sports Swim Team



words related to swimming and pools

swim stuff



H X B T I X S V Z Y D C O A C H E S X G G J  
 N A C P M J U T C T O C Y V E C E S R E V E  
 S B F L D E E Y W O S H E Y A Z L F K Q N B  
 C X U N G F D E V W K L J E G L Q O N O X D  
 J U A T K L L I Y E F O W S I G R D C H R R  
 X J F B T S A A C L J R W R Z T O I K A U T  
 J H M L M E Z N G I S I D T S V L G U F F Z  
 O O I L I B R U E S N N C T T I U G G F S K  
 N B G A G P X F R L D E S W S L E M K L U H  
 E Z V T D E P I L R I A B B X F K J I P E K  
 S J H E M I T E A Y E N E A I S Z A C A W S  
 W H I X N F V O R R F L E L L D B K K D W U  
 I Q W Q A A B I B S Y I L Z N L B V I D A C  
 M V E N U K U O N T M T E P A J S Q N L T W  
 C O C O C H Z J S G N E Y X C W F K G E E A  
 A P W I S T R E T C H C O R D S K W M S R R  
 P E K C Z D E U Q B A C K S T R O K E Z P M  
 E N F M X R W E S W I M S U I T Q Q H W O U  
 G T W Q F Z R C R G J E D E M W P H G G L P  
 L U M U N T F L I P T U R N Y F W I W U O Z  
 L R N A R T A W E B L O C K S O U F Z D V G  
 V N N I Z T A N F C P P X B W M G B Q E K W

**SOLUTION TO PAGE 11**

One LAP is to the other side of the pool and back, A floating marker BUOY, A dry, flat area near the pool, or the floor of a ship DECK, While swimming laps, stay in your LANE, A manmade indoor or outdoor swimming area POOL, One thing the beach has that a pool doesn't SAND, You can retrieve batons or RINGS from the bottom of the pool ,The STEPS lead into the pool if you don't want to jump in, Swimming would be impossible without WATER, Helps you out of the deep end of the pool LADDER, You're supposed to SHOWER before entering the pool, Back, breast, or crawl STROKE, These help you see underwater GOGGLES, Swimming has been an OLYMPIC event since 1896, No RUNNING around the pool; you don't want to slip and fall, The result of insufficient sunscreen SUNBURN, Keeps your hair dry while swimming SWIM CAP, When the WHISTLE sounds, stop what you're doing and listen , Chemical that keeps the water clean CHLORINE, Little kids use these to help stay afloat FLOATIES, You can throw this to rescue someone who can't swim well LIFE RING  
 One piece, two piece, or trunks, but don't forget it SWIMSUIT, Blocks the sun while you're resting near the pool or beach UMBRELLA, Gives your arms something to hold while learning to kick KICKBOARD, The person who enforces the pool rules and watches swimmers LIFEGUARD, Many swim toys and flotation devices are INFLATABLE, A water safety INSTRUCTOR teaches swimming lessons, Platform from which you can jump into the water DIVING BOARD

# The Swimsuit

## History

The first swimsuits covered nearly every inch of a woman's body. The first bikini was worn during a Paris fashion show in 1946. They were named after Bikini Atoll, the site of several nuclear weapons tests, for their supposed explosive effect on the viewer.

## Materials

The earliest of swimsuits were made of wool because it remained modestly opaque when wet. However they became quite wet when saturated with water, weighing up to nine pounds.



## Revolutions

Spandex, introduced in the 1950s revolutionized the swimsuit industry by allowing a lighter, more fitting swimsuit.

## Women's Suits

The proper name for a one-piece swimsuit is maillot. Maillots may come in a variety of styles including bandeau, cutouts, one-shoulder and halter neck. The **racerback** was first developed in 1928 by the Speedo company to give athlete swimmers greater flexibility and movement. This swimwear is designed to allow swimmer to be able to move their arms and to create a better stroke technique. **Bodyskins** are normally made of technologically advanced lycra-based fabrics designed to hug the body tightly and provide increased speed and decreased drag resistance in the water. Suits of this type provide full body coverage from the ankles to the neck and wrists, though some

sleeveless designs also exist. The **kneeskin** is similar in design to the full bodyskin absent the leggings beyond the knee. It also resembles a "shortie" style wetsuit only made of drag-reducing fabric instead of neoprene and commonly features a zippered back.

## Men's Suits

Early men's swimsuits were designed much like women's suits, keeping the chest, arms and legs down to the knee all covered. When men first began to go topless in swimsuits, they could be arrested for indecent exposure.

A **drag suit** is a pair of baggy squarecut or speedo-style trunks that competitive swimmers may wear over their inner suit during training to provide extra resistance (or drag) from the water. A **swim brief**, or **racing brief**, refers to any briefs style male swimsuit. Like underwear briefs, swim briefs feature a "V-shape" front and a solid back providing form-fitting coverage. They are usually worn below the lower waist, but some of them can be worn at the waist. They are generally secured by thin banding at the upper thighs and either a drawstring around the waist or an elasticized waistband. Swim briefs are most often made of a nylon and spandex composite, while some longer lasting suits are made from polyester. A **jammer** is a style used mainly in competition to obtain speed advantages. They are made of nylon and lycra/spandex material and have a form fitting design to reduce water resistance. They provide moderate coverage from



the mid-waist to the area above the knee. **Legskins** are made of technologically advanced lycra-based fabrics designed to hug the body tightly and provide increased speed and decreased drag resistance in the water. The legskin covers from the swimmer's mid-waist to his ankle. A **kneeskin** is a type of competitive swimwear worn by both male and female athletes. Kneeskins are normally made of technologically advanced lycra based fabrics designed to hug the body tightly and provide increased speed and decreased drag resistance in the water. The **LZR Racer Suit** (pronounced as laser) is a line of high-end swimsuits manufactured by Speedo using a high technology fabric composed of woven elastane-nylon and polyurethane. The technology is patented in Portugal, and protected worldwide.



