

# to the Hawaii Invitational honoring

# Daren Choi



August 14 - 15, 2010 Veterans' Memorial Aquatic Center

It is our honor to welcome you all to the Hawaii Invitational, this year honoring a Hawaii champion, Daren Choi. We welcome our visiting teams from the neighbor islands, and our foreign visitors from Japan, Hong Kong and China.

It is always a pleasure to host such an international event, bringing competition from foreign countries to the shores of Hawaii, allowing our Hawaii swimmers great competition as well as a time to meet new friends from around the world.

We hope that you each attain your personal best and have a great weekend of competition!





#### Welcome To the Daren Choi Invitational August 14 – 15, 2010 Veterans' Memorial Aquatic Center

Five years ago when we hosted the first Hawaii Invitational, we decided to honor Hawaii Olympians. We wanted to continue their legacy so that our swimmers of today, do not forget the great swimmers who came from Hawaii, and represented our small islands at the Olympic games.

This year we will honor a very brave and talented young Hawaii champion, Daren Choi. We welcome everyone and thank you all for joining us this year. Daren, who will be a junior at Pearl City High School this year, was injured in a fall, while site seeing and hiking, in Samoa, after attending the Oceania Games in June 2010. Daren was one of Hawaii's elite swimmers selected to represent the United States at the Oceania Games.

Daren is home in Hawaii, undergoing extensive physical therapy at The Rehabilitation Hospital of the Pacific. Daren is in for a long, hard and expensive course of treatment to recover and regain his strength. The progress Daren has made in a short time has been nothing short of a miracle. When Daren first came home, he had very little movement in his body from the neck down. A few days ago, Daren took 16 steps on his own. Daren s spirit and courage is infectious when you visit him in his hospital room. Each day his therapists challenge Daren; each day Daren succeeds in meeting their challenge.

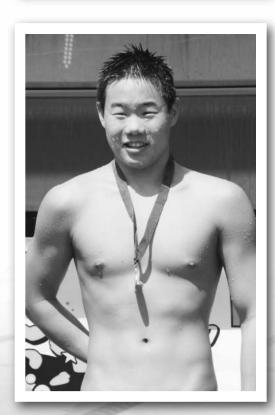
We honor Daren and recognize him at this swim meet. From a young age, Daren was breaking and setting records. We felt inspired to help the Choi family, in this small way by honoring Daren.

We welcome all swimmers competing this weekend from Hawaii, Hong Kong, China and Japan. We hope that you each attain your personal best and have a great weekend of competition!

Thank you for joining us in showing your continued support, prayers and best wishes to Daren and his family!

Aloha, Coach Keith Arakaki Hawaii Swimming Club





# **Daren Choi**

2010 Oceania Championships, with 3 medals, Choi was the most decorated individual Hawaii athlete among competitors from 13 different countries at the 8th Annual Oceania Swimming Championships in Western Samoa.

Choi had placed third in three events—the 50, 100, and 200 back—recording his personal best times and also achieving highly-coveted U.S. National times in each event for the first time in his career. The 16-year old achieved those marks in competition against 19- and 20-year olds who are headed for the upcoming Olympic trials.

Earlier this year, as a Pearl City High School sophomore, Choi set records in the 200 individual medley and 100 butterfly at the OIA West Division Championships and broke records that had stood since 1987 in the 50 and 100 free at the OIA Championships.

Article borrowed from the July 13, 2010 "Hawaii Independent".



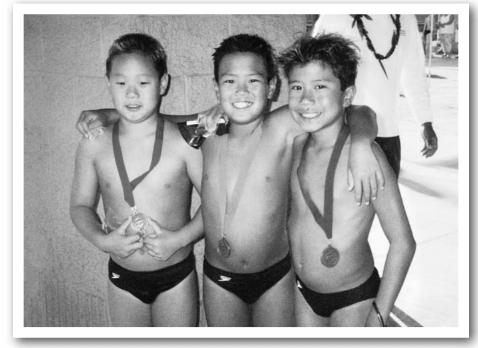
# DAREN CHOI

# A Friend, a Fierce Competitor

By Kevin Arakaki

Daren Choi is an amazing kid who comes around once in a lifetime. His approach towards swimming and life in general can't be matched. He has very many traits and characteristics that make him as great a person as he is now. He is a combination of persistent, warm hearted, funny, and hot headed. Which makes him a great friend and a deadly swimmer.

Just before he turned six. Daren began swimming at the Waikele Pool with Hawaii Swim Club. Before that he would watch his sister, Shanelle, swim while he played soccer outside the pool. He didn't like swimming at first because of the cold water. But with his tenacity and strong will he continued his swimming career. He then got his first state qualifying time in the 50 fly at the age of seven. That would then lead toward his reign over the ten and under division for the next two years when he won the high point male swimmer at state champs at the age of eight. He participated in many upper level meets at a young age such as Age Group Sectionals, our Hawaii State Championship meets, and Western Zones. All the while, Daren continued to make friends throughout the swimming community. He continued to amaze everyone, myself included, with his growing speed, strength, and cool composure. Although every now and then I would see that hot headedness come through and it would remind me of once while training at Waikele, Daren and I got into an argument over a kick board when I took his and he flipped out and yelled at me. "GIVE ME MY BOARD BACK". Later when he took my kick board by mistake, I took advantage of the situa-



Daren Choi, Dane Kawamoto, and Kevin Arakaki in 2003

tion and yelled back at him "GIVE ME MY BOARD!!" Daren didn't laugh. Not outwardly anyway.

Daren attends Pearl City High School where he will be an upcoming junior. While swimming at Pearl City, he has broken many records such as the 50 and the 100 yard freestyle record at the 2010 OIA champs, and also took first at the High School States, also becoming an All-American achieving that award in the 100 yard freestyle. Swimming has taken Daren all around the US and abroad to represent himself, his team, and his family and racing people all over the world.

While being at the hospital with Daren everyday, one of the things I have enjoyed watching is how the people who come to visit him are actually getting to know each other and are making new friends themselves while there visiting Daren. When one person

can bring a group of people together like Daren does, I believe that is truly unbelievable.

Daren loves to swim and hang out with friends, but mainly loves to swim. People believe it is his love for swimming and his drive that can push him to regain his strength and soon be back in the water doing what he used to do before, which was to have fun and race. He now fights hard trying to rebuild his strength everyday to do the things we do on a regular basis. With Daren's great heart and determination, I believe he will be back in no time. My family and I pray every day for Daren and his family as we know there is still a long road ahead for all of them.

I've known Daren for a long time; he is a great teammate but an even better friend. Someone like Daren comes around once in a lifetime. We're here for YOU now Daren.

# **Daren Choi**

By Dane Kawamoto

I've always been warned to never take anything for granted. But I learned the true meaning of this when Daren got into the accident in Samoa. Almost losing a friend when you least expect it makes you realize a whole lot about life.

I would've never thought something like this could happen to somebody I know, someone I care so much about. Over the nine years I've known Daren, I've found him to be one of a kind. When we were little, Daren and I wouldn't always get along. However, as we grew older and more mature, our friendship also grew stronger. When our

sisters got their driver's licenses, we all hung out a lot, playing at the beach, downing bubble drinks, going down the Chois' stairs on the boogie board and having intense ab workouts from all the laughing.

Seeing someone everyday and carpooling to and from practice can really make you learn a lot about that person. In time, I found out what kind of person Daren really is. He is thoughtful, understanding, and fun to be around. He's pretty much down to do whatever, except scary movies and anything haunted. I'm pretty sure he thought the

Harry Potter movies were scary. Some of the KSC swimmers went to Seven Bridges after our banquet one year and he was holding onto everybody like a ghost was after him. Daren is so funny and he doesn't even know it. His sister Shanelle and I have a slight problem with anger management on the road, but Daren is another story. I don't think I've met a calmer driver than him. If a car is going too slow or cuts him off, he simply says, "Come on! What was that?" He then turns to us and asks if that was road rage. We answer together, "No Daren, far from it." I feel that he's not only my friend and teammate, he's my brother.

Watching Daren go through therapy and making tremendous progress everyday is truly the most amazing thing I've ever seen. I'm inspired by his courage, strength, and determination. He puts all of his heart and effort into rehab; it makes me want to be the best I can be in whatever I do in life too. I'm proud of him and lucky to have him as my friend.

What is equally incredible is seeing so many people reach out to help in the most awesome ways. I lived in a very small world until now. My outlook on life and people has changed drastically.

Thank you HSC and the Arakaki family for letting me share my thoughts with you. Swimming in the Daren Choi Invitational will be an extra special experience with memories to last a lifetime. This is the biggest challenge Daren has ever faced, but he won't have to do it alone. I'm here for him along with hundreds of his other brothers and sisters.



# **Growing Up With Daren Choi**

By Devynn Kaneshiro

I first met Daren Choi when I was in his Kindergarten class at Kanoelani Elementary School. One of my earliest memories of Daren was how protective and thoughtful he was! I remember this one day, when a lot of mynah birds flew near me and started to scare me, Daren immediately ran over and chased them away!! Even at 6 years old, I knew I was safe hanging with Daren!!

He also sat next to me in class and whenever he or I had to erase something and the eraser mess would fall on my clothes, he would dust it off for me!! That's how thoughtful he was (of course Daren would never admit to any of this)!! But...all of this changed as he soon started growing up!!

I joined Hawaii Swimming Club when I was in 1st grade and found out that Daren and his older sister, Shanelle



were on this team. Even back then, they both were the two of the fastest and most hard-working swimmers on the team!! We all grew up together, carpooled to practice, and became good friends.

We continued on to Highlands Intermediate, and then to Pearl City High School. We both share many of the same friends and swim on the High School team where Daren continued as an outstanding swimmer who broke several state records.

A little over a year ago, I dislocated my shoulder and didn't swim for several months. It was difficult to get back to where I was in my swimming, so since then, my interest in swimming slowly decreased. However, after Daren's accident, I see all the challenges he faces and overcomes everyday and how strong-willed and determined he is to get back in the water. That just motivates me to change my attitude, train harder, and get my mind back into swimming. He not only inspires me, but also everyone that knows his courageous story.



Kuakini Medical Plaza 321 N. Kuakini St., Suite 309 Honolulu, Hawaii 96817 1029 Kapahulu Ave. Honolulu, Hawaii 96818

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#### GET WELL SOON, DAREN!!!

We join the whole Hawaii Swimming Ohana in praying for your healthy recovery.

From: Kenji & Keiko Mori (Sun-Shine Aquatics)



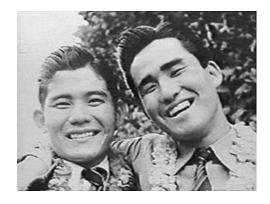
#### **Veterans' Memorial Aquatic Center Facility Rules**

- 1. ALL ATHLETES AND SWIMMER NEED TO SHOWER BEFORE ENTERING THE POOL
- NO FOOND 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.
- 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



# Former Honorees of the Hawaii invitational









#### Top to Bottom (L-R):

1940 Olympians Keo Nakama and Halo Hirose
 1955 World Record Holder Ivanelle Hoe and High Point Josette Gose
 1956 Olympian Sonny Tanabe and High Point Josette Gose

1976 Olympian Chris Woo and High Point Kiana White



# Hawaii Invitational Honoring Daren Choi Veterans' Memorial Aquatic Center August 14-15, 2010

SESSION 1 • Saturday - Aug. 14, 2010				SESSION 2 • Sunday - Aug. 15, 2010				
GIRLS	DIVISION	EVENT	BOYS	GIRLS	DIVISION	EVENT	BOYS	
1	OPEN	200 I.M.	2	49	OPEN	200 Back	50	
3	13 - 14	200 I.M.	4	51	13 - 14	200 Back	52	
5	11 - 12	200 I.M.	6	53	11 - 12	50 Back	54	
7	10 & U	200 I.M.	8	55	10 & U	50 Back	56	
9	OPEN	50 Free	10	57	OPEN	200 Free	58	
11	13 - 14	50 Free	12	59	13 - 14	200 Free	60	
13	11 - 12	50 Free	14	61	11 - 12	200 Free	62	
15	10 & U	50 Free	16	63	10 & U	200 Free	64	
17	OPEN	100 Back	18	65	OPEN	200 Fly	66	
19	13 - 14	100 Back	20	67	13 - 14	200 Fly	68	
21	11 - 12	100 Back	22	69	11 - 12	50 Fly	70	
23	10 & U	100 Back	24	71	10 & U	50 Fly	72	
25	OPEN	100 Breast	26	73	OPEN	200 Breast	74	
27	13 - 14	100 Breast	28	75	13 - 14	200 Breast	76	
29	11 - 12	100 Breast	30	77	11 - 12	50 Breast	78	
31	10 & U	100 Breast	32	79	10 & U	50 Breast	80	
33	OPEN	100 Fly	34	81	OPEN	100 Free	82	
35	13 - 14	100 Fly	36	83	13 - 14	100 Free	84	
37	11 - 12	100 Fly	38	85	11 - 12	100 Free	86	
39	10 & U	100 Fly	40	87	10 & U	100 Free	88	
41	OPEN	200 Free Rly	42	89	OPEN	200 Free Rly	90	
43	13 - 14	200 Free Rly	44	91	13 - 14	200 Free Rly	92	
45	11 - 12	200 Free Rly	46	93	11 - 12	200 Free Rly	94	
47	10 & U	200 Free Rly	48	95	10 & U	200 Free Rly	96	

## Presenting the Athletes:



**Aloha Aquatics** Mya R Adams Liz S Becherer, Ceci Brezeale Darby Y Davidson Patrick L Delos Santos Nicole K Halemano Anna L Harder Alexus K Iaea Kealii K laea IV James M Kaku Erin E McMurdo Rachel M Mivoga Fabiene A Palipti

#### Aulea Swim Club

Kylie M Tom

**Emily K Travis** 

Sarah M Warren

Sean S Yamada

Savanna P Warren

Jadyn A Yamakawa

Sopa Y Bruno Maxwell B Dunlap Noah H Faurot Jaek J Horner Kaena D Horowitz

Aaron M Kiyotoki



Olivia G Klem Haley K Mansanas Kiana P McDonald Hallie H Pound LeGrand S Pound Madison R Pound Greyson M Tillman Josh K Toy

#### Central Sports

Yuna Akamae Haruki Aoki Takumi Asako Mika Endo Murasaki Fukuzawa Daiki Goto Kirio Iwashita Motohiro Mikami Masumi Miyauchi Takei Momo

Maki Momose Sairi Ogawa Hirokazu Okawa Haruka Okutomi Shiho Ogisu Kenta Ozaki Keisuke Saito Shiori Saito Nene Sugimoto Kazuki Yamamoto Hayato Yamanouchi Takumi Yano Sakiho Toriumi Yuki Yamazaki

#### Hawaii Swim Club

Akane Ueno

Peter Joseph S Agustin Makoa K Alvarez

Shayna M Asuncion Echo J Baraquio Rev L Cabanilla Ryan L Cabanilla Austin D Corpuz Jorden D Corpuz Samantha M Dammann Sophia E Dammann Alannah L Don Colin K Fellezs Max S Fleischauer Hiroko D Fraser Jake S Glasgow Josette K Gose Micah S Gowen Caitlin A Hatakeyama



Brett M Henry Corilynn K Higa Diamond K Inouve Nicky S Inouye Paris K James Madeline F Jamora Sheri S Komori Jack Lee Anthony S Luong Jessica S Luong Stacia N Malmos Robby T Masicampo-Van Ostran Stella K Matthews Jack R McGuire Michael P McGuire Jordan J Nakao Nigel K Ng

Carly L Quast

Julian L Ruiz Tatum M Samson Jordan K Schmidt

Madison R Schmidt

Vanshj Seth

Johnmartin N Sherman-Lewis Joyelaine P Sherman-Lewis

Kent S Yamada Kyle S Yamada Shuya Yang Mari N Yosmura

#### **Hickam Hurricanes**

Grace M Colasanti Joey J Fitzsimmons Marissa A Goodson Miquela L Goodson Rebecca L McIllece Ethan Nix Jane Sahlin

#### **Hong Kong Swimming**

Kin Lok Chan Wing Lim Chan Siu Hang Cheung Kam Yin Chu Lai Yeung Chung Yan Ting Chung Chun Yin Kong Kei Koi Kong Yin Yan Lau Hei Tung Ma Chun Nam Ng Hang Yu Sze Chun Yan Wong Kai Wai Wong Ho Chun Yan

#### Iolani Swim Club

Nicholas S Arima Maximus W Chang

Jacie S Fukada Susan M Hasegawa Erin M Ibaan Rafi S Lee Eaven M McMurray Chase T Nakamura Lucy B Park Kyleigh K Takahas Robyn M Yim



#### Kamehameha Swim Club

Kale A Al

Kacy L Johnson Dane I Kawamoto Noel M Kawano Evan T Rosca Ryan K Saunders Jacob C Urbano Evan L Uy

#### Manoa Aquatic

Brandon S Au Eugene S Au Chelsea W Chan Yeseul Do Bryeana Y Fajota Chadd Y Fajota Rachel M Garcia Gabriel Hanaoka Reverie M Hara Dong Hyeon Hwang Dong Jin Hwang Sydney W Lau Travis S Lau Jenna Y Morikubo

Bryce Murley Joshua W Namba Jenna A Nisda Jonathan Y Oba Kevin Park Skylar M Taba Aaron T Wong Ky Wong Rachel M Wong Christian C Yang **Emily Yang** Leslie J Yang Wyatt H Yang

#### **Pearl City Aquatics**

Monique R Duplessis Chevenne A Garcia Esther Kim Frankie F Gilliland III Bobby Ky Sam S Harada Kevin Liu Kylie K Hong Kristi N Ikeda Kayla S Ippongi Tyra E Ippongi Chanel No. Reyna A Iwamoto Marc K Okimura Erika T Kakazu Kayla K Rask Tahni M Kakazu Savath Saepoo Matt M Velasco Tyra I Kurata Ashlyn M Witherwax Natda Luangkhot Noa C Ohara Stephen Park Putri K Prakoso Charlene A Rivers



Dawson J Sloan

Matthew A Taira

Amy N Westphalen

#### **Pearl Harbor Aquatics**

Nicolas L Alvarez Michael J Hampton **GK Kailiwai** Conor F Uetz



#### **Rainbow Aquatics**

Rachel K Fujita Evan G Fukumoto Gail K Fukumoto Taiga T Hashimoto Jay J Holmes Trisha H Ishikawa Andrew P Lum Patrick A Lum Robbie Y Mau

#### Shanghai Baoshan **Youth Swim**

Xingyu Deng Siyuan Fu Siyi Xu Yiming Yan Ruichen Zhang

#### Splash Aquatics, Inc.

Joseph N Ahia Trina M Chun

Jennifer Y Chung Lauren K Condon Taiyo Endo Kate S Fujii Shaye Demi R Ganuelas Erika-Ann F Kim Brandon B Leong Jonathan S Magota Eryn N Nakashima Lauryn M Nakashima Taylor N Peralta Michael T Sakai Hayato Shigihara Bryce K Tanaka Jaycie A Tanaka Caitlyn C Whang Toby R Yoshida



#### **Sun-shine Aquatics** Swim Club

Taylor N Bogdahn Caleb H Brown Charis M Brown Courtney K Choy TJ J Dawson Lvra L Gonzalez Milan M Gonzalez Aja O Grande Katherine F Guevara Kimi T Guevara Albert M Lee Kaya M Lee Walter M Lee Kara J Machida Kenji M Mori Amy V Wickard

Zack Y Woo

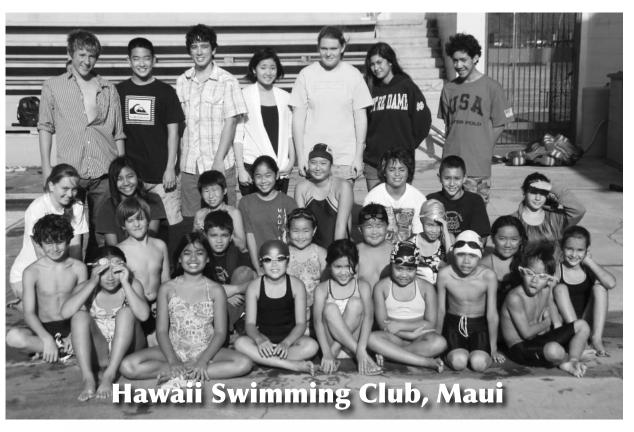
Michaela M Yamashita

# LAHAINA SWIM CLUB wishes you a speedy recovery, Daren!





# **Hawaii Swimming Club**



# **Our History And Philosophy**

Hawaii Swimming Club (HSC) was founded by "Coach" Soichi Sakamoto in 1945 with the purpose of promoting and developing swimming for the benefit of Hawaii's youth. "Coach" Sakamoto's exploits are well known and he is perhaps best remembered for his development of Olympic swimmers using the cane field ditch in Puunene as his training pool.

Hawaii Swimming Club's mission is to continue the timeless tradition established by "Coach" Sakamoto for the benefit of our youth. Our coaches fully embrace his philosophy that age group swimming is for the development of competitive athletes – yes, but perhaps more important, swimming is a means of teaching our children life values.

Our desire is to establish an environment where coaches, parents and children can share in a commitment, discipline, hard work, respect for others and showing our gratitude. Swimming is important but the love of God, family and education are all higher in priority. Oh yes, having FUN is important too.

# Hawaii Swimming Club Coaches

#### Waikele:

Coach Emmett Vidal Coach Keith Arakaki

#### VMAC:

Coach Scott Sherwood

#### Salt Lake:

Coach Claire McEwen Coach Ernest Cheung

#### Kapolei:

Coach Dexter Lee Coach Ashton

Coach Brandi

Coach Ethan

Coach Micah

#### Maui:

Coach Reid Yamamoto Coach Rodney Hayashi

Coach Susie Baker

www.hawaiiswim.org





# **Hawaii Swimming Club**





Wishes you a swift and complete recovery!



## **CENTRAL SPORTS**

#### OFFICIALS and COACHES









#### SWIMMERS

**GIRLS** 





























BOYS -

























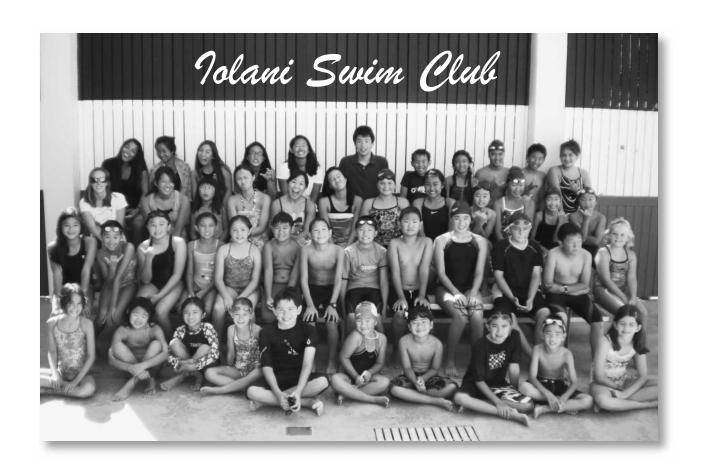
TAKUMI ASAKO



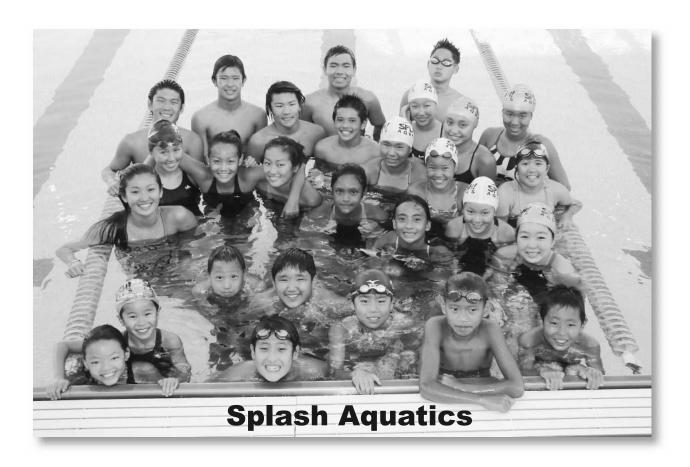














# Thank You!

There is no greater feeling then when people from so many different clubs share their love and support for a fellow swimmer. We would like to thank the following people for their hard work, especially on such short order. If not for each of their combined efforts, we would not have been able to get everything put together.

Pauline Sawai – tshirt design Chad @ Carin Shirts, Inc.

Angela Ki – souvenir booklet Professional Image, Abraham Kalilikane

Fumiko Yamada, Hospitality

Coach JiaLin Sun "Sunny" Sunshine Aquatics

Event & Ad sponsors:

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Andrea Iwamoto
Naomi & Ronald Ikari

Lahaina Swim Club Maui Swim Club

Chelsea & Sheyenne Machida Maui High School Swimming & Diving Team



