63rd
2011
KEO
NAKAMA
SWIM AND DIVE
Invitational
Honolulu
Hawaii
July 1–3, 2011
Veterans' Memorial Aquatic Center

Welcome

to the

63rd Annual

Keo Nakama

Invitational

July 1- 3, 2011

Veterans' Memorial Aquatic Center

The Keo Nakama Swimming Invitational is the oldest swim meet in Hawaii. Established over half a century ago by legendary coach Soichi Sakamoto, it continuously draws the best teams in the country, and from overseas, who wish to combine a great swimming experience and a magnificent vacation in beautiful Hawaii. This meet is USS sanctioned and is held at the Central Oahu Regional Park Aquatics Center. The swim meet is named after Hawaii's most well know swimmer, Keo Nakama.

State Anthem

Hawai‘i Pono‘ī

Hawai‘i pono‘ī	Hawaii’s own true sons
Nānā i kou mō‘ī	Be loyal to your chief
Ka lani ali‘i,	Your country’s liege and lord
Ke ali‘i	The chief
Hui:	Chorus:
Makua lani ē,	Royal father
Kamehameha ē,	Kamehameha
Na kaua e pale,	Shall defend in war
Me ka ihe	With spears
Hawai‘i pono‘ī	Hawaii’s own true sons
Nānā i nā ali‘i	Look to your chief
Nā pua muli kou	Those chiefs of younger birth
Nā pōki‘i	Younger descent
Hawai‘i pono‘ī	Hawaii’s own true sons
E ka lāhui e	People of loyal heart
‘O kāu hana nui	The only duty lies
E u‘iē	List and abide

Hawaii Swimming Club

Welcome to all teams, athletes, parents, friends and coaches!

Hawai'i Swimming Club proudly presents the 63rd Annual Keo Nakama Invitational Swimming & Diving meet. Thank you to all of our Hawai'i teams for supporting our swim meet year after year. Thank you to our old and new friends visiting from the mainland United States, Tahiti, Indonesia and Guam. The Keo Nakama Invitational Swim meet started out as an international swimming and diving event. Coach Soichi Sakamoto would be proud to see that a meet he started those 63 years ago is still continuing the tradition he began.

Keo Nakama was inducted into the Waterman Hall of Fame, Outrigger Duke Kahanamoku Foundation, earlier this year. Although Mr. Nakama was not well enough to attend himself, each of his six daughters, their spouses and other members of their family were there and humbly accepted the honor bestowed upon their father. My wife and I were extremely appreciative to have been invited to attend and to witness this great honor.

I would like to thank Glenn Pang, Pool Manager of this Veterans' Memorial Aquatics Center and his staff for their continued support of all age group, high school and masters swim meets held at this beautiful facility.

And I particularly want to thank each and every HSC family member and our swimmers, friends-of-the-family, co-workers, nieces, cousins, and coaches who are here year after year to support this event. Without your help, we could not put on as good a meet. Your expertise in your specific area, whether it is hospitality, the souvenir booklet, bringing in donations, getting the word out and gathering up the volunteers or providing the manpower needed to run this meet, is what brings this meet together and allows us to continue to host a meet which honors Keo Nakama in the manner Coach Sakamoto wanted for Keo when this meet first began.

Thank you for joining us this year and we wish each of you a great meet and a safe and Happy 4th of July weekend!

Aloha,
Coach Keith Arakaki
Meet Director
Hawai'i Swimming Club

The Veterans' Memorial Aquatic Center
Welcomes the 63rd Keo Nakama Invitational

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 served and sacrificed so our youth could live and play in peace.

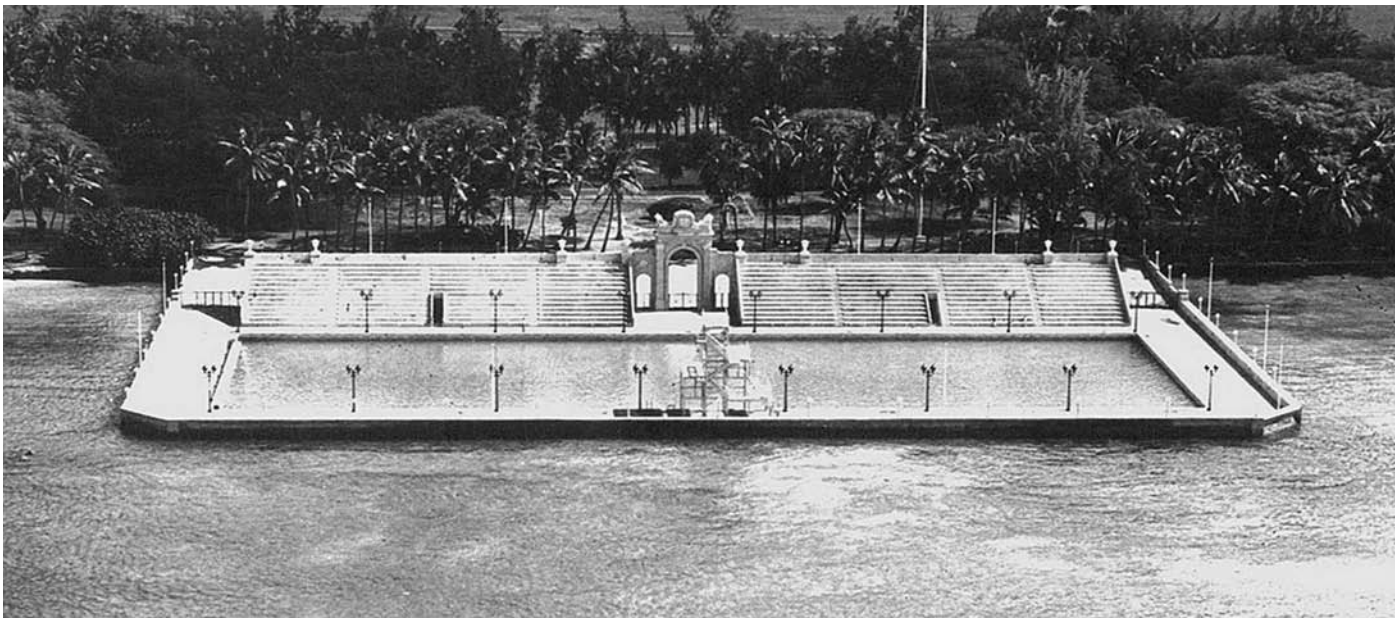
This facility was designed to host a variety of local, national and international aquatic sporting events and to be a training site for the community. The facility schedule and public lap swim hours are available on our web site at: www.honoluluparks.com [Locations, Hours and Contact – District V]; or for real-time information on current schedule go to twitter.com enter: vmac96797 in search box.

We would like to welcome all of the swimmers to the 63rd Annual Keo Nakama Invitational Swimming & Diving meet. We are excited for all of you and wish you the best of luck. Please respect the pool rules posted around the pool and have a safe meet.

Mahalo,
Glenn Pang, Pool Director

Waikiki Natatorium

Hosts the 1st Keo Nakama Swim Invitational



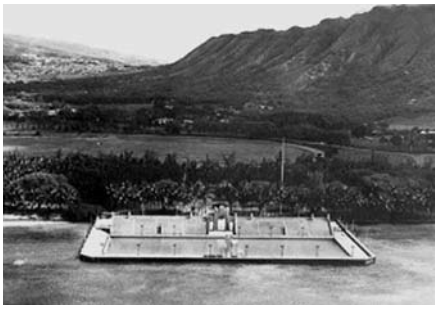
Hawaii's 1921 Territorial Legislature funds construction of the living Memorial with its 100 X 40 meter saltwater swimming pool was built to honor 101 who died and the nearly 10,000 others who served in WWI from Hawaii with $250,000.

Opened on August 24, 1927, the birthday of Olympic Gold Medalist and godfather of modern surfing, Duke Kahanamoku, who dives in for the first ceremonial swim before a cheering, capacity crowd. During its heyday, the Natatorium hosts celebrity swimmers including Esther Williams, Buster Crabbe and Johnny Weissmuller as well as some 34 members of the International Swimming Hall of Fame. It is later also used by the DOE for its mandatory elementary school Learn to Swim Program. Hawaii's last Olympic swimmer learned to swim at the Natatorium.

Owned by the State but operated under and executive order by the City, the Natatorium is closed in 1979 due to thirty years of neglect. Prior to its closure in 1979, the last recorded public investment in capital maintenance was $100,000 in 1949.

On both the National and State Registers of Historic Places. Named to the National Trust for Historic Preservation's II Most Endangered list in 1995. In 1997 the same team that designed the highly successful Ko'olina Swimming Lagoons completes an exhaustive study of coastal conditions, structural integrity and construction alternatives. After considering everything from removal to modifications to full restoration, the State concludes that complete restoration with a re-engineered pool is the most sensible option. The re-designed pool would be Hawaii's only fully ADA-accessible saltwater swimming venue with lifts for wheelchair-bound swimmers to enter the pool.

(Photos courtesy of the Hawaii State Archives).



The Natatorium, circa 1928.

San Souci, circa 1930.

Swimmers diving off the floatiing deck.

Records and Titles for Hall of Fame Swimmer
KEO NAKAMA

- **World Record...One Mile 20:29.00**
- **5 Pan American Games Titles**
- **8 Big Ten Titles**
- **13 NCAA and AAU Titles**
- **5 Australian National Titles**
- **1943 Big Ten Swim Champs, Swim Team Captain for Ohio State U.**
- **1944 Big Ten Baseball Champs, Baseball Team Captain for Ohio State U.**
- **First person to swim the Molokai (Kaiwi) Channel. Year: 1961 Age: 41. Approximate distance of 32 Miles**

NCAA Men's Swimming Champions
http://hickoksports.com/history/ncaamswim.shtml

440-Yard Freestyle
1943 Keo Nakama, Ohio State 4:43.2
1944 Keo Nakama, Ohio State 4:47.0

1500-Meter Freestyle
1943 Keo Nakama, Ohio State 19:18.6
1944 Keo Nakama, Ohio State 20:02.2

Swimming Hall of Fame
http://www.hickoksports.com/history/iswimhof.shtml
Nakama, Keo USA 1975

http://starbulletin.com/97/07/03/sports/story1.html

http://www.ishof.org/HonorUSA.html
Nakama, Keo (1975) Swimmer, USA

PAN AMERICAN SWIMMING CHAMPIONSHIPS: 1940 (5 golds)

AUSTRALIAN NATIONALS: 1939
(5 titles: all freestyle events, 330 yd individual medley)

U.S. NATIONALS: 27 titles (110yd to 1500m)

WORLD RECORDS: extended from mile at New Haven at age 22 to 27-mile Molokai Channel at age 41.

How It All Began...

by Coach Soichi Sakamoto

"Coach, how about inviting Mike Peppe's perennial collegiate champion Ohio State University's swimming team for a major meet here ?"

It was Keo Nakama's wish, following his return to Honolulu after his graduation from the Buckeye Institution, in 1946, to invite his former team and teammates over as an outstanding swimming attraction and event.

So, with the help of George Higa (owner of the Honolulu Cafe at that time) and sports promoter Ralph Yempuku (a bosom friend of George), the first Keo Nakama Swimming Meet was held at the famous Waikiki War Memorial Natatorium.

Up to the inaugural meet, Keo had captained some of the greatest championship teams at his Alma Mater; in addition, he was the University's baseball captain in his final year.

The visiting Buckeyes team consisted of some of the nation's outstanding swimmers and champions including Jim Counselman (present coach of Indiana University); Halo Hirose, Keo's former teammate; Al Wiggins; and Jack Hill, the great middle distance champion.

Keo and I pondered on a appropriate name for the meet. I settled on the idea that we should perpetuate his name since he had done so fabulously with his swimming exploits here and in college. I wanted the "Keo Nakama Swimming Meet" to be a reminder that it was Keo, more than anyone else during his time, who had brought about the renaissance of swimming to Hawaii when it was at a standstill following the days of Duke Kahanamoku, Buster Crabbe, and the Kalili boys. Since the first meet, the great University of Michigan swimming team (coached by now deceased Matt Mann) was invited to follow its arch-rival here for the second Keo Nakama Meet; again the meet was held at the Waikiki Natatorium.

Thereon, some of the world's greatest swimmers made their appearances here from 1948-1972. Included among them were: Japan's great Furuhashi (who blazed the trail in swimming the 1500 meters below the 19 minute barrier); Masao Furukawa (the 1956 Olympic breaststroke gold medalist); and Shiro Hashizumi; Australia's Jon Henricks (the 100 meter freestyle champion in 1956). Among the United States' cream of the crop swimmers and divers were: Chris Von Saltzer (1960-1964 Olympic great); Pat McCormick and Sammy Lee (Olympic diving champions 1948, 1952, 1956 respectively); Barbara Strak (another backstroke star); Bumpy Jones (University of Michigan's great IM Swimmer); Bill Yorzyk (American butterfly champ); George Breen (Coach Counselman's U.S. distance titalist); Frank McKinney (Indiana's twice 2nd place winner in the 1956 and 1960 Olympics); Shelly Mann (Washington, D.C.'s U.S. butterfly gold medalist); Gail Peters (perennial winner in National championship); and many others.

From 1948-1972 the Keo Meets were filled with pageantries and they included parades, Queen of the Meet, Royal Hawaiian Band, military bands, Hawaiian music and entertainment, synchronized swimming and water ballet, clown diving, swimming exhibitions (Johnny Weismuller and Duke Kahanamoku), and the presence and appearance of movie stars – Edward G. Robinson, John Wayne and Danny Kaye. Caroline Kennedy also was present when she was 9 years old.

The Keo Nakama Meets were staged at the Waikiki War Memorial's 100 meter pool. It was changed on two occasions to a 50 meter pool with bulkhead. During those years, the meets were held for two weeks, one in the 50 meter pool at Farrington High School and Kaimuki High School.

Attendance wise, the earliest Keo Nakama Meets, were paid admission, were outstanding as the permanent and temporary bleachers were packed solid with standing room only.

Hawaii will long remember Casey Nakama, a combination athlete – a swimmer and a baseball player!

THE pillbox PHARMACY

Pharmacists

Andreas Kurt Pirl, Pharm.D.
Kalani High School 1976
B.A. University of Hawaii 1983
Pham. D., University of Illinois 1989

Stuart Edward McElhaney Pharm.D.
Kalani High School 1981
B.A. University of Hawaii 1986
Pharm. D., University of Pacific 1990

Rosemarie Pirl McElhaney, PH.D. - Partner
B.S. University of Hawaii 1980
M.S. University of Hawaii 1985
Ph.D. University of Hawaii Plant Pathology 1991

Donna Rodgrigues
Chief Pharmacy Technician

Member of:
Kaimuki Business and Professional Association
Hawaii Independent Pharmacies
Hawaii Pharmaceutical Association
Alliance of Hawaii Pharmacies

In memory of
James Lee McElhaney, P.D.
~The Head Pill~

1133 Eleventh Avenue
Honolulu, Hawaii 96816-2408

(808) 737-1777
FAX(808) 737-4966

The Two Coaches of Keo Nakama

Coach Soichi Sakamoto

AGE GROUP

Recipient of Swimming Hall of Fame - 1966

Soichi Sakamoto is the great coach responsible for modern Hawaiian swimming success. Hawaiian swimmers dominated the sport from 1912, but Buster Crabbe, in the 1932 Olympics was their last champion of that long illustrious era.

Then came a drought and Coach Sakamoto, starting with children in an irrigation ditch, was developing new ideas of pace and rhythm with a metronome. His young swimmers were a new breed of public school swimmers going on to Ohio State and Indiana – Hirose, Nakama, Smith, Konno, Oyakawa, Onekea, Cleveland, Woolsey, Tanabe, Miki and the girls Kalama, Klein-Schmidt, Kawamoto and Hoe. All became National Champions, most make the Olympic teams of 1948, 1952 and 1956.

During this period, Sakamoto was sought out by swimmers all over the world, Journeying to Hawaii in search of the magic touch. They found technique, method dedication and conditioning which produced champions at all strokes and distances, but as the coach told all those swimmers, "It's not magic!"

"The swimming stroke is a ~ working tool," says this master coach, "and therefore it must be one which must be sound in its practical use - to get the most out of a given effort. It must be simple and efficient, and one which can be controlled at will by the individual...Swimming with and not against the water."

"Patience, above all, is tantamount and a rule," Sakamoto continues, "as improvement, growth, speed and success come only at a snails pace. First, it is learning to swim, training and conditioning, competing and going through the bitter experiences of defeat and chagrin. The light of success comes only when everything seems hopeless and wasted."

Coach Michael Peppe

COLLEGE

Recipient of Swimming Hall of Fame - 1966

Mike Peppe is known around the world as the coach of more Olympic divers than any other man. During one long period, 20 divers who studied under this master coach bagged 96 of 125 available National Titles, including two gold, four silver and three bronze Olympic medals in the four Games, 1948, 1952, 1956 and 1960.

Mike Peppe was graduated from Ohio State in 1927. He took a Masters from Columbia in 1928 and returned again to Ohio State where he became the University's first swimming coach in 1931 and the only head swimming coach until his retirement in 1962. During those 33 years, Peppe and Ohio State won 33 major championships, 12 Big Ten, 11 NCAA and 10 NAAU. In dual meets, Ohio State 173 and lost 37. Peppe's teams went undefeated in 12 different seasons.

During these years, Peppe coached swimmers and divers, won 312 individual and relay championships, 5 Olympic gold medals and 19 Olympic team berths. Twice (in 1947 and 1956) Peppe's Ohio State divers swept the boards 1,2,3,4 in the NCAA diving finals.

No swimming and diving coach had a better record in the 1959's than did Mike Peppe, the bantam master of the boards and the water at Ohio State. Peppe was U.S. Olympic diving coach at London in 1948, and again in 1952 at Helsinki. He was swimming and diving coach of the U.S. team at the first official Pan American Games in 1951 at Buenos Aires. In the four Olympic Games from World War II until Peppe retired, Ohio State contributed 19 of the 92 members, The 1952 team of 25 members had nine Buckeyes.

Both of the articles are from the Swimming Hall of Fame in Fort Lauderdale, Florida. Coach Michael Peppe

Keo Nakama

It all started in the irrigation ditch in Puunene, a good eighteen years back when the little boys in their knee pants used to jump in the running water to swim, play tag and dive for objects. And among these youngsters tadpoling around in the often filthy water were boys who were later to become America's outstanding mermen and champions.

Keo Nakama, the eldest of the Nakama family of three boys including Bunmei Nakama, who later become a champion himself, used to sandwich a cool plunge in the ditch between his endless tasks of helping his mother with her work around the household. But before this happened, Keo's mother did everything around the house to bring up the young boys' midst humble means. And as the mother stated in one of her favorite sayings, "I had to let Keo alone crying in his crib as I was too busy with my work, and because of this, my son developed such a thing as will power, strength and tenacity. In addition to this he suffered a lot as he grew up and was constantly working to help me with my chores."

Swimming was just one of those natural things that the ditch boys indulged in besides playing marbles, cowboy and Indian, and baseball in which young Keo began to show much promise. Up-stream and down-stream went the close-to-the nature paddlers and this helped to develop their arm and leg power beyond what ordinary pool-swimming would give. And mixed in with their ordinary fun-swimming, the gang as they called themselves, swam in the never-to-be-forgotten ditch races. The familiar yells and screams that accompanied their crazy antics and races were common occurrences and almost proved to be a nuisance to those who lived near the ditch. Already these teenagers were beginning to sense the superior seed and endurance of those within their midst. They began to name and pick them on their sides to strengthen whatever team they organized to race against each other. Keo Nakama, Halo Hirose, Asagi Honda, Sammy Nakasone, Jose Balmores, Emerick Ishikawa, and Hisashi Yamada were names that began to become more and more popular in these kid-races.

1934 Halo and Keo at Puunene summer school

Nearby was Puunene School which Keo and his friends attended and it was here they started themselves in a regular unit for competition against boys of other schools on Maui. The regularly scheduled kids' and school swimming meets under the sponsorship of the Alexander House Community Association of Maui gave the boys the necessary impetus and challenge to test their mettle against outside competition. By this time, Keo had grown to about twelve years of age and he and Halo Hirose began to thunder their way to victories in all of their Maui Kid races. The closest race was in the 100 yard freestyle in which both boys competed. The final result was never decided until the last foot or two as either one could do around a minute flat for the distance. Puunene School, which had never won a Maui School Swimming championship up till then, finally began to win victory after victory to be come peerless among the school boy ranks.

Later while at Maui High School, the up and coming nators began to make themselves felt throughout the territory as Keo won the 500 yard freestyle race and broke the existing criterion of 6:07 plus and Halo swam the 220 yard freestyle event in 2:22 plus. This started the ball rolling for the duo, but it was not until that great day when Keo, who was sixteen years of age challenged and vanquished the Olympic tested Ralph Gilman in the 400 meter race, did the world know that here at last was a real champion who could take the place of Hawaii's swimming greats like Duke Kahanamoku. Later in the 200 meter freestyle race against the great Olympic champion, Jack Medica, our pair finished second and third with Keo taking the silver medal for his great work. After this great race Jack Medica stated, "These boys are already fit for topnotch competition.

They ought to go to the National meets on the Mainland." This statement proved very true as Keo placed second in the one mile, 800 meter and 400 meter races while Halo finished second in the 200 meter event to Adolph Kiefer. This happened in the

1938 Men's Outdoor National Swimming Meet at Louisville, Kentucky.

In 1939 at Detroit, Michigan, right after Keo's triumphant and memorable swimming trip to Australia, young Nakama won his first National crown in the 200 meter freestyle event and placed second in the 400 and 800 meter races to the champion Ralph Flanagan. It was the first National team championship for Maui.

At Santa Barbara, California the next year, Keo lost his crown in the event that he won in 1938 to the great Otto Jaretz. The Valley Islander, who represented the Alexander House Community Association, vindicated himself by winning his races in the 400 meter and 800 meter freestyle events to win two National Championship crowns. These great performances paved the way for the second in a row team title for Maui.

1940 was not very bright for young Keo as he underwent an operation for appendicitis and everything appeared gloomy for him as far as swimming was concerned. However, the big Hawaiian Outdoor Swimming Championship Meet was just about three months after the operation and following his doctor's permission, Nakama started preparing for the big event. He proved himself fit and as good as ever when he swam the best 400 meter race in his life in which he did a 4:46.8 to place second to the scintillating star Bill Smith, who won it in the record time of 4:44.8.

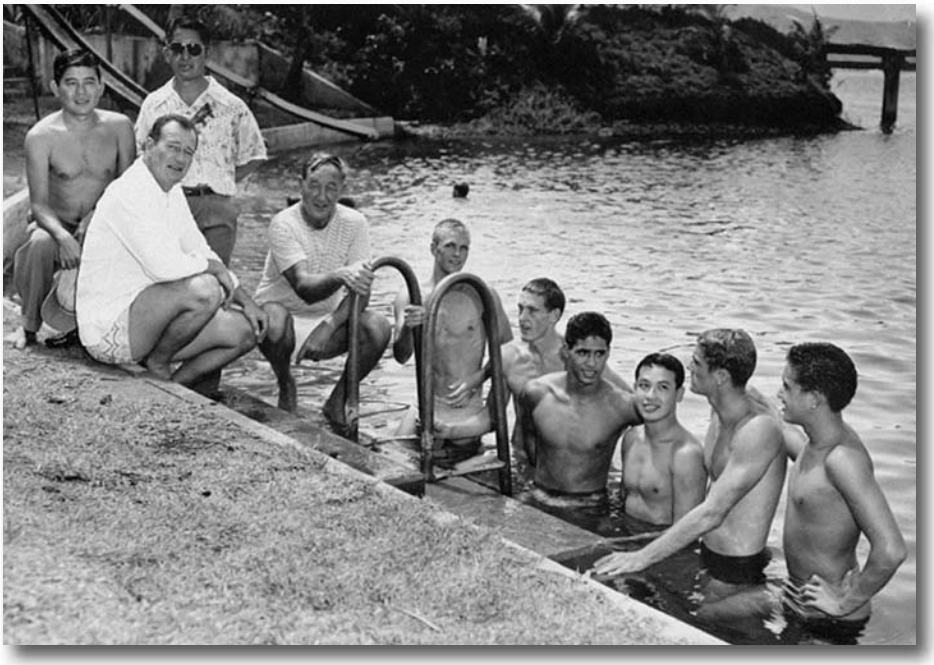
Then at the National Outdoor Swimming Championships at St. Louis, Missouri, our fast recovering swimmer proved that he was still the great champion by annexing the 1500 meter and 800 meter crowns, and coming second to Bill Smith in the 400 meter race. He tied with Jose Balmores and Bill Smith for the high point swimmer of the meet. Once again the outstanding performances of our young star brought back the third team title in a row for the Valley Island and Alexander House Community Association.

1941 proved to be the greatest year for young Nakama as he performed his greatest swimming feat by establishing a world's record of 20 minutes 29 seconds in the one mile swim and being out-touched by Bill Smith when he too made a world's record of 9 minutes 54.6 seconds in the 880 yard freestyle race at New London, Con cut.

1942 on to 1945 Keo heralded as the greatest Buckeye swimmer and he was honored by becoming captain of his team in 1944 and 1945. Inter-collegiate championships became a by-word with the Mauian as he was king of the 1500 meter and 400 meter events throughout his college years. 1945 saw Keo not only a swimmer but he played and captained his Ohio State baseball team. Keo's second love, baseball, began to creep up on him and he couldn't resist the temptation of the diamond game.

Following graduation, Hawaii beckoned Casey (a name which Keo adopted while playing base ball) home, and since then he has hung up his familiar trunks but still takes an active interest in his beloved sport as a very capable official. Today, Hawaii wants to remember and commemorate the great athlete from Puunene, Maui and keep him close to its heart as one who had done much for Hawaii's sake through his never-to-be-forgotten feats in the water and for his great sports like conduct out of the water. For this, the Keo Nakama Meet was inaugurated to perpetuate the name of Hawaii's great athlete. Last year, Ohio State – Keo's alma mater was invited to take part in the first meet, and this year University of Michigan will be our guests.

This article was taken from the "Second Annual" Keo Nakama Swimming Invitational, August 20–31 1947. Yes, the meet was 7 days long —trials finals!!! The Second Annual Keo Nakama Swimming Meet



Keo Nakama, Coach Sakamoto, a big swimming fan, "Duke" John Wayne and Mr. Paulie (former owner of the L.A. Rams and previous owner of Coconut Island) with Hawaii Swimming Club's National Team!

They Don’t Make ‘em like Keo No More

By Dave Reardon, June 1997

He loves his Sunday softball with his buddies and his beer.

“We’re just like dogs,” the 77-year-old man says with a laugh. “Every team has its own tree.” This weekend he’ll still be talking story and smiling with old friends and new ones, but not at the park. He’ll be at the Kaimuki High pool.

He will be at the swim meet that is named for him, to hand out awards and encourage yet another school of young fish. Maybe one of these will someday reach his accomplishments and surpass them. But most will become distracted by team sports, a job, or the opposite sex. Or victimized by plain old burnout.

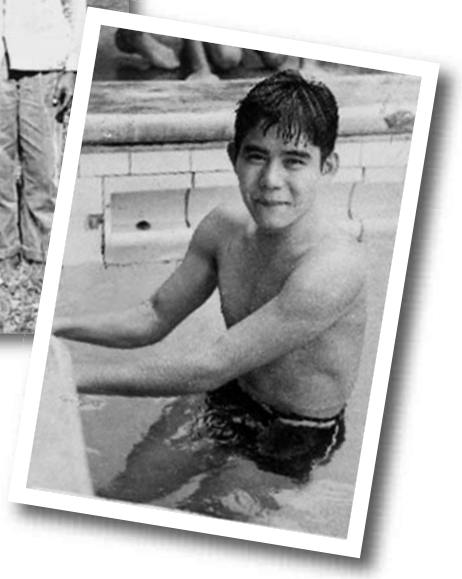
He would like to see one good enough and tough enough to make the Olympics, the one accomplishment that circumstance denied him.

It’s hard for Keo Nakama to tell kids today that they should swim, swim, swim. And then, swim some more, like he did.

That they should swim, swim, swim, swim until they feel like their arms are going to fall off-so that they can restore Hawaii to the aquatic glory it enjoyed during Nakama’s generation and before.

Sure, there were times when he swam because he enjoyed it. That’s how Nakama got started. He and other plantation kids in Puunene, Maui, would shed their clothes on hot days and sneak into the irrigation ditch – just to cool off and goof around, not to train, not to prepare for world

Back (L-R): Charley Oda, Bill Smith, unknown, Halo Hirose, Jose Balmores. Front (L-R): Bunmei Nakama, unknown, Keo Nakama



WORLD RECORDS: One Mile, New Haven at age 22

records and channel crossings. That would come later.

“Ho, it was funny,” he recalls, laughing. “Sometimes, the camp luna (foreman) would come after us. Everybody gotta run out bare balls and hide. He’d come after us with a horsewhip. It was Huckleberry Finn, but real life.” In time, it became Horatio Alger, but real life.

“We were a poor plantation family, I swam because it was the only way I could go to college,” he says, “I needed to get a scholarship. It was my only chance.”

Under the guidance of legendary Coach Soichi Sakamoto. Nakama made it. He became one of Hawaii’s greatest swimmers when many of the greatest came from Hawaii. And, in the process, he got that college opportunity he wanted and eventually earned a master’s degree in education.

After starring in swimming at Maui High, Nakama went to Ohio State. His storied career included a world record 20:29 in the mile, eight big ten titles and numerous national and international victories. He even captained the baseball team and played second base for a conference championship squad.

World War II cheated him out of the Olympics when he was at his peak in 1940 and 1944, but Nakama has never been bitter about it.

“Hey, I was lucky,” he says. “I got to travel all over the world. The only place I didn’t get to go to was Russia.

Nakama says he was the victim of racism only once when he was on the mainland during World War II. And

At a time when Hawaii was known for great swimmers, Keo Nakama became one of the best

that his coach, Mike Peppe, punched out the Army colonel who thought it wrong that a guy who looked like the enemy was the Buckeyes' star swimmer.

But there was a time he was scared. "I'll never forget December 7, 1941," Nakama says. "Peppe ordered me to report to his office. I thought I was done, that I'd have to go home or worse. But he just said, "Just play it cool, We're in the same boat; I'm Italian and (assistant coach Carl) Wirthwein is German. We'll be OK."

Nakama served in the Army Reserve and also taught sailors how to swim as a volunteer. He tried to get to the front, but was rejected for having flat feet.

His pleasing personality and the support of his teammates and coaches saw him through his college years. "If there was one thing Coach Sakamoto taught me, it was to be humble," he says.

Nakama was so popular he became the first member of Oriental decent in the Delta Upsilon fraternity.

His brothers included a future Ohio governor, Bill O'Neill; one of Nakama's roommates, Jim Campbell, later became general manager of the Detroit Tigers and another, Russ Thomas, later held the same post with the Detroit Lions. (Another college roommate was fellow Hawaii swimming legend Bill Smith.)

Nakama remained close to Campbell and Thomas until they both passed away two years ago. He have a football signed by Barry Sanders and a bat autographed by the Tigers' 1984 World Series winners. But those items are merely symbols of something much deeper that has nothing to do with the athletes who signed them.

I'll always remember the war being on and they would take me home to their families," he says. "I couldn't afford to go home for holidays."

After college, Nakama became a teacher and athletic director at several Oahu schools. He was also a state representative for 10 years – something he didn't enjoy.

"I hated the deal-making," he says. "people would come up to me and say, "I've got six votes in the house. Do you have a job for my daughter?"

The accomplishment Nakama is best known for-swimming from Molokai to Oahu – didn't happen until he was 40. After accumulating 180 soft pounds on his 5-foot 6 inch frame, he joined the YMCA to get back into shape.

My weight came down, and some guys at the "Y" said "Hey, why don't you swim the channel?" I said, "*Hey, sure*," I thought it was a joke. But then people started to put time and effort into it. I couldn't back out."

He battled nausea, Portuguese man of war, and, of course, fatigue for much of the 15 1/2 hours it took him to cross the 27 mile Kaiwi Channel. Thousands saw him come out of the water at Hanauma Bay on the evening of Sept. 29, 1961, the first verified to accomplish the feat.

Nakama was enshrined in the international Swimming Hall of Fame in 1975.

He's lived a quiet retirement, playing ball and hanging out at the park and swimming a couple times a week. But only once a year does he become the living legend he is, to quietly inspire the young ones.

The 1996 summer, right before the Olympics, Nakama's house was burglarized. Many mementos of his swimming and baseball careers were stolen. Nothing has been recovered.

Nakama and his wife, Evelyn have six daughters.

The eldest, Karen was the state high school champion in the 1500 meters. The next two swam a little, and "the others said it was too hard."

"I think kids are smarter now," He chuckles before going on. "Swimming is a hard sport. A lot of the good athletes would like to play team sports. But I still see some good swimmers. If they think they can get a scholarship to help their family, they go for it."

At age 41, first person to ever swim the 26 mile Molokai Channel

The Molokai Channel

By Lin Clark
HSN Assistant Editor

All Hawaii is proud of you, Keo Nakama.

You and your spirit and your strength have given us all a thrill that goes far beyond the automatic burst of pride in a victor.

You have reminded us all what man can do if he has a mind to. Sometimes in these dark days of world danger when awesome forces threaten, we tend to forget what a man is, how he is, what he can do. You have refreshed our memory.

Your triumph over the Molokai Channel is our triumph, too. Thank you for that, Keo Nakama. We all needed it.

……So read a note of appreciation which appeared in the Monday, Oct. 2, 1961 editorial section of the Honolulu Advertiser.

From 1930, Keo Nakama was a 41-year-old physical education instructor at William Paul Jarrett Inter ate School. The 5-6, 145 pound swimmer hadn't competed since winning 13 National AAU championships between 1939-45.

What drew over 10,000 spectators and well-wishers to the beach and cliffs surrounding Hanauma Bay on Friday evening, Sept. 29, 1961 was history in the making. Nakama had tackled the 27-mile Kaiwi (Molokai) Channel and would emerge from the water 15 hours and 37 seconds after diving in near Laau Point on Molokai.

But what awed the entire state of Hawaii was something more. It was that something Nakama tried to instill in the Island youngsters he came in contact with as a teacher, swim coach and softball coach. That even those goals which seemed in able can be achieved through the proper dedication, preparation and effort. Kiyoshi (later "Keo") "Casey" Nakama began his legendary swimming career in the Hawaiian.

Commercial & Sugar Company irrigation ditches in Puunene, Maui under the tutelage of Hall of Famer coach Soichi Sakamoto. Sakamoto had started with a small group of youngsters – including Nakama's sprint running-mate Takashi (Halo) Hirose – which grew to over 100 boys and girls.

The plantation allowed Sakamoto to move his entourage to the new Frank F. Baldwin Memorial Park Pool where, in 1937, "The Maui 3-Y.S.C." (Three-Year Swimming Club) was born. From 1930-1941 the 3-Y.S.C.s won three AAU men's outdoor teams championships, but their real goal was the 1940 Olympics.

Both Nakama and Hirose went on to win several individual and team honors under Ohio State University Coach Mike Peppe, during WWII, But it is believed that the war and subsequent cancellation of the '40 Olympics was the only factor that kept them from winning Olympic swimming medals.

In 1943 the Buckeyes were greeted by jeers and snide remarks at the National Indoor Championships at Yale University for entering a certain fresh man of Japanese ancestry. We were at war with Japan. Coach Peppe stood up and told the crowd that Ohio State has only Americans on this team and our American-Japanese boy swims.

The crowd cheered the favored Yale swimmer, Renee Choteau, when he stood up on his block. When little Nakama took his place the crowd was deafeningly silent.

Choteau caught Nakama at the 350 mark of that 400, but Nakama – not to be denied–pulled ahead in the last five yards to win the event. The crowd, realizing here was a man worth of his Japanese-American title, gave Nakama a standing ovation.

Nakama had shown a lot of people that day that anyone – even the Oriental son of an immigrant plantation worker – can become anyone he wants to,provided he is willing to work hard at it and be proud of what he is.

It's a philosophy Nakama has carried with him wherever he has ventured.

And after winning 27 National championships, obtaining his master's degree from Ohio State, and returning to Hawaii two years later to teach and to coach high school swimming at Farrington, Leilehua, McKinley and later at UH. Nakama didn't abandon that philosophy.

In fact, it was that notion of believing in oneself that was most responsible for pushing Nakama across that Channel – even after others, including Greta Andersen, the Danish-born channel swimmer – had failed.

The whole idea of tackling a channel crossing came from buddies at the "Y", and it started as a joke. "I had let myself get out of shape and my doctor told me to exercise more, so I joined the YMCA," Nakama related. "It was there that my racquetball buddies started telling me that I could do it. Greta Andersen had tried two times earlier that year, so it was on eve one's mind. The joke turned serious and I finally decided to try it."

So Nakama increased his training regimen, enlisted the help of a few friends and dove into (so to speak) the seemingly impossible.

The event entailed a great deal of planning: Bill Chung and Tom Higa co-chaired a committee to sponsor Nakama; experienced fishermen and divers familiar with existing currents were recruited; Capt. Tommy Akana charted the course and Dr. Coolidge S. Wakai prepared a high protein concentrate for Nakama's meals in route. After one postponement due to unfavorable currents Nakama plunged into the water at 3 a.m. Friday, Sept 29. All paddling surfboards, Allen Chang, Sodie Kabalis, Marco Nomura and D. Kaeo provided an escort on either side and behind Nakama. In front was a shark cage towed by one of several accompanying sampans and cabin cruisers. Forty-three men in all came across the Channel with Nakama.

At times other swimmers joined Nakama – for short period of time – to pace him.

One hour out, Nakama became sick when a glassy sea turned to rough open ocean and he lost Thursday evening's steak dinner. For a short time he entered the shark cage to recover, then re-entered the water.

Twice more he was sick and felt nauseated until he was stung on the arms and torso by a man-o'-war." The stings made me forget I was seasick. I thought about all the work my friends had done and how they believed I could do it. I kept going."

After several course changes and some "feedings" of tea and orange juice (with honey), and more man-o'-war stings, Nakama came within view of Oahu. He ordered his crew to "put on some steam." By 1 p.m. five-foot swells were pushing Nakama toward Hanauma Bay. "I swam for what seemed like hours and the mountains of O'ahu didn't come any closer." Nakama recalled. " I was sure somebody was moving those mountains back."

At about 4:20 a strong current did start to push him back. After a double dose of the orange mixture he pushed stubbornly on.

Finally, at 6:33 p.m., after negotiating the coral reef inside the bay, Nakama walked ashore, looking a little bewildered and smiling shyly. He looked more as if he'd just finished a leisurely afternoon swim than a grueling 35- mile (actual distance covered) channel crossing.

Throngs of people swarmed around him – almost disqualifying his effort before he reached the designated finish line. They screamed and reached out to him, yelling congratulations.

"I made it Mama," he said to his wife, Evelyn, as she draped a lei around his neck and hugged him. His six daughters, also bearing leis, struggled through the crowd to join him.

Nakama recalled he was "kind of tired, but wise I felt real good." Asked by a reporter if he wanted to repeat the feat, he'd replied, "No, I don't think so. That's the last time I swim that one."

Nakama's mentor, Coach Soichi Sakamoto, wasn't surprised by his protege's milestone: "When he made up his mind to do it, I knew he could." he said simply. "In all his years of competitive swimming, he always accomplished whatever goal he set."

WHAT'S MORE: Nakama, who picked up the nickname "Casey" since he never struck out on the Buckeye base ball team, is still active in the Kawananakoa Softball League and assists the Detroit Tigers as a local talent scout. Nakama: Recalling the Crossing, the Man behind It

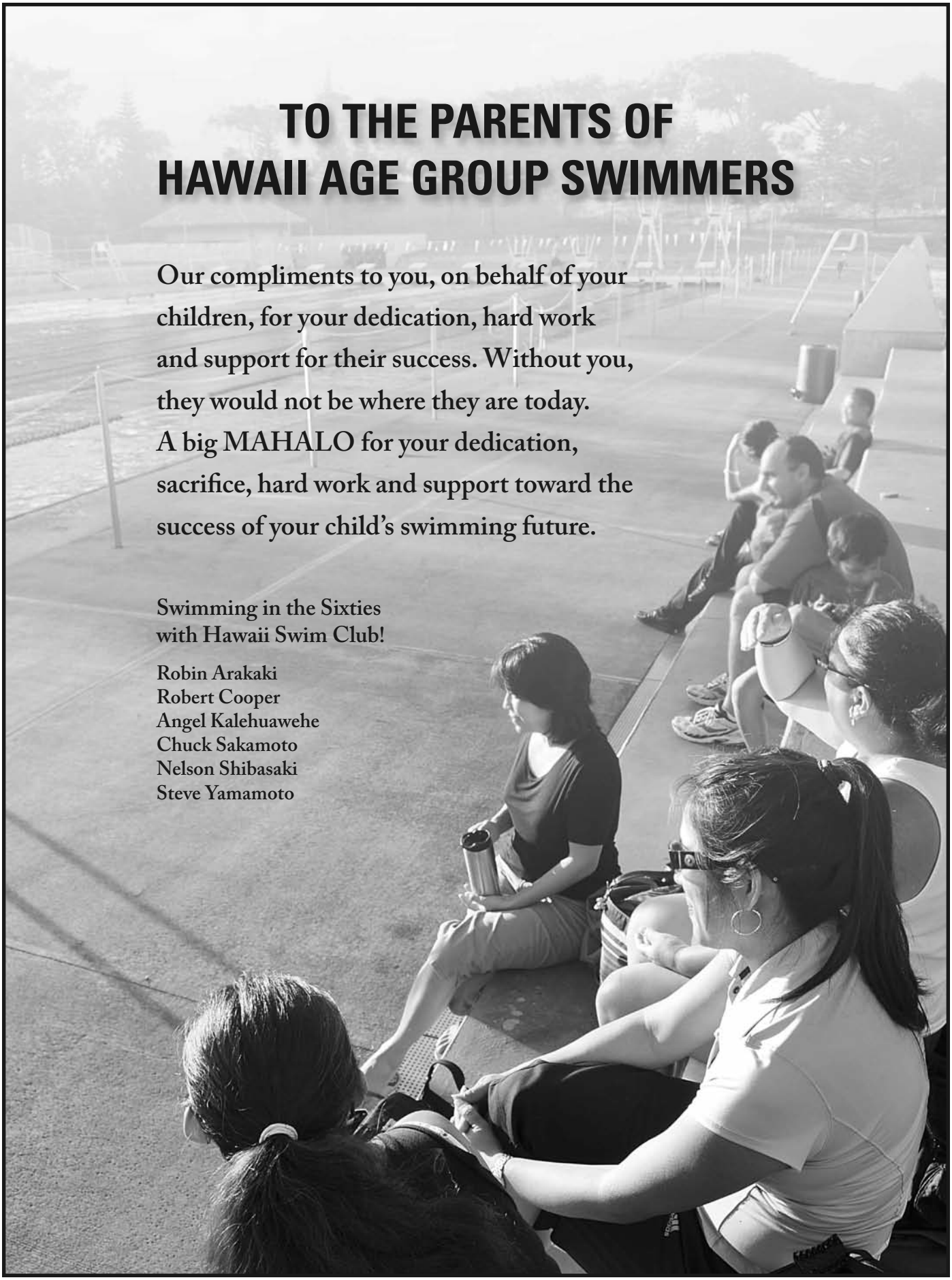
1992 Barcelona Olympics, Spain
1996 Atlanta Olympics, United States
2000 Sydney Olympics, Australia
2004 Athens Olympics, Greece
2008 Beijing Olympics, China

Coach Ed Ching trains HSC swimmers at VMAC this summer

With Coach Scott in the Philippines and Coach Janel on a short vacation, we are privileged to have Coach Ed Ching temporarily taking the coaching assignment. Amanda and I got to interview Coach Ching today and we found out that Coach Soichi Sakamoto was his coach when he started swimming for HSC. He started swimming when he attended University of Hawaii in 1961. He swam for 5 years until he went to become a lawyer and started his practice in Guam. Soon after that, he started the Manhoben swim club. He coached the Guam National team in 5 Olympics from 1992-2008.

His favorite stroke is Freestyle and tries to swim when he can. He enjoys coaching because swimming helps kids to excel and do better in life. “They can use the swimming lessons to apply to their everyday life,” says Coach Ching. When we asked Coach Ching what is his expectations of his students he replied, “To be the best they can possibly be.”

Written by: Dariane Watanabe and Amanda Ki



TO THE PARENTS OF HAWAII AGE GROUP SWIMMERS

Our compliments to you, on behalf of your children, for your dedication, hard work and support for their success. Without you, they would not be where they are today. A big MAHALO for your dedication, sacrifice, hard work and support toward the success of your child's swimming future.

Swimming in the Sixties with Hawaii Swim Club!

Robin Arakaki
Robert Cooper
Angel Kalehuawehe
Chuck Sakamoto
Nelson Shibasaki
Steve Yamamoto

Congratulations
to all of our Graduating Seniors.

KEVIN ARAKAKI

Kevin is graduating from Roosevelt High School and he will be attending Western Illinois University in Macomb, Illinois.

CHARLEA GOODNESS

Charlea graduated from Kamehameha School at Kapalama. She will be attending University of Hawaii at Manoa to study Kinesiology.

KRAMER ICHIMURA

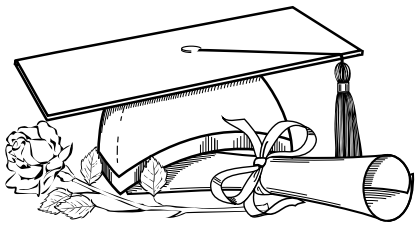
This summer Kramer has an intern job at the Kaiser Mililani Cllinic. In August he starts attending Pacific University in Oregon. He plans to major in biology and then go on to pharmacy.

BARNDI HALEMANNO

My name is Brandi Halemano. I graduated from Punahou School. I've been apart of hawaii swimming since the age of seven and currently swim on Hawaii Swim Club. My favorite pass time is going to beach because I like to stay tan. I'm going to be attending Linfield College in Oregon; GO WILDCATS! I couldn't have done it with out my mom, dad, sister, and swim family. I love you guys.

MADDIE JAMORA

Maddie Jamora, a graduate of Kapolei High School, plans to continue swimming at the University of Utah and explore a field in chemical engineering.



JOHN PAUL

John Paul (J.P.) Friend, graduating from Kealakehe High School; plans on attending Pacific University in Forest Grove, OR with studies in physical therapy and will be swimming for the University team.

NIGEL NG

Nigel Ng will be dorming at University of Hawaii at Manoa and will be studying engineering. He'll also be trying out for the UH swim team.

MATTHEW TAIRA

Aloha everyone, I'm Matthew Taira and I am a Pearl City High School alumnus and will be attending Crieghton University in the fall. Not sure what I am majoring for undergrad just yet, but I have long term goals for majoring in Neurology or Radiology in medical school. I swam for Pearl City Aquatics since I was 9 years old and swam all 4 years of my high school career. A note to all others: School will always be there for you (as long as you try hard); so, venture out of your comfort zone, try new things, meet new people, and just be yourself!

Presenting the Athletes:

Aloha Aquatics Association • HI

Akaka, Naomi A
Chun, Emma K
Daley, Dru L
Dalmacio, Megan A
Dewald, Stephen E
Frasz, Sofia L
Halemano, Nicole K
Harder, Anna L
Hart, Jay F
Iaea, Alexus K
Iaea IV, Kealii K
Kaku, James M
McMurdo, Erin E
Miyoga, Rachel M
Moore, Natalie C
Palipti, Fabiene A
Shackles, Lauren K
Warren, Sarah M
Yamada, Kyle S

Aulea Swim Club • HI

Bittick, Josh M
Bruno, Sophia Y
Dalgamouni, Katie S
Dunlap, Maxwell B
Faurot, Micah K
Faurot, Noah H
Hifo, Tevita M
Hopkins, Hi'ilani P
Horner, Jaek J
Kiyotoki, Aaron M
Klem, Olivia G
Millar, Shaun S
Morgan, Aspen J
Myatt, Serena H
Pederson, Nick J
Pound, Hallie H
Pound, LeGrand S
Pound, Madison R
Reyes, Alyssa M
Shake, Jaylyn M
Toy, Josh K
White, Ian E

Bina Taruna Swim Club • ZZ

Crews, Kaikea

Desert Storm Swimming • CA

Miao, Jared K
Miao, Tyler K

Hawaii Swim Club • HI

Acosta, Angela I
Alejado, Devin K
Altura, Kysha L
Altura, Kaila I
Amrich, Jewel A
Arakaki, Kevin I
Asuncion, Shayna M
Cahill, Jennifer B
Corpuz, Austin D
Corpuz, Jorden D
Czerwinski, Mia L
Daley, Alex L
Fellezs, Colin K
Fleischauer, Max S
Fraser, Hiroko D
Gardiner, Mahea E
Glasgow, Jake S
Gose, Josette K
Gowen, Micah S
Halemano, Brandi L
Henry, Brett M
Herrera, Leilani T
Higa, Corilynn K
Higashino, Kawelu K
Hirstein, Austin X
Ichimura, Kramer A
James, Paris K
Jamora, Madeline F
Kane, Mika F
Ki, Amanda W
Komori, Sheri S
Kresge, Dylan W
Kresge, Zack J
Lee, Hyun Woo
Lee, Jack
Leonhard, Megan N
Lingenfelder, Owen K
Luong, Anthony S
Luong, Jessica S
Malmos, Stacia N
Masicampo-Van Ostran, Cathlene N
Masicampo-Van Ostran, Robby T
Matthews, Elizabeth A
Nagahama, Paige M
Ng, Nigel K

Nishikawa, Bryce A
O'Brien, Jasmine A
Okuma, Dana T
Okuma, Megan T
Sawai, Kanoa F
Schmidt, Jordan K
Schmidt, Madison R
Talati, Haley E
Talati, Nick R
Watanabe, Dariane M
Wright, Nicholas D
Yang, Shuya

Iolani Swim Club • HI

Arima, Nicholas S
Brennan, Cagla A
Hasegawa, Susan M
Horowitz, Julie S
Hue, Nathan D
Kaneshiro, Chelsea N
Kegans, Chelsea L
McMurray, Eaven M
Mendiola-Jensen, Nahe H
Overland, Amy C
Park, Lucy B
Sakoda, Izabella V
Stone, Sam D
Tamura, Christine C
Yamashita, Kyla B
Yee, Camryn J

Kamehameh Swim Club • HI

AI, Kale A
Almeida, Kayla K
Alumbaugh, Victor W
Ames, Noah T
Austin-Elbaz, Ethan A
Bogdahn, Taylor N
Cha, Krislyn C
Cheung, Arthur W
Choi, Shanelle R
Damaschi, Connor R
Delos Santos, Patrick L
Fox, Kira M
Fox, Kyla Y
Fox, Zoey M
Francell, Samantha M
Garcia, Casey M
Garcia, Cheyenne A
Garcia, Rachael C
Gongob, Randi H
Goodness, Charlea I
Hamamoto, Evan A
Harrison, Sophia V
Harrison, Summer A
Hartley, Nainoa N
Hayakawa, Lena C
Hayakawa, Allen A
Hookano, Rachael C
Hunt, Meg L
Ikegami, Chad A
Ikegami, Jenna Y
Johnson, Kacy L
Kahanamoku-Snelling, Sara S
Kaleoaloha, Kanoa K
Kaniho, Catia Marie N
Kaniho, Jonah I
Kawamoto, Dane I
Kirk, Monica M
Kirk, Ryan C
Lum, Jamy K
Mau, Jasmine K
Miyahira, Megan A
Molale, Ka'ili P
Mukai, Jaime Ann K
Muranaka, Natsuko R
Naone, Alika B
Naone, Ka'ikena B
Naone, Kupa'a B
Niimura, Kano L
Nishimura, Chrisitan T
Ontai, Allyson K
Palimoo, Danny K
Patterson, Erin L
Patterson, Matt O
Petrides, Maia A
Petrides, Michael T
Pope, Donovan R
Rosca, Evan T
Saunders, Ryan K
Shigeta, Corrine Y
Shigeta, Landon Y
Sodini, Tomas N
Spear, Stephanie H
Terada, Kira N
Terada, Sean K
Tigley, Maya N
Tsubota, Kai C
Urbano, Jacob C
Walton, Rebecca K
Yuen-Schat, Daniel H
Yuen-Schat, Joshua J
Zeh, Bryant H

Kona Aquatics • HI

Camacho, Leahi K

Manhoben Swim Club • ZZ

Bustamante, Jacob
Duenas, Chris
Perez, Daraven
Poppe, Amanda
Poppe, Lorelei
Poppe, Province
Poppe, Santiago
Poppe, Tanner

Manoa Aquatics • HI

Au, Eugene S
Brandes, Isabella L
Chan, Chelsea W
Do, Yeseul
Hanaoka, Gabriel
Hara, Reverie M
Hwang, Dong Hyeon
Hwang, Dong Jin
Lee, Eric C
Lee, Mark
Li, Shirley
MacMaster, Ronald P
Murley, Bryce D
Oba, Jonathan Y
Park, Eric T
Park, Kevin
Shimabukuro, Ty I
Stoetzer, Olivia E
Wong, Aaron T
Wong, Casey R
Wong, Ky H
Wong, Rachel M
Yang, Christian C
Yang, Emily
Yang, Leslie J
Yang, Sunny

Manukai Athletic Club • ZZ

Anderson, Nevaeh
Atoigue, Danielle
Atoigue, Taloani

Maui Gold • HI

Cuadro, Stacie A
Saki, Kika R
Sinclair, Maya A
Suzuki, Carter H
Waki, Alyssa A

Maui Swim Club • HI

Lim, Erin K
Lim, Isaac K
Matsumoto, Kiakahi C

Mid-Cities Arlington Swimming • NT

Yanai, Dayne K

Mokihana Aquatics • HI

Roberts, Luke F

Olympique de Pirae • ZZ

Agnieray, Keahi
Ah-Scha Roignant, Tuhiva
Bottemer, Teiva
Changues, Carla
Cowan, Tearii
Dexter, Toariki
Doom, Ranihau
Doucet, Manuiva
Firuu, Taitua
Grimod, Keanu
Hart, Kaweinga
Juventin, Rahiti
Ly Sing Sao, Vaiturai
Nui, Tunui
Richmond, Maheata
Roomataaroa, Tekuriri
Sommers, Henere
Teaotea, Tuatini
Tehuiotoa, Jade
Tetihia, Poehere

Pearl City Aquatics, Inc. • HI

Bunda-Turner, Nicholas S
Fujita, Malia K
Hong, Kylie K
Ikeda, Kristi N
Ippongi, Kayla S
Ippongi, Tyra E
Iwamoto, Aimee M
Iwamoto, Reyna A
Kakazu, Erika T
Kakazu, Tahni M
Luangkhot, Natda
Mendiola, Matisyn T
Miyashita, Darah N
Miyashita, Kaylie N
Ohara, Noa C
Springer, Amber E
Taira, Matthew A

Premier Aquatics • GU

Ber, Todd A
Brehany-Wellman, Kaelan C
Burnett, Benton A
Davidson, Austin J
Davidson, Taylor M
Dibbs, Ashley N
Dillemuth, Eric P
Hernandez, Mia K
Hoffpauir, Meghan A

Lewandowski, Teresa M
Londono, Alejandro
Majeske, Elysian L
Martin, Matthew T
Merlock, Kate E
Outwater, Bailey R
Russo, Katie E
Slaughter, Robert D
Swaim, Kaitlyn J
White, Maggie E

Punahou Aquatics • HI

Balish, Maddie J
Bickerton, Buster K
Carlyle, Trevor K
Coker, Mia K
Copp, Ella A
Copp, Noa L
Deer, Leia K
Deer, LillyBelle K
Deer, Noah B
Deryck, Anna C
Deryck, Sean K
Foster, Lia L
Gacutan, Tori E
Gaughan, Jake J
Grover, Ashlee I
Hampton, Michael J
Horio, Isabelle C
Isono, Keilee S
Kaneshiro, Caitie K
Kojima, Hannah A
Lee, Jaesun S
Lee, Justin G
Levin, Sam K
Lietzke, Dillyn K
Lietzke, Zachary K
Loui, Gregory C
Manson, Aukai A
Manson, Kaiko K
Meister, Madison T
Migliorato, Saki B
Nakata, Emily H
Newsham, Melissa K
Pflueger, Hunter A
Ramos, Ram C
Rezentes, Kaelan H
Saito, Yuki
Sato, Rhiann M
Sonson, Hailey S
Soxpollard, Noah K
Sutherland, Sam C
Tamanaha, Johnny E
Vieira, Kekoa M
Weldon, Ben H
Weldon, Ward J
Weldon, Noah H
Wong, Austin M
Wong, Russell Y
Worrall, Wilder R
Zandee, Eddy D

Rainbow Aquatics • HI

Bolan, Griffin K
Bolan, Walker K
Fukumoto, Evan G
Fukumoto, Gail K
Gregory, Shannonbay
Hashimoto, Taiga T
Holmes, Jay J
Ishikawa, Trisha H
Kanamaru, Akira
Kheradpey, Shireen S
Kiessling, Ruddy T
Ky, Bobby
Lee, Keenan
Liu, Kevin
Lum, Andrew P
Lum, Patrick A
Mau, Robbie Y
Okimura, Marc K
Rask, Kayla K
Saepoo, Savath
Sellner, Diana M
Sellner, Nathan N
Tam, Patrick Y
Witherwax, Ashlyn M
Wong, Sharon M
Wong-Pascua, Cody M
Zhou, Angeline

Sandpipers of Nevada • CA

Maluafiti, Mason S

Schofield Sharks Swim Club • HI

Christiansen, Ellena C
Henderson, Alex A
Henderson, Sophie L
Hester, Riley E
Hines, Riley E
Isenhower, Nicholas D
Lee, Alec H
Pierre, Abigail F
Salinski, Jacob L

Splash Aquatics, Inc. • HI

Ahia, Joseph N
Chun, Trina M
Chung, Jennifer Y
Condon, Lauren K
Endo, Taiyo
Fong, Saige R
Fujii, Kate S
Fujii, Shawn J
Fujimoto, Leanne C
Ganuelas, Shaye Demi R
Huang, Sean
Kim, Erika-Ann F
Kim, Logan E
Kimura, Sydney M
Kobayashi, Christopher R
Leong, Brandon B
Mahi, Roman P
Marshall, Kelly O
Miyake, Eddie Y
Nakashima, Eryn N
Nakashima, Lauryn M
Ng, Chanel
Peralta, Taylor N
Sakai, Evan H
Sakai, Kyle T
Sakai, Michael T
Shigihara, Hayato
Tanaka, Jaycie A
Wada, Reimon
Yoon, Jun Woo
Yoon, Jun Yeub
Yoshida, Toby R
Young, Ciera M
Zukeran, Grant C
Zukeran, Gregory C
Zukeran, Victoria K

Sun-shine Aquatics Swim Club • HI

Brown, Caleb H
Brown, Charis M
Chismar, Jade L
Chun, Bennet C
Chun, Eden K
Dawson, TJ J
Gonzalez, Lyra L
Grande, Aja O
Guevara, Katherine F
Guevara, Kimi T

SUN SHINE AQUATICS

Hibler, Jarrell N
Lee, Albert M
Lee, Kaya M
Lee, Walter M
Lileikis, Aukai A
Lileikis, Nohea M
Machida, Kara J
Mori, Keiko K
Mori, Kenji M
Wickard, Amy V
Woo, Katie M
Woo, Zack Y
Yamashita, Michaela M

Unattached-Pacific • PC

Amog, Jaclyn A

University of Hawaii • HI

Accornero, Annathea B
Anastasescu, Vlad V
Barrett, Maura A
Dalin, Devonne A
Pagett, Valerie E
Prior, Christa A
Reyes, Ilia F
Seth, Vanshj
Sharify, Perry J
Takaki, Maddeline M
Wong, Eli E

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KEO NAKAMA
Baseball/Swimming 1943-45
Inducted: 1979

Keo Nakama was an All-American distance freestyler, winning four NCAA, six Big Ten, three NAAU indoor and six NAAU outdoor titles. Nakama was a vital contributor on OSU's National Championship teams in 1943 and 1945. The two-sport star was also a member of the OSU baseball team, starting at third base on the 1943 Big Ten Championship team. He is the only person in the modern history of Ohio State to be a captain of two varsity teams in the same year.

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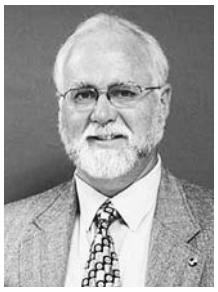

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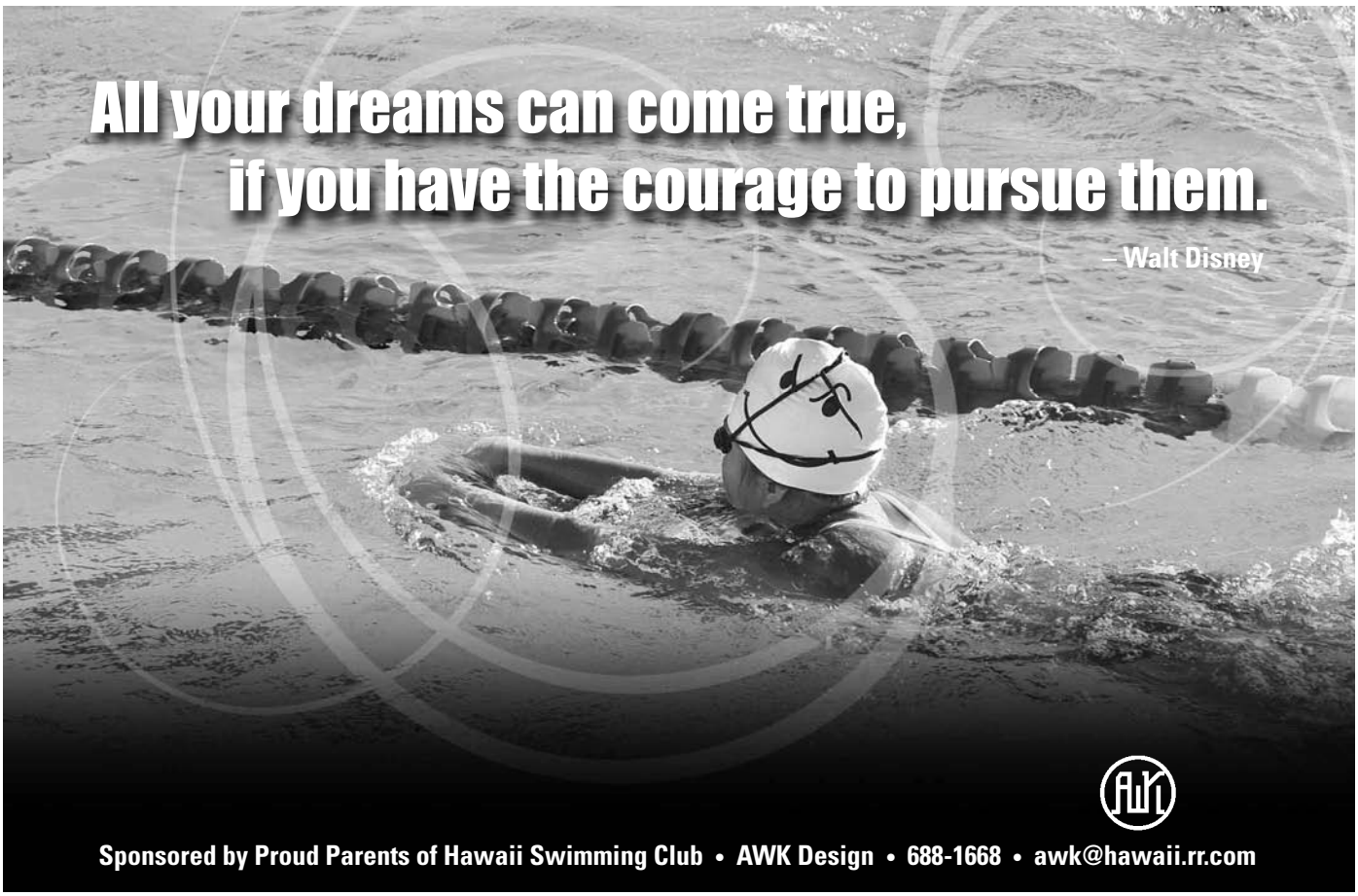

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JULY 1- 2, 2011

Friday - July 1, 2011

07:00 a.m.	VMAC Opened — Set-up completed
07:30 a.m.	Practice starts for 1-Meter Springboard Competition
	Revision of Dive Sheets
08:00 a.m.	No further Dive Sheet revisions will be accepted
08:30 a.m.	Practice ends
09:00 a.m.	1-Meter Springboard Competition Starts
	Level(s) 1 thru 8 Female, then Male
10:30 a.m.	1-Meter Springboard Competition Ends
10:30 a.m.	Practice Starts for 3-Meter Springboard Competition
	Revision of Dive Sheets
10:45 a.m.	No further Dive Sheet revisions will be accepted
11:00 a.m.	Practice ends
	3-Meter Springboard Competition begins
	Level(s) 1 thru 8 Female, then Male
12:30 a.m.	3-Meter Springboard Competition Ends
02:00 p.m.	Clean-up and Closed

Saturday - July 2, 2011

Estimated Time	
11:30 a.m.	Gold, Silver, and Bronze medals will be awarded for each skill level of the eight skill levels
	All divers will perform their best dive before receiving their medals for the:
	1-Meter, then
	3-Meter

HAWAII SWIMMING CLUB
63rd ANNUAL KEO NAKAMA INVITATIONAL
VETERANS' MEMORIAL AQUATIC CENTER
JULY 1 - 3, 2011

SESSION 1 • Friday - July 1, 2011

GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
1	OPEN	200 IM	2
3	10 & U	200 IM	4
5	11 - 12	200 IM	6
7	13 - 14	200 IM	8
9	15 - 16	200 IM	10
11	OPEN	100 Free	12
13	10 & U	50 Free	14
15	11 - 12	50 Free	16
17	13 - 14	50 Free	18
19	15 - 16	100 Free	20
21	11 - 12	400 Med Rly	22
23	13 - 14	400 Med Rly	24
25	15 - 16	400 Med Rly	26
27	OPEN	400 Med Rly	28

SESSION 2 • Saturday - July 2, 2011

GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
29	11 - 12	200 Free Rly	30
31	OPEN	200 Free Rly	32
33	11 - 12	50 Fly	34
35	13 - 14	100 Fly	36
37	15 - 16	100 Fly	38
39	11 - 12	100 Back	40
41	OPEN	100 Fly	42
43	13 - 14	200 Back	44
45	11 - 12	50 Breast	46
47	15 - 16	200 Back	48
49	OPEN	200 Back	50
51	11 - 12	200 Free	52

"The difference between the impossible and the possible lies in a person's determination." – Tommy Lasorda

SESSION 3 • Saturday - July 2, 2011

GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
53	10 & U	200 Free Rly	54
55	13 - 14	200 Free Rly	56
57	15 - 16	200 Free Rly	58
59	10 & U	50 Fly	60
61	13 - 14	100 Breast	62
63	15 - 16	100 Breast	64
65	10 & U	100 Back	66
67	OPEN	100 Breast	68
69	13 - 14	200 Free	70
71	10 & U	50 Breast	72
73	15 - 16	200 Free	74
75	OPEN	200 Free	76
77	10 & U	200 Free	78

SESSION 4 • Sunday - July 3, 2011

GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
79	11 - 12	200 Med Rly	80
81	OPEN	200 Med Rly	82
83	11 - 12	100 Fly	84
85	13 - 14	200 Fly	86
87	15 - 16	200 Fly	88
89	11 - 12	50 Back	90
91	OPEN	200 Fly	92
93	13 - 14	100 Back	94
95	11 - 12	100 Breast	96
97	15 - 16	100 Back	98
99	OPEN	100 Back	100
101	11 - 12	100 Free	102
103	13 - 14	400 Free Rly	104
105	11 - 12	400 Free Rly	106

SESSION 5 • Sunday - July 3, 2011

GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
107	10 & U	200 Med Rly	108
109	13 - 14	200 Med Rly	110
111	15 - 16	200 Med Rly	112
113	10 & U	100 Fly	114
115	13 - 14	200 Breast	116
117	15 - 16	200 Breast	118
119	10 & U	50 Back	120
121	OPEN	200 Breast	122
123	13 - 14	100 Free	124
125	10 & U	100 Breast	126
127	15 - 16	50 Free	128
129	OPEN	50 Free	130
131	10 & U	100 Free	132
133	15 - 16	400 Free Rly	134
135	OPEN	400 Free Rly	136

Surgical Weight Loss Institute

at

Castle Medical Center

Our comprehensive weight loss team helps people who are obese regain their health through surgical weight loss:

Gastric Bypass • Adjustable Gastric Band • Sleeve Gastrectomy

The institute offers a comprehensive program that brings together a team of experts to assist with the physical and emotional effects of obesity through surgery, education, diet and exercise. Working hand in hand with our Wellness Center, caring for body, mind and spirit, we successfully transform lives.

Castle Medical Center's Surgical Weight Loss Institute is a designated **Bariatric Surgery Center of Excellence**, credentialed by the American Society for Metabolic and Bariatric Surgery, and a **Blue Distinction Center for Bariatric Surgery,** designated by Blue Cross Blue Shield America (BCBSA).

American Society for Metabolic & Bariatric Surgery — Bariatric Surgery Center of Excellence® — Surgical Review Corporation

Designated by: HMSA Blue Cross Blue Shield of Hawaii — Blue Distinction Center for Bariatric Surgery — In recognition of distinguished clinical care and processes

***For more information on the Surgical Weight Loss Institute, please call 263-5176, or visit our Web site at* castlemed.org**

Castle Medical Center

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Aloha Coach Susie Baker

After 15 years of coaching Hawaii Swimming Club, Coach Susie Baker is returning to California to be near family and her grandchildren.

Everyone at Hawaii Swimming Club Maui would like to thank her for all that she has done for our club.

Susie has touched many lives and we are going to miss her dearly. This is, though, a new chapter in her life and all of us at Hawaii Swimming Club Maui wish her the best!

Take care Susie and we hope to see you soon!!!!

Hawaii Swimming Club

Coach Soichi Sakamoto

Founder of Hawaii Swimming Club. Has developed the most National and International swimming champions in the state of Hawaii. January 1906 -

The following article is from the Swimming Hall of Fame in Fort Lauderdale, Florida.

Coach Sakamoto is a recipient in the Swimming Hall of Fame. Soichi Sakamoto is the great coach responsible for modern Hawaiian swimming success. Hawaiian swimmers dominated the sport from 1912, but Buster Crabbe, in the 1932 Olympics, was their last champion of that long illustrious era.

Then came a drought and Coach Sakamoto, starting with children in an irrigation ditch, was developing new ideas of pace and rhythm with a metronome. His young swimmers were a new breed of public school swimmers going on to Ohio State and Indiana – Hirose, Nakama, Smith, Konno, Oyakawa, Onekea, Cleveland, Woolsey, Tanabe, Miki and the girls Kalama, Klein-Schmidt, Kawamoto, Katsutani and Hoe. All became National champions, most make the Olympic teams of 1948, 1952 and 1956.

During this period, Sakamoto was sought out by swimmers all over the world, journeying to Hawaii in search of the magic touch. They found technique, method dedication and conditioning which produced champions at all strokes and distances, but as the coach told all those swimmers, "It's not magic !"

"The swimming stroke is a working tool", says this master coach, "and therefore it must be one which must be sound in its practical use - to get the most out of a given effort. It must be simple and efficient, and one which can be controlled at will by the individual...Swimming with and not against the water."

"Patience, above all, is tantamount and a rule," Sakamoto continues, "as improvement, growth, speed and success come only at a snails pace. First,

it is learning to swim, training and conditioning, competing and gong through the bitter experiences of defeat and chagrin. The light of success comes only when everything seems hopeless and wasted.

Hawaii Swimming Club's slogan:

"One for all, and all for one!"

Hawaii Swimming Club Coaches (L-R): Coach Soichi Sakamoto, Coach Dennis, Coach Conkling, Coach Keith and Coach Reid

Hawaii Swimming Club Logo: The Olympic Torch and Wings of Victory. Designed by Coach Sakamoto, 1941.

Hawaii Swimming Club • Maui

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
Coach Janel Stepanek

Salt Lake:
Coach Claire McEwen
Coach Ernest Cheung

Kapolei:
Coach Dexter Lee
Coach Ashton
Coach Brandi
Coach Micah

Maui:
Reid Yamamoto
Rodney Hayashi
Susie Baker

www.hawaiiswim.org

HSC Salt Lake

HSC Waikele

HSC VMAC

HSC Kapolei

Hawaii Swimming Club • Oahu

Premier Aquatic Club

Klein, Texas

Premier Aquatic Club of Klein (PACK) is a year round USA Swimming competitive swim team located in Northwest Houston, Texas. We currently serve over 300 swimmers. Our team consists of swimmers of all ages and abilities who come to us from varying social and economic backgrounds. We support and train swimmers from those just learning to swim to those attempting to make the Olympic team. We are currently recognized by USA Swimming as a Silver Medal Club and have achieved Level 3 recognition.

Mid-Cities Arlington Swimming

Arlington, Texas

Left: Daynes Yanai

Our club is a USA Swimming year-round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

All of our coaches, as members of the American Swim Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. They provide assurances that the time children spend in swimming will be quality time. MARS also works as a feeder program for area high school swim teams and many of coaches are also the head coaches of their respective high school teams.

Olympique de Pirae

Tahiti

The team Olympique de Pirae appears for the 2nd year consecutive to the Keo Nakama Invitational. After a complete renewal of the members of the team and with the generosity of the parents, the team registers this season more than 330 swimmers and win several competitions during the season 2010-2011.

A selection of 20 swimmers realized the minimum to participate in Keo Nakama on 2011. So, to be able to realize this travel, the club thanks all the swimmers, the parents as well as all the persons who contributed to the success of this project in particular Mamans et Papas Cool.

The club has its own web site http//olympiquedepirae.pf on which it is possible to see all the results, the informations and all the life of the team.

MEMBERS OF THE TEAM

President :	Arthur AGNIERAY
Vice President :	Moana CHANGUES
Secretary :	Patricia NG PAO
Assistant Secretary :	Hutia LE HEILLEX
Treasurer :	Michel SOMMERS
Assistant Treasurer :	Germaine MONDEJAR

Olympique de Pirae
Club de Natation

Manhoben Swim Club

Hagatna, Guam

Front row (L-R): Santiago Poppe, Tanner Poppe
Second row (L-R): Coach Marlene Poppe, Province Poppe, Daraven Perez, Amanda Poppe, Lorelei Poppe
Back row (L_R): Chris Duenas, Jacob Bustamante, Coach Don San Agustin

The Manhoben Swim Club, started in 1978 and is under the direction of Head Coach Ed Ching and Assistant Coach Don San Agustin. The team is comprised of swimmers ranging from the ages of six to twenty broken down into three sub-teams, depending upon the swimmers skill level and age. Under Coach Ching and Coach San Agustin, the team has made some impressive accomplishments and recognitions. Some of the Manhoben Swimmers still hold records in the U.S. and Saipan. Our Swimmers have participated in many prestigious competitions and medaled like the South Pacific Games, Australia Age Group Championships and here at the Keo Nakama Invitational, plus not to mention many have been selected to represent Guam in the Olympics. Two of the Manhoben Swimmers ranked in the USA Swimming.. Last year, Manhoben swimmers competed in the Worlds in Rome andEast Asian Games in Hong Kong. Our swimmer made finals at the East Asian Games and broke Guam Records in two age categories,. Coach Ching is head coach for Guam in 5 Olympics consecutively with several his swimmers, and Coach San Agustin was selected by Guam National Olympic Committee to be head coach for the Guam swimmers who participated at the South Pacific Games in Samoa, Worlds in Rome, Jr Pan Pacific in Maui, Pan Pacific in Korea and East Asian Games in Hong Kong.

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&

Perry Ann Howell

of

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Take pleasure in supporting/sponsoring

Hawaii age group swimmers

Hawaii Swimming Club

and

Coach Keith Arakaki

in honoring

KEO NAKAMA

one of Hawaii's greatest swimmer

Gook Luck!

and

Good Swimming!

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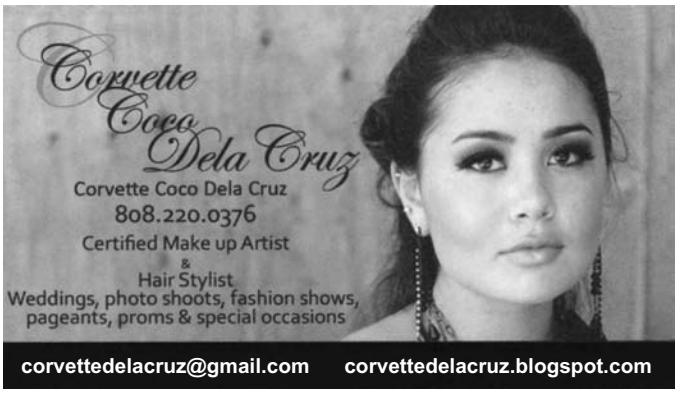

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"You can't put a limit on anything.
The more you dream, the farther you get."
– Michael Phelps

2001 Fourth of July Celebrations

SUNDAY • JULY 3RD

Celebration and Fireworks at Aloha Tower

Aloha Tower Marketplace hosts its annual pre-Independence Day celebration on Saturday, July 3, from 3 pm to 10 pm, the festivities including food, fun and live music for both kids and adults. The ultimate fireworks show is set to go off from Honolulu Harbor around 8:45 pm. Admission is FREE. Start your 4th of July celebration a day early with fun for the whole family at Aloha Tower Marketplace! For more information, visit /www.alohatower.com/entertainment/news/ or call (808) 566-2337.

MONDAY • JULY 4TH

Ala Moana Center 4th of July Fireworks Spectacular

Ala Moana Center presents the largest fireworks show on Independence Day that's been popular with locals and visitors. The fireworks extravaganza will begin at 8:30 pm, and it is one of the best in the country. The fireworks can be viewed from around the center, at Magic Island (Aina Moana Beach Park), and at Ala Moana Beach Park. There is plently of excellent entertainment during the day at the Mall Centerstage. For more information, visit www.alamoanacenter.com/Events/Weekend-Schedule, or call (808) 955-9517.

MONDAY • JULY 4TH

Old Fashioned 4th of July Celebration & Fireworks at Turtle Bay Resort

It is a FREE community event with the celebration starts at 5:30 pm with live entertainment by the Kapena & Ka'ala Boys. There will be booths, military displays, food and games. The fireworks show start "at dark" around 8:00 pm. Admission and parking is FREE. Turtle Bay Resort is located on Oahu's North Shore. For more information, visit www.turtlebayresort.com/Activities/Upcoming_Events.asp, or call (808) 293-6053.

MONDAY • JULY 4TH

Maunalua Bay Independence Day Celebration and Fireworks

This family-friendly event starts from 1:00 pm to 9:00 p.m. with non-stop entertainment, ono food, keiki games, and activities. Fireworks show starts at 8:00 pm. Maunalua Bay is located between Diamond Head and Koko Head on the southeast side of Oahu. For more information, visit www.independecedayatmaunaluabay.org.

Congratulations

and

Good Luck

to the participants

of the

63rd Annual

Keo Nakama Invitational

Thank You to Our Sponsors!

It is our honor to host the Keo Nakama Swimming & Diving Invitational each year. And it is through your generous donations that we are able to continue to share the legacy of Keo Nakama with everyone in the swimming community.

Stuart McElhaney, The Pillbox Pharmacy
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Castle Medical Center
Tony Group Autoplex
Robin Arakaki • Robert Cooper • Angel Kalehuawehe
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Matthew Arakaki • Kevin Arakaki
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Angela Wu-Ki

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Fumiko Yamada
Jennifer & Hugh Okuma
Tomoko Fraser
Denise & Wayne Ichimura
Pauline & Gary Sawai
Howard Komori
Peggy Glasgow
T*hank you to the swimmers of these parents –*
as you are often there lending a hand along side of your parents.

THANK YOU TO OUR COACHING STAFF
Emmett Vidal, Claire McEwen, Scott Sherwood, Ernest Cheung,
Janel Stepanke and Ed Ching