

## **June 7<sup>th</sup>, 2010 Weekly Update-**

### ***Practice Updates:***

### **Schedule updates for the week of June 7<sup>th</sup> through June 13<sup>th</sup>:**

- Regular Schedule for ALL Squads, Monday through Friday.
- Couple of schedule tweaks/reminders for Saturday:
  - Senior Silver will need Bikes following their swim practice.
  - PreSenior Blue/Black and Age Group Silver/Gold will practice from 9-11:30am. The squads will swim first and then will be headed to Hare Field for dryland.
- Optional Sunday practice for Senior Gold/Silver on Sunday, June 13<sup>th</sup> from 3-4:30pm.

### **Schedule updates for the week of June 14<sup>th</sup> through June 20<sup>th</sup>:**

- Regular Schedule for ALL Squads on Monday and Tuesday.
- The following changes will take place on Wednesday, June 16<sup>th</sup>:
  - Senior Gold with Senior Silver 5:45-8:15pm.
  - Devy Gold with Devy Silver 4-5:30pm
- The following changes will take place on Thursday, June 17<sup>th</sup>:
  - Devy Gold with Devy Silver 4-5:30pm.
  - Senior Gold with Senior Silver 5:30-8:00pm.
  - PS Blue and AG Gold together from 5-7:15pm.
  - All other squads regular schedule.
- The following changes will take place on Friday, June 18<sup>th</sup>:
  - Senior Gold and Senior Silver together from 4-6:30pm
  - AG Gold/PS Blue/PS Black together from 5:30-7:30pm
  - All other squads regular schedule.
- The following changes will take place on Saturday, June 19<sup>th</sup>:
  - Senior Gold/Senior Silver/PS Blue/PS Black/AG Gold/AG Silver from 7-9:00am.

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**From the USA Swimming website ([www.usaswimming.org](http://www.usaswimming.org)):**

## **BRENNAN MORRIS: CAPITALIZING ON LIFE'S OPPORTUNITIES**

**6/4/2010**

**BY MIKE WATKINS//CORRESPONDENT**

A lot has changed in Brennan Morris' life since what he calls "a nerve-wracking" Olympic Trials two summers ago.

He graduated from high school, made his first international team and started and completed his first year of college -- all within the past year.

Now, with the ConocoPhillips USA Swimming National Championships and a shot at another international team quickly approaching, Morris knows the disappointment he experienced in Omaha in 2008 continues to fuel his passion for continued success in 2010 and beyond.

And despite swimming in what he hopes will be his first of many World Championships last summer in Rome, Morris doesn't anticipate feeling any cause for anxiety or concern over his fast, recent success.

"I wouldn't say I feel more pressure now; I just have higher expectations for myself," said Morris, who started swimming at age 4 and remembers racing the older men at his local YMCA as a five- and six-year-old. "It's doesn't matter what level of swimming I was at, but I would always have the same desire to continue to excel and get better. My goal will always be to better myself and compete at the international level and represent the United States to the best of my ability."

Morris' road to a 15-place finish in the 1,500 freestyle at the 2009 World Championships didn't come without its share of challenges along the way.

Months before Olympic Trials, a back injury he suffered two years earlier resurfaced -- putting his first Trials experience, not to mention his dreams of making his first Olympic team, in jeopardy.

"I first hurt my back when I was about 15, and in the beginning of 2008, I had a flare-up of the same injury," Morris said. "I had X-rays and MRIs and found out I had a stress fracture on each side of my back. It greatly affected my training that year because there was a stretch where I had to take a couple of weeks off at a time to rest my back."

The combination of his back injury and time out of the water resulted in disappointing results at Trials -- 25th in the 400 individual medley and 56th in his signature 1,500 freestyle -- but the improvement in his swimming between 2008 and 2009 proved to be startling.

Even without longtime distance stalwarts Peter Vanderkaay (didn't swim the event), Larsen Jensen (retired) and Erik Vendt (retired) in the event, Morris blew everyone's mind -- including his own -- en route to a second-place finish in the 1,500 free at U.S. Nationals.

He shaved an amazing 45 seconds off of his Trials time to earn his first spot on the U.S. World Championship Team as an 18-year-old -- becoming the youngest member of the U.S. team. He also

finished 10th in the 400 IM.

"I was feeling very confident heading into World Championship Trials," said Morris, who relocated to Baltimore from Pennsylvania with mom, Kathleen, and sister, Camryne, when he was 15 so he could train at the North Baltimore Aquatic Club (NBAC). His father, William, stayed behind for his work, and older sister, Kailey, was away at college, where she is also a swimmer.

"I wasn't necessarily thinking about making the team, but I was training at my best for a long time, so I was interested to see how well I would do. The 1,500 was a very young event in 2009 without Peter, Larsen and Erik, and I qualified fourth for finals. That was when I first started thinking I had a pretty good chance to at least compete for a World Championship spot."

With his freshman year at Loyola University (Md.) completed – having chosen the school for its academic reputation as well as proximity to home and NBAC -- Morris is more focused than ever to duplicate his 2009 Nationals success. His goal is to make another international team – gunning for a spot on the Pan Pacific contingent that will compete in Irvine, Calif., this August.

Since the end of the 2009-10 NCAA season, he has competed well in both the Columbus (Ohio) Grand Prix (third in the 400 IM) and Charlotte UltraSwim (fourth in the 1,500 free), but he knows he still has some progress to make to be the force he knows he can be at Nationals.

"Both meets went fairly well, but nothing great," said Morris, who has become a big Baltimore Orioles fan and attends as many home games as he can. "I am very excited at this point as we get closer to Nationals."

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## From Your Head Coach:

~~The HEAT Will Rise~~



### To the Membership:

The summer season is about to ramp up as we hit some important competitions in the very near future! Tomas Mendez-Beck, Connor McDonald, and Austin Ringquist will be traveling to the 43<sup>rd</sup> Santa Clara International Swim meet next week. This annually is one of the most competitive swim meets in the nation before the National Championships. This will be the first time I have taken athletes to this competition and I must admit that I am greatly looking forward to it.

That same weekend all ages and levels of HEAT athletes will be tackling the Howard Jones Memorial LC Meet out in Gresham and then the following weekend a squad of HEAT swimmers incorporating many of our team's squads will be traveling to sunny southern California for the SoCal Age Group Invitational, a prelim/final meet that will be a great gauging point before we head into the championship phase of the season.

From that point we will be getting ready to dive head long into the championship season!

I want to send out a quick THANK YOU to all of the parents that helped make our first Blue vs. Black Draft Challenge a success. This event turned out to be much more than the coaching staff expected and really was a great TEAM event. I was very proud of all of the athletes and we had some great swimming to boot from all levels of the program in an effort to bring home the honor and pride of being crowned the first Blue/Black team champion. Congrats again to the Black team for pulling off the oh so close victory! Once again however, THANK YOU THANK YOU to the parents for helping to organize and put on this event!

Devy Gold:

Few Highlights from the Dual:

Karl- Dropped over 2 seconds in 100 IM in just a couple of weeks! Picked up B times in 50 BR and 100 IM.

Brett- 100% best times dropping big chunks of time from the MHA Sextathlon meet. Put points on the board for Team Black in all three events.

Bailee- Big point scorer for Team Black! Won the 100 IM and scored very well against many of the 11-12 girls in the 50 bk and 50 fl.

Kaylie- Huge 21 second drop in 100 IM! Also picked up a new A time in the 50m BK! Scored some valuable points for Team Blue!

Max- Swam B times in both the 50 BK and 50 FR; loved having him as part of Team Blue as he was always positive and I loved his comments throughout the meet. Great meet!

Anton- Best times in all events including a BIG 15 second drop in the 50m FR. Picked up an A time in the 50 FR and anchored the A Relay for Team Blue.

Ethan- 100% best times for Ethan; scored some very valuable points for team black in the 100 IM; picked up A times in all events and anchored Team Black's A relay.

Aiden- Scored some valuable points for Team Black in the 100 IM and hit a best time once again in the 50m FL. Showed off a much improved BK as well!

Sarah- Big point scorer for Team Black! Dropped some huge time in all events including over 10 seconds in the 50m BK!

Bryanne- 100% Best Times for Bryanne! I have to point out that for technique I would have to declare Bryanne most improved as I hardly recognized her out there!

Liza- After being out of the water for a few weeks due to a dog bite to the face (Ouch!) Liza was back in action and put some great swims under her belt! Big point scorer for Team Black!

Shane- Big point scorer for Team Blue! A big part of the Team Blue A relay, did a great job fighting and racing many of our 11-12 year olds.

Elise- HUGE best times in all events; including over 7 seconds in the 50 FR and over 9 seconds in her 50 FL. Very proud of this young lady and all of her hard work as of late.

Avery- Dropped some good chunks off the recent MHA Sextathlon meet including over 5 seconds in the 100 IM and about a half a second in the 50 BR!

Luke- 100% Best times. Big point scorer for Team Blue scoring in all 3 events. Was very excited to race many of our older 11-12 athletes in all races.

Felix- 100% Best times! Great meet for this young man! Dropped over 19 seconds in 100 IM and over 13 seconds in the 50 FR. Picked up new A times in 50 FR and 50 BK.

Carson- 100% Best times! Whole new man from the Sextathlon. Dropped nearly 18 seconds in 3 events!!! Picked up A times in 100 IM and 50 BR!

Max W- 100% Best times! Dropped more time in each event from the Sextathlon meet and with a couple of tweaks to his breaststroke picked up his first ever 10yr old A in 50 BR!

I few things I plan to talk with the squad about this week that I also wanted to share with the parents.....

-The MHA meet coming up soon will be our LAST meet before the OSI 10 and Under Champs! This does not mean the summer is almost over, but I feel it is important for the athletes to realize one of the big dances of the summer is right on our doorstep!

-Devy Gold athletes should plan on checking in with Coach Mark and Coach Kaitlin for the MHA meet as I will be in Santa Clara. I am bummed that I am missing this one but it unfortunately cannot be avoided.

On a positive note, after the Black/Blue dual we have 100% of all of our 10 and Under athletes from Devy Gold qualified for the 10 and Under Champs! We won't have to worry about getting NEW Qualifiers but I have some very specific goals I want to see occur at this upcoming meet. I will be putting in place a little competition/game the athletes will be participating in to help us build squad unity and help us hit those goals.

- I want the athletes to start to understand and realize that the EFFORT and FOCUS they put into practice on a daily basis DIRECTLY relates to HOW MUCH faster they can go from meet to meet. The focus they put on individually correcting technique GREATLY reflects their potential for speed as well. I am going to be asking the athletes more and more from this squad to take RESPONSIBILITY for their own EFFORT and FOCUS on sets.

Over the last few months I have been giving the kids the choice between an "Animal Lane" (hardest choice in terms of workout) and then another two options which are watered down versions of the set given in the animal lane. I gave no feedback on where to go unless I was specifically asked by the athlete. At first only a few would choose to go the animal lane and the much easier sets were always the most popular. However, as time has passed more and more of the athletes have CHOSEN **themselves** to go into the "Animal Lane" and now, on a typical day, the squad is focused on EVERYONE doing the hardest work. They are starting to get it.

This was an indirect way for me to teach them pride and confidence in what they do in practice on a daily basis, and now that we have succeeded in having THEM chose the hardest sets, it is time to start talking about HOW and WHY that can help them. I am proud of our transformation and I know this will help them greatly in the long term development of their swimming.

Senior Gold-

We are going to have a big meeting before the MHA/Santa Clara meets. Many of you have been asking when we were going to have our next squad meeting... well now you know!

I am going to keep it pretty brief this week... bottom-line: I have been very pleased with our efforts in practice. Our squad right now is working better as a group than I have seen it in quite some time and I am greatly looking forward to showing off our work in the upcoming meets.

KUDOS to all of you on a job well done as buddies at the Dual meet. I know for a fact that none of you really comprehend how much many of our young athletes look up to you and for you all to be mentors to them and give them words of encouragement and advice throughout the meet means a great deal to those athletes under your charge. It is very fun for me to see how you interact with the kids and bottomline I just want you all to know I was very proud of each of you for your efforts.

Let's get ready to make it a great June!

To close, and know this was tough to narrow it down to only a few names, I want to throw out some extra job well done's... Great work to Megan Elliott, Tara McKeen, Scott Metzsch, and Aron Suto! These four athletes have consistently been surprising me and throwing out impressive performances day in and day out. Keep it up!

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## From Coach Mark:

USA Swimming has drastically revamped their web-site. This sometimes buries the things that we have always been able to easily find; however, it also uncovers things we may never have seen before. Here is a little smidge of the website from the part titled "Topics for Swim Parents." Please don't hesitate to jump on the web to check out the answer to any of those FAQ's:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1735&Alias=Rainbow&Lang=en>

I hope you enjoy:

### PHYSICAL GROWTH AND MATURATION

During childhood kids grow on average 2.5 inches in a year and gain five pounds per year. Athletes of the same chronological age can vary by as much as five years in biological maturation! So, with two 13 year old swimmers, biologically one may be 10 years and the other 16 years - - what a huge difference.

Girls generally reach peak growth around 11-13 years old, and boys generally reach peak growth around 13-15 years old. Hormonal changes in males and females cause different and often drastic changes in body composition.

Once a child reaches puberty, scientists and coaches feel more serious training can begin. This can be a particularly frustrating time for swimmers. During this transition from age group to senior swimming and from childhood to young adulthood, an athlete may experience a plateau in performance. Best times can

be few and far between, while training commitments increase, requiring more time and dedication. Hopefully the coaches have prepared swimmers for this change, but many parents and swimmers may begin to question whether a swimmer's career is over at this point. It most certainly is not. Male and female swimmers continue to improve through the college years and beyond. It is critical that parents and coaches be cooperative and very supportive during this period of adjustment, realizing that it will pass and the rewards will be even better.

## FAQS

Q: [Are there some exercises that prevent injuries to growing muscles and bones?](#)

Q: [I worry that my child is overwhelmed by all of his commitments. What can I do?](#)

Q: [My daughter can beat several girls in the senior training group, but her coach won't move her up. Why not?](#)

Q: [My daughter is influenced by the senior athletes. How do I encourage her to have the appropriate role models?](#)

Q: [My son comes home every night and says, "Tommy doesn't help cover the pool or pick-up boards." What do I say to him?](#)

Q: [Should boys and girls be trained differently?](#)

Q: [What should I tell my child when he or she says it's not fair that I have to swim against Suzy, she is so much bigger than I am?](#)

Q: [When is my child ready for competition?](#)

Q: [Why does it seem so many kids have inhalers? Should my child be on one?](#)

Age Group Silver: I was really happy with this week of swimming, but not so happy with this week of attendance. I know that it's tough to make EVERYTHING work in the last few weeks of school, but do your best to get to the pool. Maybe you can only swim for an hour. Maybe you can jump in with another group later in the day. Just remember that once the school year is over, this season goes by VERY quickly. Your last chance for qualifying for state is only a month away!!! Bank your training NOW!

This week, my "honorable mention" is Elijah Blair. I pushed you guys a bit by tossing in the 500 pull for time and the 500 kick for time, this week. Elijah didn't even blink. He quickly put himself at the front and set new group records in both! Great work, Elijah!

Pre-Senior Blue: Last week, I talked a little about the core values of the US Army. The one that still sticks in my head is "Selfless Service." What selfless service do you provide every day? There are a lot of ways to do it. Filling water bottles, picking up equipment, picking up trash, lending a cap/goggles/suit to a swimmer who needs one, etc. It seems that when it's time to do that little something extra, the great

PEOPLE never whine and moan, the great PEOPLE that I coach always say “No problem,” and it gets done! Don’t seek out public accolades for completing those tasks, either. You should feel honored that you are doing your best to help out your teammates, coaches, and team...that is enough reward for the great PEOPLE dedicated to selfless service.

One of those great people, who just happen to have a great week of training, was Lauren Morrison. She is my “Honorable Mention” for her outstanding sets this week, as well as her intuition in jumping on an opportunity to help a fellow swimmer (even if it’s her kid brother). She recorded a great set of 5x200’s fr negative split and then followed that up with an outstanding set of 5x100 fr pull for time! Well done, Lauren!

Senior Silver: It must be “mid-season.” The only way I know that is because I start hearing all of the 13&Older swimmers start questions with these words: “Instead, can we do....” or “Why do we have to....” or “When are we going to work on...” The solution to these case scenarios begins with two words: UNRELENTING DETERMINATION! It was our team motto two years ago and it still holds a lot of water today. We need a big shot in the arm of UNRELENTING DETERMINATION. When things hurt, when sets drone on, when efforts fade, when making it to the pool becomes difficult, or when you just don’t wanna do it...you need unrelenting determination. Think about ways you can use that in your training TODAY!

This week we did have a swimmer that exemplified some UNRELENTING DETERMINATION. Ellie Thornbrue had an excellent week of training and simply did her best under any circumstances. We had lots of swimmers who could top her efforts in ANY part of our sets this week, but she could not be stopped in EVERY part of our sets. I love it when swimmers show that capacity to do their best on EVERY part of EVERY set. Thanks for doing that, Ellie.

## **From Coach Caitlin:**

### Novice White

Last week was a short week, but we were able to fit in a lot of swimming. We worked on racing, dives, backstroke starts, long armstrokes, and fast kicking. Sundari, Beau, Chloe, and Logan had good butterfly. Patrick had really nice breaststroke. Remember your 2-hand touch when swimming breast and fly! Beau, Alyssa, and Zachary are doing well with their dives. Remember to streamline! Dinesh, Riana, and AJ have improved their freestyle kick. And nice job to everyone for listening so well last week. Patrick, Zachary, Chloe, and Lilee all kept their hand on the wall and their head above the water when Tara and I were talking.

### Novice Blue

Great job racing at practice last week! We did several knockout races where the winner from each heat moved on to the final round. The winners - Wyatt (fly), Shivani (bk), Shreya (br), and Ivy (fr). Wyatt had long strokes, a strong kick, and quick breathing. Shivani pushed off hard on her start, kept her head still and hips up, and finished with a long armstroke. Shreya was the only one in the final heat who was not DQed! She did a pullout, had quick breathing and fast hands, and reached out with each stroke. Ivy had awesome underwater kicks with a tight streamline,

quick breathing, long strokes, and lots of kicking. And I loved everyone's cheering! Ivy, Simon, Eliot, Sadie, and Madison were really loud!

### Novice Black

Great job racing at practice last week! We did a couple knockout races where the winner from each heat moved on to the final round. The winners - Brianna (fly) and Kirsten (fr). Brianna had a tight streamline with underwater kicks, long strokes, and quick breathing. Kirsten had a tight streamline, fast arms, quick breathing, and lots of kicking. And I loved everyone's cheering! Nathaniel, Paris, Kirsten, and Akash were really loud! Your diving looked pretty good last week too. We tried a couple more dives off the block. You always need a tight streamline when you dive in! Madison and Kyra did a great job diving out far with their arms in a streamline.

### Devy Silver

We have a stamp chart hanging in the dryland room to help promote good behavior, listening, trying your best, etc. I've decided to add on to that. Each day I will tell you something specific I'm looking for (ex. tightest streamline, quickest drop and chop turns, best backstroke start, best pushups). The winner will get to pick a sticker to decorate the stamp chart. So far Jennie, Katelyn, Brianna, and Catherine have been selected to pick a sticker. Katelyn has been selected twice! Jennie had the best wall sits at dryland. Katelyn had the best flipturns with streamline underwater kicks during a 100free. Brianna had the tightest streamline throughout practice. Catherine had the best technique during dryland. And Katelyn got another sticker for having the best attitude at practice. I hope this sticker contest pushes you to do your best throughout the entire 90 minutes of practice. I want you to have tight streamlining, strong kicking, correct strokes, and correct turns all the way through the swimming part of practice. And good listening and technique at dryland.

## From Coach Kaitlin:

### Novice Silver

This week we worked on things to prepare us for the Intersquad meet. We worked on our dives, almost everyone is now able to do a dive from the block, and we worked on turns and finishes. For the turns, please remember whether you are at practice or at a meet, to do your drop and chop turns. Many of us forgot to do them and instead touched the wall and turned around to push off. Key words to remember when doing your turn: elbow your brother and call your mother. I was impressed with the streamlines and breaststroke pull-outs when you did push off the wall, I didn't have to remind very many of you to do those. Another big thing to remember: 2 hand touches on breast and fly and touch on your back for backstroke.

This week we also talked about the new Novice squads that will start once school is out. Our current Novice Silver squad will be splitting up, as we will have people from our squad going into each of the three groups. We talked about where each of you will be going but if you have any further questions or concerns please feel free to talk with me before or after practice.

Look for results of Black vs. Blue Intersquad meet next week.

### **Age Group Gold**

This week had some of the best workouts yet since the start of the long course season. Some highlights include huge time drops on our 500 freestyle kick test set (results below) which includes Julia dropping a minute and 6 seconds and Leslie being the first person to break 9:00. We also had a great 100 set where many people made intervals that they have not made before, and they didn't just do it for 1x100, they did it for 4x100's! For the last set part of a set we did 4x100's on a fast interval. Hannah made the 1:25, Julia made the 1:35 and Anna C, Ben, Kendall and Becca made the 1:45. Last week we talked about trying to give everything you have on the fast stuff that we do, and I have seen a huge improvement in this at practices during this week. Great job to all.

Look for results of Black vs. Blue Intersquad meet next week.

500 kick results:

Ryleigh- 10:35 (prev. best 10:11)

Kendall- 9:44 (prev. best 9:28)

Madi- 10:51 (prev. best n/a)

Anna C- 12:25 (prev. best 11:48)

Julia- 9:52 (prev. best 10:58)

Hannah- 11:26 (prev. best n/a)

Leslie- 8:57 (prev. best n/a)

Mingha- 12:48 (prev. best n/a)

Becca- 11:03 (prev. best n/a)

Mitchell- 9:49 (prev. best 9:29)

Nathan- 10:29 (prev. best n/a)

Nicky- 10:38 (prev. best n/a)

## **From Coach Matt:**

AG Bronze/AG Silver

First off, great job to the BLACK team for getting the win on Saturday!!! BLACK ATTACK! Also, I wanted to thank all our swimmers who participated in our meet for doing a great job. Both teams had many great swims and went out there trying to race each other. It came down to a very close score because swimmers on Black and Blue both took the meet seriously and had fun. In addition, myself and the other coaches were impressed with the sportsmanship we saw at the meet. There were a few occasional jabs at the “rival” team, but in the end we all understood that we are one HEAT team. This will go a long way in our team having a great Long Course Championship season!

Here are a few highlights from the meet for the AG Bronze squad:

Melissa – Great job in your first meet! Your freestyle looked strong and you did awesome racing other people in your heats.

Cecilia – Your starts looked the best I have ever seen them! Also, great job on swimming your first legal butterfly race!

Jamie – You did awesome in your first meet! I was impressed with your freestyle and enthusiasm at the meet!

Hannah – You had a great first meet too! I was happy to see how well you handled the pressure and took advantage of racing!

Tristan – Great job going out there and fighting for position! Your effort in your races showed!

Joshua – Your breaststroke looked strong and you glided very well while still going fast!

Other than that, we have a normal schedule this week. Remember that our Summer schedule starts on Monday, June 21<sup>st</sup>!

# From Coach Ryan:

## Pre-Senior Black

Whoa, this group is getting big! Welcome to Hailey, Rhys, Ben, and Ian who join us from the Age Group squads and to Keawe, who is brand new to the team! These swimmers have already made their presence known in the pool and we have seen some crazy fast swimming from EVERYONE in the squad this past week.

During our goal setting meetings a couple weeks ago, we discussed setting small, fun goals for dryland and practice everyday. I want to recognize a swimmer this past week who accomplished a new goal everyday she was here: **Abby L.!** Abby set out to be in the first one in the water for warmup, lead a lane on a set, and do her absolute best on a test set that wasn't her favorite... and did just that. Congrats Abby!

In dryland this week...

Test: Military Abs @ 1:00

Jonathan: 43  
Catherine: 51  
Mikayla: 33  
Lane: 44  
Marysia: 47  
Hailey: 44  
Nicole: 41  
Keawe: 36  
Rhys: 40  
Christina: 44  
Sami: 37

In the water...

Test: 5x100 pull @ 2:00

Jonathan: 1:11, 1:14, 1:15, 1:16, 1:14  
Maddy: 1:20, 1:20, 1:18, 1:18, 1:18  
Marysia: 1:14, 1:17, 1:19, 1:18, 1:17  
Brandon H.: 1:11, 1:16, 1:21, 1:22, 1:22  
Ben: 1:13, 1:16, 1:15, 1:13, 1:13  
Sami: 1:24, 1:17, 1:17, 1:15, X  
Rhys: 1:15, 1:20, 1:28, 1:30, 1:28  
Hailey: 1:14, 1:15, 1:26, 1:26, 1:29  
Abby: 1:30, 1:32, 1:31, 1:35, 1:31  
Keawe: 1:14, 1:20, 1:20, 1:21, 1:15  
Catherine: 1:21, 1:24, 1:32, 1:29, 1:27  
Janelle: 1:24, 1:20, 1:31, 1:34, 1:31