

Drill of the Season: Interface Breathing

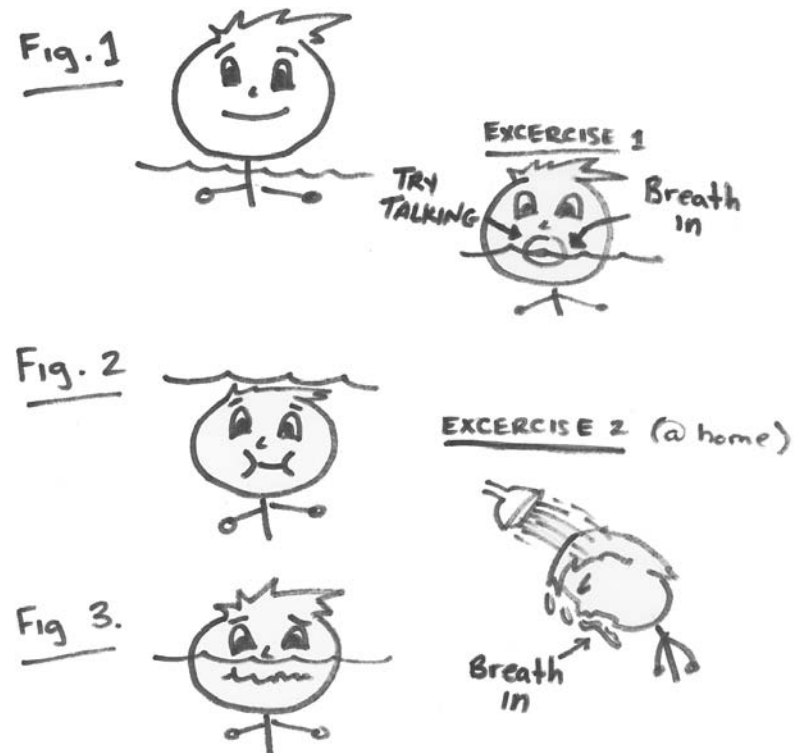
What makes people afraid of the water? Why is it so hard to breath while swimming when those instructors make it look so easy? One answer is because good swimmers are comfortable at the *interface*.

The *interface* is the point in the water at which a swimmers head is half submerge. Psychologically speaking, when our heads are out of the water, we feel comfortable because we know that we are able to breath whenever we want (fig. 1). Furthermore, when our heads are fully submerged, we are also comfortable because we know that we can breath so we just hold our breath (fig. 2). It is at the interface, or when your head is only partly submerged, that our brain gets mixed signals and we become unsure of whether swimming is safe (fig. 3).

To become comfortable at the interface, you just have to put yourself in a position to breath in air and take in water at the same time. Keep the air, but spit out the water.

Exercise 1 (Alligator Breathing): Lower your head into the water (the surface of the water should be at your lips), open your mouth, and breath while your mouth has water in it. Keep the air, but spit out the water.

Exercise 2 (Done at home): In the shower, let the water fall upon your head until it is flowing down your face. Open your mouth and start breathing. You will be taking in mostly air, but small amounts of water as well. Keep the air, but spit out the water.



Fish Tales

Summer 2005

Happy Fish Swim School Presents



Employee's of the Session: Summer 2005



Kidz Kwote's

"Charlotte!" yells **Danny Jung**, referring to his friend/classmate, when asked to yell out the name of a scary monster.

"My daddy gets in trouble when he eats candy at night" squeals **CJ Holbrook**.

"How does a cow cross the ocean?" **Crystal Bui** riddles. "He gets on a boat and the boat sinks and sharks eat him."

"Oh that's right, everybody is friends at Happy Fish," says **Rithu Guruzada** when Jacki said that Rithu's new teacher, Jessica, is her friend.

"My Daddy is strong," **Kanika Venkat** says proudly. "He can lift heavy things, but not that heavy," she admits.

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What did you do this Summer?

We at Happy Fish would like to give you all the opportunity to support your child's education, and get a little exercise at the same time. Happy Fish Swim School is hosting a 5k/10k walk-run (3.1/6.2 miles) at Lake Elizabeth in Fremont on Sunday, October 16th at 9:00 am. Everyone is encouraged to participate in order to raise money to help our local schools.

"All of us here at Happy Fish were raised in the area", says manager Liz Elliot, "and we are excited to have the opportunity to give back to the schools that educated us."

Happy Fish will work with area residents, businesses, and schools to help benefit public education.

Most local businesses host fundraisers that only donate 20%-25% of the money that comes in directly from that specific group. The Happy Fish Run for Education, however, will donate 50%-100% of the money directly back to the educational group you specify!

Here's how it works. It costs \$20 for teens and adults to run, or walk, and \$10 for elementary school students to run our Tiny Trot (¼ or ½ mile course). For each participant (adult or child), Happy Fish will donate \$10 directly to your child's classroom, athletic team, or educational department.

For example, 20 students from

Happy Anni-Fish-ary

If you remembered your child huddled around a table full of cookies, goldfish crackers, and cups of apple juice, then you must have known that Happy Fish Swim School just celebrated it's one-year anniversary in it's new location.

"It's been an adjustment having our own place," said manager Scott Schroder who has been with Happy Fish for over 5 years, "it's tough to keep clean."

Although Happy Fish has only been in it's new location for a year, Happy Fish has actually been in business for six years.

Happy Fish Swim School started in 1999 with a staff of eight teachers and a little more than 200 students in an outside pool at Schobers Athletic Club. A cold November swooped in, and the 84-degree pool outside in the 70-degree weather just wasn't warm enough to keep the swimmers swimming.

Happy Fish knew it needed an indoor pool to stay afloat, pun intended, so it made friends with the California School for the Blind (CSB) who let Happy Fish operate there for a few years.

Once Happy Fish moved indoors, enrollment started to pick up again,



and the staff had to adjust quickly to accommodate such a sharp increase in students.

Scott recalls Happy Fish being a little unorganized for a couple of sessions because of the increase of enrollment. "It felt like the NFL draft pick for a short time. A bunch of kids gathered at the step and the teachers just picked the kids they recognized, as well as some new ones that looked like they fit in the class."

Happy Fish grew with the help of all it's customers and started teaching swimming seven days a week. Because

of the soaring enrollment, Happy Fish was forced to adjust to keep customers happy by becoming more organized.

After many successful years, and a few rough ones due to abrupt changes to schedules and locations, Happy Fish Swim School finally found it's permanent home near 880 and Auto Mall.

"After half a decade of running a swim school out of the trunk of a car, it's nice to have an office and a place to call home," says Scott, "Especially since I had a Geo Metro, and a really small trunk."

Now UC Them, Now You Don't

Happy Fish Swim School would like to congratulate all of our employees who've decided to continue their education at a California State University (CSU) or a University of California (UC). Some of our beloved teachers and desk clerks will be going away to college and won't be seen again until, hopefully, next summer.

Kristin Steinert, Megan Steinert, and Chen Low will be heading off to UC Davis.

Elise Robinson is venturing down south to San Diego University where she originally grew up.

Hailey Peterson is off to Loyola Marimount University in Los Angeles.

Eugene Wang is plunging into UC Berkely.

Marci Clark and Emily Clark are heading off to Brigham Young University in Utah.

Omed Muzaffery will be whisked away to beautiful UC Santa Cruz.

Aurora Tang will be starting her second year at the University of Southern California.

Jenna Silva is venturing up north to Sonoma State University.

Katrina Ubando will be a BART expert while traveling to the University of San Francisco.

Brenda Lubomirsky is climbing the hill to Cal State East Bay (Or Hayward as we all know it).

Jackie Ngo, Rachel Brazil, Elena Hoexter, Jenny Kwong, Tiffany Chen, Sarah McCarthy, Peggy Chen are all going to San Jose State University, and will hopefully be making appearances at Happy Fish now and then.

Run for Education: Accepting Donations

Happy Fish is currently accepting donations of any size to go directly to the Fremont Unified School District's (FUSD) Guy Emanuele Sports Fund. FUSD needs the help of businesses that are interested in being part of the community to help benefit jr. high and high school sports.

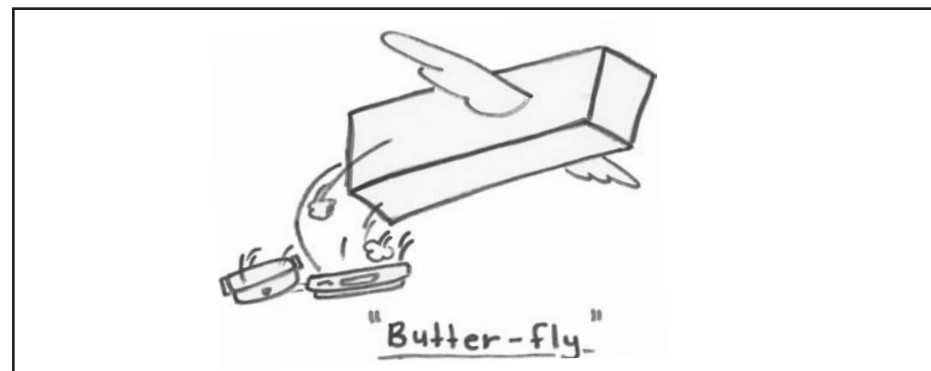
If you or anyone you know works for a company that wants to make a tax deductible donation to help our kids get involved in after school activities, then grab a donation slip at the front and make your donation today.

Sponsor's that donate to The Happy Fish Run for Education will be rewarded with many different advertising possibilities. For example, their logo on the Run for Education t-shirt, a booth during race day, ads in the Happy Fish Newsletter, room in the goody bag for coupons or samples, etc.

To find out more information about making a donation, pick up a donation form in the lobby and talk to a manager at Happy Fish.

Clown Fish

by Scott Schroder



Happy Fish Presents *Cont. from page 1*

Mrs. Johnson's class and 30 of their parents show up to Lake Elizabeth on October 16th, then Happy Fish Swim School will donate \$500 directly to Mrs. Johnson's class.

Anyone that runs, walks, shows up, gets a t-shirt and a goody bag filled with samples and offers from local businesses. Plus, you can pat yourself on the back

What Did You Do Over Summer?

Emma & Natalie Azizian went on the Pirates of the Carribean at Disneyland. **Brian Walker** plays hockey in his backyard. **Jordan Mansfield** is going to Los Angeles in August. **Vignesh Varadarjan** is also taking piano, soccer and tennis lessons. **Albert + Andrea Muljano** sweated it out in tropical Indonesia. **Michael Vierra** assured us he hasn't done anything to exciting over his summer break. **Rimsha + Zain Ahmed** visited their "dad's brother" (or their uncle) in Ohio. **Rohan Trivedi** also visited his Uncle in Texas. **Ryan + Tyler Vo** play Teenage Mutant Ninja Turtles the video game. **Kiley Tchang** went ice skating...cool (pun #2). **Puneet + Shamar Bhullar** (along with many other kids) went to Great America at least once this summer; meanwhile their parents complained about spending ten dollars for a hamburger. **Charanjit Singh** went to Seattle to attend his dad's friend's son's birthday party. **Damon Hennuse** went to Hawaii...and didn't invite any of us.

It's Party Time

Remember when you were a kid, and you were moving from a young, impetuous age of 9 ¾ to an older, more sophisticated age of 10? Every kid knows that a milestone such as this can't just be overlooked, but must be celebrated by everyone that they know. Kids need a party that will be talked about the next day throughout the playground.

The kids in the four square line pass whispers about the streamers, balloons, and cartoon-themed tablecloth; meanwhile, kids playing basketball would share dozens of anecdotes of kooky things that happened that day; finally, the kids huddled around the tetherball poll would brag about all the pizza, soda, and cake they inhaled.

If you have an excellent birthday party, then your popularity soars like a balsa wood airplane with a rubber band powered propeller.

Happy Fish would like to help your child become a little more popular at school, by throwing an unforgettable party that will be talked about the next day.

"The best thing about my party was that I got to swim with my friends for a whole two hours," recalls Natalie Peck, 8, who recently celebrated her birthday at Happy Fish with twenty of her friends.

You can have a party at Happy Fish Swim School for up to twenty children, in which you will have the entire pool, playroom, and kitchen to yourself. Happy Fish is glad to decorate our home and provide chairs, tables, and lifeguards for a safe, enjoyable time for you and your kid(s).

"Everyone enjoyed it," said Susan Peck, Natalie's mother, "it's a great place to have a party...and very reasonably priced."

For information about pricing, conditions, and availability, see a manager at Happy Fish or talk to someone at the front desk.