

Fish Tales

Fall 2008

Happy Fish Run 4 Education Hitting It's Stride



1/2 mile Kid's Run winner Tiffany Chen easily coasts through the finish line.

The Happy Fish Run 4 Education is in its fourth year and starting to really pick up speed. Last year, over 300 people gathered behind Lake Elizabeth to support the Fremont Education Foundation's Guy Emanuele Sports Fund. "We really saw a boost of participants in the 1/2 mile and 1/4 mile Kid's Runs," says Scott Schroder, the Kid's Runs coordinator. Along with the growing number of runners year after year, more local businesses are also getting on board.

"The run directly supports the Fremont education system, so it is great to see more local businesses sponsoring each year," says run director Liz Elliott. Businesses like Groco CPA firm, Fremont Bank, and Learning Bee Learning Center are all platinum sponsors each donating \$5,000.

Other businesses like Sports Basement, Pump It Up, Cloverleaf Bowl, and Score are donating prizes for the free drawing for the 5k and 10k participants. "The free drawing has always been something to look forward to because everyone that participates is automatically entered into the drawing," adds Elliott, "and the drawing lets us spotlight the businesses that want to

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Drill of the Season: Gallop Drill

The gallop drill is designed to enforce the reaching aspect of freestyle. When we swim, our goal isn't just to move your arms as fast as you can but to also reach far out in front of you. A long, lean stroke is just as effective, if not more effective, than a short, fast stroke. Practice this drill to lengthen out your stroke while working on hip rotation.

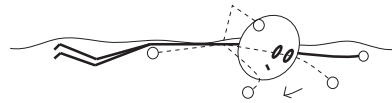
Step 1: Push off the wall in a streamline position and take two arm strokes with your right arm. As you stroke with your right arm, try to reach in front of you with your left arm.

Step 2: Now take two strokes with your left arm, while reaching in front of you with your right arm.

Step 3: Repeat this pattern while continually reaching with your leading arm and rotating equally on both sides.

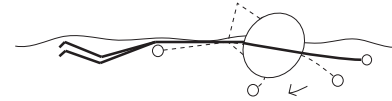
1.

2 Strokes on one side



2.

2 Strokes on the other side



Employees of the Session



Dinah



Amanda



Jeff

Kidz Korner

What is large, gray, and wears glass slippers?
Cinderelephant.

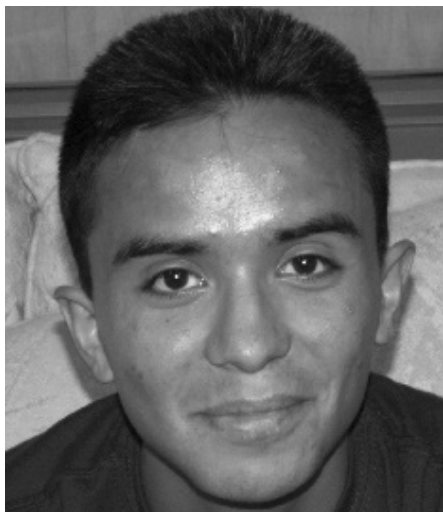
Why did Humpty Dumpty have a great Fall?
Because he was trying to make up for a lousy summer.

What's bright and orange and sounds like a parrot?
A Carrot.

How do you fix a broken tomato?
Tomato Paste.

Viola May Swicegood Scholarship Recipient: Joel Roman

At the end of his shift on Wednesday, August 13th, Joel was greeted by his managers with a check for \$500.00 just after exiting the showers. Dripping wet with his towel around his back, Joel graciously accepted Happy Fish's Viola May Swicegood Scholarship.



Joel has aspirations to work with people in a social setting helping those in need. Currently he has his sights on counseling and is attending Ohlone College full time while teaching outstanding swim lessons at Happy Fish.

Happy Fish awards one \$500 scholarship to an instructor attending Ohlone College who meets the requirements. The scholarship was named after Viola May Swicegood, "Vicky", a dedicated mom, Grandma, and in-home day care provider who provided a stable, happy environment where children felt safe to learn and grow. The scholarship is in Vicky's name to honor her efforts and to encourage the young minds of today to continue their education.

Welcoming New Faces

Summer brought sunshine, warmth, and a new group of eager swim instructors wanting to teach your kids. "We had a great response this year from a bunch of talented people who wanted to teach swim lessons," says Jen Anderson, who is in charge of hiring all the instructors you see. Happy Fish is fairly selective about who it hires.

In response to what makes a good swim teacher, Jen replies, "they have to genuinely enjoy working with children, have a good work ethic, and be receptive during their training." Happy Fish Swim School Instructor Training includes 6-8 hours of classroom work, 40 hours of assistant teaching, and American Red Cross Lifeguard training.

"It's really exciting to work with a new group of people," says instructor trainer Scott Schroder "the dynamic is different and the energy is amazing."

Here come the Pumpkins!

Please join us for the Annual Happy Fish/Bay Aerials Halloween Carnival on **Sunday October, 26 from 1:00pm-3:00pm.**

FREE games and activities for the kids plus a jumpy castle. Come in costume and bring your friends!



Pumpkin designed by Jahnavi Pejavar

PLEASE TAKE YOUR KIDS TO THE BATHROOM BEFORE SWIM LESSONS.



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contribute by donating goods and services."

Through the efforts of the Happy Fish Run for Education the Fremont Education's Guy Emanuele Sports Fund was able to provide after school basketball leagues for both boys and girls at 27 Fremont elementary schools.

The 4th Annual Happy Fish Run for Education will be on Sunday, October 12th at Lake Elizabeth in Central Park. The 5K walk/run and 10k run will start promptly at 9:00am, followed by an award ceremony and a free drawing for all race participants. The 1/2 mile and 1/4 mile Kid's Runs will start at 10:45am, followed by an award ceremony. For more information, and to register online, visit:

www.HappyFishRun4Education.com

Happy Fish: How Are We Doing?

We want to hear from you. Please complete the survey and return it to the front desk.

	Poor		Fair		Excellent
Swim Lessons	1	2	3	4	5
Registration	1	2	3	4	5
Facility Cleanliness	1	2	3	4	5
Customer Service	1	2	3	4	5
Attitude	1	2	3	4	5

What do you like most about Happy Fish?

What would you like to see improve at Happy Fish?

Thank you for your thoughts and we look forward to swimming with you in the near future.