



# PALAU SWIMMING ASSOCIATION

Report to the 2016 PNOC AGM  
“Toward a nation of swimmers”





# 2016 In Review





# 2016 Coaching Staff



PSA Head Coach and  
PNOC Sport Development Officer–  
Swimming

**Billy Brown**

ASCA Level 4 and FINA Level 2 Certificates



Pool Operator &  
Assistant Sports Development Officer

**Jimmy Jonas**

FINA Level 2 Coach Certificate and ANOC  
Fellow

# 2016 Coaching Staff



Yoga/Flexibility Coach

**Leslie Bradley**

International Yoga Certification



Swim Lessons and Junior Programs

**Nicolle Fagan**

FINA Level 2 Certification



# 2016 Board of Directors

Not Pictured

Antonnette Merur  
(Vice-President)



Dermot Keane  
(President)



Annabel Lyman  
(At-Large)



Tino Fa'atuuala  
(At- Large)

Jade Kloulechad  
(Secretary)

Joy Ueki  
(At-Large)



Jennifer Akiwo  
(At-Large)



Peter Gaymann  
Treasurer

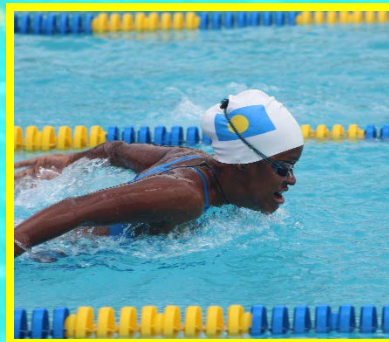


# 2016 Competition Highlight

## Saipan International Meet



Noel  
Osisang  
Roylin  
UB  
Shae  
Jericho  
Lolmei  
Keemo  
Klei



Twelve National Records!



# 2016 Competition Highlight

## Oceania Championships (Fiji)



Noel  
Shawn  
Roylin  
UB  
Osisang  
Shae

Thirteen National Records  
Eleven Finalists

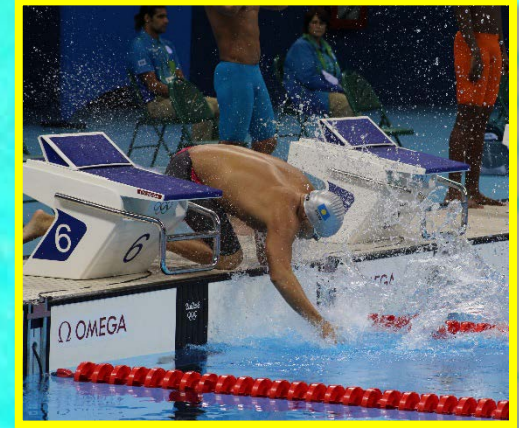
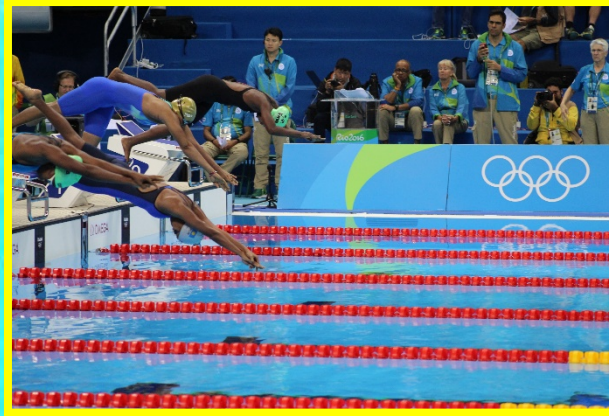




# 2016 Competition Highlight

## Olympic Games

### (Rio de Janeiro, Brazil)



**Shawn: 26.73 - 50 Free**  
**New National Record**  
**and best time by half a**  
**second**

**UB: 29.19 - 50 Free**  
**Heat Winner**  
**and best time by half a**  
**second**





# TEAM ACHIEVEMENTS

- ▶ **Saipan International Meet (March)**
  - Noel, Roylin, and Osi all won High Point awards
  - Twelve National Records Set
- ▶ **Oceania Championships (June)**
  - Six swimmers attended (Most ever)
  - Thirteen National Records Set
- ▶ **Keo Nakama Invitational (July)**
  - 26 medals
  - Nine National Records Set
- ▶ **The Olympic Games (August)**
  - UB won her heat
  - Shawn set the National Record
- ▶ **FINA World Short Course (December)**
  - UB and Osisang will participate





# Open Water Competitions



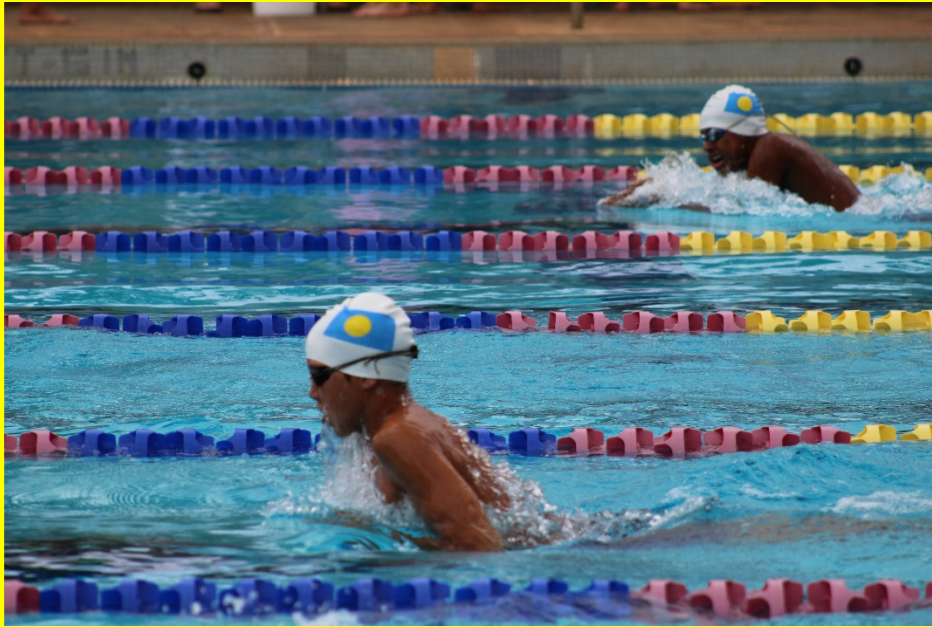
Weekly Training Swims  
Saturday Mornings

Noel, UB, Shawn, Shae, Osi,  
and Roylin did well in the 5k  
Open Water Race at Oceania  
Championships, as well as the  
3k in North Shore, Oahu!





# 34 New National Records set in 2016!





# Elementary School Programs



Meyuns, Koror, and Harris Elementary Schools participate  
in the Swimming P.E. Program  
(Each School has a Quarter with us)

This year we will do Babeldaub Schools together every  
other month in Ngarchelong



# “The Lionfish” Program

- ▶ Brought in over 20 new swimmers into this three day a week “Junior” program led by Jimmy



Over 40 New Swimmers into our growing  
“Learn to Swim” Program!



# MONTHLY BEMESEMAU – ALL WELCOMED



Over 35 different swimmers have swam in our time trials this year





# Signature Event: (June 11/12)

## Palau Open Water Weekend



The 11<sup>th</sup> Annual  
Palau Open Water Race



The 3<sup>rd</sup> Annual  
Rock Island Swim





# International Training Camp





# International Training Camp



With Saipan Swim Club coming out to the open water weekend, we put together a week long training camp together



# TRAIN HARD – PLAY HARD TOO





# FACILITIES

- ▶ Still seeking funding (\$6000) to fix the Pump and Locker Rooms





# Upcoming 2017





# Coach Development

- ▶ Coaching course for State coaches (Belau Games) early in the year launching a 6 month development program for state swimmers
- ▶ Instructors course for Elementary PE teachers (February) with ongoing support for elementary PE swimming
- ▶ Just recently hosted a FINA Level 2 Clinic, and look to get an Open Water Certification, and an Officials Clinic in March and October



# Major Competition Calendar

- ▶ Saipan International Meet (March)
- ▶ Hawaii Senior Championships (July)
- ▶ FINA Long Course World Championships in Budapest, Hungary (August)





# Continuing Monthly Events

- ▶ Swim Lessons
- ▶ Bemesemau
- ▶ Saturday Open Water Swims
- ▶ State outreach with ocean-based training





# Thanks to our Sponsors

Platinum	\$10,000+	Surangel & Sons
Gold	\$5,000–\$9,999	Sam's Tours
Silver	\$1,000–\$4,999	PPR, Neco Plaza
Bronze	A&A; Bank of Hawaii; Bank of Guam; The Bradley Family; The Clark Family, Cliff Terry; OTV; Daydream; The Gibbons Family; Fish N' Fins; IP&E; Island Mart; Kumangai Bakery; Lyon; Palau Siren; Payless Market; Penthouse; President Tommy Remengesau, Jr; Splash; Surangel Whipps, Jr.	
Sustaining	PNOC; Belau National Museum; Koror State Rangers; Palau Sport Fishing Association; Belau Kanoe Club; KFC Triathlon Club; Civic Action Team	



A photograph of a swimming pool at sunset. The sky is a vibrant orange and red, with silhouettes of trees and buildings in the background. The pool's surface reflects the colorful sky. The text "Kom Kmal Mesulang" is written in white at the top, and "SEE YOU AT THE POOL !" is written in white at the bottom.

# Kom Kmal Mesulang

SEE YOU AT THE POOL !