



TEACHING  
**MORE THAN JUST**  
*Swimming*



# Kiddie SWIMMERS

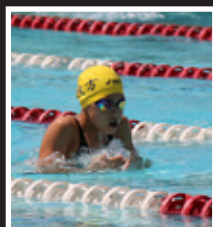
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## Developing independent learning DSA Kiddie Swimmers

The DSA Kiddie Swimmers Program is the first independent step a child takes in the water and will be the foundation for the child's development in the future in the area of swimming and water related activities.

The program is developed to encourage the little kids to get over their separation

anxiety and begin to gain water confidence and enjoy the water like any other activity. The main focus of the program is the preparation of the child to learn, and not actually learn swimming itself. The program prepares the child by getting him or her accustomed to listening and responding to instructions by the swim teacher. Only when the child can

sufficiently understand the way to take in information and relate to them, can they later be able to respond to instructions when they go on to learn the actual skill of swimming. In short, the Kiddie Program is designed to teach toddlers how to learn swimming, and not the learning process itself.

The first part of the program involves with water familiarization and includes getting the toddlers to experience safe entry and exit into and from the water and getting their faces wet. This is done with the help of interactive games that prompt the toddler to respond to the instructions. The next part promotes the water confidence levels, once the children are familiar with the water environment, they experience initial submersion, floating, balancing and then moving on to propulsion and mobility in the water.

DSA Kiddie Swimmers Program is available at Kampung Pandan and Shah Alam branches. To join the program at either of the branches, please register at yourself at our website [www.dswimacademy.com](http://www.dswimacademy.com). For more information mail us [info@dswimacademy.com](mailto:info@dswimacademy.com)



## Can you be a Life Saver ?

**Date:** 26/Jan, 2/Feb, 3/Feb  
**Venue:** Bukit Jalil  
**Total no. of participants:** 70 DSA Staff  
**Total Sponsor:** Fully sponsored by DSA  
**Trainer:** Darius Keow (National Life Saving Society of Malaysia)

DSA as an organisation, strongly believes and has high regard for safety measures both for employees and customers. As a part of their ongoing Health and Safety programs, DSA conducted refresher courses in **Cardio Pulmonary Resuscitation (CPR)** skills for all staff.

As DSA is essentially a swim school with

all or most activities related to water and the working environment being around the swimming pool, knowledge of CPR is a hugely desired skill. Even if a staff or employee is not directly involved in teaching or being in the water, CPR is a life-long beneficial skill that may be required at any place, anytime.

The CPR trainer was **Darius Keow**, from the **National Life Saving Society of Malaysia**. Darius is a highly experienced Instructor with many commendations to his credit. Besides being a NAUI and PADI Instructor, Darius is also a Technical Diving Sports Instructor. He is also an International Life Saving Federation (ILSF) Instructor.

The CPR courses were conducted in 3

- 1) Importance, steps and procedures for administering CPR for Adults, Children & Infants.
- 2) Practical training for each individual with the use of mannequins.
- 3) Steps and procedures of CPR for choking victims (adult, children & infants).
- 4) How to connect and operate Emergency Oxygen.
- 5) Practical training with using emergency oxygen tank.

Each of the sessions besides being a lot of fun, was very educational too. It was a great experience for the DSA staff to refresh their training. A big thank you to the trainer Darius Keow and all DSA staff for their participation in the event.





# DSA creates history at MILO/NSA/PRAKL

**DSA Swim Team garnered a total of 27 Golds which included 7 Golds by Yumi Okuzono; 5 Golds each by Misa Okuzono and Wesley Kam; 4 Golds by Lee Jia Jing, 3 Golds by Sean Goh and 3 more Golds in the relay events.**

**T**HE glaring sun, familiar beeps of the starts, the constant flurry of swimmers rushing between the Marshals room and the starting blocks, eager parents and supporters cheering, free-flow of cold Milo... welcome to MILO / NSC / PRAKL AGE GROUP SWIMMING CHAMPIONSHIP 2015.

The 3 day event was an epic threshold for DSA Swim Team this year with outstanding performances from a lot of swimmers on the team. DSA also had the opportunity to make history, to enter the record books of the Meet for the first time, with not just one but an amazing 6 Meet Records. The DSA Swim team this year had a strong contingent of over 60 swimmers. The SJK(C) Jalan Davidson School, whose swimmers also trained under DSA coaches had a team of around 30 swimmers also joining in. That ensured a strong and large support team of parents taking up a large

space at the stands. As always, team and crew were on site at the crack of dawn, setting up the space with mats, tiny fans running on batteries, huge umbrellas and even ice-boxes with a constant supply of energy drinks. One of our parent also came up with an innovative idea to bear the searing heat, a hat made from packing materials as he cheered the team on. The 3rd day also saw the birthday celebrations of DSA swimmer Alyssa Yong, one of our swimmers in the record breaking relay team. They had to wait till the day's event was over before they could feast on the cakes.

As the events unfolded, everyone was swinging into action, with the coaches not getting bogged down with the logistics of making sure food and water was aplenty, while at the same time giving out last minute tips and technical guidance depending on the competition expected in

their events. And the months of dedication and leadership did bear huge benefits. A well-deserved round of applause goes to the team and coaches for their superlative performance. A big thank you also to the incessant and heartfelt support of the parents to everyone on the team. Their display of team spirit and constant encouragement remains the driving force behind the progress of the DSA Swim team. We could not have done it without you all.

The record breaking feats included 5 by young Misa Okuzono in 100m free, 50m back, 50m breast, 50m fly and 50m free respectively. One more record was made by the Group 3 Girls 4x100 free relay team. The tiny frame of Misa streaked through the water to the utter joy of the entire stadium who cheered wildly to this little wonder. Another young upcoming star is Wesley Kam, who was exemplary in his performance. Apart from the sterling medal winning performances, a large number of the swimmers also set their Personal Bests (PB), also a result of the devoutness of the coaches to enhance every swimmer to their best performance each and every time.

The team garnered a total of 27 Golds which included 7 Golds by Yumi Okuzono; 5 Golds each by Misa Okuzono and Wesley Kam; 4 Golds by Lee Jia Jing, 3 Golds by Sean Goh and 3 more Golds in the relay events.

Silver medallists included Kok Tech Chen (5), Wesley Kam (5), Lee Jia Jing (5), Chong Hiong Kiet (4), Yumi Okuzono (4) and Wong Yu Xuan (1). The detailed medal tally is below:

No	Name	Individual Event			Relay Event		
		Gold	Silver	Bronze	Gold	Silver	Bronze
1	Misa Okuzono	5					
2	Chan Evon		1	2			
3	Jack Leetham			1	2		
4	Tan Kai En					2	
5	Brian Chung Ze Xuan					2	
6	Wong Yu Hao					2	
7	Koh Teck Chen		5	3	2		
8	Lee Jia Jing	4	5	1	2		
9	Sean Goh	3		2		2	
10	Wesley Kam	5	5				
11	Tan Shen Han					2	
12	Chong Hiong Kiet		4	1			
13	Chong Yee Zhi					2	
14	Yumi Okuzono	7	4	2	1	1	
15	Chong Kar Hian			1	1	1	
16	Georgene Wee			4	1	1	
17	Alyssa Yong				1	1	
18	Wong Hao Wen					2	
19	Tan Rupert					1	
20	Wong Jien Wen					1	
21	Wong Wen Xuan					1	
22	Yoong Yew Yang					1	
23	Wong Yu Xuan		1				
24	Bay Yue Er			1			
25	Sean Woo			1			
	Total	24	25	19	3	4	0



# Public Pool Etiquette Do's & Don'ts

**S**WIMMING is a very social activity and public pools usually see large crowds of all ages sharing the facility to enjoy their time in the water. On a hot summer day, there is no stopping kids and adults alike who head for the nearest pool. Though the pool becomes a comfort zone, we cannot always take it as our own personal splash area and need to follow some safety essentials and basic etiquette for everyone's benefit. Pool rules are very simple as easy to be followed, so keep everyone happy by following these.

**1. Walk, don't run:** It is just common sense that running on a wet cement floor is downright dangerous. However energetic your kids are, please ensure that there is no running around in the pool deck area. Everything may be exciting and it may be difficult to contain a 5yr old, but running on slippery cement is not tolerated.

**2. Watch your kids:** Most parents love to watch their kids' splash around and enjoying themselves, and it's a great way of family entertainment. But sometimes, parents tend to regard lifeguards as their personal babysitters who should handle everything in the pool. While it may be difficult to control your 6yr old running amok around the pool, watching it and not doing anything about it, is just obnoxious. The same goes for parents who think it smart to just drop off their kids at the pool and let them create havoc and then get upset and create a scene when they are told about it.

**3. Not a picnic spot:** While the pool may be a good family entertainer, it is not a picnic spot. Please do not take the liberty to arrive at the pool with your lunch packets and sodas, and proceed to spread out your picnic basket. If you happen to make a mess, please clean it up before you leave. If you see some litter or trash when you arrive at the pool, drop it in a bin. It's a small gesture which takes a few seconds but makes a large difference.

**4. Maintain hygiene:** Your child's hygiene habits are a reflection of your parenting. Kids need to be firmly inculcated about using the toilets before entering and never, ever, even in an emergency use the pool to relieve themselves. Pools also insist the use of swim caps which must be followed as floating dead hair is quite disgusting. Kids must also be instructed not to spit in the pool and only use the gutters around the pool for blowing their nose or spitting out water taken in.

**5. Respect other's space:** This is important both as a matter of safety and also etiquette. Check the area for other swimmers positions and speed while entering into the water. Diving or bombing

is also not allowed in pools and for their own safety, children must strictly follow this. Adults and children must also respect the lane demarcations. Active lap lanes are meant for serious swimmers while slower swimmers and learners should use the slow lanes.

**6. Lower noise levels:** Playful shouts and laughing of children is expected and accepted at pools, but when it becomes unnecessary shrieking and shouting, parents have to calm them before others step in. Sometimes adults also create noise pollution through portable music systems blasting loud music which needs to be avoided.



The BEST selfie of the Meet!

DSA's record breaking girls relay team

No records, but still a great boys relay team

A parent who has a lot on his head!

OMG, you are going to beat me?!!

DSA Swim Team's outstanding performance!

No better fans than your own parents!

Happy Birthday Alyssa!!



# DSA swimmers score big at MILO/PRAM NAG 2015

**T**HE 51<sup>st</sup> MILO/PRAM Malaysia Invitational Age Group Championship this year saw some great performances from DSA swimmers who participated in the meet representing their respective states. With intense competition from other states and also a top-class team from Hong Kong, the Malaysian teams had a strong fight on their hands during the 3 days of competitions.

Congratulations to all DSA swimmers who represent their respective states who have performed extremely well in this meet.

**Great performances include 7 Golds + 4 Silver for Lim Shun Qi (Selangor Team),**

**3 Silver + 1 Bronze for Lee Jia Jing (KL Team),**

**2 Silver + 1 Bronze for Koh Tech Chen (KL Team),**

**2 Silver each for Sean Goh (KL Team), Yumi Okozuno (KL Team),**

**2 Silver + 1 Bronze for Wesley Kam (KL Team).**

**1 Silver each for Georgene Wee (KL Team) and Chung Ze Xuan (KL Team).**

The Relay teams performances were very creditable with DSA swimmers making good headway into the medal count for their respective states. These include-

Group 4 Girls Selangor Relay & Medley Team which included Lim Shun Qi won Golds in both events.

Group 4 Boys KL Relay & Medley Team with young Wesley Kam won Silvers in both events.

Group 3 Girls KL Relay Team which

included Georgene Wee, who were considered by many as the underdog of the group, won a very well-deserved Silver.

Group 3 Boys KL Medley Team which included Lee Jia Jing and Koh Tech Chen picked up another Silver as well as Group 3 Boys KL Freestyle Relay Team with Koh Tech Chen and Chung Ze Xuan picked up a Silver in the event.

Besides the medal winners, DSA swimmers were elated having made new personal bests (PBs) in most of the events.

Way to go DSA swimmers and a hearty round of applause to all of the swimmers and the unending support of the parents for yet another great performance. Thank you to DSA coaches for their dedication and efforts in mentoring the swimmers.

## Young achievers Sean & Yumi

**T**WO of DSA Swim Team swimmers, **Sean Goh and Yumi Okuzono**, were selected for the **Malaysia Open Meet** this year. Talking to our young achievers about their reaction on reaching this milestone, here's what they said.

**Sean Goh** says he was surprised and happy to be selected, as the Meet has older participants from Malaysia and overseas being the qualifying event for the SEA Games 2015 in Singapore and the World Championship 2015 in Kazan. Sean says his next aim and goal is to represent Malaysia, while he is also open to considering a professional career as a swimmer, should the opportunity arise.

Yumi was just as surprised and happy too, and she also understand ti involves older swimmers competing, but she will give it her best. For Yumi, the next milestone she is looking at is the 2020 Tokyo Olympic Games, which she hopes she will be able to participate.

Breast stroke became the natural event for Sean as he was always doing that style, with his first moment of success being qualifying into the NAG in 2013. Having started



competitive swimming only in September 2011, he did not expect to compete at state level is the short time of about a year and a half. For Yumi, her most cherished success was at the 2013 Japan Junior Olympics, where she competed for butterfly, breaststroke and individual medley events.

Sean acknowledges a lot of his success to DSA coaches for their encouragement to never give up, developing his stroke and the many tips and strategies during competitions. As he goes on to compete in more state and national meets, he hopes that he would get the appropriate training by DSA to reach greater heights. Yumi is also very thankful to the encouragement and training provided in DSA looks to DSA coaches to help her improve her techniques and also develop in her leadership qualities.



We wish you all the best Sean and Yumi and we are sure there's a lot of laurels waiting for you both!

## Faces at DSA

**Yeo Ing Kai**, participated in the SEA Games 2013 and is an ASEAN School Games silver medalist for Water Polo; silver at SUKMA 2013 and bronze at SUKMA 2011 for the game. Ing Kai started swimming at the age 13, being introduced to it by his school sports teacher, who later on became his coach. He won his first international medal at the ASEAN School Games 2011, which is also his favourite win yet. Besides water polo, Ing kai also loves to play basketball.



**Eugene Lee** is a young, talented water polo player. He represented Malaysia at the Betawi Cup at Jakarta in 2011 and won silver at the SUKMA in 2013 and bronze in 2011 for Water Polo. He has been a part of the Negeri Sembilan State Water Polo team since 2007. He also has been a part of the National Record holding Chung Hua High School Team for the Longest Swimming Relay in 2007 which is mentioned in The Malaysia Book of Records. In addition to most games, Eugene also loves scuba-diving.



### DSA AQUATIC CALENDAR 2015\*

\* Subject to changes at any point of time. Please contact us or refer to our website for the latest schedules.

#### JULY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### AUGUST

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

#### SEPTEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

#### OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

#### NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

#### DECEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 1 National Holiday
- Public Pool, Gym closed
- 17-18 Jul Hari Raya Puasa
- 24 Sep Hari Raya Haji
- 31 Aug National Day
- 14 Oct Hari Raya Haji
- 16 Sep Malaysia Day
- 10 Nov Deepavali
- 24 Dec Prophet Muhammad's Birthday
- 25 Dec Christmas
- MILO-Excel Grand Final
- President Cup



# DSA Swim Club: Making waves at Hang Jebat, Melaka

**T**HE first leg of the SPORTEXCEL/MILO/NSC/ASUM Junior Swimming Circuit was held at Hang Jebat Aquatic Stadium, Melaka. Being the first outstation Meet this year, anticipation was high and the excitement of two days of competition was brimming. The venue also proved to be a great location, being a fully covered pool, the participants and spectators were protected from the heat during the first day and also the

thundering, heavy showers on the second day. Most of the DSA Swim Club arrived at the location on the previous day, and were at the venue on Friday 8th evening for a bit of training and getting a feel of the pool.

Saturday started very early as with all Meets, with DSA coaches prepping up the team before the sun was up. Swimmers were testing out their turns and starts as competition was high with the Meet drawing as many as 37 clubs from all over Malaysia.

DSA Swim Club opened their medal tally with Georgene Wee winning the first GOLD for 100m breaststroke on day one followed by Sean Goh bringing in the next GOLD for his pet event, 100m breaststroke. Georgene also won a Silver for 50m breaststroke. Chong Kar Hian won 2 Silvers, in the 100m and 50m freestyle. Koh Tech Chen, another promising swimmer won another silver for his favourite event, 100m butterfly and a bronze for 50m butterfly. Other medal winners included Wesley Kam, Darren Lew and Lee Jia Jing, who each won a bronze medal in their events.



At the end of the two days of competition DSA Swim Club won a total of 10 medals and an astounding 1235.5 points placing themselves in the overall 4th position as compared to last year, where DSA Swim Club stood 7th overall with 485 points.

A big round of appreciation goes to the parents and families of all the swimmers who made time not just to be in Melaka for the Meet, but every night for the training and constant support. A big thank you also to the DSA coaches for their ever present dedication and guidance to all the swimmers in bringing out their talents.

It will be back to training and preparation now for the next month and the 2nd leg of

the Swimming Circuit. Big cheers to all for a grand performance and all the best for

the next leg of the Circuit, which will be at Pusat Akuatik Darul Ehsan, Selangor.

Event	Swimmer Name	Medal
Group 3 Girls 100m Breaststroke	Georgene Wee Ee Jern	Gold
Group 2 Boys 100m Breaststroke	Sean Goh Min Chang	Gold
Group 3 Girls 100m Freestyle	Chong Kar Hian	Silver
Group 3 Girls 50m Breaststroke	Georgene Wee Ee Jern	Silver
Group 3 Girls 50m Freestyle	Chong Kar Hian	Silver
Group 3 Boys 100m Butterfly	Koh Teck Chen	Silver
Group 4 Boys 100 Backstroke	Wesley Kam Zhuo Wei	Bronze
Group 4 Boys 50m Freestyle	Darren Lew Chen Jet	Bronze
Group 3 Boys 50m Breaststroke	Lee Jia Jing	Bronze
Group 3 Boys 50m Butterfly	Koh Teck Chen	Bronze



# News Round-up

## Gong Xi Fa Chai!



The yearly Lion Dance performance at Bukit Jalil by Persatuan Tarian Singa & Naga happened on Saturday 28 February around 1.30 pm. The customary ritual of loud drumming with the sounds of cymbals crashing brought an air of excitement as the crowd followed the colourful lions through the entrance. The entralling dance by both the lions as they accepted the offerings given relived the traditional culture and this was followed by the awesome performance of the third lion on the stilts.

# DSA Futsal Fun



DSA recently kicked off a series of Employee Fun & Welfare initiatives which included a number of games for the DSA Cup. The chosen game was Futsal the staff divided into 4 teams and held on 30 March at KSA Sports, Puchong. There were great games with tons of running, panting, huffing, puffing, kicking and scoring.... complete with timeouts and players carried off limping... thanks to the teams and captains for the hours of fun and teamspirit. Also birthday kicks for Gerard and Soon Kit. Next up...basketball, dodgeball, volleyball or waterpolo...?? Wait for it people :)



TEACHING MORE THAN JUST *Swimming*



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