

## Board of Directors

### Co-Presidents

Steve Nadler  
757-6619

[sanadler@ucdavis.edu](mailto:sanadler@ucdavis.edu)

Greg Stoner  
750-2683

[stonergill@earthlink.net](mailto:stonergill@earthlink.net)

### Treasurer

Katy Wesnousky  
756-8275

[katherine.wesnousky@ucdmc.ucdavis.edu](mailto:katherine.wesnousky@ucdmc.ucdavis.edu)

### Secretary

Debbie Gritts  
759-7047

[zeububb@sbcglobal.net](mailto:zeububb@sbcglobal.net)

### Registrar

Nancy Wright  
758-1234

[ncwright0300@sbcglobal.net](mailto:ncwright0300@sbcglobal.net)

### Volunteer Coor

Kerry Halsted  
758-5720

[ktthlsted@hotmail.com](mailto:ktthlsted@hotmail.com)

### Information Tech

Mau Nguyen  
756-2360

[mnguyen@waterboards.ca.gov](mailto:mnguyen@waterboards.ca.gov)

### Asst Treasurer

Stacey Larson  
756-2354

[stacey@point2se.com](mailto:stacey@point2se.com)

### Sponsorship

Bill Varley  
662-6656

[4uvus@cwnet.com](mailto:4uvus@cwnet.com)

### Head Coach

Stuart Kahn  
758-3278

[kahnswim@aol.com](mailto:kahnswim@aol.com)

### Age Group Coach

Brad Winsor

[winsorswim@sbcglobal.net](mailto:winsorswim@sbcglobal.net)

# Davis Aquadarts

## JULY, 2007

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>July 13-15</u>	<u>Woodland (lc) BB+/- Meet</u> <i>(Last Chance LC meet to qualify for JO's. Note split session and early starting times on Fri night and Sat am.)</i>	<u>Woodland</u>
<u>July 14</u>	<u>Summerdart/Aquadart Meet</u> <i>(Aquadart Blue &amp; Bronze swimmers with less than JO times. Deck-entered, show up &amp; swim.)</i>	<u>Community</u>
<u>July 25</u>	<u>JO Fire-Up Party</u> <i>(5:00pm team warm-up and meeting. All JO swimmers)</i>	<u>UCD Schaal</u>
<u>July 26-29</u>	<u>Sierra Nevada (lc) Junior Olympics</u> <i>(Trials &amp; Finals LC Meet. All Aquadarts with JO Qualifying times and better are expected to attend. Entries due 7/18/06)</i>	<u>UCD Schaal Pool</u>
<u>July 28</u>	<u>Summerdart/Aquadart Meet</u> <i>(Aquadart Blue &amp; Bronze swimmers with less than JO times. Deck-entered, show up &amp; swim.)</i>	<u>Community</u>
<u>Jul 1- Aug 4</u>	<u>USAS Senior (lc) Nationals</u>	<u>Indianapolis</u>
<u>Aug 3-5</u>	<u>Davis City Swim Championships</u> <i>(Fun, season-ending short course meet for novice &amp; first-year Aquadarts. Only swimmers with less than AA times can participate.)</i>	<u>Community</u>
<u>Aug 3-5</u>	<u>Tuolumne County Age Group Open</u> <i>(Fun, overnight short course travel meet. Entries due 7/25/06)</i>	<u>Sonora</u>
<u>Aug 7</u>	<u>Team Water Slide (\$15) (11am-?)</u> <i>(Group tickets available at front gate from Coach @ 11am)</i>	<u>SunSplash, Roseville</u>
<u>Aug 7-12</u>	<u>Western Zone (lc) Champs</u> <i>(AAA times or better need to apply. Applications due at JO's)</i>	<u>Farmington, New Mexico</u>
<u>Aug 11</u>	<u>Summerdart/Aquadart Pentathlon</u>	<u>Arroyo</u>
<u>Aug 11</u>	<u>End-of-Summer Pool Party &amp; BBQ (7-9pm)</u>	<u>Arroyo</u>
<u>Aug 13-26</u>	<u>Aquadart Summer Training Break</u>	
<u>Aug 27</u>	<u>Aquadart Fall Swim Season Begins</u>	
<u>Sept 21-23</u>	<u>Davis Aquadarts BB+/- Meet</u>	<u>Arroyo</u>
<u>Sept 22</u>	<u>Aquadart Buddy Night at the Maze</u>	

# AQUADART PRACTICE SCHEDULES

## SUMMER SCHEDULE

June 18-Aug 10

(All practices at UCD Schaal Pool Monday through Friday unless noted)

<b>Blue</b>	3:00-3:45pm (MWF or TTTHF)	<u>yards</u>
<b>Bronze</b>	3:45-4:45pm (MWF or TTTHF)	<u>yards</u>
<b>Silver</b>	3:15-4:45 pm	<u>yards</u>
	5:00-6:30pm (BB Times or better)	<u>meters</u> (M & W) (ends 7/25)
<b>Gold</b>	8:00-10:00am	<u>meters</u>
	5:00-6:45pm (BB Times or better)	<u>meters</u> (M & W) (ends 7/25)
<b>Sen Dev</b>	3:15-4:15pm or 4:45pm	<u>yards</u>
<b>Pre-Sen</b>	8:00-10:00am	<u>meters</u>
	5:00-6:30pm (M-TH)	<u>meters</u> (ends 8/2)
<b>Senior</b>	8:00-10:00am	<u>meters</u>
	5:00-7:00pm (M-TH)	<u>meters</u> (ends 8/2)

## FALL SCHEDULE

Aug 27– Nov 30

(All practices Monday through Friday, yards, unless noted)

<b>Blue</b>	3:00-3:45pm (MWF or TTTHF)	Civic
<b>Bronze</b>	4:45-5:45pm (MWF or TTTHF)	Civic
<b>Silver</b>	3:45-5:15pm	Community
<b>Gold</b>	4:30-6:15pm	Civic
	8:30-11:00am (Sat., TBA)	Community
<b>Sen Dev</b>	4:45-5:45 or 6:15pm	Civic
<b>Pre-Sen</b>	5:00-7:15pm	Community
	8:30-11:00am (Sat., TBA)	Community
<b>Senior</b>	5:00-7:30pm	Community
	6:00-7:00am (MWF) Starts 9/24	Brady Building
	5:45-7:15am (TTh) Starts 9/25	Community

Due to City of Davis programming conflicts at Comm pool during the week of Aug 27-31, the following one-week adjustments to the above schedule are necessary:

- ◆ Silver 3:45-5:00pm at Community
- ◆ Pre-Senior 4:15-6:15pm at Civic
- ◆ Senior 4:15-6:16pm at Civic

## AQUADART INFORMATION

### ♦ SWIM-A-THON PLEDGES

Congratulations again to all the Aquadarts who participated in the June 27th S-A-T. The S-A-T is our single largest fundraiser of the year. Unlike many other USAS teams that have numerous small and/or medium fundraisers throughout the year, we really only have the S-A-T and the Shaved Ice Stand. But our S-A-T success does very well. Last year our total revenues of about \$34,000 put us in the Top 20 of USAS fundraising teams. This year our goal is to do that again. And we can do it.

That's because we have a secret weapon in the S-A-T department. Not only do we have 100+ great swimmers who swam their arms off last week, we also have the Summerdarts. They're part of our total Aquadart program and they, participate voluntarily in their S-A-T, as well. Pledge money, in order to be eligible for prizes, is due by Friday, July 20 to either Kerry Halsted, OR in a S-A-T envelope to a coach OR in the white box at Civic. Please make checks payable to: Davis Aquadarts.

### ♦ SHAVED ICE STAND

We have 10 weeks left at the Weds, Farmers Mkt and we're looking for a few more Shaved Ice volunteers. It's a fun job, alternating between crazy hectic and boringly dull.. But, even if you've never done it before, it's pretty easy to learn.

Contact Volunteer Coordinator Kerry Halsted at [lktthalsted@hotmail.com](mailto:lktthalsted@hotmail.com) to sign-up. Workers for the opening shifts (3:30-6:00pm) are especially needed during Aug and Sept.

First shift workers are guided through the opening-up process each Weds. by one of the S.I. Coordinators. Workers in the second shift (6:00-8:30pm) go through the closing-up process by following the instructions in the S.I. manual.

Three family members working one Weds shift can pick up 7 1/2 volunteer hours towards their annual requirement.

Contact Kerry.

### ♦ JO FIRE-UP PARTY

All Summer JO participants are invited to attend the annual JO Fire-Up party at Schaal on Weds, July 25 during the practice time of 5:00-6:00pm. Practice consists of a pre-meet warm-up for everyone.

After the warm-up, swimmers will be given a unique JO Team T-shirt, a championship swim cap and a 'buddy' for the meet.

Those in the JO's do not have a morning practice on that Weds. Evening only.

### ♦ WATER SLIDES TRIP

Our summer trip to SunSplash in Roseville is Tues., Aug. 7. The park opens at 11:00am. Meet the Aquadart Coach outside the main gate at 10:45am to pay for your discount ticket. The cost is \$15 for unlimited, all-day water park admission. (Food not included).

No advance payment is required, but we need 50 participants to qualify for the discount. Aquadart family and friends are invited.

### ♦ ANNUAL POOL PARTY & BBQ

This year's end-of-summer Pool Party and BBQ is at Arroyo pool on Sat., Aug 11 from 7-9pm. All Aquadart families and Summerdart families are invited.

Both pools will be open for our exclusive group use. The team BBQ will be set-up for those who want to do some grilling.

Come and spend some time with your teammates (and parents of teammates) in a relaxing atmosphere supervised by City of Davis lifeguards.

### ♦ NEW DAVIS SWIM SHOP

The Making Waves Aquatics Store has closed it's doors recently, but that hasn't left our swimming community high and dry. Melissa Franke has made a swimming connection for our team with Outdoor Davis located just across the E Street Plaza from the Making Waves shop.

Outdoor Davis now carries Aquadart swim caps and some swimming accessories, and will be increasing their inventory soon. Check them out.

# Aquadart of the Month

## Amanda Larson—Senior Group

This month's recognition is for more than just the month of June. If our team had a *Swimmer of the Last 10 Years*, a swimmer who embodied all the qualities of a Total Aquadart, that swimmer would be Amanda Larson.

Amanda just completed her first year of college at UC Berkeley and is home for the summer, training and representing the Aquadarts. Last weekend she competed in her first major International/Senior Meet at the Santa Clara Invitational, sharing the pool with countless swimmers from around the world, in addition to a handful of World Record Holders. That type of participation represents an ability level far above that of normal swimmers. Which is exactly what makes Amanda's accomplishments so much more amazing. Amanda spent 9 years in the Aquadart program growing from a beginning swimmer to regional champion and All-America. In doing so becoming the epitome of small-town-kid-makes-good.

Amanda began in the Summerdart program in 1997 and joined the Aquadarts in Sept of that year. That month, as a 9 year old, almost but not quite a 'B' time. decade later in the spring of That's an 18 second improvement over 10 years in the shortest Senior event possible. Most seconds) came in the first 3 sized hard-work, dedication and trollable factors contributing to less pursuit of perfection that ming scholarship and a place Swimming—the National she will be representing the takes on the challenge of her times for the 2008 USAS Olym-

If you don't know who group of senior swimmers and You'll also see that she's the first; has the most dependable attendance of anyone; greets the coaches everyday with an 'hello—how are you'; is friends with everyone and sacrificed untold hours of her life to be become a better swimmer.

But Amanda's progress was never easy. She had to try very hard to get better. She's not a natural athlete—she's just dedicated to improvement and constantly sought advice. Further down her road to success, Amanda had critical head-positioning flaws in both her start and flip turn that she overcame only with intense concentration (and constant reminders). In 2006, Amanda was the 100y Free California State Champion by virtue of her early lead in the race gained from her technically superior start, breakout and first turn combinations..

Her improvements haven't only been in sprint freestyle (although she is the team record holder in the 50y free and the 50m and 100m freestyles), Amanda is also the All-Time Fastest 200 Aquadart woman in both the 200y and 200m freestyles. Her versatility continues in the other strokes where at one time she was the Team Record Holder in the 17-18 girls 400y IM, High-Point winner (twice) at the RAD Senior Meet and a finalist in the 100 fly at the 2006 State Championships.

Amanda was born in Sacramento, moved to Davis at age 8 with her dad, Bill; mom, Stacey; and sister, Julia. In her free time Amanda enjoys painting, talking about her dreams and just recently, took up learning the electric guitar. If she had more free time, she'd like to go scuba dive in the Australian Great Barrier Reef. She'd also like to give sky-diving a chance.

Amanda's advice to younger Aquadarts is to "Listen to your coaches and be willing to make changes in technique".



her time in the 50 free was 41.70, Pretty good for a beginner. One 2007, her 50 free time is 23.29. ment over 10 years in the short-of her improvement (about 12 years. After that, as Amanda real-a positive attitude were all con-success, she began her relent-has led her to a college swim-at the highest level of American Championships. This summer Aquadarts in Indianapolis as she next goal—meeting the qualifying pic Trials.

Amanda is, just glance at the look for the tallest girl. That's her. one who shows up to practice

## 2007 LONG COURSE JUNIOR OLYMPIC TEAM

The following list is of all current, available Aquadarts with at least one JO time standard in either meters or yards. To double-check personal times, please visit the Swim Connection at [www.swimconnection.com](http://www.swimconnection.com). Anyone who has a qualifying event and is not listed below should contact Coach Brad or Coach Stu ASAP. (As this is a meters meet, the 100 yard IM is not included for qualifying purposes since there is no meters equivalent.)

Last year at the beginning of July, there were 71 Aquadarts with JO qualifying times. This year there are 79. The coaches are looking for one more Aquadart to pickup their first JO time at the Woodland Last Chance Meet and make our 2007 Long Course JO team size an even 80 swimmers.

Swimmers at the JO's are allowed a maximum of 3 events per day and 9 total individual events for the meet. Some eligible Aquadart swimmers have only a single qualifying time so far. The Woodland meet is the final meet prior to the JO entry deadline where swimmers can pick up additional entries. Probable relay lineups for the JO's will be determined and published after July 14. any Aquadart listed below who WON'T be attending the JO meet should let a coach by Jun110.

The annual JO Fire-Up Party will be Weds., July 25, 5:00pm at Schaal. Unique Aquadart shirts and swim caps will be given to all JO participants.

<b>8-UNDER GIRLS</b>	Chenoa Devine	Scout Brown	Tory Van Court	
<b>8-UNDER BOYS</b>	Tucker Fisk			
<b>10-UNDER GIRLS</b>	Alex LaFreniere	Heather Johnson	Julia Fisk	Colby Stapleton
Elise Chu	Clara Riggle	Mara Dominguez	Clarissa Franke	Marina Markous
<b>10-UNDER BOYS</b>	Riley Hickman	Torin Halsted	Robert May	Owen Yancher
Henry Csaposs				
<b>11-12 GIRLS</b>	Alex Rieger	Marrisa LaFreniere	Tara Halsted	Natalie Green
Kimberly Robertson	Emily May			
<b>11-12 BOYS</b>	Brandon Rueda	Patrick Zhang	Brian Varley	Connor Stapleton
Adam Raabe	Thomas May	Benjamin Jin		
<b>13-14 GIRLS</b>	Morgan Priestley	Rebecca McNeil	Ella Eser	Keelia Houston
Beverly Nguyen	Michelle Greenough	Rachel Johnson	Jane Chen	Hannah Krovetz
Hannah Levien	Christine Chu	Elsie Fullerton		
<b>13-14 BOYS</b>	John Varley	Tyler Raabe	Trevor Halsted	Alex May
Cameron Franke	Kyle Nadler	Chris Boschken		
<b>15-16 GIRLS</b>	Caitlin DeNise	Anji Shakya	Julia Larson	Jillian Daleiden
Amy Cross	Holly Riggle	Allie Franke	Alex Leuchars	
<b>15-16 BOYS</b>	Trevor Allen	Chris Stoner	Vinncent Nguyen	David Huang
Michael Wright	Teddy Nicholson			
<b>17-OVER GIRLS</b>	Amanda Larson	Samantha Motekaitis	Robyn Shaffer	Lindsey Curley
Kate Stephensen	Mariel Rodriguez	Julie Peri	Ariel Feeney	Carrie Wesnousky
<b>17-OVER BOYS</b>	Jake Allen	Brian Nadler	Satori Iwamoto	Daniel Lewis
Elliot Reinhart				

# Final 2007 SNS Swim Meet & Events Calendar

MEET DATE	MEET TYPE	COURSE	LOCATION	QUALIFICATIONS
July 13-15	Woodland BB+/-	LC	Woodland	Full Team Meet
<b>July 26-29</b>	<b>SNS—Junior Olympics</b>	LC	Roseville	<b>1 BB Time Needed—Team Scored</b>
<b>July 29-Aug 4</b>	<b>USAS National Championship</b>	LC	<b>Indianapolis, IN</b>	<b>1 National Time Needed—Scored</b>
<b>Aug 3-5</b>	<b>Tuolumne County Aquatics AGO</b>	SCY	<b>Sonora</b>	<b>Full Team Meet—Team Scored</b>
Aug 3-5	Davis City Swim Championships	SCY	Community Pool	<AA Time Needed
Aug 7-12	USAS Western Zones	LC	Farmington, NM	3 AAA Times Needed
Aug 12	Annual Team BBQ and Pool Party		Arroyo	All Aquadarts & Families
Aug 13-26	Aquadart Summer Training Break			
Sept 21-23	Davis BB+/-	SCY	Arroyo Pool	Full Team Meet
Oct 12-14	Vacaville Swim Club BB+/-	SCY	Vacaville	Full Team Meet
Oct 26-28	Lodi City Swim Club BB+/-	SCY	Lodi	Full Team Meet
<b>Nov 9-11</b>	<b>Redding Junior+ T/F</b>	<b>SCY</b>	<b>Redding</b>	<b>Jun+ Time Needed—Team Scored</b>
Nov 16-18	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet
Nov 30-Dec 2	Woodland Winter Championships	SCY	Woodland	Team Scored Championship

**\*\* BOLD LETTERING INDICATES MEETS FULFILLING PARTICIPATION REQUIREMENT FOR TROPHIES AT THE END-OF-YEAR AWARDS DINNER**

## June Meet Results

### **Redding BB +/-, June 23-24**

<b>NEW B TIME</b>	Audrey Ashdown (2)	Henry Csaposs	Jonathan Pun (2)	Aimee Davis (4)
Sarra Falakfarsa	Chris Garrison			
<b>NEW BB TIME</b>	Clarissa Franke	Adam Raabe (2)		
<b>NEW A TIME</b>	Torin Halsted	Alex Rieger	Hannah Krovetz (2)	Adam Raabe (2)
Caneron Franke	Trevor Halsted (2)			
<b>NEW AA TIME</b>	Tara Halsted (4)	Tara Halsted	Hannah Krovetz	Trevor Halsted
Tyler Raabe (6)				
<b>NEW AAA TIME</b>	Chenoa Devine (3)	Tara Halsted		
<b>NEW AAAA TIME</b>	Riley Hickman			
<b>BRONZE DART</b>	Chenoa Devine	Isabella Franke	Steven Csaposs	Lauren Babcock
Henry Csaposs	Torin Halsted	Hannah Collier	Sarra Falakfarsa	Tara Halsted
Trevor Halsted				
<b>SILVER DART</b>	Audrey Ashdown	Mara Dominguez	Clarissa Franke	Jonathan Pun
Aimee Davis	Kallie Gregg	Charlotte Rock	Chris Garrison	Adam Raabe
Hannah Krovetz	Galan Falakfarsa	Tyler Raabe		

## **2007 SUMMER FEES (June/July/August)**

**Summer fees are now delinquent.** Please submit fees, along with a \$25 late penalty and the new 2007 Fee Coupons to either the white box at Civic or to the team PO Box in Davis (#186, Zip-95617) ASAP.

**Reminder**—Please be sure to fill in all areas of the 2007 Fee Coupon, including updated email addresses if necessary, and attach it to your fees. The new Aquadart Fee Coupons was emailed to all Aquadart families on May 29.

### FIRST SWIMMER FEES (HIGHEST PAYING FAMILY MEMBER)

<b>Senior</b>	<b>\$270</b>	<b>Pre-Sen</b>	<b>\$265</b>
<b>Sen Dev</b>	<b>\$195 or \$235</b>	<b>Gold</b>	<b>\$250</b>
<b>Silver</b>	<b>\$230</b>	<b>Bronze</b>	<b>\$195</b>
<b>Blue</b>	<b>\$190</b>		

SECOND SWIMMER FEES ARE \$40 LESS THAN FIRST SWIMMER

THIRD (AND ON) SWIMMER DUES ARE ONE HALF OF SECOND SWIMMER

## **SWIMMING WEBSITES**

**USA Swimming,**

[www.usaswimming.org](http://www.usaswimming.org)

**Sierra Nevada Swimming, SN LSC**

[www.sn-swimming.org](http://www.sn-swimming.org)

**Davis Aquadarts**

[www.aquadarts.org](http://www.aquadarts.org)

**Swim Connection**

[www.swimconnection.com](http://www.swimconnection.com)

### **JULY BIRTHDAYS**

**HAPPY BIRTHDAY to the following Aquadart swimmers:**

Sean Kos, 8, 7/24	Matteo Sorrentino, 8, 7/24	Anthony Field, 8, 7/27	Phoebe Benet, 9, 7/21
Rody Phipps, 10, 7/11	Jordan Vermette, 10, 7/16	Alyssa Alvarez, 10, 7/24	Kendra Goggin, 11, 7/17
Jonathan Pun, 11, 7/19	Natalie Green, 12, 7/7	Elsie Fullerton, 14, 7/21	Alina Garrido, 15, 7/1

**HAPPY ANNIVERSARY to the following swimmers for their number of years with the team.**

David Huang, 1 year	Vivian Lok—1 year	Kyla St Clair—1 year	Clarissa Franke—3 yrs
Chris Stoner—5 yrs	Beverly Nguyen—7yrs	Vincent Nguyen—7 yrs	

# July/August, 2007

## Aquadart Calendar

**Mon**      **Tues**      **Weds**      **Thu**      **Fri**      **Sat**      **Sun**

9	10	11	12	13	14	15
				Woodland Last Chance Meet Fri wu- , Sat & Sun wu-		
					Aquadart B-level meet, 8am Comm	
16	17	18	19	20	21	22
	Online JO Entries Close Today					
23	24	25	26	27	28	29
		JO Fire-Up Party 5-6:00pm Schaal	SNS Long Course JO's Summer Sanders Pool, Roseville			
					Aquadart B-level meet, 8am Comm	
30	31	August 1	2	3	4	5
			USAS National Championships, Indianapolis			
				TCA Age Group Open, Sonora		
				Davis City Champs, Community		
6	7	8	9	10	11	12
	Team Water Slides Trip Sunsplash- Roseville \$15 (Pay there)		USAS Western Zone Championships Farmington, New Mexico			
13	14	15	16	17	18	19
WEEK #1 OF TWO-WEEK SUMMER BREAK						