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# Davis Aquadarts

## DECEMBER, 2007

### UPCOMING EVENTS

DATE	EVENT	LOCATION
Dec 3-Jan 6	<b>Blue and Bronze Winter Break (No Practices)</b>	
Dec 23-30	<b>Christmas Training Break (Silver/Gold/Sen Dev/Pre Sen/Sen)</b>	
Dec 27	<b>Applications for 2008 All-Star Tri-Meet Due</b> (Visit <a href="http://www.sn-swimming.org">www.sn-swimming.org</a> for applications and trip details)	
Dec 31-Jan 4	<b>Winter Challenge Training Week</b>	
Jan 6	<b>Sierra Nevada Officials Clinic, 9am</b>	Comm Pool Bldg (Required training for renewing and new Stroke & Turn Judges)
Jan 7	<b>Winter Quarter Regular Practices Resume—All Groups</b>	
Jan 12	<b>Dual Meet vs Sierra Marlins</b>	Arroyo Pool (10-Un; 11-12 13-14 ages only.)
Jan 19-21	<b>Cal Invite SR Meet</b>	UC Berkeley (Trials & Finals. One Q time needed to enter)
Feb 8-11	<b>Meet To Be Announced</b>	Vallejo or Auburn (All Ages - All Abilities)
Feb 15-18	<b>SDI Senior Classic</b>	Poway, CA (T & F. Three Q times needed.)
Feb 16-17	<b>SMST Senior Invite (Long Course)</b>	Folsom (T & F. Sectional qualifiers must attend.)

### 2007 WINTER QUARTER FEES (Dec—Feb)

Winter quarter fees for returning & ongoing swimmers are due by Monday, Dec. 10 at the team P.O. Box or in the white box at Civic Pool. Families with children swimming during December who missed the Nov 27 Annual Registration Night should contact Kerry Halsted at [ktttthalsted@hotmail.com](mailto:ktttthalsted@hotmail.com) to confirm current account status before paying.

Please be sure to fill in all areas of the 2007-8 Fee Coupon, including updated email addresses if necessary, and attach it to your fees. A 2007-08 Fee Coupon was sent with this newsletter email.

Blue	\$140	Bronze	\$145
Silver	\$230	Gold	\$250
Sen Dev	\$195 or \$230	Pre-Sen	\$265
Senior	\$270		

(Blue and Bronze swimmers do not practice during December)

# AQUADART PRACTICE SCHEDULES

## WINTER SCHEDULE

### Dec 3-Dec 21

<b>Silver</b>	4:00-5:30pm	Community
<b>Gold</b>	4:30-6:15pm	Civic
	9:00-11:00am (Sat's—12/15; 12/22; 1/26; 2/2)	Arroyo
<b>Sen Dev</b>	4:30-5:30 or 6:15pm (MWF)	Civic
<b>Pre-Sen &amp; Senior</b>	4:00-6:00pm (M-F)	Arroyo
	8:30-11:00am (Sat's—12/15; 12/22; 1/26; 2/2)	Arroyo

### Dec 31– Jan 4

<b>Senior</b>	8:00-10:00am	Arroyo
	3:00-5:00pm (except 12/31)	Arroyo
<b>Pre-Senior</b>	8:00-10:00am	Arroyo
	3:00-5:00pm (except 12/31)	Arroyo
<b>Gold</b>	8:00-10:00am	Community
<b>Silver</b>	8:30-10:00am (Thurs at Community)	Civic
<b>Sen Dev</b>	8:30-9:30 or 10:00am (Thurs at Comm )	Civic

### January 1 (Breakfast at Community 11:15am-noon)

<b>Sen/Pre-Sen</b>	8:30-11:00am	Arroyo
<b>Sen Dev</b>	9:30 or 10:00-11:00am	Community
<b>Gold</b>	9:00-11:00am	Community
<b>Silver</b>	9:30-11:00am	Community

### Jan 7—June 13

(All practices Monday through Friday, yards, unless noted)  
(Spring Break practice schedules will appear in March Newsletter)

<b>Blue</b>	3:00-3:45pm (MWF or TTHF)	Civic
<b>Bronze</b>	3:45-4:45pm (MWF or TTHF)	Civic
<b>Silver</b>	3:45-5:15pm	Community
<b>Gold</b>	4:30-6:15pm	Civic
	9:00-11:00am (Sat., TBA)	Arroyo
<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)	Arroyo
<b>Senior</b>	5:00-7:30pm	Community
	6:00-7:00am (MWF)	Brady Building
	8:30-11:00am (Sat., TBA)	Arroyo

(Pre-Senior & Senior schedules change effective Feb 11 with start of HS swim season.)

## 2008 Swim Meet Schedule Updates

It's not yet the start of the New Year and we already have more major changes to the 2008 Swim Meet Schedule. Please note the following on your calendars and please note that we're trying to fill in the gaps as soon as they appear.

- ◆ The **January 11-13** meet in Natomas hosted by SACA has been cancelled. (Their local school district decided not to heat the only pool in town during the winter. )  
We've replaced that meet with a **dual meet** versus the **Sierra Marlins Swim Team**.  
The meet will be **Sat, Jan 12 at Arroyo** in the 8-lane pool. Warmups at 9am, meet begins at 10am.  
Six lanes for competition and two lanes for warm-up/warm-down.  
Swimmers will be limited to 3 individual events and we will have multiple heats in each event.  
The age groups will be 9-10, 11-12, 13-14 and 15-18 who are not going to the Cal Invite Senior Meet. The meet will be sanctioned by SNS and governed by USAS rules.  
Signups for the meet will take place during the week starting Jan 7.  
We'll need parent volunteers as Stroke & Turn Judges, Marshals, Timers and Desk Workers.
- ◆ The **January 19-21** Senior meet in Berkeley has a meet sheet available online at [www.pacswim.org/0108calinvite.pdf](http://www.pacswim.org/0108calinvite.pdf). Participants only need one qualifying time to enter all three days of the meet. We will have relays.  
Pre-Senior swimmers without 'Q' times will swim in the SMST dual meet on Jan 12.  
The meet is deck entered and deck seeded. No advance entries necessary.
- ◆ **February 8-10** was an open weekend for the Aquadarts but now we have two options for those dates. The first is a meet in Vallejo (Pacific LSC) and the other is in Auburn hosted by Bear River Aquatics, a brand new team in the Sierra Nevada LSC. Both have possible entry issues.  
The complication with the Vallejo meet is that it may be closed to teams from outside their zone (we're applying for permission to attend) and the problem with the Auburn meet is that it's the only meet in SNS during the first 3 weeks of the month and will probably reach it's entry cap early and have to turn swimmers away.  
If we can get invited to the Vallejo meet we'll attend that one as our first option.  
Otherwise, plan on entering the Bear River meet as early as possible.

### Window Decals



## **New Team Window Decals**

**Arriving soon.  
\$5 ea.  
(3" x 7")**

# 2008 SNS Swim Meet & Events Calendar

MEET DATE	MEET/EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Jan 5	SNS Stroke & Turn Clinic		Comm Pool Rm	2008 Officials Cretification
Jan 5-6	Nor-Cal Coaches Clinic		Napa	Aquadart Coaching Staff
Jan 12	SMST Dual Meet	SCY	Arroyo Pool	10-Un; 11-12; 13-14 ages
Jan 19-21	Cal Invitational	SCY	UC Berkeley	Junior+, Trials and Finals
Jan 25-27	SNS—CCA—SDI All Star Meet	SCY	Bakersfield	Top 8 swimmers; 9-10,11-12, 13-14
Feb 8-10	Meet To Be Announced	SCY	Vallejo or Auburn	Full team Meet
Feb 15-17	SMST Senior Meet	LC	Folsom	Junior+, Trials and Finals
Feb 15-18	San Diego Senior Classic	SCY	Poway	3 Q Times needed
Feb 24	Woodland Dist Meet	SCY	Woodland	Full Team Meet
Feb 29-2	Woodland BB+/-	SCY	Woodland	Full Team Meet
<b>March 5-9</b>	<b>CA/NEV Sectional Championships</b>	<b>LC</b>	<b>Mission Viejo</b>	<b>1 Section Time Needed—Scored</b>
<b>March 14-16</b>	<b>SNS – Junior Olympics (14 &amp; Un) T/F</b>	<b>SCY</b>	<b>Solano</b>	<b>1 BB Time Needed—Team Scored</b>
Mar 19-22	SNS Olympic Training Trip	LCM	Colorado Springs	AAA Time Needed to Apply
April 4-6	Pacific Swimming Far Westerns	SC	TBA	AA Times Needed
April 18-20	SMST BB+/-	LC	Folsom	Full Team Meet
<b>May 2-4</b>	<b>Davis 'B' Championships</b>	<b>SCY</b>	<b>Community Pool</b>	<b>&lt;A Times Needed</b>
May 8-11	SJS High School Champs	SCY	Tokay HS	
May 16-18	Woodland BB+/-	LC	Woodland	Full Team Meet
June 1	Woodland Distance Meet	LC	Woodland	Full Team Meet
June 5	Annual Aquadart Team Photo		Community	Full Team
June 6-8	Lodi AGO	LC	Tokay HS	Full Team Meet
June 7	Davis Aquatic Masters Open Water	Lake	Lake Berryessa	Full Team Meet
<b>June 13-15</b>	<b>Summer Sanders Senior Meet T/F</b>	<b>LC</b>	<b>Roseville</b>	<b>JR+ Time Needed—Team Scored</b>
<b>June 28-29</b>	<b>Redding BB+/-</b>	<b>LC</b>	<b>Redding</b>	<b>Full Team Meet</b>
June 29-July 5	USAS Olympic Trials	LC	Omaha, Nebraska	1 Qualifying Time Needed
July 11-13	TBA long course meet in Pacific			
<b>July 19-20</b>	<b>SNS—JO's Distance Events</b>	<b>LC</b>	<b>Solano</b>	<b>1 BB Time Needed—Team Scored</b>
<b>July 24-27</b>	<b>SNS-Junior Olympics</b>	<b>LC</b>	<b>Redding</b>	<b>1 BB Time Needed—Team Scored</b>
<b>Aug 1-3</b>	<b>Tuolumne County Aquatics AGO</b>	<b>SCY</b>	<b>Sonora</b>	<b>Full Team Meet—Team Scored</b>
Aug 6-9	USAS Western Zones	LC	Bend, Oregon	3 AAA Times Needed
Aug 9-16	Olympics	LC	Beijing, China	
Aug 8-10	Davis City Swim Championships	SCY	Community Pool	<AA Time Needed
Aug 11-24	Aquadart Summer Training Break			
Sept 19-21	Davis BB+/-	SCY	Arroyo Pool	Full Team Meet
Oct 10-12	Vacaville Swim Club BB+/-	SCY	Vacaville	Full Team Meet
<b>Nov 8-9</b>	<b>Redding Junior+ T/F &amp; AGO</b>	<b>SCY</b>	<b>Redding</b>	<b>Jun+ Time Needed—Team Scored</b>
Nov 21-23	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet

# *Aquadart of the Month*

## **Jake Allen (18 yrs old) Stanford**

The November Swimmer of the Month is currently an Aquadart in name only, at least through the end of the year. Jake Allen is a freshman at Stanford this fall and competing for the Cardinal but it's what happened for Jake in November that he's being recognized as our AOTM.

At the 2006/07 Sierra Nevada Swimming Annual Awards Dinner last month, Jake was selected by an LSC-wide coaches poll as the SNS Male Swimmer of the Year. He, along with Alyssa Anderson of SMST, received plaques in tribute to their stellar accomplishments during the preceding swim year.



In his final year as an Aquadart, Jake set SNS records in the sprint Freestyles establishing himself as the fastest male swimmer in the history of Sierra Nevada Swimming.

His top performances in the 50 yard and 100 yard Freestyles were records for both the 17-18 Boys age group and the Men's Open division as well. Those swims were 20.35 and 44.72. In addition to the yards records, Jake also set a new standard in the 17-18 Boys 100m Free with a 51.71.

We had a chance to catch up with Jake in between practices and classes down on the farm and find out a little more about the speedster.

Jake was born in Woodland, lived in Davis for two years, Sacramento for two years and, then, has been back in Davis since. Parents James and Wendy, are both accomplished athletes, while dad finds more time for training (cycling) than mom does.

Jake began his aquatic career as a 7 year old with the DAC Dolphins. After his HS freshman season (where he swam the 200 and 500 Freestyles) he was a spectator at the USAS Olympic trials where he got the 'bug' to train for a higher level. Jake came to the

Aquadarts in the fall of '04 and that spring won his first of 6 consecutive victories (three each in the 50 and 100) at the SJS HS Champs.

Jake was also the 2006 California State Champion in the 100 yard Free and runner-up in that same event in 2007.

His short term goal is to be a 'team contributor' at the 2008 NCAA's; his intermediate goal is to pick up his first 2008 Olympic Trials cut and his long-term goal is to finish in the Top 3 for Stanford at the NCAA's in either of the sprint events.

In his spare time Jake likes to listen to music and play his guitar. If he had more free time he'd like to go on an outdoor adventure that consisted of only mountain snowboarding.

Jake played high school water polo during his sophomore and senior years, something both younger brothers (Trevor—15 and Wade—14) do as well. He also spent time during 7th-9th grades running Cross Country and competing in cycling & triathlon races.

When asked what advice he had for up and coming Aquadart swimmers, he didn't hesitate in suggesting more physical stretching exercises. He's noticed that the World Class athletes he trains with at Stanford have all developed exceptional flexibility skills.

Jake also advised our swimmers when practicing to "treat each set with a unique approach to improving either technique or training. Make it your best effort".

**CONGRATULATIONS JAKE ON YOUR SNS AND AQUADART  
ACCOMPLISHMENTS. BEST WISHES IN 2008**

## November Meet Results—RAD BB+/-, Nov 3-4, Shasta College

<b>NEW B TIME</b>	Audrey Ashdown	Clara Riggle	Tyler Ujifusa (2)	
<b>NEW BB TIME</b>	Clara Riggle (2)			
<b>BRONZE DART</b>	Clara Riggle			

## RAD Junior +, Nov 3-4, Shasta College

<b>NEW A TIME</b>	Ella Eser	Kevin Zhu (3)		
<b>NEW AA TIME</b>	Caitlin DeNise (2)			
<b>NEW AAA TIME</b>	Caitlin DeNise (2)	<b>NEW AAAA TIME</b>	Tara Halsted (2)	
<b>SILVER DART</b>	Caitlin DeNise	Tara Halsted	John Varley	Kevin Zhu

## Sierra Marlins BB+/-, Nov 16-18, Folsom

<b>NEW B TIME</b>	Tyler Babcock (4)	Dane Peterson (3)	Dominique Sommer (5)	Heather Johnson (2)
<b>NEW BB TIME</b>	Alex LaFreniere	Emma Peterson	Matthew Raabe	
<b>NEW A TIME</b>	Jordyn Micke	Natalie Green (2)	Rebecca McNeil	
<b>NEW AA TIME</b>	Natalie Green	Kyle Nadler		
<b>NEW AAA TIME</b>	Tucker Fisk (2)	Marrisa LaFreniere		
<b>BRONZE DART</b>	Dane Peterson	Emma Peterson		
<b>SILVER DART</b>	Natalie Green			

## Arctic Challenge Championships, Nov 30-Dec 2, Woodland

<b>NEW B TIME</b>	Alena Alvarez (3)	Angela Bruch	Lily Heilman (2)	Rosey Heilman
Grace Hickerson	Heather Huston (2)	Lanna Kozlowski (2)	Laurel Krovetz (2)	Jordyn Micke
Katrina Strum	Tori Van Court	Kinsey Van Deynze	Jordan Vermette	Jessica Yang (3)
Daniel Alvarez (2)	Tyler Babcock (3)	Steven Csaposs	Nathan Dao	Anthony Field
Ben Flin	Quinn Harty (3)	Griffin Long (2)	Reese Peterson (2)	Ben Prussel
Bo Van Court	Perry Winsor (3)	Cameron Wright	Alex LaFreniere	Sabrina Clark
Aimee Davis	Julia Fisk (2)	Kallie Gregg	Cheryl Lau (3)	Charlotte Rock
Caitlin Thornton (2)	Katie Van Deynze (2)	Chris Garrison (5)	Ben Jin	Jonathan Pun
Kimberly Robertson	Madison Molotky			
<b>NEW BB TIME</b>	Emily Barksdale	Elise Chu (2)	Chenoa Devine (4)	Heather Huston
Clara Riggle (2)	Matthew Raabe	Owen Yancher	Heather Johnson	Emma Peterson (2)
Kimberly Zhu (3)	Ben Crook (2)	Chris Garrison	Ben Jin (2)	Adam Raabe (2)
Kathleen Benjamin	Ella Eser			

## November Meet Results—Artic Challenge (continued)

<b>NEW A TIME</b>	Scout Brown	Jessica Yang	Ben Jin	Christine Chu (4)
Kyle Nadler	Jane Chen	Rachel Johnson		
<b>NEW AA TIME</b>	Torin Halsted	Tara Halsted	Alex Rieger	Natalie Green
Wade Allen	Rebecca McNeil	Kyle Nadler	Trevor Allen	
<b>NEW AAA TIME</b>	Scout Brown	Tucker Fisk	Tara Halsted (2)	Marrisa LaFreniere
<b>BRONZE DART</b>	Scout Brown	Chenoa Devine	Heather Huston	Kinsey VanDeynze
Tyler Babcock	Steven Csaposs	Owen Yancher	Lindsay Brandt	Alex Rieger
Ben Crook	Adam Raabe	Ali Holder	Beverly Nguyen	Galan Falakfarsa
Ryan Greenough	Sabrina Clark			
<b>SILVER DART</b>	Elise Chu	Lanna Kozlowski	Jessica Yang	Tara Halsted
Heather Johnson	Chreyl Lau	Julia Fisk	Caitlin Thornton	Chris Garrison
Jonathan Pun	Jane Chen	Christine Chu	Kyle Nadler	Kim Zhu

### New Team Records

<b>11-12 Girls 200y Back</b>	<b>Tara Halsted</b>	<b>2:17.89</b>	<b>11/3/2007</b>
<b>10-Under Boys 50y Free</b>	<b>Riley Hickman</b>	<b>26.62</b>	<b>11/16/2007</b>
<b>10-Under Boys 100y Free</b>	<b>Riley Hickman</b>	<b>58.17</b>	<b>11/16/2007</b>
<b>10-Under Boys 200y IM</b>	<b>Riley Hickman</b>	<b>2:28.32</b>	<b>11/16/2007</b>
<b>10-Under Boys 50y Free</b>	<b>Riley Hickman</b>	<b>26.54</b>	<b>11/30/2007</b>

### **DECEMBER BIRTHDAYS**

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

Seyhun Hwang, 9, 12/3	Matthew May, 9, 12/22	Emily Meyer, 9, 12/28	Elise Chu, 10, 12/2
Daniel Dyer-Diaz, 11, 12/4	Brycen Wersching, 11, 12/31	Tyler Ramos, 12, 12/6	Emma Peterson, 12, 12/18
Jessica Heller, 13, 12/10	Beverly Nguyen, 14, 12/17	Keelia Houston, 15, 12/5	Nathan Milgram, 15, 12/22
Kevin Zhu, 16, 12/30	Elliot Reinhart, 18, 12/10		

### 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)

# AQUADART INFO

## ◆ GIFT WRAPPING AT BORDERS

For the fourth year in a row, the Aquadarts are volunteering to wrap gifts at Borders during the holiday season. The gift wrapping is fun and free, although donations from the public are accepted. All donations collected at the event will be used directly in the assistance of a needy family through the Davis STEAC program

There is one remaining date left before Christmas;

**Saturday, Dec 22. 1:00-5:00pm**

If you can help for an hour or so, please contact Diana Raabe at 759-7033.

## ◆ SMENCIL SALE @ FARMERS MKT

Come out and sell **Smencils** (pencils made from recycled newspaper and scented in their own little tube--perfect stocking stuffers, and only \$1!) at the Farmers Market over the next two weeks, Dec 15 and 22.

We'll have two shifts--7:30-10:00 and 10:00-12:30. We only need two people per shift, and if your child is over 8, they can help! If you are interested in volunteering (or buying), please contact Pam Devine at 757-7847 or [pamdevine@sbcglobal.net](mailto:pamdevine@sbcglobal.net).

## ◆ WINTER CHALLENGE WEEK

This year's Winter Challenge training period begins Monday, Dec 31, New Year's Eve.. All the swimmers in the following groups - Silver, Gold, Senior Development, Pre-Senior and Senior, are encouraged to participate as much as possible. The 5-day week consists of continuous training days designed to overload the body with increased yardage. The goal for each swimmer is to keep their technique up when fatigue breaks it down. Those that participate fully in the program will benefit from increased stress tolerance, training adaptations and mental toughness.

It's been a tradition in the past to have commemorative T-shirts for those who make each of their assigned practices. Contact your coach if interested in designing this year's shirt.

It's another tradition that the club provides a pancake breakfast on New Year's Day to all the participants who swim on the first day of the year.

## ◆ STROKE & TURN JUDGE CLINIC

The Aquadarts are hosting a training clinic for interested parents who wish to become Stroke & Turn Judges in Sierra Nevada Swimming.

The clinic is January 5th from 9am-noon at the Davis Community Pool Building.

SNS regulations require each club to furnish S&T at meets according to their number of participants.

(That rule requires:

- 1 Official** for team sizes at meets of 11-25 swimmers;
- 2 Officials** for team sizes of 26-50;
- 3 Officials** for 51-75;
- 4 Officials** for 76-100 and
- 5 Officials** for team sizes at meets of 100+.

For a club of our size (230+ swimmers) we should have at least 9 current Officials. Right now we have 5. If we don't increase our numbers soon, at this time next year, we could be looking at only 5 S&T judges trying to cover our whole team.

The penalty for insufficient coverage at meets is loss of awards (ribbons and medals) at all meets and loss of points in team-scored meets.

Though the thought of becoming a S&T Official seems daunting, the reality is not so bad. There is adequate preparation and training prior to certification. Parents are taught basic S&T fundamentals through a 3-hour video & lecture presentation, and are trained on-deck alongside other Officials for 6 sessions prior to certification.

The normal duty at meets among the S&T Officials includes breaks and is about 1 hour on-duty and 1 hour off for the duration of the session. Officials also receive free food and a free program.

The Aquadarts reimburse volunteers for their USAS Officials membership and all hours worked at meets count directly towards the Parent Participation Requirement.

If your child(ren) attend more than 6 SNS meets per year, this is an important opportunity for you to show your support and dedication to their sport.

No prior registration is necessary. Simply show up. Aquadarts reimburses USAS membership costs for annual membership expenses.

## ◆ FLASH NEW TEAM WEBSITE

It's the same domain name ([www.aquadarts.org](http://www.aquadarts.org)) but with a whole new look. Construction is going quickly and new items are being placed daily. CHECK IT OUT!!

# Dec 2007/Jan 2008 Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
10	11	12	13	14	15 P-S/Sen (Gold) 8:30 (9)-11am at Arroyo	16
					Smencils Sale Farmers Mkt 7:30-10/10-12:30	
17	18	19	20	21 Borders Gift Wrapping 9-2pm	22 P-S/Sen (Gold) Same as 12/15 Borders Gift Wrap (1-5pm)	23
					Smencils—same	
24	25	26	27	28	29	30
<b>CHRISTMAS TRAINING BREAK</b> (No practices for any groups this month on green colored days)						
31	January 1	2	3	4	5 Nor Cal Coaches Clinic	6 Nor Cal Coaches Clinic
<b>WINTER CHALLENGE PRACTICE WEEK</b> (See practice schedule on page 2 of newsletter).					SNS Officials Clinic	
7 Blue & Bronze swimmers return from Dec break	8	9	10	11	12 Dual Meet Vs SMST Wu 9am @ Arroyo (10-U, 11-12 & 13-14)	13