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# Davis Aquadarts

## JANUARY, 2008

### UPCOMING EVENTS

DATE	EVENT	LOCATION
Jan 7	Winter Quarter Regular Practices Resume—All Groups	
Jan 12	Dual Meet vs Sierra Marlins (10-Un; 11-12, 13-Over ages only.)	Arroyo Pool
Jan 18	'Freaky Friday'. Silver & Up split practices. Boys at Arroyo; Girls at Civic—4:45-6:15pm	
Jan 19-21	Cal Invite SR Meet (Trials & Finals. One Q time needed to enter)	UC Berkeley
Jan 21	MLK Jr Holiday —no practices	
Jan 25-27	All-Star Tri-Meet (SNS vs CCS vs SDI)	Bakersfield
Feb 8-11	Meet To Be Announced (All Ages - All Abilities)	Vallejo or Auburn
Feb 15-18	SDI Senior Classic (T & F. Three Q times needed.)	Poway, CA
Feb 16-17	SMST Senior Invite (Long Course) (T & F. Sectional qualifiers must attend.)	Folsom
Feb 18	Presidents Day Holiday —no practices	
Feb 22	'Freaky Friday'. Silver & Up split practices. Boys at Comm; Girls at Civic—4:45-6:15pm	

### 2007/08 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 [lktthalsted@hotmail.com](mailto:lktthalsted@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/SPRING SCHEDULE

**Jan 7—June 13**

(All practices Monday through Friday, yards, unless noted)  
(Spring Break practice schedules will appear in February 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>	4:00-5:30pm	Community
<b>Gold</b>	4:30-6:15pm 4:15-6:15pm (3/10-5/9) 9:00-11:00am (Sat., TBA.)	Civic Civic
<b>Sen Dev</b>	4:45-5:45 or 6:15pm	Civic
<b>Pre-Sen</b>	4:15-6:15pm (1/7—2/9) 5:15-7:15pm (2/11—3/7) 4:15-6:15pm (3/10—5/9) 8:30-11:00am (Sat., TBA.)	Arroyo Community Civic
<b>Senior</b>	4:15-6:15pm (1/7—2/9) 5:15-7:15pm (2/11—3/7) 4:15-6:15pm (3/10—5/9) 6:00-7:00am (MWF) 8:30-11:00am (Sat., TBA)	Arroyo Community Civic Brady Building

### Window Decals



## **New Team Window Decals**

**Available at all  
pools.**

**\$5 ea.**

**(3" x 7")**

## 2008 Championship Meet Qualifiers

### **ALL STAR TRI MEET TEAM (Jan 26-27, Bakersfield)**

Tara Halsted	Marrisa LaFreniere	Natalie Green
Riley Hickman	Dylan Newsom	Beverly Nguyen
Kyle Nadler		

### **USAS SECTIONAL TEAM (Mar 5-9, Mission Viejo)**

Anji Shakya	Beverly Nguyen	Caitlin DeNise
Jillian Daleiden	Julia Larson	Ariel Feeney
Elliot Reinhart	Trevor Allen	Chris Stoner
Seth Derrick		

### **SNS JUNIOR OLYMPIC TEAM (Mar 14-16, Solano)**

Scout Brown	Isabella Franke	Jessica Yang
Cameron Wright	Sean Kos	Steven Csaposs
Emily Barksdale	Colby Stapleton	Elise Chu
Chenoa Devine	Heather Huston	Clara Riggle
Clarissa Franke	Audrey Ashdown	Tucker Fisk
Owen Yancher	Reese Peterson	Natalie Green
Tara Halsted	Alex LaFreniere	Alex Rieger
Heather Johnson	Charlotte Rock	Kim Zhu
Katie VanDeynze	Emma Peterson	Julia Fisk
Kathleen Benjamin	Riley Hickman	Dylan Newsom
Ben Crook	Torin Halsted	Thomas May
Ben Jin	Chris Garrison	Marrisa LaFreniere
Rachel Johnson	Beverly Nguyen	Hannah Krovetz
Kim Robertson	Christine Chu	Hailey Wright
Madison Molotky	Sierra Clark	Yelda Eser
Emily May	Kyle Nadler	Brandon Rueda
Patrick Zhu	Cameron Franke	Trevor Halsted
Adam Raabe	Ryan Greenough	

# AQUADART INFO

## BLUE AND BRONZE RAINY DAYS

We'd still like our Blue and Bronze swimmers to only attend 3 practices per week, but during these rainy days in Jan and Feb please feel free to do make-up days if one of your scheduled days is just too darn inclement.

## DUAL MEET VS SMST

The meet this Sat, Jan 12 at Arroyo was created to fill the vacancy left by the canceled SACA meet in Natomas. The age groups (10-un, 11-12, 13-Ov) are set up to give the swimmers in Silver, Gold and Pre-Senior who swam during December a meet to go to after all their hard work over the break. We'd prefer that the Blue and Bronze swimmers not enter the meet but wait to compete until February after they've been back in the water for a month or so.

Swimmers who are interested in competing in the meet should sign up at Comm or Civic before the end of practices on Friday. The coaches will put swimmers in events and post the lineup at Arroyo on Sat am.

Parent volunteers are needed as timers, Officials, runners and desk workers.

## FREAKY FRIDAYS

We're going to have a couple all-boy/all-girl practices for the older swimmers over the next two months. On **Friday, Jan 18** and **Friday, Feb 22** the swimmers in Silver, Gold, Sen Dev, Pre-Senior and Senior groups will split into all gender practices. The boys will be at Arroyo and the girls at Civic. Both practices will be from 4:45-6:15pm.

These type practices incorporate many training and bonding opportunities not available in normal co-ed environments.

There will be regular practices for Blue and Bronze and both those dates.

## FEBRUARY 9-10 MEET DATES

The location of the meet our team will attend in February still has not been decided. As soon as we find out the final status of the Auburn and Vallejo meets, we'll let the families know ASAP.

## CHAMPIONSHIP TEAMS

On page 3 of this newsletter are lists of Aquadart swimmers who've qualified for high level meets this winter/spring. Congratulations to all of our athletes for their hard work in reaching these high levels of success.

The Tri-Meet Team has been finalized but there are still many meet left for our Aquadarts to qualify for the other meets.

- ◆ Senior swimmers have until Feb 19 to pick up times for the USAS Sectional meet in Mission Viejo.
- ◆ 14-under swimmers have until March 2 to earn BB times for the SNS Junior Olympic meet in Solano.

## NEW TEAM DECALS

We have our new Team Decals available for sale at the pools. They're all white decals, about 3" x 7" and look great on car windows. We have 300 in stock so even the families with 5 or more cars needn't worry about not being able to show their pride and support for our swim team.

## 2008 USAS & AQUADART REGISTRATION

On page 5 of this newsletter is a list of Aquadart swimmers who have completed their 2008 registration with USAS. If your swimmers name is NOT on the list please visit [www.swimconnection.com](http://www.swimconnection.com) as soon as possible to complete your registration.

Should an accident that warranted insurance coverage occur at practice to any swimmer not currently registered with USAS, our entire team liability would be jeopardized.

Families who have not completed their 2008 Aquadart registration paperwork are encouraged to submit their forms and dues to the white box at Civic.

## CURRENT USAS MEMBERSHIP LIST

**Aquadart swimmers listed below have completed their 2008 USAS registration, as of January 7 .**

*If you're not listed and swimming now OR planning to start back again before March, please register at [www.swimconnection.com](http://www.swimconnection.com) immediately. This is NOT the list of swimmers who have completed their Aquadart registration. That's a separate list, and those swimmers who haven't done their 2008 Aquadart team paperwork will be emailed next week.*

ALLEN, TREVOR	EYA, RACHEL	KOS, SEAN N	ROCK, CHARLOTTE
ALLEN, WADE	FALAKFARSA, GALAN	KOZLOWSKI, LANNA	ROSS, PHOEBE
ALVAREZ, ALENA	FALAKFARSA, SARRA	KROVETZ, AVERY	ROSS, TOBY
ALVAREZ, ALYSSA	FEENEY, ARIEL J	KROVETZ, HANNAH	ROTTEVEEL, MARC
ALVAREZ, DANIEL	FIELD, ANTHONY E	KROVETZ, LAUREL	SALTVEIT, KYLE
ASHDOWN, AUDREY	FINLEY, TYLER	LAFRENIERE, ALEXAN	SCHWAB, ELLY
BABCOCK, LAUREN	FISK, ABIGAIL L	LAFRENIERE, MARRISA	SHAKYA, ANJALI
BABCOCK, TYLER	FISK, JULIA L	LARSON, JULIA	STANLEY, AMELIA
BAKHSHI, SAFA	FISK, TUCKER D	LAU, CHERYL	STANLEY, MADELINE
BARKSDALE, EMILY	FLIN, BENJAMIN R	LEWIS, RUSTY	STAPLETON, COLBY
BECK, MALERIE	FLIN, KENDRA	LONG, GRIFFIN	STAPLETON, CONNOR
BENET, PHOEBE	FOLKS, QUINN	LONG, PATRICK	STONER, CHRISTOPHER
BENJAMIN, KATHLEEN	FULLERTON, ANNEISE	MADISON, MARCUS	SWAMINATHON, ANTH
BLOCK, ANDREW	FULLERTON, GRAHAM	MCNEIL, REBECCA	SWAMINATHAN, NICK
BRANDT, LINDSAY	GARCIA-RAMIREZ, ALB	MEYER, EMILY	TEUBER, STEPHANIE
BROOKS, NICOLE	GARCIA-RAMIREZ, ALE	MICKE, JORDYN	THAIN, ANDREW
BROWN, QUINN	GARRIDO, ALINA E	MIYAMOTO, NAOMI	THORNTON, CAITLIN
BROWN, SCOUT	GARRISON, CHRIS	MOLOTKY, GRIFFIN	TIMOFEYEV, IVAN
BRUCH, ANGELA	GOLD, JENNIFER A	MOLOTKY, MADISON	TUCKER, LINNEA
BURSTEIN, ANYA	GOLD, KYLE J	MOONEY-MCCARTHY, M	VAN COURT, BORIS
CAMDEN, HENRY	GREEN, NATALIE A	MORAN-ALONSO, NURIA	VAN DEYNZE, KATELIN
CASTIGLIONI, SOFIA	GREENOUGH, MICHELLE	NADLER, BRIAN C	VAN DEYNZE, KINSEY
CHEN, MICHAEL	GREENOUGH, RYAN	NADLER, KYLE B	VARLEY, JOHN W
CHU, CHRISTINE	GREGG, BRYCE	NEWSOM, DYLAN	VERMETTE, JORDAN
CHU, ELISE K	GREGG, KALLIE	NGUYEN, BEVERLY	WAGNER, ALLISON
COLLIER, HAILEY	HALSTED, TARA	NGUYEN, VINNCENT	WALKER, REBECCA
COLLIER, HANNAH	HALSTED, TORIN	NICHOLSON, THEODORE	WALTERS, LISA M
CRISTOBAL, CINEDRA	HALSTED, TREVOR	NIJJAR, UDHE	WARNOCK, ERIN E
CROOK, BENJAMIN	HARTY, QUINN	NIJJAR, ZOEI	WERSCHING, BRYCEN
CROSS, AMY L	HEILMANN, LILY	PAINTER, JACK	WESNOUSKY, CARRIE
CSAPOSS, HENRY	HEILMANN, ROSEY	PETERSON, DANE	WEST, BENJAMIN
CSAPOSS, STEVEN	HELLER, JESSICA	PETERSON, EMMA	WETZLICH, EVAN
DAO, NATHAN	HELLER, JULIET	PETERSON, REESE	WEINKER, LAUREN
DAVIS, AIMEE	HICKMAN, RILEY	PHILLIPS, JENNY	WINSOR, JOSHUA P
DEITS, ALEXANDER	HICKMAN, TESSA	PINEDA, KEIANNA	WRIGHT, CAMERON B
DEITS, KSENIA	HOLDER, ALESSANDRA	PREWETT, HOSANNA	WRIGHT, HAILEY J
DENISE, CAITLIN	HOUSTON, KEELIA K	PRUSSEL, LANCE	WRIGHT, JAMES M
DERRICK, SETH	HWANG, SEHYUN	PUCKETT, HANNAH	YANG, JESSICA
DEVERA, LAUREN	JAMES, LANCE	PUN, JONATHON	YOUNG, HOLLY A
DOMINGUEZ, MARA	JAMNES, LAUREN	RAABE, ADAM J	ZHANG, PATRICK H
DOMINGUEZ, TERREN	JAMES, LOGAN	RAABE, MATTHEW	ZHU, KEVIN
DYER-DIAZ, DANIEL	JENSEN, BRYAN	RAABE, TYLER	ZHU, KIMBERLY
DYER-DIAZ, SOFIA	JENSEN, KAMIAH	RAMOS, ETHAN	ZIEGLER, AMELIA
ECHIBURU, FRANCISCA	JIN, BENJAMIN	RAMOS, JOSHUA	
ESER, ELLA E	JOHNSON, HEATHER	RAMOS, TYLER	
ESER, RANA A	JOHNSON, RACHEL	RAMOS, TYLER	
ESER, YELDA H	KHAN, MURTAZA	RANASINGHE, SHARI	
EWENS, MEGAN	KIANI, ALEX	REINHART, ELLIOT	
EWENS, WILLIAM	KOEHL, ARTHUR	RIZZO, CECILIA A	

# 2008 SNS Swim Meet & Events Calendar

MEET DATE	MEET/EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
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

## NUTRITION PAGE

(This is an article in an eight-part series from USAS addressing current elements of proper swimming nutrition.)

### FLUIDS - Water vs Sports Drink

There are 2 reasons to drink fluids: (1) to stay hydrated, and (2) to provide the body with fuel.

**During Workout** - Regardless of age or length of workout, all swimmers need fluids during practice to stay hydrated. Easily accomplished with a couple of sips from the water bottle every 15-20 minutes. As swimmers progress, workouts get longer and tougher. It's well established that exercise beyond 90 minutes benefits from a supplemental fuel source. The sports drink can provide it. But we still have hydration to think about. Drinks that are too strong, or "concentrated," can provide the fuel, but also inhibit fluid absorption and often lead to cramping. Years of research tells us that drinks that are 6-8% carbohydrate by weight provide the perfect balance. Enough carbohydrate to provide a fuel source during long exercise, but not so much that will inhibit fluid absorption. A couple of sips every 15-20 minutes keeps the body fueled, helps prevent unnecessary tissue breakdown, and maintains hydration. Today, only Gatorade and Powerade meet the 6-8% criteria. Most other drinks are too strong to be effective during workout.

**After Workout** – Water is an excellent choice to replenish fluids after practice. It's always wise to drink at least one cup. But after a tough workout, replenishing fuel stores is equally important. Competitive swimmers need a little over 1gram of carbohydrate for every kilogram they weigh (lbs/2.2) each hour after workout. And they need it within the first hour.

Oftentimes, a sports drink that is easily digested and quickly absorbed, such as Gatorade or Powerade, can provide a convenient way to get some of this fuel within the first 20 minutes. Accelerade, a newer drink on the market may also do the trick. Endurox, perhaps, but beware of the high protein drinks, as they often forgo the carbohydrate, and carbohydrate is what you are trying to replenish within that first hour after workout. A little protein won't hurt, in fact a little bit of protein may actually help by supporting tissue repair and re-building processes. But too much protein, especially when it comes in place of carbohydrate, may actually be detrimental to the post-workout recovery process.

**\*\*Remember...**1. Carbohydrate is the primary fuel source during tough workouts. Protein is used as a fuel source during exercise only when carbohydrate and fat are not present in sufficient quantities. This can happen during long/tough workouts when the body uses much of its stored carbohydrate, and it must find an additional source. If an additional carbohydrate source (ex. Gatorade, Powerade) is not supplied, the body taps into stored protein, aka your muscles. This is why we drink carbohydrate-electrolyte solutions during workout...to spare muscle protein. And this is also why it is important to replace carbohydrate stores lost during a workout...so you start the next workout with a full tank of gas!

2. Following exercise, the body is very sensitive to the hormone insulin. Insulin is that hormone that rises every time blood sugar rises. In other words, every time a swimmer eats carbohydrate, which causes blood sugar to rise, insulin goes up. Well, it's insulin's job to remove sugar from the bloodstream, and it does so by facilitating its storage as glycogen. Glycogen, the storage form for carbohydrate, is what the body taps into for fuel when exercise is very intense. This can happen quite a bit during a tough workout, which is why it's important to see that glycogen is replenished before the next practice.

## Nutrition—cont.

**During the Day** – Staying hydrated during the day is just as critical as hydrating during and after workouts. Most swimmers can do this by incorporating a variety of fluids into their daily diet. Water, fruit juice, milk, soups, etc, etc. Water is always an excellent choice, but other drinks, including sports drinks (defined as 6-8% carbohydrate by weight) are okay too. Just remember that variety is the key to a healthy diet. If you use a sports drink during and after practice, it may be better to drink water and juice during the day to stay hydrated. Juices are often healthier than sports drinks in that their sugars are natural. Always keep in mind that juices and sports drinks contribute to total caloric intake.

For the purpose of this article, a sports drink is defined as a 6-8% carbohydrate-electrolyte solution. Do NOT include “energy drinks,” such as Red Bull, 180o, Sobe, etc. These dietary supplements fall into the Yellow Light category of the Dietary Supplements Theoretical Safety Ratings Scale.



Jo Van Court, 8, 1/10	Alex Diets, 9, 1/2	Katrina Strum, 9, 1/4	Tucker Fisk, 9, 1/19
Iosanna Prewett, 10, 1/14	Nicole Brooks, 10, 1/15	Ariel Axelrad-H, 11, 1/6	Riley Hickman, 11, 1/11
Torin Halsted, 11, 1/25	Sarra Falakfarsa, 12, 1/10	Ben Crook, 12, 1/26	Adam Raabe, 13, 1/1
Erin Warnock, 13, 1/25	Madison Molotky, 13, 1/8	Holly Riggle, 16, 1/11	Max Reilly, 16, 1/14
Caitlin DeNise, 17, 1/12			

## HAPPY ANNIVERSARY

To the following Aquadarts for their number of years on the team:

Madison Molotky—1 year    Steven Csaposs—2 years    Clara Riggle—2 years  
Patrick Zhu—2 years    Aimee Davis—3 years    Arthur Koehl—3 years  
Ali Holder—3 years    Sarra Falakfarsa—4 years    Torin Halsted—6 years

## 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)

# Jan/Feb 2008

## Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
7 <b>Blue &amp; Bronze swimmers return from Dec break</b>	8	9	10	11	12 <b>Dual Meet Vs SMST Wu 9am @ Arroyo (10-U, 11-12 &amp; 13-Over)</b>	13
14	15	16	17	18 <b>FREAKY FRIDAY 4:45-6:15PM Boys— Arroyo Girls—Civic</b>	19 <b>CAL INVITE UC BERKELEY T &amp; F. WU @ 8AM</b>	20
21 <b>CAL INVITE</b>	22	23	24	25	26 <b>ALL STAR TRI-MEET BAKERSFIELD</b>	27
<b>HOLIDAY No Practices</b>						
28	29	30	31	February 1	2	3
4	5	6	7	8	9 <b>AQUADART TEAM MEET VALLEJO or AUBURN</b>	10
11 <b>Pre-Sen &amp; Senior move to Comm 5:15-7:15pm</b>	12	13	14	15	16 <b>SENIOR MEETS T&amp;F FOLSOM—meters SAN DIEGO—yards</b>	17