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# Davis Aquadarts

## MARCH, 2008

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Mar 5-9</u>	<u>USAS Gold Sectional Meet</u> (Senior—T&F. Q times needed)	<u>Mission Viejo</u>
<u>Mar 13</u>	<u>JO Fire-Up Party 4:30-6:00pm</u> (All JO Participants—Posters and Pizza)	<u>Civic pool</u>
<u>Mar 14-16</u>	<u>SNS 14 &amp; Under Junior Olympics</u> (Age Group—T&F. BB times needed)	<u>Solano College</u>
<u>Mar 21</u>	<u>Blue &amp; Bronze Interteam meet</u> (Blue—3:00-4:00pm. Bronze 3:45-5:00pm)	<u>Community Pool</u>
<u>March 24</u>	<u>Team Holiday—No Practice</u>	
<u>Mar 25-28</u>	<u>Spring Break Practice Schedule</u> (See Page 2 of newsletter for times and locations)	
<u>Apr 3-6</u>	<u>Far Westerns</u> (Age Group—AA times needed)	<u>Pleasanton</u>
<u>Apr 9</u>	<u>Silver—Swim, Dinner &amp; a Movie</u> (4:45-9:00pm)	<u>Civic Pool</u>
<u>Apr 18-20</u>	<u>SMST LC BB+/- Meet</u> (Age-Group—First long course meet of the season)	<u>Folsom</u>
<u>May 3-4</u>	<u>Davis B Invitational</u> (Age Group—Less than 'A' times only. Split session—10-Unders in am. 11 & Up in pm)	<u>Community Pool</u>

### 2008 SPRING QUARTER FEES (Mar—May)

Spring quarter fees for returning & ongoing swimmers are due by Monday, Mar. 10 at the team P.O. Box or in the white box at Civic Pool.

Please be sure to fill in all areas of the 2008 Fee Coupon, including updated email addresses if necessary, and attach it to your fees. A 2008 Fee Coupon is available in the Registration/Documents section on the home page of the Aquadart website.

Blue	\$190	Bronze	\$195
Silver	\$230	Gold	\$250
Sen Dev	\$195 or \$230	Pre-Sen	\$265
Senior	\$270		

# **AQUADART PRACTICE SCHEDULES**

## **WINTER/SPRING SCHEDULE**

**Mar 3—June 13**

(All practices Monday through Friday, yards, unless noted)  
(Spring Break practice schedules are noted below)

<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 (3/3-5/10)	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-Senior</b>	5:15-7:15pm (2/11-3/7) 4:15-6:15pm (3/10-5/9) 8:30-11:00am (Sat., TBA.)	Community Civic
<b>Senior</b>	5:15-7:15pm (2/11-3/7) 4:15-6:15pm (3/10-5/9) 8:30-11:00am (Sat., TBA)	Community Civic

## **SPRING BREAK SCHEDULE**

**Mon, Mar 24—Holiday. Tues—Fri, March 25-28**

<b>Senior</b>	8:00-10:00am	Community
<b>Pre-Senior</b>	8:00-10:00am	Community
<b>Gold</b>	8:00-9:45am	Community
<b>Sen Dev</b>	8:00-9:00 or 9:30am	Community
<b>Silver</b>	8:30-10:00am (Thurs at Community)	Civic
<b>Bronze</b>	10:00-11:00am	Community
<b>Blue</b>	11:00-11:45am	Community

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## **SUMMER PRACTICE SCHEDULE**

**June 16—August 8**

**All Practices at UCD Schaal Pool**

<b>Blue</b>	3:00-3:45pm (MWF or TTHF) yards
<b>Bronze</b>	3:45-4:45pm (MWF or TTHF) yards
<b>Silver</b>	3:15-4:45pm (M-F) yards; 5:00-6:30pm (Mon & Weds) meters
<b>Gold</b>	8:00-10:00am (M-F) meters; 5:00-6:45pm (Mon & Weds) meters
<b>Sen Dev</b>	3:15-4:15 or 4:45pm (M-F) yards
<b>Pre-Senior</b>	8:00-10:00am (M-F) meters; 5:00-6:30pm (Mon-Thurs) meters
<b>Senior</b>	8:00-10:00am (M-F) meters; 5:00-7:00pm (Mon-Thurs) meters

## 2008 Championship Meet Qualifiers

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

Anji Shakya

Ariel Feeney

Elliot Reinhart

Beverly Nguyen

Julia Larson

Trevor Allen

Jillian Daleiden

Seth Derrick

Chris Stoner

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

Scout Brown

Cameron Wright

Emily Barksdale

Chenoa Devine

Clarissa Franke

Tucker Fisk

Matthew Raabe

Alex LaFreniere

Heather Johnson

Katie VanDeynze

Kathleen Benjamin

Riley Hickman

Torin Halsted

Ben Jin

Rachel Johnson

Kim Robertson

Madison Molotky

Emily May

Patrick Zhu

Adam Raabe

Isabella Franke

Sean Kos

Colby Stapleton

Lanna Kozlowski

Audrey Ashdown

Owen Yancher

Natalie Green

Alex Rieger

Charlotte Rock

Emma Peterson

Mara Dominguez

Dylan Newsom

Tyler Ujifusa

Chris Garrison

Beverly Nguyen

Christine Chu

Sierra Clark

Kyle Nadler

Cameron Franke

Ryan Greenough

Jessica Yang

Steven Csaposs

Elise Chu

Clara Riggle

Alyssa Alvarez

Reese Peterson

Tara Halsted

Jaida Aikens

Kim Zhu

Julia Fisk

Kallie Gregg

Ben Crook

Arthur Koehl

Marrisa LaFreniere

Hannah Krovetz

Hailey Wright

Yelda Eser

Brandon Rueda

Trevor Halsted

Connor Stapleton

# *Aquadart of the Month*

## **Lindsay Brandt (12yrs old) Silver Group**

The February Swimmer of the Month is an Aquadart with attitude. And the best kind there is.

Lindsay Brandt has been a member of the Aquadarts for years and has worked her way up



into the Silver 1 group. At last weekend's 'Last Chance' meet in Woodland Lindsay was one of only 3 Aquadarts to earn a Gold 'Dart'. She swam 10 of 10 best times and almost picked up

her first 'B' time for 11-12 girls. Lindsay has had many meets where she's earned 'darts' but this is her first-ever Gold.

Pursuing time standards are not the only reason Lindsay swims. Lindsay just enjoys the sport and likes being on the team.

She has great attendance, coming to practice 34 times per week. She's either racing to practice on her bike or arriving early to help with the pool covers. She's quick to enter the water and always begins practice on time.

During practice she listens attentively, tries hard to improve and keeps a smile on her face even when times are tough.

Though she's still a young swimmer Lindsay has the right attitude towards success and

setbacks. In a mature way, she's learned that her attitude is the one constant she can control and she does a marvelous job of staying on an even path.

Lindsay noted that over the years, she's benefited from training and teaching tips from many Aquadart coaches including Brad, Carolee, Mary, Stu, Karen, Kevin and Danielle.

Lindsay was born in Redwood City to parents Alf and Kristen. She's lived in California her entire life, moving to Davis, with younger brother, Jesse, when she was two.

Lindsay is in 7th grade at Harper Junior High. She plays both the violin and piano and is an active member of the Girl Scouts.

In her free time she enjoys reading, particularly the Harry Potter series.

She's traveled outside of the US visiting Austria when she was very little and Paris when she was 7. She enjoys outdoor adventures and would go white water river rafting in a second. She likes the risks of being in a wild water environment but only because of her confidence gained from years of swimming.

Lindsay began in the Summerdart program when she was in first grade and then switched to Aquadarts when in 4th. She looks forward to practices and swimming alongside Jaida and Maite. Her favorite stroke is breaststroke.

Her goals are to continue working on improving and get some 'B' times before she turns 13.

Though not much older than many of her teammates, Lindsay offers the following advice. "Stick with it and keep going. The last thing a swimmer should ever tell themselves is 'That's Horrible.'"

Keep up the good attitude.

**CONGRATULATIONS LINDSAY!!**

"Stick with it and keep going...".

## 2008 SNS Swim Meet & Events Calendar

MEET DATE	MEET/EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
March 5-9	USAS Sectional Championships	LC	Mission Viejo	1 Section Time Needed—Scored
March 14-16	SNS – Junior Olympics (14 & Un) T/F	SCY	Solano College	1 BB Time Needed—Team Scored
Mar 19-22	SNS Olympic Training Trip	LCM	Colorado Springs	AAA Time Needed to Apply
April 4-6	Pacific Swimming Far Westerns	SC	Pleasanton	AA Times Needed
April 18-20	SMST BB+/-	LC	Folsom	Full Team Meet
May 3-4	Davis 'B' Championships	SCY	Community Pool	<A Times Needed
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
June 13-15	Summer Sanders Senior Meet T/F	LC	Roseville	JR+ Time Needed—Team Scored
June 28-29	Redding BB+/-	LC	Redding	Full Team Meet
June 29-July 5	USAS Olympic Trials	LC	Omaha, Nebraska	1 Qualifying Time Needed
July 11-13	TBA long course meet in Pacific			
July 19-20	SNS—JO's Distance Events	LC	Solano	1 BB Time Needed—Team Scored
July 24-27	SNS-Junior Olympics	LC	Redding	1 BB Time Needed—Team Scored
Aug 1-3	Tuolumne County Aquatics AGO	SCY	Sonora	Full Team Meet—Team Scored
Aug 6-9	USAS Western Zones	LC	Bend, Oregon	1 AA Time Needed to apply
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
Nov 8-9	Redding Junior+ T/F & AGO	SCY	Redding	Jun+ Time Needed—Team Scored
Nov 21-23	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet
Dec 5-7	Woodland Invitational	SCY	Woodland	Full Team Meet

**“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times I’ve been trusted to take the game winning shot and missed.**

**I’ve failed over and over and over again in my life.  
And that’s why I succeed.”**

**Michael Jordan**

## CURRENT USAS MEMBERSHIP LIST

**Aquadart swimmers listed below have completed their 2008 USAS registration, as of March 5 .**

*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.*

AIKENS, JAIDA	DERRICK, SETH	HICKMAN, RILEY	PETERSON, REESE
ALLEN JAKOB	DESIDERI, JONATHAN	HILL, SASHA	PHILLIPS, JENNY
ALLEN, TREVOR	DEVERA, LAUREN	HOLDER, ALESSANDRA	PINEDA, KEIANNA
ALLEN, WADE	DEVINE, CHENOA	HOUSTON, KEELIA K	PREWETT, HOSANNA
ALVAREZ, ALENA	DOMINGUEZ, MARA	HWANG, SEHYUN	PRUSSEL, BENJAMIN
ALVAREZ, ALYSSA	DOMINGUEZ, TERREN	IWAMOTO, SATORI	PRUSSEL, LANCE
ALVAREZ, DANIEL	DYER-DIAZ, DANIEL	JENSEN, BRYAN	PUCKETT, HANNAH
ANDREWS, BRYAN	DYER-DIAZ, SOFIA	JENSEN, KAMIAH	PUN, JONATHAN
ASHDOWN, AUDREY	ECHIBURU, FRANCISCA	JIN, BENJAMIN	RAABE, ADAM J
AXELRAD-HAUS, AKIVA	ESER, ELLA E	JOHNSON, ETHAN	RAABE, MATTHEW
BABCOCK, LAUREN	ESER, RANA A	JOHNSON, HEATHER	RAABE, TYLER
BABCOCK, TYLER	ESER, YELDA H	JOHNSON, RACHEL	RAMOS, ETHAN
BAJWA, SAHAJ	EWENS, MEGAN	KHAN, MURTAZA	RAMOS, JOSHUA
BAKHSHI, SAFA	EWENS, WILLIAM	KIANI, ALEX	RAMOS, TYLER
BARKSDALE, EMILY	EYA, RACHEL	KNORR-EVANS, MAITE	RANASINGHE, SHARI
BECK, MALERIE	FALAKFARSA, GALAN	KOEHL, ARTHUR	REILLY, MAX
BENET, PHOEBE	FALAKFARSA, SARRA	KOS, SEAN N	REINHART, ELLIOT
BENJAMIN, KATHLEEN	FEENEY, ARIEL J	KOUCHESFAHANI, YAS	RIEGER, ALEX
BHULA, MILAN	FIELD, ANTHONY E	KOZLOWSKI, LANNA	RIGGLE, CLARA
BHULA, VISHAL	FINLEY, TYLER	KROVETZ, AVERY	RIGGLE, HOLLY
BLOCK, ANDREW	FISK, ABIGAIL L	KROVETZ, HANNAH	RIZZO, CECILIA A
BOSCHKEN, CHRIS	FISK, JULIA L	KROVETZ, LAUREL	ROBERTSON, KIMBERLY
BRANDT, LINDSAY	FISK, TUCKER D	LAFRENIERE, ALEXAN	ROCK, CHARLOTTE
BROOKS, NICOLE	FLIN, BENJAMIN R	LAFRENIERE, MARRISA	ROSS, PHOEBE
BROWN, QUINN	FLIN, KENDRA	LARSON, JULIA	ROSS, TOBY
BROWN, SCOUT	FOLKS, QUINN	LAU, CHERYL	ROTTEVEEL, MARC
BRUCH, ANGELA	FRANKE, ALEXANDRA	LEWIS, RUSTY	RUEDA, BRANDON
BUGSCH, JADE	FRANKE, CAMERON	LONG, GRIFFIN	RUEDA, ELIZABETH
BUSCH, SIDRA	FRANKE, CLARISSA	LONG, PATRICK	RUTHERFORD, ELIZAB
BURSTEIN, ANYA	FRANKE, ISABELLA	MADISON, MARCUS	SALTVEIT, KYLE
CAMDEN, HENRY	FULLERTON, ANNEISE	MAY, EMILY	SCHWAB, ELLY
CASTIGLIONI, SOFIA	FULLERTON, GRAHAM	MEYER, EMILY	SHAKYA, ANJALI
CASTIGLIONI, ZENO	GARCIA-RAMIREZ, ALB	MICKE, JORDYN	SIMONS, NICHOLAS
CHEN JANE	GARCIA-RAMIREZ, ALE	MIYAMOTO, NAOMI	SMITH, KRISTOPHER
CHEN, MICHAEL	GARRIDO, ALINA E	MOLOTKY, GRIFFIN	SMITH, OSCAR
CHU, CHRISTINE	GARRISON, CHRIS	MOLOTKY, MADISON	SOMMER, DOMINIQUE
CHU, ELISE K	GOLD, JENNIFER A	MONTICELLO, ALEX	STANLEY, AMELIA
CLARK, SABRINA	GOLD, KYLE J	MOONEY-MCCARTHY, M	STANLEY, MADELINE
CLARK, SIERRA	GREEN, NATALIE A	MORAN-ALONSO, NURIA	STAPLETON, COLBY
COLLIER, HAILEY	GREENOUGH, MICHELLE	MULLEN, TARA	STAPLETON, CONNOR
COLLIER, HANNAH	GREENOUGH, RYAN	NADLER, BRIAN C	STONER, CHRISTOPHER
CRISTOBAL, CINEDRA	GREGG, BRYCE	NADLER, KYLE B	STURM, KATRINA
CROOK, BENJAMIN	GREGG, KALLIE	NEWSOM, DYLAN	STURM, TRISTAN
CROSS, AMY L	HALSTED, TARA	NGUYEN, BEVERLY	SWAMINATHON, ANTH
CSAPOSS, HENRY	HALSTED, TORIN	NGUYEN, VINNCENT	SWAMINATHAN, NICK
CSAPOSS, STEVEN	HALSTED, TREVOR	NICHOLSON, THEODORE	TEUBER, STEPHANIE
DALEIDEN, JILLIAN	HARTY, QUINN	NIJJAR, UDHE	THAIN, ANDREW
DAO, NATHAN	HEILMANN, LILY	NIJJAR, ZOEI	THORNTON, CAITLIN
DAVIS, AIMEE	HEILMANN, ROSEY	O'BRIEN, KATATHERINE	TIMOFEYEV, IVAN
DEITS, ALEXANDER	HELLER, JESSICA	PAINTER, JACK	TUCKER, LINNEA
DEITS, KSENIA	HELLER, JULIET	PETERSON, DANE	UJIFUSA, TYLER
DENISE, CAITLIN	HICKERSON, GRACE	PETERSON, EMMA	

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# AQUADART INFO

## USAS 2008 Registered Swimmers cont from pg 6.

VAN COURT, BORIS	WRIGHT, CAMERON
VAN COURT, TORI	WRIGHT, HAILEY
VANDEYNZE, KATELYN	WRIGHT, MICHAEL
VANDEYNZE, KINSEY	WU, EMMA
VARLEY, JOHN	XU, SEBASTIAN
VERMETTE, JORDAN	YANCHER, OWEN
WAGNER, ALLISON	YANG, JESSICA
WALKER, REBECCA	YANG, TIMOTHY
WALTERS, LISA	YOUNG, HOLLY
WARNOCK, ERIN	ZHANG, PATRICK
WERSCHING, BRYCEN	ZHU, JULIAN
WESNOUSKY, CARRIE	ZHU, PATRICK
WEST, BENJAMIN	ZHU, KEVIN
WETZLICH, EVAN	ZHU, KIMBERLY
WEINKER, LAUREN	ZIEGLER, AMELIA
WINSOR, PERRY	

## ♦ E-SCRIP FOR AQUADARTS

March is Davis Aquadarts E-Scrip Campaign month!

We have designated March as our E-Scrip campaign month. Did you know that the Davis Aquadarts has an e-scrip account??? Yes, our identification number is 137627250. As many of you know, e-scrip is a resource for fundraising where participating business contribute a percentage of your grocery loyalty card purchases to our swim team. It is easy and free. If you have designated your child's school as the beneficiary, you can also list the Davis Aquadarts and a second beneficiary. You may list up to 3 groups. Everyone will win.

All you need to do is have your Safeway Card number available, then log onto [www.e-scrip.com](http://www.e-scrip.com). Go to the "sign up" option and enter "Davis Aquadarts". Follow the directions and sign up to benefit the Davis Aquadarts. Ask aunts, uncles, cousins and grandparent to sign up too!!

Currently, we only have a handful of families that are signed up. Our goal for the year is to raise \$1,000.00 for our team. To reach this goal, we will

need as many families as we can to sign up with e-scrip and designate all or a portion of their purchases to go the Davis Aquadarts. Once you sign up, simply swipe your registered grocery club card at Safeway and a percentage of your purchase will be contributed automatically to our swim team. Help us meet our annual goal.

If you have any questions, please contact Diana Raabe at [stamprr@aol.com](mailto:stamprr@aol.com).

## ♦ SUMMER SWIM SCHEDULE

**All Aquadart practices will be at the UCD Schaal pool.**

The 2008 summer schedule as noted on page 2 is the same as last year. The Aquadarts will have Long Course (LC) practices all 5 mornings (8 lanes), Short Course (SC) practices in the early afternoon (12 lanes) and LC again in the evenings as we've done the past 3 years (8 lanes M&W, 3 lanes T & Th).

The summer schedule begins **Monday, June 16** and ends on **Friday, August 8**.

We're negotiating with TAPS to secure the same parking permits and rates as last year.

## ♦ WINDOW DECALS

Spring is almost here and time to wash the car. Right after that slap on an Aquadart Window decal and show your TEAM PRIDE!



## Summerdart Update for the Aquadart Families

### REGISTRATION:

Summerdarts, the Aquadarts' summer recreational seasonal team, will hold registration for the 2008 season on April 8 at Montgomery Elementary from 6-8 pm. Again this year Aquadarts will offer priority registration for families of currently registered Aquadart swimmers. If you have a child who plans to swim Summerdarts this summer, you can register ahead of time and thus do not have to register in person. To arrange this early registration, you can download registration forms from the Aquadart website homepage under Registration or Documents after March 17. **You must complete and return all registration forms and payments to Carolee (539 Antioch Dr., Davis, 95616) by April 8 to be eligible.** Forms returned after that date may be accepted, but will not receive priority enrollment.

### PARENT HELP:

Aquadart parents can earn parent participation volunteer hours by helping out with various aspects of Summerdarts. Sign up by contacting Carolee at [clbgregg@aol.com](mailto:clbgregg@aol.com)

Job	People needed	Job Description	When needed	Approx. # of hours
*Bundling Flyers	1	Counting and bundling Summerdart flyers	3/10-12	2-3
Summerdart Registration Night	8-10	Helping register Summerdart swimmers	Tu., 4/8 5-8 pm	3
Swim Evaluations	2	Helping check in swimmers at evaluations, taking photos of swimmers	5/17,18 2:15-6:00	4-10
*Computer Work of registration materials	1	Creating an excel file of all receipts/organizing receipts	Late April/early May	8
*Computer Work of USS registration	1	Inputting USS info into computer. Must have good typing skills	Mid-late May	4-8
* Computer Work- creating email lists	1	Type up email lists. Must have good typing skills	Late April	6-8
*Swim-a-thon (SAT)	1	Tally results and \$, make spreadsheet, pick up and sort prizes, fill out certificates.	After SAT on 7/10	6-8
*T-Shirt Sales	1	Tally checks and make spreadsheet, pick up shirts and label	Paperwork: week of 7/7. Sort/label: week of 7/21	4
City Champs Set-Up and Take-down	3	Must have truck or van and be able to do heavy lifting. Haul equipment from Civic to Community; includes pushing Shave Ice cart to/from.	Evening of 7/31 or morning of 8/1; and afternoon of 8/3.	3
Fall Aquadart Registration for Summerdart swimmers	4	Help register Summerdarts for fall Aquadarts	At City Champs 8/1-2-3	2-4

All jobs with \* can be done from home on own schedule

### SUMMERDART COACHES:

Summerdart Coaching applications are now available at the Aquadart website under Registration or Documents. Swimmers currently in eighth grade and beyond are eligible and encouraged to apply. Applications are due by **April 4**. Potential coaches should note the following **MANDATORY** staff training sessions at Civic Pool on Sunday, June 8, 2-4 p.m. for all first year coaches, and 4-5 p.m. for all other coaches.

## February Meet Results

### Vallejo C/B/A & Bear River BB+/-, Feb 9-10

<b>NEW B TIME</b>	Bryce Gregg	Kallie Gregg	Kinsey VanDeynze	Emma Peterson
Elizabeth Rueda (2)	Chris Garrison	Tyler Ujifusa	Katrina Strum	Sierra Clark
<b>NEW BB TIME</b>	Kathleen Benjamin	Tucker Fisk	Chris Garrison (3)	Emma Peterson
Julia Fisk	Elise Chu (3)	Christine Chu		
<b>NEW A TIME</b>	Alex Rieger	Trevor Halsted	Scout Brown (2)	Christine Chu
<b>NEW AA TIME</b>	Alex Rieger (3)	Dylan Newsom	Marrisa LaFreniere	
<b>BRONZE DART</b>	Bryce Gregg	Tucker Fisk	Kallie Gregg	Henry Csaposs
Tyler Ujufusa	Elise Chu	Christine Chu	Sierra Clark	
<b>SILVER DART</b>	Alex Rieger	Caitlin Thornton	Chris Garrison	

### San Diego and SMST Senior Meets, Feb 16-18

<b>NEW BB TIME</b>	Kevin Zhu	Ariel Feeney		
<b>NEW A TIME</b>	Amy Cross (2)	Chris Stoner	Trevor Allen	
<b>NEW AA TIME</b>	Ella Eser	Wade Allen (2)	Kevin Zhu	Amy Cross (2)
Chris Stoner (2)	Trevor Allen (3)			
<b>NEW AAA TIME</b>	Wade Allen (3)	Trevor Allen (2)	<b>NEW AAAA TIME</b>	Wade Allen
<b>BRONZE DART</b>	Ella Eser	Kevin Zhu	Vincent Nguyen	Amy Cross
Trevor Allen	<b>SILVER DART</b>	Wade Allen	Beverly Nguyen	

### Woodland Last Chance, Feb 29-Mar 2

<b>NEW B TIME</b>	Elly Schwab	Tyler Babcock	Zeno Castiglioni (2)	Ben Flin
Bryce Gregg (2)	Bo Van Court	Audrey Ashdown	Phoebe Benet (2)	Sofia Castiglioni (7)
Kinsey Van Deynze (2)	Andrew Block (3)	Tucker Fisk	Charlotte Rock	Jaida Aikens (2)
Kallie Gregg	Elizabeth Rueda	Ben Jin (2)	Arthur Koehl	Emma Peterson
Kimberly Zhu	Torin Halsted (2)	Dylan Newsom	Brandon Rueda	Connor Stapleton
<b>NEW BB TIME</b>	Alyssa Alvarez (4)	Audrey Ashdown	Emma Barksdale (3)	Elise Chu
Chenoa Devine (2)	Clarissa Franke (4)	Lanna Kozlowski	Clara Riggle	Colby Stapleton (3)
Tucker Fisk	Owen Yancher (3)	Alex LaFreniere	Tyler Ujifusa (4)	Jaida Aikens
Kathleen Benjamin (3)	Julia Fisk	Katy VanDeynze	Chris Garrison (3)	Ben Jin (5)
Emma Peterson	Kimberly Robertson	Torin Halsted (2)	Dylan Newsom	Sierra Clark
Ryan Greenough (2)	Connor Stapleton			
<b>NEW A TIME</b>	Cameron Wright	Alex LaFreniere	Alex Rieger	Ben Jin
Dylan Newsom (2)	Riley Hickman (2)	Adam Raabe		Continued page 11

<b>NEW AA TIME</b>	Natalie Green (3)	Alex Rieger (2)	Dylan Newsom (2)	Riley Hickman
Rachel Johnson	Kyle Nadler (2)			
<b>NEW AAA TIME</b>	Natalie Green (3)	Tara Halsted		
<b>BRONZE DART</b>	Cameron Wright	Audrey Ashdown	Ben Flin	Alyssa Alvarez
Phoebe Benet	Elise Chu	Isabella Franke	Clara Riggle	Maddy Stanley
Colby Stapleton	Tori Van Court	Tucker Fisk	Jaida Aikens	Rana Eser
Heather Johnson	Hannah Krovetz			
<b>SILVER DART</b>	Emma Barksdale	Sofia Castiglioni	Chenoa devine	Clarissa Franke
Lanna Kozlowski	Kinsey Van Deynze	Owen Yancher	Kathleen Benjamin	Kendra Flin
Natalie Green	Kallie Gregg	Tara Halsted	Alex Rieger	Andrew Block
Torin Halsted	Riley Hickman	Dylan Newsom	Jonathan Pun	Tyler Ujifusa
Ali Holder	Kyle Nadler	Adam Raabe	Connor Stapleton	
<b>GOLD DART</b>	Lindsay Brandt	Ben Jin	Mara Dominguez	



Trace Hickerson, 7, 3/29	Perry Winsor, 8, 3/11	Matthew Raabe, 10, 3/14	Graham Fullerton, 12, 3/26
Toby Ross, 13, 3/4	Jonathan LaBolle, 14, 3/17	Yelda Eser, 14, 3/29	Galan Falakfarsa, 14, 3/31

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

Toby Ross, 2 years	Phoebe Ross, 2 years	Sebastian Xu, 2 years
Bryce Crawford, 5 years	Alex LaFreniere, 5 years	Marrisa LaFreniere, 5 years
Emily May, 5 years	Alex Rieger, 5 years	Mara Dominguez, 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)

## KEEPING AN EVEN MENTAL OUTLOOK

This is a story about a rancher who greatly loved two things in his life. The first was his oldest son and the other was his prize-winning horse.

One day the horse broke through his fence and ran away, disappearing into the forest. A neighbor, noticing the broken fence and the missing horse, came over and said to the rancher, "My what rotten luck you have." The rancher surveyed the scene and replied, "Maybe".

A few days later, out from the forest and back into the corral came the horse along with 3 other wild and beautiful horses. The neighbor, noticing the return of the horses commented, "My, what a lucky man you are." The rancher looked around and replied, "Maybe."

The next day, the oldest son went into the corral and while trying to tame one of the wild horses was thrown off and broke his leg. The neighbor saw the son in his cast and came to the rancher saying, "My, what rotten luck you have." The rancher glanced at his son and replied, "Maybe."

Not long after that an army came marching through the land enlisting all able-bodied young men to go fight in the war. Seeing that the son was unable to walk he was not conscripted. The neighbor came over after the army had passed and said to the rancher, "You certainly are a lucky man." The rancher replied, "Maybe."

This story may mean many things to many people but to most it shows the difference as to how people look at life's events. Many, like the neighbor, view the circumstances of our lives as a series of incidents that we evaluate on which we try to pass judgment

Others, like the rancher, look at life's circumstances as moments to accept, experience and enjoy.

Sometimes in swimming we put a lot of emphasis on a 'thing'. And

are good or at least better. But if that 'thing' doesn't happen then something has gone wrong and for the moment our lives are bad.

Every swimmers 'thing' is different. It may be a time, or a place, or beating someone or qualifying for another meet. Whatever it is, it temporarily controls us, changes our attitude and denies us the true meaning of life—experiencing the moment.

The rancher had the ability to look at each moment and experience it exactly as it should be—a part of life

### Is your attitude keeping you on an even path?

and not the end of it.

The neighbor had the unfortunate trait of always trying to judge the moment and apply his own (usually wrong) interpretation.

Many times in sports we apply a high level of importance to a small moment in time. Usually what is at stake for most athletes is only a piece of their whole career. Their long-term development is made up of series after series of training, trials and tests. Oftentimes swimmers, and most athletes, attach judgment to a performance instead of acceptance.

Those who judge too much can be denied the opportunity of the future because they're stuck in the past.

My young friend, Matt Biondi, had a time in his career just like this.

At the 1988 Olympics in Seoul, Matt was predicted to possibly win 7 gold medals. In the finals of his first event, the 200m Free, he beat the 2nd and 3rd qualifiers and swam his fastest time ever, but finished third behind two swimmers in outside lanes. The headlines read "Biondi Settles For Bronze". That bronze was the first individual medal of his life and he spoke later of how honored he was to receive it for his country. When asked

if he still thought he could win 6 gold medals, he replied just like the rancher did.

His next race was the 100m Fly where after a 99 meter lead he glided into the finish and was touched out by .01 seconds. That was two losses in a row and the press gave up on him.

What was seen as a bad moment for Matt was looked upon by the country of Suriname as a national celebration. Anthony Nesty, the fellow who won that race, became the first, and now only, athlete to ever win an Olympic medal for that nation. He became an instant national hero.

When asked next if after two failures he still thought he could win 5 gold medals, Matt again replied just like the rancher would have.

His next race was the 800m Free Relay where anchoring the relay he came from behind to give the USA a new World Record and the gold medal. Matt went on to win 4 more races in 3 World Record times (50m Free, 100m Free, 400m Free Relay and 400m Medley Relay).

He kept an 8-day daily journal that was published in Sports Illustrated the week of Oct., 3, 1988 and there in black and white for all the world to see were his thoughts and feelings about his experience.

In his Prelude he wrote, "I'm doing this diary because I want to voice the other side of the Olympics. Everyone will be counting the medals and the times and the world records, and making this big judgment: Is Matt a success or a failure? It seems there's so much emphasis put on that stuff and so little on how a person grows as he works his way toward the Olympics. To me, it's the path getting there that counts, not the cheese at the end of the maze."

Is your attitude keeping you on an even path? Or are you just here for the cheese?

# March/April 2008

## Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
March 3	4	5 Pre-Senior & Senior practices switch to Civic 4:30-6:15pm	6	7	8	9
			<b>USAS GOLD SECTIONAL MEET</b> <b>MISSION VIEJO</b>			
10	11	12 Aquadart Board of Directors Mtg 7:30pm Brady Bldg	13 JO FIRE-UP PARTY 4:30-6PM Civic Pool **All JO Swimmers**	14	15	16
			<b>SNS 14 &amp; UN JUNIOR OLYMPICS</b> <b>SOLANO COLLEGE</b>			
17	18	19	20	21 InterTeam Meet @ Community Blue 3-4pm Bronze 3:45- 5pm	22	23
24	25	26	27	28	29	30
<b>HOLIDAY</b> No Practices	<b>SPRING BREAK PRACTICE SCHEDULE</b> <b>SEE PAGE 2 FOR TIMES &amp; LOCATIONS</b>					
31	APRIL 1	2	3	4	5	6
			<b>PACIFIC SWIMMING FAR WESTERNS</b> <b>PLEASANTON</b>			