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# Davis Aquadarts

## AUGUST, 2008

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Aug 1-3</u>	<u>Davis City Swim Championships</u> (Blue/Bronze/Silver w/less than AA times)	<u>Community Pool</u>
<u>Aug 5-9</u>	<u>USAS Western Zones</u> (A times to qualify, usually AAA to be selected.)	<u>Grescham, OR</u>
<u>Aug 8-24</u>	<u>Olympics</u> (Coach Stu attending as guest of Olympic Legend, Matt Biondi)	<u>Beijing, China</u>
<u>Aug 9</u>	<u>2nd annual Davis Pentathlon</u> (All Aquadart ages)	<u>Community Pool</u>
<u>Aug 9</u>	<u>Aquadart/Summerdart Swim Night and BBQ (6-9pm)</u>	
<u>Aug 11- 24</u>	<u>Summer Training Break</u>	
<u>Aug 25</u>	<u>Fall Swim Schedule resumes (practice schedule on pg 2)</u>	
<u>Sept 19-21</u>	<u>Aquadart-hosted BB+/- meet</u> (All ages and abilities. Enter online)	<u>Arroyo Pool</u>
<u>Sept 20</u>	<u>5th Annual Aquadart 'Buddy Night'</u> (Evening of dinner & games open only to participants in BB+/- meet)	<u>TBA</u>

### 2008 FALL FEES (Sept/Oct/Nov)

**Fall Fees are due Sept. 10.** Please submit fees with the new 2008 Fee Coupons to either the white box at Civic or to the team PO Box in Davis (#186, Zip-95617).

**Reminder**—Please be sure to use the new 2008 Fee Coupon located online in the Forms/Documents section at [www.aquadarts.org](http://www.aquadarts.org). Fill in all areas of the 2008 Fee Coupon, including updated email addresses if necessary, and attach it to your fees.

*\*FIRST SWIMMER QUARTELY FEES (HIGHEST PAYING FAMILY MEMBER)*

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

*\*\*SECOND SWIMMER FEES ARE \$40 LESS THAN FIRST SWIMMER*

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

# AQUADART PRACTICE SCHEDULES

## SUMMER

June 16—August 8

ALL PRACTICES AT SCHAAL

<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

## FALL

August 25—December 5

<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 (M-F)	Community
<b>Gold</b>	4:30-6:15pm (M-F)	Civic
<b>Sen Dev</b>	4:45-5:45 or 6:15pm (MWF)	Civic
<b>Pre-Senior</b>	5:00-7:15pm (M-F)	Community

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

Jaida Aikens (13) 8/31	Wade Allen (15) 8/25	Jasmine Casillas (10) 8/6	Henry Csaposs (12) 8/8
Chenoa Devine (10) 8/25	William Ewens (7) 8/25	Julia Fisk (12) 8/5	Ben Flin (9) 8/24
Heather Johnson (12) 8/25	Gabriella Maffyl (10) 8/29	Nuria Moran-A (8) 8/9	Phoebe Ross (11) 8/9
Juliet Sanders (9) 8/23	Linnea Tucker (12) 8/15	Emma Wu (12) 8/20	

# *Aquadart*

## *Swimmer of the Month*

### *July 2008*

#### *Anji Shakya*

Anji Shakya, the July Aquadart Swimmer of the Month, displayed a lot of versatility last month and was one of the Top Aquadart swimmers at the SNS Junior Olympics..

She was one of only 3 Aquadarts to earn a *Gold Dart* at the JO's by turning in best times in 11 out of 11 events; she swam races in all 4 strokes and the IM, winning both 15-16 Girls Backstroke events and she was selected to the Sierra Nevada Zones Team competing in Oregon this week.

Anji joined the team in Sept. of 2002 after one season of Summerdarts and one series of Swim America lessons. She entered her first swim meet less than one month after joining and swam the 50 and 100 freestyles. That was it—two races. What was memorable about those efforts was that Anji hadn't learned to dive in yet. But, she so dearly wanted to swim and be a part of the team, that the simple fact of not knowing how to dive couldn't stop her.

Coming up behind the rest of the swimmers lit a fire in Anji at that meet which hasn't been extinguished yet. Anji's reputation in swimming is that she's a 'closer'. No one comes from behind and finishes harder and faster than Anji. She's even been known to negative split some of her 100 races.

Anji admits that six years later she still gets nervous before her races, but never thinks of quitting. Anji says "after all, the end never turns out as bad as I think it will". One of the ways Anji uses to overcome the normal fears of competition is by focusing on how much courage it takes to keep racing.

Anji says the goal-setting skills and confidence she's learned from swimming carry over into school and into the other parts of her life.

Born in Sacramento to Roberta and Hera,

and living her entire life in Davis, she's now entering her junior year at DHS.

As a younger athlete, Anji participated in karate and soccer, but discontinued both after suffering a severe ankle injury in a soccer game that almost derailed her swimming career, as well.

She's played the flute for almost 5 years and is a member of the DHS school band that traveled to Canada in the spring for performances on *Canada Day* and on the steps of the Canadian Parliament.

When not participating in school or swimming event, Anji enjoys photography and cooking (although none of her coaches have tasted any of her wares). Visiting Southern California is another of Anji's favorite things to do, and wishes she could more often.

If she had unlimited time and resources, her dream of a lifetime would be to travel around the world and visit every continent.

Meanwhile, she's content with the Aquadart travel plans which highlighted the summer with a weekend in Redding. The smoke-filled skies there made for difficult racing conditions. No worse than the finals on Thursday during her 200 back when the smoke literally rolled right across the water. Anji prevailed, winning the event and securing her claim as one of the top backstrokers in the SNS region.

Anji picked up her second win at the JO meet in the 100 back complimenting her victory in the same event two years ago.

She's equally proud of her two JO wins as she is of her Gold

Dart, noting that it's the first she's ever received. She credits her hard work in practice to her teammates, particularly Holly Riggie, Ella Eser and Beverly Nguyen, among others.

Her advice to younger Aquadart swimmers is to 'keep working on technique and swimming hard in practice'. If so, like Anji, they too can achieve their goals and be successful.

**CONGRATULATIONS ANJI!!**



## 2008 LONG COURSE JO MEET RESULTS

The Davis Aquadarts toppled four-time defending champion Sierra Marlins from the top of the Northern California swim region last weekend at the Sierra Nevada Long Course Junior Olympics in Redding. Under smoke-filled skies (causing cancellation of the finals on 3 of the 4 days) the 'Darts overcame a 90 point deficit to take a 25 point lead (1024-999) into the final relay events on Sunday. Of those 10 remaining relays, SMST was seeded to win 3, Davis was seeded to win 3, putting the fate of the 2008 SNS Championship into just four final swims.

And the Aquadarts prevailed, beating the Marlins in all 4 races and claiming the Championship banner. It was the first summer Long Course title for Davis since 1997. "I've been coaching age group swimmers for the past 19 years", said Aquadart Head Coach Stu Kahn, "and I've never witnessed such a perfect display of team-manship and effort as I did on Sunday. All 40 swimmers on those relays swam their hearts out for the team. If I never coached again, I could retire tomorrow a happy man".

Leading the Aquadarts were High-Point winners Alex Rieger (11-12 Girls) and Beverly Nguyen (13-14 Girls). Nguyen was also part of two Team Record setting relays in the 13-14 age group. Along with Tara Halsted, Rachel Johnson and Marrisa LaFreniere, the foursome broke a 16 year old record in the 400 meter Free Relay with a time of 4:16.70. Nguyen, Johnson, LaFreniere were joined by Hannah Krovetz to shatter another record in the 200 meter Free Relay lowering a six year old record from 1:58.91 to 1:56.83.

The only other record set by an Aquadart was a Junior Olympic Meet Record by 11 year old Riley Hickman in the 100m free with a time of 1:03.17.

Rieger captured her Age-Group award with 68 points and victories in the 100m back (1:14.21), 200m IM (2:37.18) and 400m IM (5:39.35).

Nguyen locked up her 5<sup>th</sup> consecutive JO High-Point award with 74 points and 7 individual victories, taking the 400m Free (4:43.56), 1500m Free (18:27.32), 200m Back (2:28.64), 100m Breast (1:19.73), 200m Fly (2:29.42), 200m IM (2:31.61) and the 400m IM (5:15.56).

Other Aquadarts placing in the Top Five in High-Point scoring were: Tucker Fisk (9 yr) 2<sup>nd</sup>; Owen Yancher (10 yr) 4<sup>th</sup>; Riley Hickman (11 yr) 2<sup>nd</sup>; Tara Halsted (13 yr) 2<sup>nd</sup>; Kyle Nadler (14 yr) 3<sup>rd</sup>; Anji Shakya (16 yr) 2<sup>nd</sup> and Brian Nadler (19 yr) 3<sup>rd</sup>.

Hickman, Rieger and Nguyen were all individual event winners and were joined in that category by teammates Caitlin DeNise, Fisk, Julia Larson, Marrisa LaFreniere, Shakya and Chris Stoner.

Based on their performances at the JO meet, 13 Aquadarts qualified for the Western USA Zone Championships. Rieger, Hickman, Tara Halsted, LaFreniere, Natalie Green, Nadler, Cameron Franke, Shakya, Ella Eser, Trevor Halsted, Tyler Raabe, DeNise and Larson will be part of a 70 swimmer All-Star team representing Sierra Nevada Swimming in Oregon versus All-Star teams from eleven other Western states.

### NEW TEAM RECORDS

13-14 Girls 200 meter Free Relay	1:56.83
Beverly Nguyen, Rachel Johnson, Hannah Krovetz, Marrisa LaFreniere	
13- 14 Girls 300 meter Free Relay	4:16.70
Beverly, Nguyen, Rachel Johnson, Tara Halsted, Marrisa LaFreniere	

# 2008 SNS Swim Meet & Events Calendar

MEET DATE	MEET/EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Aug 6-9	USAS Western Zones	LC	Greschem, Oregon	1 AA Time Needed to apply
Aug 8-16	Olympics	LC	Beijing, China	
Aug 9	2nd Annual Summer Pentathlon	SC	Community Pool	All Aquadarts
Aug 11-24	Aquadart Summer Training Break			
<b>Sept 19-21</b>	<b>Davis BB+/-</b>	<b>Yards</b>	<b>Arroyo Pool</b>	<b>Full Team Meet</b>
Oct 10-12	Vacaville Swim Club BB+/-	Yards	Vacaville	Full Team Meet
<b>Nov 8-9</b>	<b>Redding Junior+ T/F &amp; AGO</b>	<b>Yards</b>	<b>Redding</b>	<b>Jun+ Time Needed—Team Scored</b>
Nov 21-23	Sierra Marlins BB+/-	Yards	Folsom	Full Team Meet
Dec 5-7	Woodland Invitational	Yards	Woodland	Full Team Meet

## ◆ ANNUAL POOL PARTY & BBQ

This year's end-of-summer Pool Party and BBQ is at Community pool on Sat., Aug 9 from 6-9pm. 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, fun-filled atmosphere supervised by our own Aquadart lifeguarding staff.

## 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)

## VOLUNTEER HOURS UPDATE

In response to the recent loss of the Aquadart Shaved Ice stand at the Farmers Market, and the resulting diminished opportunities to earn volunteer hours, the Aquadart Board of Directors has added a new **SWIM MEET TIMING** option to the Parent Participation Policy. Effective with the June Redding meet, families may earn UP TO 5 hours of volunteer time per year acting as timers at swim meets.

Families must sign up on either the *Aquadart website* or on the *Team Sign-In Sheet* at the meet itself. It is the responsibility of the family to make sure they're listed for their timing duties before the end of any meet. The Aquadart Volunteer Coordinator will not try to recreate timing assignments after a

## July Meet Results

Woodland Last Chance Qualifier, July 12-14  
SNS Long Course Junior Olympics, July 24-27

<b>NEW B TIMES</b>	Lauren Babcock	Sofia Castiglioni (2)	Grace Hickerson (5)	Lanna Kozlowski
Laurel Krovetz	Tori Van Court (3)	Tyler Babcock (4)	Zeno Castiglioni (2)	Ben Prussell
Lance Prussell (2)	Jaida Aikens	Natalie Roberts	Charlotte Rock	Elizabeth Rueda (2)
Henry Csaposs	Sierra Clark (3)	Yelda Eser	Julia Larson	Patrick Zhang (5)
Lindsay Brandt	Patrick Zhu			
<b>NEW BB TIMES</b>	Alyssa Alvarez (1)	Lauren Babcock	Lanna Kozlowski (3)	Tori Van Court (3)
Tucker Fisk	Reese Peterson	Owen Yancher (4)	Natalie Roberts (2)	Charlotte Rock
Kimberly Zhu	Jaida Aikens	Sierra Clark (2)	Holly Riggle	Patrick Zhu (5)
Yelda Eser	Julia Larson	Patrick Zhang	Adam Raabe	
<b>NEW A TIMES</b>	Emily Barksdale	Chenoa Devine	Clarissa Franke (3)	Tucker Fisk (4)
Kathleen Benjamin (3)	Owen Yancher (3)	Sean Kos (3)	Charlotte Rock	Natalie Roberts (3)
Kimberly Zhu (7)	Ben Crook	Torin Halsted (2)	Ella Eser	Anji Shakya
Trevor Halsted	Dylan Newsom	Sierra Clark	Patrick Zhu (2)	Hannah Krovetz
Madison Molotky	Cameron Franke	Adam Raabe (4)	Jillian Daleiden	Alina Garrido
<b>NEW AA TIMES</b>	Emily Barksdale (4)	Chenoa Devine (2)	Clarissa Franke	Tucker Fisk (2)
Ben Crook	Torin Halsted	Tara Halsted	Sierra Clark	Rachel Johnson
Madison Molotky	Tara Halsted (2)	Trevor Halsted (2)	Ian Rock	Kyle Nadler
Ella Eser (2)	Kevin Zhu (5)	Caitlin DeNise	Julia Larson	
<b>NEW AAA TIMES</b>	Clarissa Franke	Alex Rieger (2)	Riley Hickman	Tara Halsted (4)
Torin Halsted	Tyler Raabe	Rachel Johnson	Hannah Krovetz	Marrisa LaFreniere
Kyle Nadler (5)	Ella Eser	Anji Shakya	Trevor Halsted	Julia Larson
<b>NEW AAAA TIMES</b>	Alex Rieger (20)	Riley Hickman (2)		
<b>BRONZE DARTS</b>	Grace Hickerson	Tori Van Court	Daniel Alvarez	Tyler Babcock
Sean Kos	Clara Riggle	Natalie Roberts	Avery Krovetz	Lindsay Brandt
Jane Chen	Tara Halsted	Trevor Halsted	Emily Barksdale	Chenoa Devine
Clarissa Franke	Lanna Kozlowski	Alex LaFreniere	Charlotte Rock	Hannah Krovetz
Beverly Nguyen	Christine Chu	Tyler Raabe	Kevin Zhu	Julia Larson
<b>SILVER DARTS</b>	Owen Yancher	Sierra Clark	Tyler Raabe	Patrick Zhang
Patrick Zhu	Alyssa Alvarez	Owen Yancher	Kathleen Benjamin	Alex Rieger
Kimberly Zhu	Torin Halsted	Riley Hickman	Tara Halsted	Rachel Johnson
Marrisa LaFreniere	Kyle Nadler	Adam Raabe	Ella Eser	Avery Krovetz
<b>GOLD DARTS</b>	Tucker Fisk	Trevor Halsted	Anji Shakya	

# Aug-Sept 2008 Aquadart Calendar

**Mon      Tues      Weds      Thu      Fri      Sat      Sun**

July 28	29	30	31	Aug 1      2      3 <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;">                     DAVIS CITY CHAMPINSHIPS COMMUNITY POOL                 </div>		
4	5	6	7	8	9      10 <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;">                     2ND ANN PENTATH- LON AND TEAM SWIM SOCIAL                 </div>	
USAS Western Zone Championships Grescham, Oregon						
11	12	13	14	15	16	17
WEEK #1 OF TWO-WEEK SUMMER BREAK						
18	19	20	21	22	23	24
WEEK #2 OF TWO-WEEK SUMMER BREAK						
27 Fall Swim Session Begins Today	26	27	28	29	30	31

## **END OF SUMMER PENTATHLON**

**Saturday, August 9, 2008**  
**Community Pool 8:00 am – 12:30 pm**

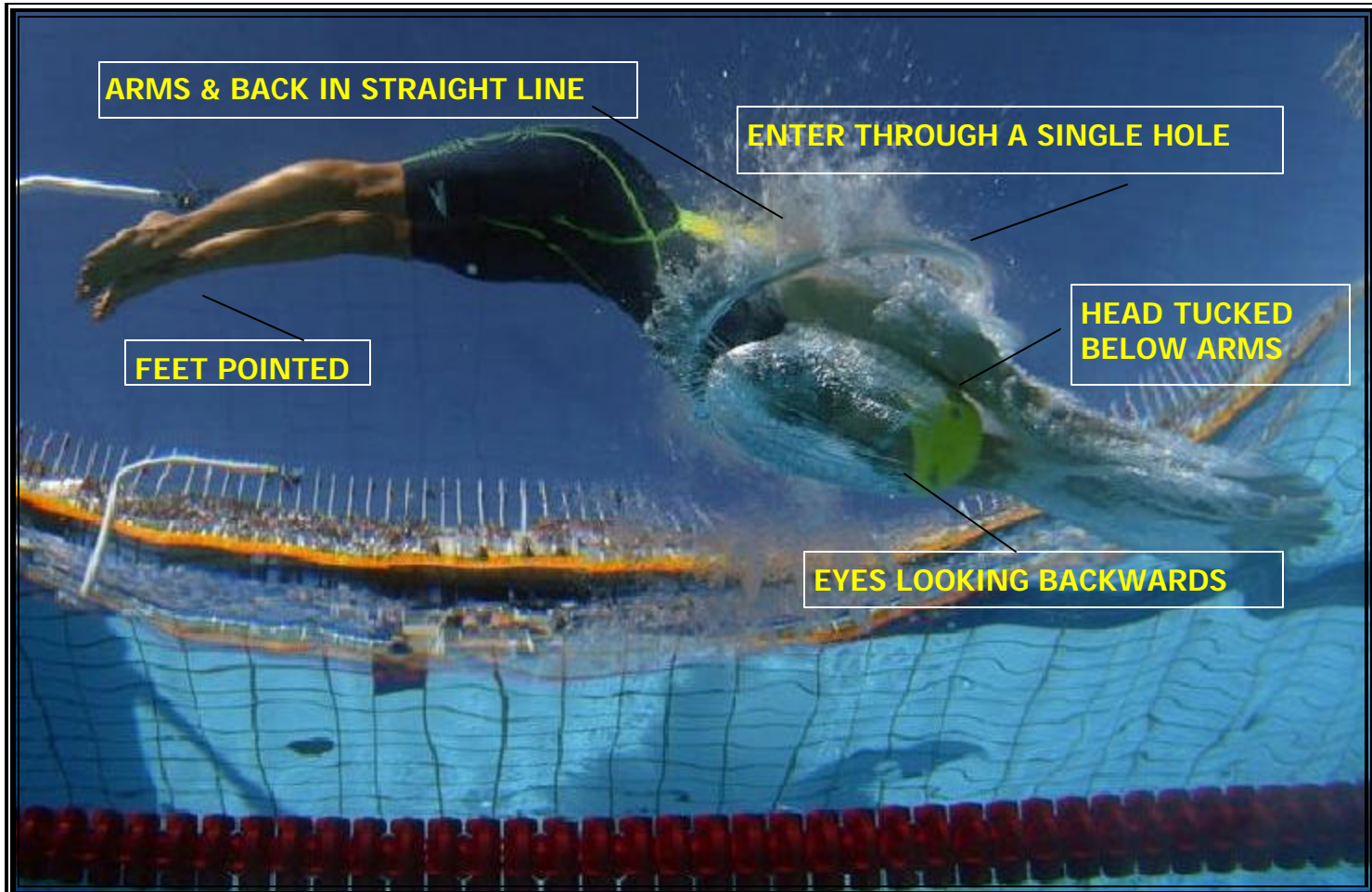
**For all Summerdart and Aquadart Swimmers**  
**Complete all 5 events and**  
**earn a Pentathlon Medal!**

<b>Event Number</b>	<b>Event</b>
1	8-Under 25 Fly
2	9-Over 50 Fly
3	8-Under 25 Back
4	9-Over 50 Back
5	8-Under 25 Breast
6	9-Over 50 Breast
7	8-Under 25 Free
8	9-Over 50 Free
9	100 IM

**Summerdarts can choose from the following options: 25's of each stroke and the 100 IM OR 50's of each stroke and the 100 IM.**

## Libby Trinkett (AUS)

(demonstrating all the correct parts of a proper entry)



### **Coach Stu's Predictions for American Men's Swimming in Beijing**

- 1. US Men win all 3 relays in WR times**
- 2. Brandon Hanson does not win 100 Breast**
- 3. Ryan Lochte wins the 200 Back**
- 4. Michael Phelps wins 8 Gold medals**
- 5. The US doesn't medal in the 50 or 100 Free**