

## Board of Directors

### President

Steve Nadler  
757-6619

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

### Vice President

Greg Stoner  
750-2683

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

### Treasurer

Sally Hamilton  
231-5672

[sally.hamilton1@gmail.com](mailto:sally.hamilton1@gmail.com)

### Asst Treasurer

Tracy Van Deynze  
753-0719

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

### Secretary

Debbie Gritts  
759-7047

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

### Registrar

Lety LaFreniere  
759-9762

[lety06@mac.com](mailto:lety06@mac.com)

### Volunteer Coor

Kerry Halsted  
758-5720

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

### Member-at-Large

Kathy Csaposs  
757-7805

[lfamily@cal.net](mailto:lfamily@cal.net)

### Member-at-Large

Ona Micke  
750-2727

[ona@pacbell.net](mailto:ona@pacbell.net)

### Head Coach

Brad Winsor  
758-3278

[davisaquadarts@gmail.com](mailto:davisaquadarts@gmail.com)

# Davis Aquadarts

## January, 2009

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<b>January 5</b>	<b>Winter Quarter Regular Practices Resume—All Groups</b>	
<b>Jan 17-19</b>	<b>Cal Invite Senior Meet</b> (Trials and Finals, 1 Q Time needed to enter)	<b>Berkeley</b>
<b>Jan 17</b>	<b>Bear River IMX Meet</b> (14 & Under Meet, Compete in all strokes)	<b>Grass Valley</b>
<b>Feb 6-8</b>	<b>Vacaville BB+/- Meet</b> (Full team meet open to all ages and abilities.)	<b>Vacaville</b>
<b>Feb 6-8</b>	<b>Senior Jr+ Trial/Final Meet</b> (Gold/Senior group with time standards.)	<b>Sacramento</b>
<b>Feb 13-16</b>	<b>San Diego Senior Presidents Day Classic</b> (Gold/Senior groups with time standards)	<b>San Diego</b>

### JANUARY BIRTHDAYS

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

Saihaj Bajwa, 1/1, 11	Nicole Brooks, 1/15, 11	Ben Crook, 1/26, 13
Sasha Deits, 1/2, 10	Kate Deits, 1/1, 10	Caitlin DeNise, 1/12, 18
Sarra Falakfarsa, 1/10, 13	Tucker Fisk, 1/19, 10	Torin Halsted, 1/25, 12
Justice Harry, 1/20, 14	Riley Hickman, 1/11, 12	Sean Li, 1/13, 11
Jack Premzic, 1/27, 9	Adam Raabe, 1/1, 14	Holly Riggle, 1/11, 17
Samantha Sheridan, 1/22, 8	Erin Warnock, 1/25, 14	Ryan Wilson, 1/6, 14

# AQUADART PRACTICE SCHEDULES

## Jan 5-Feb 6

Blue	3:00-3:45pm	Civic
Bronze	3:45-4:45pm	Civic
Silver	4:00-5:30pm	Community
Gold	4:30-6:15pm	Civic
	8:00-10:00am (Sat TBA)	Arroyo
Varsity	4:45-6:15pm	Civic
Senior	4:00-6:00pm	Arroyo
	5:45-6:50am (T & Th)	Arroyo
	8:00-10:30am (Sat TBA)	Arroyo

## Feb 9-May 15

Blue	3:00-3:45pm	Civic
Bronze	3:45-4:45pm	Civic
Silver	3:45-5:15pm	Community
Gold	4:30-6:15pm	Civic
	8:00-10:00am (Sat TBA)	Community
Varsity	4:45-6:15pm	Civic
Senior	5:00-7:15pm	Community
	5:45-6:45am (T & Th)	Arroyo
	8:00-10:30am (Sat TBA)	Community

## Upcoming Events

**BEAR RIVER IMX CHALLENGE**—Bear River in Grass Valley will be hosting an IMX Challenge meet on Jan 17. This will be a one day meet in which swimmers will compete in the IMX events for their age. Entries are due by Jan 11.

**CAL INVITE**—A senior meet on Jan 15-17. This meet is deck entered. Swimmers can meet at Arroyo Pool if car pools are arranged.

## Announcements

**WINTER CHALLENGE T-SHIRTS**—Swimmers who completed all practices during the winter challenge weeks will receive a “Winter Challenge” t-shirt. Swimmers who participated but did not attend all practices may purchase a shirt for \$10. Please contact Coach Brad with t-shirt size and submit money to Brad

**COMPETITION SWIM SUITS**—Starting on May 15, 2009, all swimmers 12 and under will not be allowed to compete in swim suits that

“cover the neck, extend past the shoulder, nor past the knee.” (USAS rule R-4 120.9) This eliminates full length legs and full body suits. If you have questions about this new rule, please ask Coach Brad.

## ARCTIC CHALLENGE MEET RESULTS

<b>BRONZE DARTS</b> 5-6 BEST TIMES	Sofia Castiglioni	Abby Fisk	Nicola Goldstein	CeCe Johns
Kinsey Van Deynze	Lauren Wienker	Tucker Fisk	Sean Kos	Sean Li
Perry Winsor	Heather Johnson	Alex La Freniere	Daniella Qvistgarrd	Henry Csaposs
Torin Halsted	Jane Chen	Ali Holder	Rachel Johnson	Andrew Block
Galan Falakfarsa	Kyle Nadler			
<b>SILVER DARTS</b> 7-9 BEST TIMES	Emma Barksdale	Ben Crook	Steven Johns	Jaida Aikens
Hannah Krovetz	Beverly Nguyen	Adam Raabe		
<b>GOLD DARTS</b> 10+ BEST TIMES	Riley Hickman			
<b>NEW B TIMES</b>	Abby Fisk	Maya Gilardi	CeCe Johns	Gabriella Maffly
Kinsey Van Deynze	Daniel Alvarez	Ryan Benjamin	Zeno Calstiglioni	Carl Csaposs
Steven Csaposs	William Ewens	Ryan Fisk	Sean Li	Jack Painter
Jack Premzic	Justin Qvistgaard	Ben West	Perry Winsor	Heather Johnson
Daniella Qvistgaard	Henry Csaposs	Steven Johns	Jonathon Pun	Elise Chu
Hannah Collier	Katie Van Deynze	Ali Holder	Galan Falakfarsa	
<b>NEW BB TIMES</b>	Lauren Babcock	Phoebe Benet	Scout Brown	Tori Van Court
Sean Li	Ben Prussel	Emma Barksdale	Heather Johnson	Alex La Freniere
Torin Halsted	Griffin Molotky	Alyssa Alvarez	Galan Falakfarsa	Jaida Aikens
Rachel Johnson				
<b>NEW A TIMES</b>	Hailey Collier	Owen Yancher	Emma Barksdale	Kathleen Benjamin
Alex La Freniere	Charlotte Rock	Ben Crook	Torin Halsted	Dylan Newsom
Jane Chen	Adam Raabe			
<b>NEW AA TIMES</b>	Hannah Krovetz	Alex Rieger	Kyle Nadler	Adam Raabe
<b>NEW AAA TIMES</b>	Riley Hickman	Kyle Nadler	Rachel Johnson	Beverly Nguyen
<b>NEW AAAA TIMES</b>	Beverly Nguyen			

## 2009 SNS Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Jan 3	SNS Stroke & Turn Clinic		Davis	2009 Officials Certification
Jan 10-11	Nor-Cal Coaches Clinic		Napa	Aquadart Coaching Staff
Jan 17	Bear River IMX Challenge	SCY	Grass Valley	14 & Under swimmers
Jan 17-19	Cal Invitational Senior Meet	SCY	Berkeley	1 Qualifying Time Needed
Jan 24-25	SNS-CCS-SDI All Star Meet	SCY	Folsom	Top 8 Swimmers, 9-10, 11-12, 13-14
Feb 6-8	Vacaville BB+/-	SCY	Vacaville	Team Meet
Feb 13-16	San Diego Senior Classic	SCY	San Diego	3 Qualifying Standards
<b>Feb 25-Mar 1</b>	<b>CA/NEV Sectional Championships</b>	<b>SCY</b>	<b>Las Vegas</b>	<b>1 Sectional Time Needed-Scored</b>
March 1	Woodland Distance Meet	SCY	Woodland	11 and older, 1000 Free and 1650 Free
March 6-8	Woodland BB+/-	SCY	Woodland	Team Meet
<b>March 20-22</b>	<b>14&amp;un Junior Olympics</b>	<b>SCY</b>	<b>Solano JC</b>	<b>1 BB Time Needed-Team Scored</b>
April 8-11	SNS Olympic Training Trip		Colorado Springs	13-18 AAA times needed to apply
April 24-26	SMST BB+/-	LC	Folsom	Team Meet
<b>May 2-3</b>	<b>Davis 'B' Championships</b>	<b>SCY</b>	<b>Community Pool</b>	<b>&lt;A Times needed</b>
May 15-17	Woodland BB+/-	LC	Woodland	Team Meet
May 30	Woodland Distance Meet	LC	Woodland	11 and older, 800 Free and 1500 Free
June 6	Davis Aquatic Masters Open Water		Lake Berryessa	8-10 year old-500 yard, 11 & up-1 mile
June 12-14	Lodi City AGO	LC	Lodi	Team Meet
<b>June 19-21</b>	<b>Summer Sanders Senior Meet T/F</b>	<b>LC</b>	<b>Roseville</b>	<b>Jr+ Times Needed-Team Scored</b>
June 19-21	Feather River AGO	SCY	Yuba City	Team Meet
June 27-28	Redding BB+/-	LC	Redding	Team Travel Meet
July 11-12	Woodland BB+/-	LC	Woodland	Team Meet
<b>July 18-19</b>	<b>Junior Olympics Distance Events</b>	<b>LC</b>	<b>TBA</b>	<b>1 BB Times Needed-Team Scored</b>
<b>July 23-26</b>	<b>Junior Olympics</b>	<b>LC</b>	<b>TBA</b>	<b>1 BB Times Needed-Team Scored</b>
July 31-Aug 2	Davis City Championships	SCY	Community Pool	< AA Times
Aug 5-9	USAS Western Zones	LC	Hawaii	Sierra Nevada All Star Team
Aug 8	Pentathlon	SCY	Community Pool	Team Meet
Aug 10-30	Aquadart Summer Training Break			
Sept 25-27	Davis BB+/-	SCY	Arroyo Pool	Team Meet
Oct 23-25	Vacaville BB+/-	SCY	Vacaville	Team Meet
<b>Nov 7-8</b>	<b>Redding Junior+ T/F &amp; AGO</b>	<b>SCY</b>	<b>Redding</b>	<b>Team Travel Meet</b>
Nov 20-22	SMST BB+/-	SCY	Folsom	Team Meet
<b>Dec 4-6</b>	<b>Woodland BB+/-</b>	<b>SCY</b>	<b>Woodland</b>	<b>Team Meet</b>

# Parent's Page

## Why Should My Child Be a Swimmer?

Swimming is an outstanding activity for young people.

Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.

Swimming is an exciting individual and team sport.

Swimming is a technical and specialized activity involving extensive skill development.

Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.

Swimming is relatively injury free in comparison to other youth sports.

Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.

Swimming motivates participants to strive for self improvement and teaches goal orientation.

Swimming cultivates a positive mental attitude and high self-esteem.

Swimming can prevent drowning.

Did you know?

Drowning is a leading killer of American children.

In ethnic communities, drowning rates are nearly three times the national average.

More than 30% of kids are at risk for obesity-related illnesses.

Swimming is a cure.

## Key Questions

While winning is nice, while setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than "it is great to swim fast". No where in human history or theology do we learn that the ability to swim fast holds a very high priority in the grand scheme of the universe. From a practical standpoint, over-emphasis on speed, times and achievements will eventually end in frustration. No matter how fast a young athlete swims, there will probably be another swimmer in the next town, state, or country, swimming faster, if not now, then next month. So as coaches and parents, ask yourselves:

- ◆ Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- ◆ Did the child learn to exhibit initiative, wanting to come to the pool and do the practice without having to be constantly pushed or prodded by parents and coaches?
- ◆ Did the child learn something about unselfishness, sacrificing his or her personal wants for the good of others or the team?
- ◆ Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- ◆ Did the child learn more patience in overcoming obstacles, setbacks and problems?
- ◆ Did the child learn empathy?

In a few years, the medals and ribbons will be laid aside and best times will be a hazy memory. The friendships that will develop and the life skills learned will carry on for a lifetime.

# Jan 2009

## Aquadart Calendar

**Mon      Tues      Weds      Thu      Fri      Sat      Sun**

5	6	7	8	9	10 Nor Cal Coaches Clinic  NO SATURDAY PRACTICE	11
12	13	14	15	16	Bear River 17 IMX Meet WU @ 8:00am  CAL Invite-Berkeley WU @ 8:00am	18
19  CAL Invite	20	21	22	23	24	25
26	27	28	29	30	31	

### 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)