

Board of Directors

President

Steve Nadler
757-6619

sanadler@ucdavis.edu

Vice President

Greg Stoner
750-2683

stonergill@earthlink.net

Treasurer

Sally Hamilton
231-5672

sally.hamilton1@gmail.com

Asst Treasurer

Tracy Van Deynze
753-0719

tvandeynze@hotmail.com

Secretary

Debbie Gritts
759-7047

zeusbubb@sbcglobal.net

Registrar

Kathy Csaposs
757-7805

icfamily@cal.net

Volunteer Coor

Kerry Halsted
758-5720

iktthalsted@hotmail.com

Member-at-Large

Amy Rieger
750-1042

Sriegers@comcast.net

Member-at-Large

Ona Micke
750-2727

ona@pachell.net

Head Coach

Brad Winsor
758-3278

davisaquadarts@gmail.com

Davis Aquadarts

Feburary, 2009

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Feb 6-8</u>	<u>Vacaville BB+/- Meet</u> (Full team meet open to all ages and abilities.)	<u>Vacaville</u>
<u>Feb 13-16</u>	<u>San Diego Senior Presidents Day Classic</u> (Gold/Senior groups with time standards)	<u>San Diego</u>
<u>Feb 20</u>	<u>MOVIE NIGHT—All Groups</u>	<u>Civic/Community</u>
<u>Feb 25-Mar 1</u>	<u>CA/NV Sectional Championships</u> (Championship meet, 1 Q Time needed to enter)	<u>Las Vegas</u>
<u>Mar 1</u>	<u>Woodland 1000/1650 Meet</u> (Last chance to earn JO times)	<u>Woodland</u>
<u>Mar 6-8</u>	<u>Woodland Last Chance BB+/-</u> (All team meet.)	<u>Woodland</u>
<u>Mar 20-22</u>	<u>Sierra Nevada Junior Olympics</u> (14 and under meet, 1 BB Time needed to enter.)	<u>Solano College</u>



FEBURARY BIRTHDAYS

Alex Asera, 2/17, 12	Sofia Castiglioni, 2/23, 10	Hannah Collier, 2/26, 13
Bryce Crawford, 2/29, 13	Abby Fisk, 2/15, 10	Michelle Greenough, 2/27, 16
Hannah Krovetz, 2/19, 15	Cheryl Lau, 2/10, 14	Alex Rieger, 2/20, 13
Charlotte Rock, 2/27, 13	Eli Smith, 2/10, 13	Kinsey Van Deynze, 2/18, 11
Benjamin West, 2/8, 9	Owen Yancher, 2/26, 11	Amelia Ziegler, 2/14, 12

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-Feb 27

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

Mar 2-May 14

Blue	3:00-3:45pm	Civic
Bronze	3:45-4:45pm	Civic
Silver	4:45-6:15pm	Civic
Gold	5:00-6:45pm	Community
	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

May 17-Jun 12

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

SWIM MEET RESULTS

STAS ICE BREAKER SWIM MEET

NEW BB TIME	Ben Prussel		
--------------------	-------------	--	--

BEAR RIVER IMX CHALLENGE SWIM MEET

BRONZE DARTS 5-6 BEST TIMES	Emma Peterson		
---------------------------------------	---------------	--	--

CAL INVITATIONAL

BRONZE DARTS 5-6 BEST TIMES	Tara Halsted	Beverly Nguyen	Kyle Nadler
---------------------------------------	--------------	----------------	-------------

SILVER DARTS 7-9 BEST TIMES	Trevor Halsted		
---------------------------------------	----------------	--	--

NEW AA TIMES	Kyle Nadler		
---------------------	-------------	--	--

Upcoming Events

MOVIE NIGHT—Fun, food, and movies. On Friday Feb 20, the Aquadarts will be having a movie night. This will be for all groups. The Blue and Bronze groups will meet at Civic Pool and Silver, Gold, Varsity, and Senior groups will meet at Community Pool. Practice will start at 4:00pm. We will swim for a while then go into the pool buildings for pizza and a movie. Blue and Bronze swimmers will be done at 7:00 and we will finish at Community Pool at 7:30. The coaches will pick out movies that are age appropriate. Any suggestions are welcome.

WOODLAND DISTANCE MEET—This meet will be a one day meet on Mar 1 for swimmers interested in swimming the 1000 free or 1650 free. Entries can be completed online at Swim Connection. Dead-

line is Feb 24.

WOODLAND LAST CHANCE—Another meet out at Woodland Mar 6-8. This meet is for EVERYONE. This is the last chance to qualify for Junior Olympics. To qualify for JOs, swimmers must have BB times in their age group. Entry deadline is Feb 25.

SIERRA NEVADA JUNIOR OLYMPICS—The JOs will be held at Solano College on Mar 20-22. This is a full three day meet with relays. Please plan on attending on all days on which swimmers qualify.

SIERRA NEVADA OLYMPIC TRAINING CENTER CAMP—14 and older swimmers with AAA times or better may apply to attend the annual SN OTC Altitude Training Camp. Please contact Brad if you are interested.

Announcements

WINTER CHALLENGE T-SHIRTS—The t-shirts should be finished and delivered to the pools during the week of Feb 9-13. Thank you to the swimmers who turned in t-shirt designs.

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.

2009 SNS Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Feb 6-8	Vacaville BB+/-	SCY	Vacaville	Team Meet
Feb 13-16	San Diego Senior Classic	SCY	San Diego	3 Qualifying Standards
Feb 25-Mar 1	CA/NEV Sectional Championships	SCY	Las Vegas	1 Sectional Time Needed-Scored
March 1	Woodland Distance Meet	SCY	Woodland	11 and older, 1000 Free and 1650 Free
March 6-8	Woodland BB+/-	SCY	Woodland	Team Meet
March 20-22	14&un Junior Olympics	SCY	Solano JC	1 BB Time Needed-Team Scored
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
May 2-3	Davis 'B' Championships	SCY	Community Pool	<A Times needed
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
June 19-21	Summer Sanders Senior Meet T/F	LC	Roseville	Jr+ Times Needed-Team Scored
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
July 18-19	Junior Olympics Distance Events	LC	TBA	1 BB Times Needed-Team Scored
July 23-26	Junior Olympics	LC	TBA	1 BB Times Needed-Team Scored
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
Nov 7-8	Redding Junior+ T/F & AGO	SCY	Redding	Team Travel Meet
Nov 20-22	SMST BB+/-	SCY	Folsom	Team Meet
Dec 4-6	Woodland BB+/-	SCY	Woodland	Team Meet

Parent's Page

NUTRITION (from USA Swimming Web Site)

Timing is Everything

Knowing how much carbohydrate, protein and fat to get in a day is good. But knowing **when** you should be getting those nutrients is even better. In general, follow these guidelines for incorporating carbohydrate, protein and fat into your day:

- Spread carbohydrate intake out over the course of the day (i.e. smaller meals and frequent snacks). This keeps blood sugar levels adequate and stable.
- Eat *some* carbohydrate before morning practice. Note: This can be in the form of juice.
- Eat carbohydrate in the form of a carb-electrolyte drink, such as Gatorade or Powerade, during workout **IF** workout is 90 minutes or longer. Gels are also acceptable.
- Eat carbohydrate and protein within the first 30 minutes after practice. This enables the body to replenish glycogen stores and repair muscle tissue. **This is perhaps the most important time to eat!!!!**
- Eat again (something substantial, like a real meal) before two hours post-practice has elapsed. **This is critical to maximizing recovery!!!!**
- Incorporate fat into the day at times that are not close to workout. Fat is *necessary*, but contributes little to the workout or immediate post-workout recovery period.

Part of the reason good nutrition is critical during recovery has to do with the fact that the body is extremely good at making the most of what it is given. 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.

The American College of Sports Medicine, American Dietetic Association and Dietitians of Canada Joint Position Statement on Nutrition and Athletic Performance states that:

“After exercise, the dietary goal is to provide adequate energy and carbohydrates to replace muscle glycogen and to ensure rapid recovery. If an athlete is glycogen-depleted after exercise, a carbohydrate intake of 1.5 g/kg body weight during the first 30 min and again every 2h for 4 to 6h will be adequate to replace glycogen stores. Protein consumed after exercise will provide amino acids for the building and repair of muscle tissue. Therefore, athletes should consume a mixed meal providing carbohydrates, protein, and fat soon after a strenuous competition or training session.” (ACSM, ADA, Dietitians of Canada, 2000, p 2131)

In addition, research (van Loon et al, 2000) has implicated immediate post-exercise carbohydrate ingestion (1.2 g/kg/hr for 5 hrs) in the enhancement of glycogen re-synthesis.

Feb 2009

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
2	3	4	5	6	7 Vacaville Swim Meet 11 & older WU @ 8:00 10 & under WU @ ~1:30	8
9	10	11	12	13 San Diego Senior Classic Travel Meet	14	15
16 San Diego	17	18	19	20 Movie Night Blue and Bronze @ Civic Silver, Gold, Varsity, Senior @ Community	21	22
23	24	25 California and Nevada Sectional Championships in Las Vegas	26	27	28	1 Woodland 1000/1650 Meet

SWIMMING WEBSITES

USA Swimming,

www.usaswiming.org

Sierra Nevada Swimming, SN LSC

www.sn-swimming.org

Davis Aquadarts

www.aquadarts.org

Swim Connection

www.swimconnection.com