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# Davis Aquadarts

## April, 2009

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Apr 6-9</u>	<u>Spring Break Practices</u> (Check schedule details on page 2)	
<u>Apr 17</u>	<u>Friday Fun Meet</u> (Fun meet with short events, all groups)	<u>Community Pool</u>
<u>Apr 24-26</u>	<u>SMST Long Course (LC) Meet</u> (All team meet, first long course meet of the season)	<u>Folsom</u>
<u>May 2-3</u>	<u>Davis B Championships</u> (Swimmers with less than A times)	<u>Community Pool</u>
<u>May 17</u>	<u>Woodland LC Distance Meet</u> (800 and 1500 Free)	<u>Woodland</u>
<u>May 22</u>	<u>Annual Team Relay Meet</u> (All team relay meet)	<u>Community Pool</u>
<u>May 25</u>	<u>Memorial Day - No Practice</u>	
<u>May 29-31</u>	<u>Woodland LC Meet</u> (All team meet)	<u>Woodland</u>
<u>Jun 2</u>	<u>Team Picture / Uniform Day</u> (EVERYONE!)	<u>Community Pool</u>
<u>Jun 13-14</u>	<u>FRAC Short Course AGO</u> (All team meet.)	<u>Yuba City</u>
<u>Jun 19-21</u>	<u>Summer Sanders LC Senior Meet</u> (One qualifying JR+ time per day required)	<u>Roseville</u>

# AQUADART PRACTICE SCHEDULES

## 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

## Spring Break Apr 6-Apr 9 (No Practice Apr 10)

Blue	2:00-2:45pm	Civic
Bronze	2:00-3:00pm	Civic
Silver	2:45-4:15pm	Civic
Gold	4:15-6:15pm	Civic
Varsity	4:15-5:45pm	Civic
Senior	4:15-6:15pm	Civic

## 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

## Tentative Summer Schedule -- Jun 15-Aug 7

Practices offered M-F unless otherwise noted

Gold and Senior Groups have two practices a day as noted

Blue	2:15-3:00pm	Schaal
Bronze	3:00-4:00pm	Schaal
Silver	2:30-4:00pm	Schaal
	6:00-7:30pm M & W (LC JO swimmers)	Schaal
Gold	8:00-10:00am	Community
	6:00-7:45pm M & W (LC)	Schaal
Varsity	2:30-4:00pm	Schaal
Senior	8:00-10:00am	Civic
	6:00-8:00pm M-Th (LC)	Schaal

## SWIM MEET RESULTS

### WOODLAND LAST CHANCE SWIM MEET

<b>BRONZE DARTS</b> 5-6 BEST TIMES	Jaida Aikens	Kathleen Benjamin	Andrew Block	Lindsay Brandt
Elise Chu	Ben Culberson	Jonathan Desideri	Quinn Harty	Sean Kos
Jordyn Micke	Julia Morris	Dane Peterson	Jonathon Pun	Clara Riggle
Natalie Roberts	Phoebe Ross	Maddie Stanley	Tori Van Court	Kim Zhu
<b>SILVER DARTS</b> 7-9 BEST TIMES	Emma Barksdale	Phoebe Benet	Scout Brown	Zack Byrne
Steven Csaposs	Megan Ewens	Abby Fisk	Tucker Fisk	Lanna Kozlowski
Talia Lucila-Poydras	Griffin Molotky	Dylan Newsom		
<b>GOLD DARTS</b> 10+ BEST TIMES	Chenoa Devine	Mara Dominguez	Torin Halsted	Riley Hickman
<b>NEW B TIME</b>	Daniel Alvarez	Andrew Block	Lindsay Brandt	Zach Byrne
Elise Chu	Vivian Crow	Henry Csaposs	Steven Csaposs	Jonathon Desideri
Megan Ewens	Abby Fisk	Clarissa Franke	Quinn Harty	Arthur Koehl
Gabriela Maffly	Griffin Molotky	Jonathon Pun	Phoebe Ross	Nicholas Simons
Maddie Stanley	<b>NEW BB TIME</b>	Phoebe Benet	Andrew Block	Scout Brown
Elise Chu	Vivian Crow	Henry Csaposs	Mara Dominguez	Abby Fisk
Steven Johns	Sean Kos	Griffin Molotky	Dylan Newsom	Jonathon Pun
Clara Riggle	Timothy Vidalis	Cameron Wright	Kim Zhu	
<b>NEW A TIME</b>	Jaida Aikens	Tyler Babcock	Emma Barksdale	Chenoa Devine
Tucker Fisk	Torin Halsted	Lanna Koslowski	Talia Lucida-Poydras	Dylan Newsom
Jonathon Pun	Matthew Raabe	Natalie Roberts		
<b>NEW AA TIME</b>	Kathleen Benjamin	Chenoa Devine	Tucker Fisk	Torin Halsted
Talia Lucida-Poydras	<b>NEW AAA TIME</b>	Chenoa Devine	Tucker Fisk	Riley Hickman
<b>NEW AAAA TIME</b>	Tucker Fisk	Riley Hickman		

## Upcoming Events

## Announcements

**SPRING BREAK**—During the week of Apr 6-10, the Aquadarts will continue to practice in the afternoon but practices will be combined at one pool. This change is to accommodate the schedules of all the coaches. There will be practice Monday through Thursday. No practice on Friday.

**SMST LC MEET**—Although the meet is not available online yet, there will be a long course (LC) meet in Folsom on April 24-26. This will be the first LC meet of the season.

**Davis B Invitational**—The annual B Meet is coming up. If you have not registered to swim, please do so at Swim Connection. Volunteer sign-ups will be soon.

**MEET DATE CHANGES**—The Woodland Swim Team has flip flopped their meets in May. On May 17, the distance meet will be held. This is the 1500 and 800 Free. On May 29-31, Woodland will run the standard LC meet with all the events. This change was to accommodate the high school championship meet being held on May 14-16. **ANOTHER DATE CHANGE** is the short course FRAC meet in June. This meet was moved to the weekend after school is out, June 13-14.

**TEAM PICTURE DAY**—The annual team picture day will be Tuesday June 2. Individual and team pictures will be available. More information will come in the next months. Please plan to attend.

**SPEEDO UNIFORMS AND SUITS**—On Picture Day, June 2, we

will be having NOR CAL Swim Shop at the pool with samples of the new SPEEDO team sweats and different SPEEDO navy blue suits. Please support SPEEDO and purchase suits at this time. Speedo supports our swim meets and team and as a team we should support Speedo. All suits and sweats purchased at this event will receive 20% off the team price. This is a good savings and should be comparable or better than online prices.

**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.



### APRIL BIRTHDAYS

Quinn Brown, 7, 4/12	Tyler Babcock, 9, 4/14	Ryan Benjamin, 9, 4/17
Maddie Spangler, 9, 4/24	Nicola Goldstein, 10, 4/3	Steven Csaposs, 10, 4/6
Cameron Wright, 10, 4/29	Elly Schwab, 10, 4/29	Lauren Babcock, 11, 4/7
Timothy Vidales, 11, 4/21	Clara Riggle, 12, 4/21	Megan Ewens, 12, 4/23
Giuliana Salerno, 12, 4/29	Rana Eser, 13, 4/14	Tara Halsted, 14, 4/17
Ben Jin, 14, 4/18	Amelia Stanley, 14, 4/19	Kyle Nadler, 15, 4/14
Patrick Zhang, 15, 4/20	Jane Chen, 16, 4/20	Trevor Halsted, 16, 4/11



## 2009 SNS Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
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 17	Woodland Distance Meet	LC	Woodland	11 and older, 800 Free and 1500 Free
May 29-31	Woodland BB+/-	LC	Woodland	TEAM MEET
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 13-14	Feather River AGO	SCY	Yuba City	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 27-28	Redding BB+/-	LC	Redding	Team Travel Meet
July 11-12	Woodland BB+/-	LC	Woodland	Team Meet
<b>July 23-26</b>	<b>Junior Olympics</b>	<b>LC</b>	<b>Roseville</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

## Healthy Meals for Swimmers on the Go

### Notes on BREAKFAST - Start your day off right!

- Try pancakes, waffles, french toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates.
- Avoid high-fat choices such as bacon, sausage or biscuits and gravy.
- For breakfast on the run, pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges.
- If you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes. Avoid breakfast sandwiches, sausage and bacon.

### **EXAMPLES OF HIGH CARBOHYDRATE BREAKFAST MEALS:**

#### At Home:

Orange juice, Fresh fruit, Low-fat yogurt, Pancakes with syrup, 2% or skim milk  
**or**  
Plain English muffin, Strawberry jam, Scrambled Egg, Orange juice, 2% or skim milk

#### At a Fast Food Restaurant:

Hot cakes with syrup (hold the margarine and sausage), Orange juice, Low-fat milk  
**or**  
Cold cereal with low-fat milk, Orange juice, Apple, bran or blueberry muffin

#### At a Convenience/ Grocery Store:

Fruit flavored yogurt, Large bran muffin or pre-packaged muffins, Banana, Orange juice, Low-fat milk

#### At a Family Style Restaurant:

Pancakes, waffles or french toast with syrup (hold the margarine, bacon and sausage), Orange juice, Low-fat milk

### Notes on LUNCH and DINNER

- Select pastas, breads and salads.
- Select thick crust rather than thin crust pizza for more carbohydrates.
- Choose vegetables such as mushrooms and green peppers on the pizza. Avoid high fat toppings such as pepperoni and sausage.
- Select vegetable soups accompanied by crackers, bread, or muffins.
- Emphasize the bread in sandwiches, not the condiments, mayonnaise or potato chips.
- Avoid deep fat fried foods such as french fries, fried fish and fried chicken.
- Choose low-fat milk or fruit juices rather than soda pop.

## **EXAMPLES OF HIGH CARBOHYDRATE LUNCH OR DINNER MEALS:**

Large turkey sandwich on 2 slices of Whole-wheat bread, Slice of low-fat cheese, Lettuce, Tomato, Fresh vegetables (carrots and celery strips), Low-fat yogurt, Fresh fruit or fruit juice

Minestrone Soup, Spaghetti with Marinara Sauce, Salad, Italian Bread, Fresh Fruit, 2% or skim Milk, Sherbet

Chili on a large baked potato, Whole grain bread or muffin, Low-fat chocolate milkshake, Fresh fruit

Thick crust cheese and vegetable pizza, Side salad, Fresh fruit, 2% or skim milk

## **LUNCH/DINNER AT FAST FOOD RESTAURANTS**

### **McDonald's - 500 kcal**

Chicken fajita, Vanilla low-fat milk, shake

OR

Hamburger, Low-fat milk, Low-fat frozen yogurt cone

### **McDonald's - 700-750 kcal**

Hamburger, Side salad with low calorie dressing, Strawberry low-fat milkshake

### **McDonald's - 1,000 kcal**

McLean Deluxe with cheese, Medium fries, Chocolate low-fat milkshake

### **Burger King - 500 kcal**

BK Broiler with BBQ sauce, 2% milk, Orange juice

### **Arby's - 700-750 kcal**

French dip, Side salad with lite Italian dressing, Jamocha shake

### **Taco Bell - 700-750 kcal**

Bean burrito with red sauce, Plain 10" tortilla, Low-fat milk

### **Pizza Hut - 1,000 kcal**

2 slices medium cheese pan pizza, 6 breadsticks, Beverage

### **Wendy's - 1,000 kcal**

Plain baked potato, Chili, Side salad, Small frosty

# Apr 2009

## Aquadart Calendar

**Mon      Tues      Weds      Thu      Fri      Sat      Sun**

		1	2	3	4	5
6	7	8	9	10	11	12
SPRING BREAK SCHEDULE All Practices at Civic Pool				NO PRACTICE	NO SAT. PRACTICE	
13	14	15 Aquadart Board of Directors Mtg 7:30p Brady Bldg	16	17 FRIDAY FUN MEET	18 Picnic Day at UCD	19
20	21	22	23	24      25 SMST / Folsom LC Swim Meet		26
27	28	29	30			

### 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)