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Davis Aquadarts

May, 2009

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</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 6</u>	<u>Lake Berryessa Open Water Swim</u> (8-10 year olds swim 500 yards, 11-18 swim 1 mile)	<u>Lake Berryessa</u>
<u>Jun 12-14</u>	<u>Lodi LC Meet</u> (All team meet.)	<u>Lodi</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>
<u>Jun 27-28</u>	<u>Redding SDI Trophy LC Meet</u> (Team LC travel meet)	<u>Redding</u>
<u>July 1</u>	<u>Swim-A-Thon</u> (Annual Fundraiser)	<u>Schaal</u>
<u>July 3</u>	<u>NO PRACTICE</u>	
<u>July 10-12</u>	<u>Woodland LC Last Chance Meet</u> (All team meet, last chance to qualify for JOs)	<u>Woodland</u>
<u>July 23-26</u>	<u>Junior Olympics</u> (One qualifying time, check meet sheet for time standards)	<u>Roseville</u>
<u>July 25-26</u>	<u>Travel Meet</u> (For swimmers not attending JOs)	<u>Quincy / South Tahoe</u>

AQUADART PRACTICE SCHEDULES

May 1-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	Manor/Community
	8:00-10:00am (Sat TBA)	Manor/Community
Varsity	4:45-6:15pm	Civic
Senior	5:00-7:15pm	Manor/Community
	5:45-6:45am (T & Th)	Arroyo
	8:00-10:30am (Sat TBA)	Manor/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

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

SIERRA MARLINS LONG COURSE MEET

BRONZE DARTS 5-6 BEST TIMES	Jaida Aikins	Alena Alvarez	Sabrina Borchard	Henry Csaposs
Steven Csaposs	Dylan Newsom	Jonathan Pun	Owen Yancher	
SILVER DARTS 7-9 BEST TIMES	Alyssa Alvarez	Daniel Alvarez	Emma Barksdale	Kathleen Benjamin
Zack Byrne	Elise Chu	Riley Hickman	Talia Lucila-Poydras	Daniella Qvistgaard
Kim Zhu				
NEW B TIME	Alena Alvarez	Alyssa Alvarez	Daniel Alvarez	Quinn Brown
Zack Bryne	Steven Csaposs	Julia Fisk	Chris Garrison	Emma Peterson
Jonathan Pun	Daniella Qvistgaard	Owen Yancher		
NEW BB TIME	Jaida Aikens	Alyssa Alvarez	Scout Brown	Elise Chu
Henry Csaposs	Steven Csaposs	Julia Fisk	Talia Lucila-Poydras	Jonathan Pun
Nick Simons	Owen Yancher	Kimberly Zhu		
NEW A TIME	Emma Barksdale	Tucker Fisk	Talia Lucila-Poydras	Dylan Newsom
Kimberly Zhu	NEW AA TIME	Emma Barksdale	Tucker Fisk	Talia Lucila-Poydras
Dylan Newsom	Kimberly Zhu			
NEW AAA TIME	Riley Hickman	NEW AAAA TIME	Tucker Fisk	Riley Hickman



Safa Bakhshi, 11, 5/8	Chris Stoner, 18, 5/9	Thomas Brooks, 9, 5/11
Zeno Castiglioni, 7, 5/15	Ben Prussel, 11, 5/16	Vinncent Nguyen, 18, 5/17
Emily Simi, 11, 5/17	Christine Chu, 16, 5/18	Katie Van Deynze, 14, 5/19
Kathleen Benjamin, 13, 5/19	Jonathan Desideri, 12, 5/19	Rachel Johnson, 15, 5/20
Nick Swaminathan, 15, 5/20	Ben Culberson, 11, 5/23	Kenda Wyels, 8, 5/24
Lindsay Brandt, 14, 5/24	Avery Asera, 10, 5/25	

Upcoming Events

WOODLAND DISTANCE

MEET—The Distance meet is May 17th. Entries are being accepted for the 800 and 1500 Free. Enter online at Swim Connection.

WOODLAND BB+/- MEET

Entries are being accepted for the May 29-31 long course meet in Woodland. Swimmers will only be allowed to enter 8 events for the whole weekend.

LAKE BERRYESSA OPEN WATER SWIM

The Davis Aquatic Masters is hosting their 28th swim. Swimmers 8-10 can swim 500 yards and swimmers 11-18 will swim 1 mile. Open water was featured in the Olympics this past year and is a growing aspect of USA Swimming. Come out and try something new. If any parents are interested in helping the Masters team with registration Saturday morning, please contact Julie Langston at Julie_Langston@sbcglobal.net.

ANNUAL RELAY MEET—This will be year 5 (I think) for our annual relay meet. This has become one of our favorite fun meets. All Aquadarts are invited to participate. Swimmers will be placed on teams and teams will compete in a variety

of relay events, some normal and some silly. All Aquadarts will be placed on a team unless you **SIGN OUT** at the pool starting May 11.

LODI LONG COURSE MEET

Lodi is hosting a LC meet June 12-14. The meet is available for entry on Swim Connection.

FRAC / YUBA CITY SHORT COURSE MEET

—If you want to swim in a short course meet this summer, please attend this fun meet in Yuba City. There will be relays if enough swimmers attend.

SWIM-A-THON—The Swim-A-Thon will be July 1. Look for information packets to come home from the pool in the next couple of weeks. Remember, every Aquadart swimmer needs to raise \$50. Please support the Swim-A-Thon. Besides our swim meets, this is only fundraiser we currently run that benefits the whole team. The money raised helps keep the swim fees

NEW MEET / SOUTH TAHOE or

QUINCY—For swimmers who will not be attending the Junior Olympics in Roseville on July 23-26, we have added a travel meet to either South Tahoe or Quincy on that same weekend. This will be a short course meet. If Quincy is hosting a meet,

we will be going north. If not, we will travel east. More details will be coming out soon.

Announcements

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.

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.

2009 Aquadarts Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
May 2-3	Davis 'B' Championships	SCY	Community Pool	<A Times needed
May 17	Woodland Distance Meet	LC	Woodland	11 and older, 800 Free and 1500 Free
May 22	Relay Meet	SC	Community Pool	EVERYONE!!
May 29-31	Woodland BB+/-	LC	Woodland	TEAM MEET
June 2	Picture Day / Uniform Day		Community Pool	EVERYONE!!
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
June 19-21	Summer Sanders Senior Meet T/F	LC	Roseville	Jr+ Times Needed-Team Scored
June 26-28	SN All Star Team to Arizona	LC	Arizona	Top 8 swimmers in SN
June 27-28	Redding BB+/-	LC	Redding	Team Travel Meet
July 1	SWIM-A-THON		Schaal	Fundraiser
July 11-12	Woodland BB+/-	LC	Woodland	Team Meet
July 23-26	Junior Olympics	LC	Roseville	1 BB Times Needed-Team Scored
July 25-26	Quincy or Tahoe AGO	SC	Quincy / South Tahoe	Not attending JOs
July 31-Aug 2	Davis City Championships	SCY	Community Pool	< AA Times
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

Quick Nutrition Tips (from USA Swimming Parents Page)

What should my child eat before practice? At meets?

The best pre-practice, or pre-meet meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb: 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.

Meals that provide 100 grams of carbohydrates

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz. of skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes
- 1 serving of GatorLode and 1 bagel

Fluid Replacement Tips

- Keep a fluid bottle by the side of the pool when working out and drink between repeats and sets.
- Choose sports drinks like Gatorade that taste good, stimulate fluid absorption in the body maintain proper fluid balance in the body, and provide energy to working muscles.
- Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.
- Avoid caffeine-filled beverages. They are diuretics and contribute to fluid loss.
- Check the color of your urine. Dark-colored urine may indicate you are dehydrated and need to drink fluids.

May 2009

Aquadart Calendar

Mon Tues Weds Thu Fri Sat Sun

					1	2 Davis B Invitational Sat and Sun Warm-Ups @ 8:00a	3
4	5	6	7	8	9 Gold/Senior Practice 8:00am @ Manor	10	
11	12	13	14	15	16 Gold/Senior Practice 8:00am @ Community	17 Woodland Distance Meet Warm-ups @7:00am	
18	19	20 Aquadart Board of Directors Mtg 7:30p Brady Bldg	21	22 RELAY MEET 4:00pm @ Community Pool	23	24	
25 NO PRACTICE	26	27	28	29 Woodland BB+/- Long Course Meet Fri Warm-Ups @ 4:30 Sat and Sun Warm-ups @ 8:00	30	31	

SWIMMING WEBSITES

USA Swimming,

www.usaswimming.org

Sierra Nevada Swimming, SN LSC

www.sn-swimming.org

Davis Aquadarts

www.aquadarts.org

Swim Connection

www.swimconnection.com