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# Davis Aquadarts

## May, 2009

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</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>
<u>July 31-Aug 2</u>	<u>City Championships</u> (Swimmers with less than AA times)	<u>Community Pool</u>
<u>Aug 8</u>	<u>Pentathlon</u>	<u>Community Pool</u>
<u>Aug 9-28</u>	<u>Summer Break</u>	
<u>Aug 31</u>	<u>First Fall Quarter Practice</u>	
<u>Sept 18-20</u>	<u>Davis BB+/- Meet</u> (All team meet)	<u>Arroyo Pool</u>

# AQUADART PRACTICE SCHEDULES

## 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

## Tentative Fall Schedule — Aug 31-Dec 4

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 (Tue & Thurs)	Arroyo
	8:00-10:00am (Sat) TBA	Community



Harry Benet, 6/6, 9	Milan Bhula, 6/11, 12	Lukas Buck, 6/12, 15
Annie Fullerton, 6/29, 10	Ryan Greenough, 6/16, 15	Arthur Koehl, 6/16, 14
Lanna Kozlowski, 6/20, 11	Griffin Molotky, 6/11, 13	Connor Ostling, 6/22, 13
Jack Painter, 6/2, 9	Kyle Saltveit, 6/5, 15	Nicholas Simons, 6/27, 11
Maddy Stanley, 6/29, 11	Tyler Ujifusa, 6/26, 13	Haley Wienker, 6/24, 8
Will Wyman, 6/20, 9	Jing Xie, 6/24, 9	Sebastian Xu, 6/17, 15

## SWIM MEET RESULTS

### DAVIS B INVITATIONAL

<b>BRONZE DARTS</b> 5-6 BEST TIMES	Alena Alvarez	Lauren Babcock	Phoebe Benet	Scout Brown
Vivian Crow	Stephen Csaposs	Jonathon Desideri	William Ewens	Torin Halsted
Rosey Heilmann	Grace Hickerson	Luke Maffly	Gabriella Maffly	Dane Peterson
Emma Peterson	Ben Prussel	Matthew Raabe	Evan Recanzone	Emily Simi
Nicholas Simons	Maddie Stanley	Tyler Ujifusa	Kinsey Van Deynze	Timothy Vidalas
Lauren Wienker	Cameron Wright	Kim Zhu	Patrick Zhu	Amelia Ziegler
<b>SILVER DARTS</b> 7-9 BEST TIMES	Alyssa Alvarez	Andrew Block	Lindsay Brandt	Zach Byrne
Carl Csaposs	Henry Csaposs	Ben Culberson	Bryce Gregg	Sean Kos
Lanna Kozlowski	Katrina Sturm	Tori Van Court	Jordan Vermette	
<b>GOLD DARTS</b> 10+ BEST TIMES	Megan Ewens	Cailin Simi	Perry Winsor	
<b>NEW B TIME</b>	Daniel Alvarez	Lauren Babcock	Lindsay Brandt	Quinn Brown
Zach Byrne	Vivian Crow	Carl Csaposs	Henry Csaposs	Jonathon Desideri
Chris Garrison	Daniella Qvistgaard	Matthew Raabe	Phoebe Ross	Emily Simi
Maddy Stanley	Katrina Sturm	Lauren Wienker	Perry Winsor	Cameron Wright
Hanah Wyman	<b>NEW BB TIME</b>	Alyssa Alvarez	Phoebe Benet	Andrew Block
Vivian Crow	Henry Csaposs	Steven Csaposs	Ben Culberson	Jonathan Desideri
Ben Jin	Galan Falakfarsa	Julia Fisk	Steven Johns	Sean Kos
Gabriella Maffly	Ben Prussel	Jonathon Pun	Matthew Raabe	Nicholas Simons
Maddy Stanley	Tyler Ujifusa	Tori Van Court	Cameron Wright	
<b>NEW A TIME</b>	Hailey Collier	Torin Halsted	Grace Hickerson	Ben Jin
Lanna Kozlowski	Emma Peterson	Adam Raabe	Tyler Ujifusa	Kimberly Zhu
<b>NEW AA TIME</b>	Emma Barksdale			

## Upcoming Events

**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.

**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 the first week of June. 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.

**SOUTH TAHOE**—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 on that same weekend. This will be a short course meet.

## SWIM MEET RESULTS (cont)

### WOODLAND SPRING FLING

<b>BRONZE DARTS</b> 5-6 BEST TIMES	Lauren Babcock	Kathleen Benjamin	Andrew Block	Scout Brown
Sofia Castiglioni	Henry Csaposs	Steven Csaposs	Ben Culberson	Julia Fisk
Clarissa Franke	Tara Halsted	Torin Halsted	Grace Hickerson	Kyle Nadler
Emma Peterson	Daniella Qvistgaard	Perry Winsor	Kim Zhu	
<b>SILVER DARTS</b> 7-9 BEST TIMES	Jaida Aikins	Phoebe Benet	Lindsay Brandt	Chenoa Devine
Steven Johns	Jordyn Micke	Katie Van Deynze	<b>NEW B TIME</b>	Alena Alvarez
Lauren Babcock	Tyler Babcock	Phoebe Benet	Kathleen Benjamin	Andrew Block
Lindsay Brandt	Hannah Collier	Julia Fisk	Rosey Heilmann	Grace Hickerson
Daniella Qvistgaard	Katie Van Deynze	<b>NEW BB TIME</b>	Jaida Aikins	Alyssa Alvarez
Tyler Babcock	Phoebe Benet	Kathleen Benjamin	Andrew Block	Lindsay Brandt
Scout Brown	Sofia Castiglioni	Henry Csaposs	Steven Csaposs	Julia Fisk
Clarissa Franke	Jordyn Micke	Kyle Nadler	Emma Peterson	Katie Van Deynze

## 2009 Aquadarts Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
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 1	SWIM-A-THON		Schaal	Fundraiser
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 25-26	Tahoe AGO	SC	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
<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>

### SWIM MEET RESULTS-Woodland Spring Fling (cont)

<b>NEW A TIME</b>	Jaida Aikens	Hailey Collier	Chenoa Devine	Ella Eser
Julia Fisk	Cameron Franke	Clarissa Franke	Torin Halsted	Grace Hickerson
Kim Zhu	<b>NEW AA TIME</b>	Chenoa Devine	Ella Eser	Torin Halsted
Riley Hickman	Kyle Nadler	Kim Zhu		
<b>NEW AAA TIME</b>	Chenoa Devine	Tucker Fisk	Cameron Franke	Riley Hickman
Beverly Nguyen	<b>NEW AAAA TIME</b>	Chenoa Devine		

NEW TEAM RECORDS

Chenoa Devine 200m Free 2:33.02

Chenoa Devine 400m Free 5:22.65

Riley Hickman 200m Back 2:43.02

# Parent's Page

## Quick Nutrition Tips (from USA Swimming Parents Page)

### Fueling Your Stroke

Six 200's descending on five minutes. Twenty-five 50's on :50. Whatever your swimmer's "favorite," every set during every workout and dryland session requires energy.

Nutrients are the "chemicals" that supply the body with energy. Carbohydrate, protein and fat supply energy in the form of calories. These are "Energy-Yielding Nutrients." Vitamins, Minerals and Water don't supply energy in the form of calories, but their presence is required in order for the body to access the energy provided by carbohydrate, protein and fat.

During exercise, the body gets its energy primarily from carbohydrate and fat. It likes to save protein for other things (building and repairing muscle tissue, hormones and red blood cells, and supporting the immune system). The only time the body uses protein as an energy source during exercise is when carbohydrate and fat are not present in sufficient quantities. This happens when the total caloric intake is too low over a period of months, and or the bout of exercise is so long that the body's accessible sources of carbohydrate and protein become exhausted. Neither of these scenarios is desirable for swimmers.

Think about money. When you have lots of it, you don't mind paying full price for things. But when money is scarce, or there is just too much you have to buy, you look for bargains. You're not being cheap, just thrifty. Simplified to some extent, your body knows how to shop.

Now instead of dollars, think of your currency as oxygen. When swimming is "easy," say during warm-up or your easiest sets, there is plenty of oxygen available to support the exercise. The body perceives itself as "rich" and doesn't mind splurging on fat (1 gram of fat costs 9 oxygens). In fact, it automatically does so because it knows it might need carbohydrate at a later time.

When exercise is hard (we're talking *tough* sets, definitely your *hardest* sets), oxygen is not plentiful. In fact, the body needs every bit it can get to support the exercise, but even *that* is often not enough, and the body is forced to derive energy in ways that do not require oxygen (i.e. *anaerobic* metabolism). In this situation, the body perceives itself as very "poor" and becomes very thrifty with its "purchase" of fuel. Since carbohydrate costs less than fat (1 gram of carbohydrate costs 4 oxygens), the body chooses to rely primarily on carbohydrate for its energy.

Keep in mind that this entire fuel burning process is never a case of "all or none." In other words, the body is always using some combination of carbohydrate and fat, but the **intensity** of the exercise dictates which fuel source will be the *dominant* one. When swimming is easiest, fat is the primary fuel source. When swimming is toughest, carbohydrate is the primary fuel source. When swimming is about 50% of maximum effort, carbohydrate and fat contribute about equally.

Let's face it – the majority of workouts are hard. Above 50% for certain. If you consider the typical swim workout, it's pretty safe to say that **the primary fuel source for swimmers IS carbohydrate.**

# June 2009

## Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
1	2	3	4	5	6 Lake Berryessa Swim	7
8	9	10	11	12 Lodi Long Course Meet Warm-ups @ 7:30 Sat and Sun, 4:30 Fri	13 FRAC Short Course Meet Warm-ups @ 8:00 Sat and Sun	14
15	16	17 Aquadart Board of Directors Mtg 7:30p Brady Bldg	18	19 Summer Sanders Senior Meet Fri Warm-ups @ 5:00pm Sat & Sun Warm-ups @ 8:00am	20	21
22	23	24	25	26	27 Redding SFI Trophy Meet Warm-Ups @ 8:00am Team Hotel-Travelodge	28
29	30	1 Swim-A-Thon	2	3 NO PRACTICE	4	5

### 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)