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# Davis Aquadarts

## July, 2009

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</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>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 25-27</u>	<u>Davis BB+/- Meet</u> (All team meet)	<u>Arroyo Pool</u>
<u>Sept 26</u>	<u>Buddy Night</u> (EVERYONE!)	<u>Arroyo Park</u>

## VOLUNTEERS NEEDED

The September meet is coming up soon. We are in the planning phases right now and need some volunteers to help organize the meet. First, a **meet director** is needed to work with Coach Brad in orchestrating the meet. We also need coordinators for the **snack bar / hospitality, office, and set up / tear down**. Please contact Coach Brad if you are willing to work at one of these tasks. Bring and friend and share the responsibility.

# 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



Alena Alvarez, 7/4, 10	Alyssa Alvarez, 7/24, 12	Daniel Alvarez, 7/4, 10
Vivian Crow, 7/7, 12	Kendra Flin, 7/17, 13	Alina Garrido, 7/1, 17
CeCe Johns, 7/11, 9	Sean Kos, 7/24, 10	Yasmin Kouchesfahani, 7/17, 13
Talia Lucila-Poydras, 7/10, 13	Dylan Newsom, 7/16, 14	Jonathan Pun, 7/18, 13
Natalie Roberts, 7/24, 14	Cailin Simi, 7/1, 13	Jordan Vermette, 7/16, 12
Ariel Wilk, 7/7, 10		

## Upcoming Events

**JUNIOR OLYMPICS**—The Junior Olympics will be held July 23-26 in Roseville. All swimmers with time standards are encouraged to enter the meet allowing our team to enter relays in every age group. Team shirts will be given out at the team fire-up party to be held on July 22. Swimmers entering JOs should email Coach Brad t-shirt sizes.

**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. Please contact Coach Carolee if you will be attending. We need to have a group of five families attending for the team to send a coach.

**CITY CHAMPIONSHIPS**—July 31-Aug 2 will be the Davis City Championships. Aquadarts with less than AA times are eligible to enter the City Championships. Please look for sign up forms at the pools starting July 20.

## Announcements

**SUMMER BREAK**—The summer break will start on the Aug 9. Practices for the Senior swimmers will begin on Aug 24 and all other groups will begin on Aug 31.

**DAVIS SEPTEMBER MEET**—Pre-entries for the Sept meet will be available some time this month. Once the meet sheet is finalized, we will collect entries from the Aquadarts before opening the meet to Swim Connection entries.

## **2009 Aquadarts Swim Meet & Events Calendar**

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
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>

## NEW TEAM RECORDS

9-10 Girls—Chenoa Devine 200m Free 2:32.70  
 15-16 Girls—Beverly Nguyen 800m Free 9:25.09  
 11-12 Boys—Torin Halsted 200m Back 2:42.12

## SWIM MEET RESULTS

### FRAC SHORT COURSE

<b>SILVER DARTS</b> 7-9 BEST TIMES	Nicholas Simons	Julia Fisk	Ben Culberson	
<b>NEW BB TIMES</b>	Nicholas Simons	Julia Fisk		
<b>NEW A TIMES</b>	Julia Fisk	<b>NEW AA TIME</b>	Julia Fisk	

### LODI MEL ENZE LONG COURSE

<b>BRONZE DARTS</b> 5-6 BEST TIMES	Daniel Alvarez	Tyler Babcock	Peter Blumberg	Heather Johnson
Julianna Qvistgaard	Hannah Collier	Daniella Qvistgaard	Katie Van Deynze	Rachel Johnson
Marc Blumberg				
<b>SILVER DARTS</b> 7-9 BEST TIMES	Tori Van Court	Sean Kos	Lauren Babcock	Henry Csaposs
<b>NEW B TIMES</b>	Sabrina Borchard	Daniel Alvarez	Henry Csaposs	Hannah Collier
<b>NEW BB TIMES</b>	Scout Brown	Tori Van Court	Tyler Babcock	Sean Kos
Henry Csaposs	Katie Van Deynze	<b>NEW A TIMES</b>	Hailey Collier	Sean Kos
Alyssa Alvarez	Heather Johnson	Henry Csaposs	<b>NEW AA TIMES</b>	Rachel Johnson
<b>NEW AAAA TIMES</b>	Riley Hickman			

### SUMMER SANDERS SENIOR MEET

<b>BRONZE DARTS</b> 5-6 BEST TIMES	Galan Falakfarsa			
<b>NEW B TIMES</b>	Galan Falakfarsa	<b>NEW BB TIMES</b>	Galan Falakfarsa	
<b>NEW AA TIMES</b>	Torin Halsted	Dylan Newsom	Kim Zhu	
<b>NEW AAA TIMES</b>	Kyle Nadler			
<b>NEW AAAA TIMES</b>	Tara Halsted	Riley Hickman		

## SWIM MEET RESULTS (cont)

### REDDING SFI TROPHY MEET

<b>BRONZE DARTS</b> 5-6 BEST TIMES	Tyler Babcock	Henry Csaposs	Steven Csaposs	Tara Halsted
Torin Halsted	Jordyn Micke	Kyle Nadler	Alex Rieger	Kim Zhu
<b>SILVER DARTS</b> 7-9 BEST TIMES	Zack Byrne	Hannah Collier	Chenoa Devine	Julia Fisk
Tucker Fisk	Avery Krovetz	Laurel Krovetz	Griffin Molotky	Emma Peterson
Jonathan Pun	Adam Raabe	Matthew Raabe	Clara Riggle	Cailin Simi
Emily Simi	Perry Winsor			
<b>NEW B TIME</b>	Lauren Babcock	Tyler Babcock	Zack Byrne	Christine Chu
Hannah Collier	Carl Csaposs	Steven Csaposs	Mara Dominguez	Yelda Eser
Isabella Franke	Alina Garrido	Lanna Kozlowski	Avery Krovetz	Lauren Krovetz
Griffin Molotky	Madison Molotky	Emma Peterson	Jonathan Pun	Matthew Raabe
Clara Riggle	Holly Riggle	Cailin Simi	Perry Winsor	
<b>NEW BB TIME</b>	Tyler Babcock	Kathleen Benjamin	Zack Byrne	Elise Chu
Hannah Collier	Steven Csaposs	Mara Dominguez	Galan Falakfarsa	Julia Fisk
Clarissa Franke	Lanna Kozlowski	Madison Molotky	Dylan Newsom	Emma Peterson
Matthew Raabe	Clara Riggle	Perry Winsor	<b>NEW A TIME</b>	Jaida Aikens
Kathleen Benjamin	Henry Csaposs	Julia Fisk	Torin Halsted	Grace Hickerson
Kyle Nadler	Dylan Newsom	Jonathan Pun	Adam Raabe	Kim Zhu
<b>NEW AA TIME</b>	Henry Csaposs	Chenoa Devine	Julia Fisk	Cameron Franke
Torin Halsted	Kyle Nadler	Jonathan Pun	Adam Raabe	Kim Zhu
<b>NEW AAA TIME</b>	Chenoa Devine	Tucker Fisk	Adam Raabe	Alex Rieger

# Parent's Page

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

### Eating Colorful Foods: Anti-oxidants vs free radicals

What are the first three foods that come to mind when we say “carbohydrate?”

1. Pasta
2. Rice
3. Bread

Each if these is excellent. But what do they have in common? They're all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called **anti-oxidants**.

You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur ONLY is you give the body the right kinds of fuels during periods of rest.

Well, one of the side effects of exercise is the generation of “*free radicals*.” Free radicals are molecules that can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But damage caused by free radicals is NOT a desired part of the training process. Damage caused by free radicals (aka “scavengers”) circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants “absorb” free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This a good reason to eat lots of colorful foods during the recovery time between workouts.


Colorful foods include, but are not limited to:

**Apples, Strawberries, Blueberries, Bananas, Oranges, Kiwi, Watermelon, Raspberries, Grapes, Mango, Papaya, Apricots, Red peppers, Broccoli, Corn, Squash, Carrots, Peas, Green beans, Tomatoes**

Colorful foods DO NOT include: Skittles, Jelly Beans, M&Ms, and Fruit Loops!

# July 2009

## Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
		1	2	3 NO PRACTICE	 Happy 4th of July	5
6	7	8	9	10	11 Woodland Long Course Meet Warm-ups 11 and older @ 8:00 10 and unders @ 8:30	12
13	14	15 Aquadart Board of Directors Mtg 7:30p Brady Bldg	16	17	18	19
20	21	22	23	24 Junior Olympics– Roseville Warm-Ups @ 8:00am	25	26
27	28	29	30	31	1 City Championships WU Fri @ 4:30 WU Sat & Sun @ 8:00	2

### 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)