

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
Gold	8:00-10:00am	Community
Varsity	2:30-4:00pm	Schaal
Senior	8:00-10:00am	Civic

Fall Schedule — Aug 31-Dec 4

Red	3:00-3:45pm (M,W, F or T, Th, F)	Civic
Blue	3:00-3:45pm (M-F)	Civic
Bronze	3:45-4:45pm (M-F)	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	4:45-7:15pm	Community
	5:15-6:45am (M, W, F)	Community
	8:00-10:00am (Sat) TBA	Community



Jaida Aikens, 8/31, 14	Marc Blumberg, 8/24, 16	Henry Csaposs, 8/18, 13
Chenoa Devine, 8/25, 11	William Ewens, 8/25, 8	Julia Fisk, 8/5, 13
Ben Flin, 8/24, 10	Quinn Harty, 8/4, 10	Heather Johnson, 8/24, 13
Gabriella Maffly, 8/29, 11	Keianna Pineda, 8/30, 8	Phoebe Ross, 8/9, 12
Emma Wu, 8/20, 13		

Upcoming Events

PENTATHLON—All Aquadarts are invited to participate in the last meet of the summer Saturday August 8. Swimmers will receive a medal for completing all five races designated for their age group. 8 and unders begin at Community Pool at 8:00am and 9 and overs begin at 10:00am.

END OF YEAR POOL PARTY—Celebrate the end of the swim season with the Aquadarts and SummerDarts at Community Pool, Satur-

day Aug 8 5:00-7:00pm. Food can be purchased at the event.

FOOD DRIVE—Two Girl Scouts will be running a can food drive during the Pentathlon and End of the Year Party. Please bring some extra cans of food. The collected food will be given to a local charity.

DAVIS SEPTEMBER MEET—Entries are being accepted the Davis meet at Arroyo Pool. Volunteer sign-ups will begin later in August.

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.

2009 Aquadarts Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
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 11	Davis "Candy Meet"	SCY	Community Pool	Intra-squad
Sept 25-27	Davis BB+/-	SCY	Arroyo Pool	Team Meet
Oct 9	Davis "Candy Meet"	SCY	Community Pool	Intra-squad
Oct 16-18	Walnut Creek Senior Meet	SCY	Walnut Creek	Pacific Senior Times
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
Dec 10-13	USAS Juniors	SCY	Columbus, OH	Junior National Times
Dec 17-20	Sectionals	SCY	Long Beach	Sectional Times

MORE TEAM RECORDS

15-16 Boys—T. Raabe, T. Halsted, K. Nadler, C. Franke 200m Free Relay 1:46.73

Senior Men—Brian Nadler 100m Back 1:06.74

Senior Men—Brian Nadler 200m IM 2:23.11

9-10 Girls—Chenoa Devine 100y Free 1:03.48

9-10 Girls—Chenoa Devine 500y Free 5:58.02

SWIM MEET RESULTS

WOODLAND LAST CHANCE LONG COURSE

BRONZE DARTS 5-6 BEST TIMES	Lauren Babcock	Justice Borchard	Lindsay Brandt	Elise Chu
Vivian Crow	Tucker Fisk	Chris Garrison	Tara Halsted	Torin Halsted
Trevor Halsted	Steven Johns	Sean Li	Beverly Nguyen	Emma Peterson
Jonathon Pun	Natalie Roberts			
SILVER DARTS 7-9 BEST TIMES	Daniel Alvarez	Andrew Block	Marc Blumberg	Sabrina Borchard
Ben Crook	Ben Culberson	Riley Hickman	Tyler Ujifusa	Owen Yancher
NEW B TIMES	Alena Alvarez	Daniel Alvarez	Lauren Babcock	Tyler Babcock
Andrew Block	Lindsay Brandt	Ben Culberson	Chris Garrison	Lanna Kozlowski
Griffin Molotky	Ben Prussel	Natalie Roberts	Owen Yancher	
NEW BB TIMES	Alena Alvarex	Daniel Alvarez	Tyler Babcock	Andrew Block
Marc Blumberg	Sabrina Borchard	Elise Chu	Ben Crook	Henry Csaposs
Lanna Kozlowski	Jordyn Micke	Jonathan Pun	Daniella Qvistgaard	Tori Van Court
Perry Winsor	Owen Yancher			
NEW A TIMES	Jaida Aikens	Andrew Block	Marc Blumberg	Ben Crook
Torin Halsted	Grace Hickerson	Madison Molotky	Emma Peterson	Natalie Roberts
NEW AA TIMES	Tucker Fisk	Kim Zhu		
NEW AAA TIMES	Tucker Fisk	Tara Halsted	Riley Hickman	Dylan Newsom
Beverly Nguyen				
NEW AAAA TIMES	Tucker Fisk	Riley Hickman		

SWIM MEET RESULTS (cont)

JUNIOR OLYMPICS

BRONZE DARTS 5-6 BEST TIMES	Alyssa Alvarez	Kathleen Benjamin	Sofia Castiflioni	Steven Csaposs
SILVER DARTS 7-9 BEST TIMES	Andrew Block	Scout Brown	Henry Csaposs	Jonathan Desideri
Julia Fisk	Tara Halsted	Torin Halsted	Heather Johnson	Kyle Nadler
Dylan Newsom	Beverly Nguyen	Tyler Raabe	Alex Rieger	Tori Van Court
GOLD DARTS 10+ BEST TIMES	Emma Barksdale	Chenoa Devine	Tucker Fisk	Cameron Franke
Trevor Halsted	Riley Hickman	Rachel Johnson	Hannah Krovetz	Adam Raabe
Kim Zhu	NEW BB TIME	Elise Chu	Jillian Daleiden	Clara Riggle
Tori Van Court	Katie Van Deynze	Owen Yancher	NEW A TIME	Jaida Aikens
Kathleen Benjamin	Andrew Block	Scout Brown	Erin Bruni	Christine Chu
Sierra Clark	Henry Csaposs	Jonathan Desideri	Galan Falakfarsa	Julia Fisk
Clarissa Franke	Trevor Halsted	Heather Johnson	Sean Kos	Hannah Krovetz
Sean Li	Emma Peterson	Clara Riggle	Kimberly Roberston	Tori Van Court
NEW AA TIME	Emma Barksdale	Kathleen Benjamin	Marc Blumburg	Sierra Clark
Julia Fisk	Cameron Franke	Trevor Halsted	Rachel Johnson	Sean Kos
Hannah Krovetz	Dylan Newsom	Tyler Raabe	Chris Stoner	Kim Zhu
NEW AAA TIME	Emma Barksdale	Chenoa Devine	Tucker Fisk	Cameron Franke
Torin Halsted	Trevor Halsted	Rachel Johnson	Kyle Nadler	Beverly Nguyen
Adam Raabe	Tyler Raabe	Alex Rieger	Kim Zhu	
NEW AAAA TIME	Chenoa Devine	Tucker Fisk	Cameron Franke	Riley Hickman
Beverly Nguyen				

Parent's Page

Quick Nutrition Tips (from USA Swimming Parents Page)

Fluids-Water vs Sports Drink

There are 2 reasons to drink fluids: (1) to stay hydrated, and (2) to provide the body with fuel.

During Workout - Regardless of age or length of workout, all swimmers need fluids during practice to stay hydrated. This is easily accomplished with a couple of sips from the water bottle every 15-20 minutes. As swimmers progress, workouts get longer and tougher. It's well established that exercise beyond 90 minutes benefits from a supplemental fuel source. The sports drink can provide it. But we still have hydration to think about. Drinks that are too strong, or "concentrated," can provide the fuel but also inhibit fluid absorption and often lead to cramping.

Years of research tells us that drinks that are 6-8% carbohydrate by weight provide the perfect balance. Enough carbohydrate to provide a fuel source during long exercise, but not so much that will inhibit fluid absorption. A couple of sips every 15-20 minutes keeps the body fueled, helps prevent unnecessary tissue breakdown, and maintains hydration. Today, only Gatorade and Powerade meet the 6-8% criteria. Most other drinks are too strong to be effective *during* workout.

After Workout – Water is an excellent choice to replenish fluids after practice. It's always wise to drink at least one cup. But after a *tough* workout, replenishing fuel stores is equally important. Competitive swimmers need a little over 1 gram of carbohydrate for every kilogram they weigh (lbs/2.2) each hour after workout. And they need it **within the first hour**.

Often, a sports drink that is easily digested and quickly absorbed, such as Gatorade or PowerAde can provide a convenient way to get some of this fuel within the first 20 minutes. Accelerade, a newer drink on the market may also do the trick. Endurox, perhaps, but beware of the high protein drinks, as they often forgo the carbohydrate, and carbohydrate is what you are trying to replenish within that first hour after workout. A little protein won't hurt, in fact a little bit of protein may actually help by supporting tissue repair and re-building processes. But too much protein, especially when it comes *in place of* carbohydrate, may actually be detrimental to the post-workout recovery process.

****Remember...**

1. Carbohydrate is the primary fuel source during tough workouts. Protein is used as a fuel source during exercise only when carbohydrate and fat are not present in sufficient quantities. This can happen during long/tough workouts when the body uses much of its stored carbohydrate, and it must find an additional source. If an additional carbohydrate source (ex. Gatorade, PowerAde) is not supplied, the body taps into *stored* protein, a.k.a. your muscles. This is why we drink carbohydrate-electrolyte solutions during workout...to **spare muscle protein**. And this is also why it is important to replace carbohydrate stores lost during a workout...so you start the next workout with a full tank of gas!

2. 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.

During the Day – Staying hydrated during the day is just as critical as hydrating during and after workouts. Most swimmers can do this by incorporating a variety of fluids into their daily diet. Water, fruit juice, milk, soups, etc, etc. Water is always an excellent choice, but other drinks, including sports drinks (defined as 6-8% carbohydrate by weight) are okay too. Just remember that variety is the key to a healthy diet. If you use a sports drink during and after practice, it may be better to drink water and juice during the day to stay hydrated. Juices are often healthier than sports drinks in that their sugars are natural. Always keep in mind that juices and sports drinks contribute to total caloric intake.

For the purpose of this article, a sports drink is defined as a 6-8% carbohydrate-electrolyte solution. Do NOT include "energy drinks," such as Red Bull, 180o, Sobe, etc.

July 2009

Aquadart Calendar

Mon Tues Weds Thu Fri Sat Sun

3	4	5	6	7	PENTATHLON 8 8&UN 8:00am 9&OV 10:00am END OF YEAR PARTY 5:00-7:00pm	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
		Aquadart Board of Directors Mtg 7:30p Brady Bldg				
24	25	26	27	28	29	30
31						
PRACTICES RESUME						

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