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Davis Aquadarts

September, 2009

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Sept 11</u>	<u>Candy Meet</u> (Intra-squad)	<u>Community Pool</u>
<u>Sept 14-18</u>	<u>Civic Pool Closure</u> (All Civic Practices will be at held at Manor Pool)	
<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>
<u>Sept 28-Oct 2</u>	<u>Community Pool Closure</u> (All Community Practices will be held at Manor Pool)	
<u>Oct 9</u>	<u>Candy Meet</u> (Intra-squad Blue / Bronze / Silver Groups)	<u>Community Pool</u>
<u>Oct 16-18</u>	<u>WCAB Senior Meet</u> (Pacific Senior Times)	<u>Walnut Creek</u>
<u>Oct 23-25</u>	<u>Vacaville BB+/- Meet</u> (Full Team Meet)	<u>Vacaville</u>
<u>Nov 7-8</u>	<u>Redding Jr+</u> (SNS Jr+ Times)	<u>Redding</u>
<u>Nov 7-8</u>	<u>Redding AGO</u> (Travel Meet for all swimmers)	<u>Redding</u>
<u>Nov 20-22</u>	<u>Gobbler Classic</u> (Full Team Meet)	<u>Folsom</u>
<u>Dec 4-6</u>	<u>Arctic Challenge</u> (Full Team Meet)	<u>Woodland</u>

AQUADART PRACTICE SCHEDULES

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,W,F or T,Th,F)	Civic
Bronze	3:45-4:45pm (M-F)	Civic
Silver	3:45-5:15pm	Community
Gold	4:15-6:15pm	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
	8:00-10:30am (Sat) TBA	Community



Ari Asera, 9/13, 8	Emma Barksdale, 9/23,12	Delaney Davis, 9/8, 10
Bryce Gregg, 9/27, 9	Cory Guerrero, 9/12, 12	Rosey Heilman, 9/30, 10
Ali Holder, 9/6, 15	Yeoni Kim, 9/4, 9	Laurel Krovetz, 9/28, 9
Mandolin Nguyen, 9/30, 8	Dane Peterson, 9/27, 9	Justin Qvistgaard, 9/20, 8
Tyler Raabe, 9/22, 17	Shari Ranasinghe, 9/12, 13	Brandon Rueda, 9/9, 15
Kim Zhu, 9/12, 13		

We forgot to mention Nuria Moran-Alonzo's birthday in the August newsletter, her birthday was August 4th and she turned 9.

Upcoming Events

CANDY MEETS—Swimmers in the Red, Blue, Bronze, and Silver groups are invited to participate in two “Candy Meets” being held this fall. The first will be Sept 11 and the second will Oct 9. These are intra-squad meets and will be great opportunities to learn about swim meets and get some SCY times.

DAVIS BB+/- MEET—Our meet on September 25-27 is currently still open for registration. If you want to sign up for the meet please follow the procedures listed in this newsletter or on the website. Volunteer sign-ups are available on the website. Please remember Aquadart families must volunteer a minimum of 15 hours each swim year, Sept-Aug.

BUDDY NIGHT—We will be having our annual Buddy Night Dinner and Games on Saturday, Sept 26. Every Aquadart swimmer is invited to attend. Older swimmers will be buddied with a younger swimmer. Swimmers will share responsibility

for dinner and then buddies will participate in fun games and activities. The first step will be to sign-in for Buddy Night on the Aquadart web site. Please indicate yes or no on the event sign-in page. Look for more details in the coming weeks.

VACAVILLE MEET—Please look for an email about the Vacaville meet to be held on Oct 23-25. When you receive information that the meet is available, please enter ASAP. This is a team meet that coaches will be attending and we would like to have as many Aquadarts attending as possible. Entries will fill up quickly. Swim meets have caps (maximums) on the number of swimmers allowed to enter in an attempt to keep the meets short.

Announcements

TEAM APPAREL—Do you want the cool Aquadart shirts that you see your team mates wearing? If so contact Amy Rieger at 5reigers@comcast.net. The team has

t-shirts, polo shirts, and sweatshirts to purchase. If you would like to have a personalized swim caps, DAVIS caps with your name, the team will be placing an order soon. As the weather cools down, swimmers may want a parka or warm-up jackets to wear after practice or at meets. There items can also be ordered with Amy Rieger. If you are not sure of the size, ask. It is always better to order big so swimmers can grow into the clothes.

SPEEDO SPONSORSHIP—The Davis Aquadarts are a Speedo sponsored team and therefore we encourage swimmers and parents to purchase Speedo suits and gear. The team receives discounted prices with NorCal Swim Shop. We will arrange to have NorCal come to Davis for a sizing day so that swimmers can try on swim suits and warm-ups before purchasing. More information to come.

2009 Aquadarts Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
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

SWIM MEET REGISTRATION

The first swim meet is coming up and your swimmers want to compete. But you have questions!!

How do I enter the meet?
How much is this going to cost?
Where is the meet?

I am sure there are more but we will start with these questions.

The basic information about a meet is always available on the meet sheet. The meet sheet is published by the host team and answers the basic questions of when, where, how much, etc. The meet sheet can be found on the Aquadart web site event page once the host team has published the meet sheet. The meet sheet will also be available on Swim Connection OME (online meet entry) web site.

The first step to enter a swim meet is to decide whether to enter online (easy and instantaneous) or by mail (forms, checks, and slow). The most common way to enter these days is to enter online. There is a website <https://ome.swimconnection.com> that manages all meets in our area. Open the website and follow the directions.

- 1) If this is your first time entering a meet with Swim Connection OME, you will need to make an account. Click on [Signup Now!](#) Enter the information request. For [Show Meets For](#) select Sierra Nevada Swimming. Save and then open your email account and confirm the activation of your account. You can then add a swimmer to your account by using your swimmers USAS registration number. This number is MMDDYYFFMLLLL (Month, Day, Year, First Name, Middle Initial, Last Name). Any blank spaces will be indicated with a * i.e. no middle name or a two or three letter last name.
- 2) Now that you have an account, select Enter Meets. Select the meet that you want to enter. The meet page will open and the meet sheet will be available to view. To enter events select [online meet entry](#) and select your swimmer.
- 3) A page listing all the events available to your swimmer is now open. Check the box on the left for each event that your swimmer would like to swim. Click on [Get Best Times](#). This will pull up your swimmers best times from the Swim Connection database. If your swimmer does not have any times, enter NT in the [Entry Time](#) box. Save.
- 4) You are now ready for payment. Click [Go To Payment Page](#), and enter payment information. Usually each event entered will cost \$3.00 and the host team will charge a pool surcharge fee that runs between \$3-10. Swim Connection OME will charge \$1.00 + 2% of the entry fee.
- 5) Your swimmer is now entered in the meet and you should receive an email confirmation of payment.

THE OTHER SWIM CONNECTION WEB SITE

There is a second Swim Connection web site that you will want to which you will want to be a member. This site www.swimconnection.com is the database for all swimmers in the Sierra Nevada region. Every USA Swimming meet that have been held in the past 8 years is store in this database. This is the site where you can look up your swimmer's best times and see how much time your swimmer needs to drop to reach the next motivational goal standard.

Again the membership to Swim Connection is free. To become a member open the website and follow these directions.

- 1) Open <http://www.swimconnection.com/sn/exec/SaHome>
- 2) Select [Login](#)
- 3) Select [Signup](#) on the right
- 4) Fill in the required information. For Team Affiliation select our team code DAV.
- 5) Once you register, an email will be sent to your account to allow you to activate your membership.
- 6) When you return to Swim Connection, you can link your swimmer to your account by using the [Add Swimmer to Profile](#). You will need the USAS number as described above.
- 7) Once your swimmer is linked to your account, you can select the swimmer's name and see their best times and the next motivational time standard they can strive to achieve.

2008-2009 Awards

Below is a preliminary list of the trophy awards to be handed out this fall at the annual Aquadart Awards Banquet. Please look over the list and contact Coach Brad if you have any questions or concerns. The trophies are based upon the best USAS Motivational Time Standard achieved between Sept 1, 2008 and Aug 31, 2009. The criteria to receive a trophy are 1) a member in good standing of the Davis Aquadarts for a minimum of two full quarters, 2) achievement of a USAS Motivational Time Standard during the swim year, and 3) attendance at one or more team scored meets as published in the Davis Aquadarts newsletters. Swimmers who changed age groups during the year will receive one trophy based on their best time standard. The meets that qualified as team scored meets are listed below:

Redding Jr+/AGO Nov 8-9, 2008
 CA/NEV Sectional Championships Feb 25-Mar 1, 2009
 14&Un Junior Olympics March 20-22, 2009
 Davis 'B' Championships May 2-3, 2009
 Summer Sanders Senior Meet June 19-21, 2009
 Junior Olympics Long Course July 23-26, 2009

Name	Standard	Chris Garrison	11-12 BB	Holly Riggle	17-18 A
Jaida Aikens	13-14 A	Michelle Greenough	15-16 AAA	Natalie Roberts	13-14 A
Alena Alvarez	9-10 BB	Bryce Gregg	8-UN B	Kimberly Robertson	13-14 A
Alyssa Alvarez	11-12 A	Kallie Gregg	11-12 BB	Charlotte Rock	11-12 A
Daniel Alvarez	9-10 BB	Tara Halsted	13-14 AAAA	Phoebe Ross	11-12 B
Avery Asera	9-10 B	Torin Halsted	11-12 AAA	Kyle Saltveit	13-14 BB
Lauren Babcock	9-10 BB	Trevor Halsted	15-16 AAA	Elly Schwab	9-10 B
Tyler Babcock	8-UN A	Quinn Harty	9-10 B	Cailin Simi	11-12 B
Emily Barksdale	11-12 AAA	Rosey Heilmann	9-10 B	Emily Simi	9-10 B
Kathleen Benjamin	11-12 AAA	Grace Hickerson	8-UN A	Nicholas Simons	9-10 BB
Ryan Benjamin	8-UN B	Riley Hickman	11-12 AAAA	Amelia Stanley	13-14 B
Andrew Block	13-14 A	Alessandra Holder	13-14 B	Madeline Stanley	9-10 BB
Marc Blumberg	15-16 AA	Benjamin Jin	13-14 A	Chris Stoner	17-18 AAAA
Peter Blumberg	9-10 B	Helen Johns	8-UN B	Katrina Sturm	9-10 B
Sabrina Borchard	9-10 BB	Steven Johns	9-10 AA	Tyler Ujifusa	11-12 A
Lindsay Brandt	13-14 BB	Heather Johnson	11-12 AA	Victoria Van Court	9-10 A
Quinn Brown	8-UN B	Rachel Johnson	15-16 AAA	Katie Van Deynze	13-14 BB
Scout Brown	8-UN AAA	Arthur Koehl	13-14 B	Kinsey Van Deynze	9-10 BB
Zack Byrne	9-10 BB	Sean Kos	9-10 AA	Timothy Vidales	9-10 BB
Sofia Castiglioni	9-10 BB	Lanna Kozlowski	9-10 AA	Benjamin West	8-UN B
Zeno Castiglioni	8-UN B	Avery Krovetz	11-12 B	Lauren Wienker	9-10 B
Jane Chen	15-16 AA	Hannah Krovetz	13-14 AAA	Perry Winsor	9-10 BB
Christine Chu	15-16 A	Laurel Krovetz	8-UN B	Cameron Wright	9-10 BB
Elise Chu	9-10 A	Siyang Li	11-12 A	Hanah Wyman	9-10 B
Sierra Clark	15-16 AA	Griffin Long	8-UN B	Owen Yancher	9-10 A
Hailey Collier	8-UN A	Talia Lucila-Poydras	11-12 AAA	Kevin Zhu	17-18 AA
Hannah Collier	13-14 BB	Gabriella Maffly	9-10 BB	Kimberly Zhu	11-12 AAA
Benjamin Crook	11-12 AA	Luke Maffly	8-UN B		
Vivian Crow	11-12 BB	Jordyn Micke	9-10 BB		
Carl Csaposs	8-UN B	Griffin Molotky	11-12 BB		
Henry Csaposs	11-12 AA	Madison Molotky	15-16 A		
Steven Csaposs	9-10 BB	Nuria Moran-Alonso	8-UN B		
Ben Culberson	9-10 BB	Kyle Nadler	13-14 AAAA		
Jillian Daleiden	17-18 AAA	Dylan Newsom	13-14 AAA		
Caitlin DeNise	17-18 AAA	Beverly Nguyen	15-16 AAAA		
Jonathan Desideri	11-12 A	Vinncent Nguyen	17-18 AA		
Chenoa Devine	9-10 AAAA	Emily O'Flaherty	8-UN B		
Mara Dominguez	11-12 BB	Keianna Pineda	8-UN B		
Ella Eser	15-16 AAA	Dane Peterson	8-UN B		
Rana Eser	13-14 B	Emma Peterson	13-14 A		
Megan Ewens	11-12 B	Ben Prussel	10-UN BB		
William Ewens	8-UN B	Lance Prussel	8-UN B		
Galan Falakfarsa	15-16 A	Jonathan Pun	11-12 AA		
Abigail Fisk	9-10 BB	Daniella Qvistgaard	13-14 BB		
Julia Fisk	11-12 AA	Julianna Qvistgaard	9-10 B		
Ryan Fisk	8-UN B	Justin Qvistgaard	8-UN B		
Tucker Fisk	9-10 AAAA	Adam Raabe	13-14 AAA		
Jillian Foster	8-UN B	Matthew Raabe	9-10 A		
Cameron Franke	15-16 AAAA	Tyler Raabe	15-16 AAA		
Clarissa Franke	9-10 AA	Alexandra Rieger	11-12 AAAA		
Alina Garrido	17-18 A	Clara Riggle	11-12 A		

Please check spelling of names, correct age groups, and correct time standards. Contact Coach Brad for corrections.

Sept 2009

Aquadart Calendar

Mon Tues Weds Thu Fri Sat Sun

	1	2	3	4	5	6
7	8	9	10	11	12	13
14 CIVIC PRACTICES MOVED TO MANOR POOL THIS WEEK	15	16 Aquadart Board of Directors Mtg 7:30p Brady Bldg	17	18	19	20
21	22	23	24	25 DAVIS BB+/- MEET @ ARROYO POOL		27 BUDDY NIGHT @ ARROYO PARK
28	29	30	1	2	3	4
COMMUNITY PRACTICES MOVED TO MANOR POOL THIS WEEK						

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

Parent's Page

Swimming World Magazine Article

The Top Ten Questions Every Swimming Parent Wants to Know

By Wayne Goldsmith and Helen Morris

1. How many training sessions should my child do each week?

There is no magic number of training sessions for every swimmer. Even at elite level, some swimmers swim 7 sessions a week, some do nine, others 11...there is no magic number.

It all comes down to the FLAG principle:

Fatigue – if a swimmer is swimming 3 sessions a week and as a result is always tired, irritable and their grades are falling, then doing more swimming does not make sense. So the optimal number of sessions for any individual swimmer is largely based on their ability to adapt to and recover from their training load.

Level of performance – training sessions should also be based on the level of performance being targeted. Chances are swimming two sessions a week will not get you selected on the next Olympic team and similarly 14 sessions a week is a little too much just to achieve a PB time at the under 9 state championships meet. As a broad benchmark, world class swimmers spend one day per week, i.e. 24 hours per week training and the rest of the time eating and sleeping so the higher you want to go, the harder you have to work.

Available time – if your child is in junior high, playing basketball, learning piano, doing special projects on weekends for extra credits, playing tennis and in the school choir...and.....swimming five sessions each week, then it is safe to say, adding more swimming sessions is not going to do anything other than make them tired and fatigued. Keep in mind your child's total commitments across all areas of their life before adding more training time. And – never, ever forget that some days they need to just hang out with their friends, play and enjoy life. They are only kids once!

Goals – if your child sets high swimming goals, then naturally the time, effort and energy to achieve them must also be high. As a general rule, as kids progress through each level of swimming they need to add an extra pool session or gym workout to learn the skills, develop the fitness and build the technical abilities to be successful at the next level.

2. My child is 10 and is a great freestyler. What does she have to do to make it to the top?

The first thing to accept is that there is no such thing as a champion ten year old freestyler. Swimmers who experience success pre-teenage years generally do so because of accelerated growth, i.e. they are bigger and stronger than the other kids!

Another common situation is that as kids grow, change and develop, their ability to swim the competitive swimming strokes also changes – this year's backstroker could be next year's freestyler and then the following year they are great at swimming fly.

In the long term, the factors which determine success as a senior swimmer are the 5 Ps:

Perseverance – the ability to try and try and try and try – and to never give up;

Patience – it takes time to become a great swimmer – about ten years of consistent hard work;

Physical training – great swimmers are usually the best prepared. It takes a high level of physical fitness, technical development and skills refinement to make it to the top;

Personality – world class swimmers demonstrate some common personality traits – none the least being determination, commitment, the ability to overcome adversity and the capacity for accelerated learning;

Passion – Swimming is like anything else in life: you have to love it to do it well!

3. When should my child specialize in a stroke?

Kids need to grow into their specialist stroke! That is, when swimmers grow and develop physically and mentally, they will be naturally drawn to a particular stroke. It is common for a child's best stroke to change from year to year but once they hit middle to late teens, the nature of specific events will become more appealing. Real talent in any one stroke is harder to hide than it is to find! There is no need to encourage kids into one stroke or another – it will just happen!

4. Do swimmers need a special diet?

No. Not unless they have a medical problem or diet related condition that has been diagnosed by a nutrition professional. As a general rule, top swimmers follow a "4 MORE 4 LESS, 4 ME" diet:

More – complex carbohydrates like rice, bread, pasta.

More – lean quality protein like chicken, meat, fish.

More – water, fresh juices.

More – fresh fruit, nuts and vegetables.

Less – take away food.

Less – saturated fats and oils.

Less – processed and pre packaged foods.

Less – sodas.

Lots of parents want to know about supplements like vitamins, minerals and special substances like Creatine, Glucose and so on.

The five golden rules about these products are:

- 1.They may be of some use to some swimmers in some situations and on some occasions but consult a sports nutrition professional to help determine what might work for your child;
- 2.Nothing takes the place of consistent hard work, good technique and a great attitude;
- 3.If something sounds too good to be true, "Miracle Sports Performance Powder – Improves Endurance by up to 60 percent..." it probably is too good to be true!
- 4.Never introduce a new product – no matter what it is promising – within 7 days of an important meet. Many parents have fallen for the trap of giving kids a "special" breakfast or all new "miracle" supplement on the morning of a big meet only to find their kids spend more time in the toilet than in the pool.
- 5.Read rule 2 again – no supplement can turn mediocrity into magnificence. Teach kids to believe in themselves and to take responsibility for their own swimming performances rather than to rely on the promises of a supplement advertising campaign.

5.How do I find the best coach for my child?

The best swimming coaches demonstrate the FIVE Cs:

Calm – they remain calm and composed on and off deck and set a great example for the kids they coach;

Confident – they display a "humble confidence" – they believe in themselves and coach because they love coaching – not for any ego stroking reason;

Close – the pool where they coach is close to home or at least on the after school "route" – e.g. Pick up the kids from school, drop them to basketball practice, pick them up and take them to swimming, pick them up and drop them to music lessons.....

Caring – they are interested in kids becoming great human beings – not just fast swimmers.

Credible – they have the appropriate experience, qualifications and understanding of swimming.

6.School, swimming, social life.....what's the right balance for my child?

Your child is not a swimmer....they are a child first and foremost: a child who just happens to swim. But they are also a student, a brother or sister, a son or daughter, a member of a youth group, maybe someone who plays another sport – they are a young person who has the potential to be anything they choose to be.

So if your kids are having fun with their friends and love what they are doing, chances are the balance is right. If your kids start finding excuses not to train, don't want to get out of bed to go to the pool, show poor training habits and want to avoid going to meets, they are telling you, "mom and dad – the balance is not right and I want to change it". Listen to your kids.

7.What should I expect in terms of results at Meets?

You should expect to see:

Your child enjoying swimming with his / her friends;

Your child learning to love challenging him / herself and taking pleasure in competition;

Your child demonstrating all they have learned in terms of swimming technique, dives, starts, turns, finishes, underwater kicking.

Your child showing some self responsibility in their warm up, recovery, meet day nutrition and personal management.

Your child showing a sense of "team" by cheering for team mates and supporting other members of the squad.

In terms of results...expect nothing. Where kids are concerned....Medals are meaningless and times are tedious unless they are accompanied by LLL – a love of the sport, learning new skills and life lessons.

8.Does my child need to be doing strength training in the gym?

No. Not unless they have an injury or weakness or imbalance or other physical condition that has been identified by a professional sports physical therapist / medical practitioner.

The three key areas – what we call the "ABILITIES" of non-pool training to focus on are:

FLEX - ability: Improving their flexibility in important swimming muscles and muscle groups;

MOB – ability (mobility): Improving their mobility around joints;

STAR - ability (stability): Developing a strong stable "core" – abs, back muscles and important stabilizing muscles in their shoulders and hips.

Kids don't need to lift heavy weights – work on the "abilities", technique, skills, attitude and self confidence and leave the lifting to the Governor of California!

9.What can I do to be the best swimming parent I can be?

Give your child that which only you can give! Unconditional love, total support, compassion and unwavering belief in them as human beings. In the long term, whether your kids become world record holders in swimming, lawyers, doctors, teachers...it is not their talent that defines them or makes them successful – it is who they are. And no one helps kids to develop values, virtues and characteristics like their family. 6 feet tall 12 year old kids with large feet and strong muscles are great, but give me intelligent, honest, hard working kids with a real sense of self belief, courage and integrity any day! Develop the person first – then the swimming power!

10.My son is 11 years old and wants to play basketball two afternoons a week? Is playing other sports ok?

Yep! Pre-teen kids should be out enjoying life, being fit, learning skills and being active. Sure – once they get to mid – late teens and make the commitment to be a great swimmer, then some of their other activities will need to be cut back but at 11 the "more the merrier". A lot of sports have several cross over effects on swimming including:

Basketball – leg power, co-ordination, speed, endurance.

Gymnastics – balance, timing, flexibility, power, co-ordination.

Martial arts – balance, timing, flexibility, power, co-ordination, self confidence.

Running – aerobic fitness, leg strength.

Soccer – aerobic fitness, leg strength, co-ordination, speed.

Look at the obesity epidemic in kids in all developed nations. It would be great to have every kid in the world swimming laps, but just having them outside playing sport and moving their bodies instead of seeing them inside eating junk food while watching television has got to be good!