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Davis Aquadarts

November, 2009

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</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 19</u>	<u>2010 Registration Night</u> (Look for more info)	<u>Brady Building</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>
<u>Dec 4-6</u>	<u>Arizona Travel Trip</u> (Senior Group w/qualifying standards)	<u>Arizona</u>
<u>Dec 7</u>	<u>Start of Winter Quarter</u> (Look for details on page 2)	
<u>Dec 11-13</u>	<u>IM Xtreme Games</u> (11-14 year olds with qualifying IMX scores)	<u>Gresham, OR</u>
<u>Dec 10-13</u>	<u>USA Junior Nationals</u> (Senior Group w/qualifying times)	<u>Columbus, OH</u>
<u>Dec 18-22</u>	<u>USA Sectionals</u> (Senior Group w/qualifying times)	<u>Long Beach</u>
<u>Dec 21-Jan 3</u>	<u>Winter Break Schedule</u> (Look for details next month)	



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)	Community
Varsity	4:45-6:15pm	Civic
Senior	4:45-7:15pm	Community
	4:15-6:45pm (starting Nov 16)	Arroyo
	5:15-6:45am (M, W, F)	Community
	8:00-10:30am (Sat) TBA	Community

Dec Schedule — Dec 7 - Dec 18

Red	3:45-4:30pm (M,W,F or T,Th,F)	Civic
Blue	3:45-4:30pm	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	Arroyo
Varsity	4:45-6:15pm	Civic
Senior	4:15-6:45pm	Arroyo
	5:15-6:45am (M, W, F)	Community
	8:00-10:30am (Sat) TBA	Arroyo



OCTOBER & NOVEMBER BIRTHDAYS
HAPPY BIRTHDAY to the following Aquadart swimmers:

Andrew Block, 14, 10/27	Erin Bruni, 9, 10/14	Hailey Collier, 9, 10/2	Isabella De Mattos, 9,10/24
Mara Dominguez, 13, 10/16	Cameron Franke, 16, 10/2	Clarissa Franke, 12, 10/15	Lauren Giovannetti, 9, 10/16
Leo Goldstein, 13, 10/1	Olivia Harris, 7, 10/9	Jamie Kanchananakhin, 9, 10/29	Griffin Long, 9, 10/3
Joshua Micke, 7, 10/26	Allison Mitchell, 11, 10/21	J.R. Real, 12, 10/13	Lela Rosendale, 8, 10/13
Libby Slater, 6, 10/28	Lauren Wienker, 11, 10/21	James Benson, 6, 11/11	Scout Brown, 10, 11/23
Celia Cariou Gomez, 6, 11/15	Lauren Devera, 13, 11/22	Tali Doringer, 14, 11/19	Ella Eser, 17, 11/15
Chris Garrison, 14, 11/19	Parker Giovannetti, 6, 11/23	Steven Johns, 12, 11/24	Mason Johnstone, 7, 11/17
Katie Kim, 10, 11/10	Avery Krovetz, 13, 11/26	Alex May, 16, 11/29	Jordyn Micke, 11, 11/18
Morgan Mooney-McCarthy, 11, 11/16	Emily O'Flaherty, 10, 11/12	Kimberly Robertson, 15, 11/12	Charlotte Rosendale, 5, 11/25
Emilia Sloane, 12, 11/22	Tori Van Court, 11, 11/20	Allison Wagner, 17, 11/20	

Upcoming Events

REDDING MEETS—The Redding meets are Nov. 7-8. Saturday's meet starts at 10:00. Please be in Redding at 9:00am for warm-ups. Sunday will have a regular start time of 9:00am with warm-ups at 8:00am.

FOLSOM MEET— This is the last chance to enter the Folsom meet. As of Nov 1, Saturday afternoon session for girls is closed, but all other sessions are still open.

ARCTIC CHALLENGE—This is the end of the season swim meet for the age group program. Please look for entry information in the next weeks. Please come support the Aquadarts as we have won this meet for the past three years. Every swimmer will participate on a relay during the meet.

IMX GAMES—This is the first year for the IM Xtreme Games. This meet is using the IMX format of events. The IMX is one event in each stroke and one or two IM events. Points are assigned to swimmers' times and then a total is given. This year's meet will be in Gresham, OR at Mt Hood Community College. To find more information about IMX scores, check out the USA Swim-

ming website.

REGISTRATION NIGHT—The Aquadart Annual Registration Night will be Nov 19. On Registration Night, swimmers need to be registered for the 2010 year. More information will be coming out with lists of swimmers who need to attend and register and or pay outstanding fees.

THANKSGIVING WEEK—The Aquadarts will continue normal practices during Thanksgiving Week. Mon-Wed will be normal practice times. There will be no practice on Thursday. On Friday, Silver (4:15-5:45) and Gold (4:15-6:15) will practice at Civic. Senior should check with Billy for the weekend practice schedule.

WINTER QUARTER—Winter Quarter begins Dec 7. This December, Red, Blue, and Bronze groups will stay in the water until the holiday break Dec 18. Red and Blue will swim 3:45-4:30 and Bronze will swim 3:45-4:45. Silver, Gold and Varsity groups will remain at their normal times. Senior Group will be 4:15-6:45pm at Arroyo Pool.

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. These 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 is 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.

2009 Aquadarts Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Nov 1	Annual Awards Dinner		Senior Center	
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 11-13	IM Xtreme Games	SCY	Portland, OR	Minimum IMX score of 2000 or 2100
Dec 10-13	USAS Juniors	SCY	Columbus, OH	Junior National Times
Dec 17-20	Sectionals	SCY	Long Beach	Sectional Times

THE AQUADART WEBSITE

WWW.AQUADARTS.ORG

This month, we would like to explain the Aquadart website and the benefits of your account on the website.

First, every family has a personal account with a log-in email and password. If you can not access your account, please contact the website administrator for help. Forgotten passwords can be emailed to the primary email on the account.

Across the top of the website directly below the banner are tabs providing information about the team.

News—Also available on the home page, the current news about the team. Weekly announcements and meet recaps are available at this tab.

Meets/Events—Also available on the home page, the upcoming meets and events are available. Meet sheets and documents associated to the events are available on this page. The sub menu provides information important to swim meets such as Standards, Meet Checklist (things to have at a swim meet), and Meet Terminology (terms you might hear at a swim meet).

Results—The sub menu provides individual best times, top 10 seasonal times, and team records. These files are updated after each meets. Time standards, including USAS motivational times (B, BB, A, etc) and various meet standards are available.

Swim Groups—The main page has a description of the various groups available on the team. The sub menu has group specific information especial Senior Group information.

Documents—Sub menu options provide Fee and Registration documents and Board of Director minutes for the past year.

Calendar—The general calendar shows events and meets. Under “Pick a Calendar”, information can be found for specific groups. Workout times and other group events will be found under each specific group.

Newsletters—The Aquadart newsletters for the past year are available.

Links—Links to other important swimming websites are available i.e. USA Swimming and Swim Connection.

The next row provides links to the

Home page

Coaches page—List of Aquadart coaches and Board of Directors

Contact page—Link to contact the Administrator of the website

Members—Member Search page. Look for a member of the team by last name and find email and home phone information. This information is only available to logged-in members.

Change Pswd—Change your password. This is only available to logged-in members.

Down the left side are pages for your personal account. When you are logged in, you will have access to these pages.

My Account—VERY IMPORTANT. This is the summary of your contact information. It is important to maintain the information on these pages. **Account Info**-Each account may have 3 emails receiving team emails. Please keep these emails up to date as email is the main form of communication on the team. **Billing Information**-Name and address of the person responsible for the Aquadart account including billing. **Guardians**-Names and phone numbers for the parents/guardians of the swimmers.

Please keep this information current in case we need to contact a parent/guardian during Aquadart activities. **Insurance/Emergency Contact**-Insurance company information and emergency contact besides parents/guardians.

My Meet Results—A list of swimmers swim meet results dating back to Sept 2004. These results will include all Aquadart swim meets including the inter-squad meets like the Candy Meets. These inter-squad meets are not official USAS times and therefore will not be available on Swim Connection.

My Sponsor Center—Not in use at this time.

My Invoice/Payment—**Invoices**-Not in use at this time. **Volunteer Hours**-Balance of volunteer hours needed for the calendar year. Questions concerning account balances can be directed to the administrator. Look for more information about Invoicing in

Nov 2009

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
2	3	4	5	6	7 Redding AGO and JR+ Meets Saturday: WU@9:00a Meet@10:00a Sunday: WU@8:00a Meet@9:00a	8
9	10	11	12	13	14	15
16	17	18 Aquadart Board of Directors Mtg 7:30p Brady Bldg	19 Registration Night @ Brady Building 7:30pm	20 SMST Swim Meet in Folsom Friday: WU@4:00p Meet@5:00p Sat & Sun: 13-up WU@7:00 Meet@8:30a 12-un WU@about 12:00p (at conclusion of morning session)	21	22
23	24	25	26 Happy Thanksgiving No Practice	27	28	29
30						

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