

Board of Directors

President

Steve Nadler

757-6619

sanadler@ucdavis.edu

Vice President

Asst Treasurer

Tracy Van Deynze

753-0719

tvandeynze@hotmail.com

Secretary

Debbie Gritts

759-7047

zeusbubb@sbcglobal.net

Registrar

Kathy Csaposs

757-7805

cfamilyof5@att.net

Volunteer Coor

Kerry Halsted

758-5720

lktthalsted@hotmail.com

Member-at-Large

Amy Rieger

750-1042

5riegers@comcast.net

Member-at-Large

Ona Micke

750-2727

ona@pacbell.net

Member-at-Large

Jon Newsom

jon.newsom@grainger.com

Head Coach

Billy Doughty

billy@swimdavis.com

Head Age Group Coach

Brad Winsor

758-3278

winsorswim@sbcglobal.net

Davis Aquadarts

March 2010

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Mar 4-7</u>	<u>Clovis Senior Meet</u> (Senior Group w/qualifying standards)	<u>Clovis</u>
<u>Mar 6</u>	<u>Time Trial for JO qualifying</u>	<u>Arroyo Pool</u>
<u>Mar 15</u>	<u>JO Pysch Party</u> (Swimmers qualified for JOs)	<u>Community Pool</u>
<u>Mar 19-21</u>	<u>14 and Under Junior Olympics</u> (14 and under swimmers with BB times)	<u>Fairfield</u>
<u>Mar 27</u>	<u>Dual Meet with CCA</u> (14 and under swimmers with B times)	<u>Arroyo Pool</u>
<u>Apr 8-11</u>	<u>Far Westerns</u> (Pacific Q times required)	<u>Morgan Hill</u>
<u>Apr 23-25</u>	<u>Sierra Marlins LC</u> (First Long Course meet of the season)	<u>Folsom</u>
<u>Apr 24-25</u>	<u>Stanford Senior Meet LC</u> (Senior Group with Senior Time Standards)	<u>Palo Alto</u>
<u>May 1-2</u>	<u>Davis B Invitational</u> (Team meet for swimmers with less than A times)	<u>Arroyo Pool</u>
<u>May 21-23</u>	<u>Woodland Long Course Meet</u> (All team meet-long course)	<u>Woodland</u>



AQUADART PRACTICE SCHEDULES

Feb 8-June 11

Red	3:00-3:45pm	Civic
Blue	3:00-3:45pm	Civic
Bronze	3:45-4:45pm	Civic
Pre-Silver	3:45-5:00pm	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
	5:15-6:45am (M, W, F)	Community
	7:30-10:00am (Sat)	Community



2010 JUNIOR OLYMPIC QUALIFIERS as of 3/1/10

- 8 and unders-Grace Hickerson, Mandolin Nguyen, Keianna Pineda
- 9-10-Alena Alvarez, Daniel Alvarez, Avery Asera, Tyler Babcock, Peter Blumberg, Scout Brown, Zack Bryne, Sofia Castiglioni, Hailey Collier, Delaney Davis, Abby Fisk, Isabella Franke, Nicola Goldstein, Sean Kos, Laurel Krovetz, Elly Schwab, Perry Winsor, Cameron Wright,
- 11-12-Alyssa Alvarez, Lauren Babcock, Emma Barksdale, Elise Chu, Vivian Crow, Jonathan Desideri, Chenoa Devine, Tucker Fisk, Clarissa Franke, Steven Johns, Lanna Kozlowski, Sean Li, Gabriella Maffly, Kelly Neal, Killion Newsom, Matthew Raabe, Clara Riggle, Owen Yancher,
- 13-14-Jaida Aikens, Zack Anderson, Kathleen Benjamin, Andrew Block, Lindsay Brandt, Henry Csaposs, Mara Dominguez, Julia Fisk, Tara Halsted, Torin Halsted, Riley Hickman, Heather Johnson, Talie Lucila-Poydras, Griffin Molotky, Dylan Newsom, Emma Peterson, Jonathan Pun, Daniella Qvistgaard, Alex Rieger, Natalie Roberts, Charlotte Rock, Katie Van Deynze, Matt Whittle, Kim Zhu



FEBRUARY SWIMMERS OF THE MONTH

RED GROUP

Carolee's Group—**Natalie Simons**-Natalie has improved so much in the few months she has been on the team, both in her skills and in her attitude towards swimming. When she first joined Aquadarts in the fall, she was sometimes reluctant to try new skills. But lately she has been so positive and excited about swimming and is willing to try everything asked of her. She is making huge improvements at practice. This has carried over to her races, where she is also improving rapidly. Keep it up, Natalie!

BLUE GROUP

Brad's Group— **Clara Ault and Carina Fettinger**-Twins. No not really, but it seems that these two are always together. They come together, do dryland together, swim together, and talk together during practice. Clara and Carina have been improving their strokes and working hard in practice. Carina had the best attendance in the Blue group for the Polar Bear Challenge and Clara only missed one more day. They bring a lot of energy to practice and I have enjoyed coaching them. Keep up the good work girls!

Mary's Group— **Bryce Gregg**- Bryce was selected as swimmer of the month for the blue group because of his great attendance, hard work, leadership and coachability. As a member of the Polar Bear club, Bryce has had great attendance in the last month and a half. He chooses to push himself in practice and takes challenges with excitement. He encourages his team mates to reach for new levels in their swimming and he is willing to receive swimming information and apply it to his own stroke and style. Way to go Bryce! Keep up the great work!

BRONZE GROUP

Brad/Michael's Group—**Saaz Sahdra**-Welcome to the team Saaz. Joining the team in January, Saaz has missed less than 5 workouts. She has adjusted well to the group and is now a group leader. She listens well in dryland and in the pool and tries her best at all the activities. Saaz attended her first Aquadart meet this weekend in Napa. Hopefully many more will come. Great job Saaz and keep up the effort.

Carolee's Group— **Saihaj Bajwa**-Saihaj has been working extremely hard at practices, especially at improving his test set results. He listens to his coach, and works diligently at making stroke corrections. What his coach most appreciates is that he is kind to other swimmers, rarely interrupts his coach or disrupts practice, and is always willing to move to different lanes whenever asked. Saihaj has also been challenging himself to enter meets and try new races. Congratulations, Saihaj!

Mary's Group— **Zach Bryne**- Zach was chosen swimmer of the month for the Bronze group because of his excellent listening skills and consistent effort in practice. When directions are being given to the group Zach gives his 100% attention to the instructions. He tries hard to incorporate stroke changes and drills. He is steady with his practice efforts and meets each challenge with a smile and determination. Nice job Zach!

SILVER GROUP

Ro's Group—**Sean Kos and Lauren Babcock**-These swimmers have had the best attendance of the entire Silver Group since I started coaching with the Aquadarts on Nov 16th. Both have had great attitudes too and their work ethic matches their attendance record!

GOLD GROUP

Brad's Group—**Kathleen Benjamin**-Kathleen is one of the leaders of the Gold group. She is a hard worker in practice and racer in meets. In practice, Kathleen has had great attendance and great work ethic. She leads by example with great effort. At meets, it is always fun to watch Kathleen in a race as she goes out and races. You can always tell she is trying her best. Her finishing speed has improved over the past year and I know she will continue to work on holding on at the end of the race. Keep up the hard work Kathleen.



Perry Winsor, 3/11, 10	Tony Zhao, 3/12, 7	Matthew Raabe, 3/14, 12	Daniella Qvistgaard, 3/16, 14
Carina Fettinger, 3/28, 9	Zack Anderson, 3/29, 14	Grace Hickerson, 3/29, 9	Evan Recanzone, 3/29, 10
Peter Blumberg, 3/30, 11	Galan Falakfarsa, 3/31, 16		

Upcoming Events

TIME TRIAL (MARCH 6) - The Aquadarts will be holding a time trial for swimmers trying to earn Junior Olympics standards. These are A times for 8 and unders and BB times for 9-14 year olds. The coaches are encouraging swimmers close to JO times to attend. Come to get your first JO time or earn some additional times. Sign ups will be open until March 4. Please make sure you have selected the events that you want to swim.

JUNIOR OLYMPICS—JOs are coming up on March 19-21. This is for 14 and under swimmers only. All morning sessions begin at 9:00am with warm-ups starting at 7:45am. This includes Friday. JOs is a trials and finals meet. The top 10 swimmers in each event will swim finals. At the end of trials every day, the Aquadarts will be having relays in the age groups with 4 or more swimmers. Please make arrangements to attend if you are qualified. The team will be setting up relays based on qualified swimmers.

JO PYSCH PARTY—All swimmers qualified for JOs are invited to a psych party on Monday, March 15. We will be at 6:30pm in the Community Pool Building. Dinner will be served and team building activities will be included. Please sign up

online if you will be attending to help the coaches prepare the correct amount of food.

CCA vs DAVIS DUAL MEET (MARCH 27) - On Saturday March 27, we will be having a dual meet against CCA. This meet will be for all swimmers with less than BB times. Swimmers who attend the JOs in several events will be able to swim in events that they do not have a BB time standard. Swimmers will need to sign up (commit to attend) on the Davis Aquadart website. The coaches encourage all swimmers who can attend to come. This will be the last short course meet before the May B meet.

MAY B MEET—This meet is a two months away, but it is time to start thinking about entering. Aquadart swimmers should enter on the Aquadart website before March 6 to insure a space in the meet. After March 6, the meet will be opened to all teams. Swimmers will still be able to attend, but they will have to enter on Swim Connection.

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, please contact Amy to get your name on the next order. You can purchase standard DAVIS swim caps from you coaches. Latex caps are available 1 for \$4 or 3 for \$10. Silicone caps are also available for \$9.

TEAM EQUIPMENT STORE—Swim and Tri is the supplier of equipment and suits for the Aquadarts. This is web based ordering. Go to www.swimandtri.com - Click on the link (TEAM PORTAL) - Type in the password (davisdarts). This will bring up the Davis Aquadart Team page. This page is set up with the Davis Aquadart team gear swimmers need. Group bags may be purchased, Silver, Gold and Senior groups are expected to have their own equipment. Speedo swim suits, warm-ups, and backpacks can be purchased with the Aquadart logo.

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 Swim and Tri.

2010 Spring Aquadarts Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Jan 16-17	Cal Invite	SCY	Berkeley	Senior Standards
Jan 23-24	SN All-Star Meet	SCY	San Diego	Top 8 in Sierra Nevada
Feb 5-7	Vacaville Meet	SCY	Vacaville	All Team
Feb 26-28	Napa Valley	SCY	Napa	All Team
March 6	Time Trial	SCY	Arroyo Pool	All Team
March 4-7	Clovis Senior Meet	SCY	Clovis	Senior Q Times
March 19-21	JO's	SCY	Fairfield	JO Time Standards
March 27	Dual Meet vs CCA	SCY	Arroyo Pool	14 and under less than BB time
April 8-11	Far Westerns	SCY	Morgan Hill	Far Western Qualifying Times
April 23-25	Sierra Marlins	LCM	Folsom	All Team
April 24-25	Senior Meet+	LCM	Stanford University	Senior Standards
May 1-2	Davis B Championships	SCY	Arroyo Pool	All Team less than A time
May 13-15	High School Sections	SCY	Lodi	High School Swimmers
June 4-6	Lodi	LCM	Lodi	All Team
June 11-13	Summer Sanders JR+	LCM	Roseville	JR+ Time Standards
June 17	Santa Clara International	LCM	Santa Clara	Grand Prix Time Standards
June 26-27	Redding	LCM	Redding	All Team
July 9-11	Woodland	LCM	Woodland	All Team
July 22-25	Junior Olympics	LCM	Roseville	JO Time Standards
July 28-Aug 1	Far Westerns	LCM	Concord	Far Western Qualifying Times
July 30-Aug 1	Davis City Championships	SCY	Davis	SummerDarts/Aquadarts
Aug 3-7	Senior Nationals	LCM	Irvine	Summer Senior National Times
Aug 9-13	Junior Nationals	LCM	Irvine	Summer Junior National Times
Aug 10-14	Western Zones	LCM	San Jose	All Star Team-Top 8 in SNS

PARENTS' PAGE

News For SWIM PARENTS

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Glycogen Depletion

By Keith B. Wheeler, Ph.D.
And Angeline M. Cameron

Q. Can age-group children (9-12 years old) become glycogen depleted? How can a parent detect glycogen depletion and what should be done to correct it?

A. Yes, just like their older counterparts, age-group swimmers can deplete, or significantly lower, the glycogen (carbohydrate) stores in their muscles. If the body's need for energy to support growth and training consistently exceeds the supply, the athlete will become chronically fatigued. This fatigue is due, in part, to an inadequate supply of glycogen in the active muscles. Until the physical demand is reduced (training is cut back) or the supply of dietary fuel (mainly carbohydrate) is increased, the athlete will continue to be fatigued.

Detection of glycogen depletion is not easy because the symptoms are similar to those elicited by other physiological problems. However, chronic tiredness and/or early fatigue in a swimmer's normal training or exercise routine are the most obvious signs of glycogen depletion.

If the young athlete wants to regain his or her normal endurance and cannot realistically reduce daily activity, an increase in daily calories, especially carbohydrate calories is a must. Meals and snacks containing high-carbohydrate foods, such as bagels, potatoes, pasta, and fresh fruit, should be consumed. Concentrated liquid carbohydrate supplements, such as EXCEED\ High Carbohydrate Source, are also very useful in this situation. Liquid supplements provide needed carbohydrate calories without providing the bulk that would be in an equivalent amount of solid food. Additional bulk may not be well tolerated during an aggressive training program.

March 2010

Aquadart Calendar

Mon Tues Weds Thu Fri Sat Sun

1	2	3	4	5	6 Time Trial @ Arroyo Pool WU @ 9:00am	7
8	9	10	11	12	13	14
15	16	17 Board of Directors Mtg 7:30p Brady Bldg	18	19	20 Junior Olympics WU @ 7:45am Relays around 1:00-1:30 each day	21
22	23	24	25	26	27 Dual Meet vs CCA WU @ 9:00am Arroyo Pool	28

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

Swim and Tri

www.swimandtri.com (Davisdarts)