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Davis Aquadarts

April 2010

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</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>
<u>May 28</u>	<u>Annual Relay Meet</u> (All groups)	<u>Community Pool</u>
<u>Jun 4-6</u>	<u>Lodi Long Course Meet</u> (All team meet-long course)	<u>Lodi / Tokay High</u>
<u>Jun 11-13</u>	<u>Summer Sanders LC Senior Meet</u> (Senior meet with standards)	<u>Roseville</u>
<u>Jun 25-27</u>	<u>Redding Long Course Travel Meet</u> (All team meet-long course)	<u>Redding</u>
<u>Jul 9-11</u>	<u>Woodland Long Course Meet</u> (14 and under swimmers with BB times)	<u>Woodland</u>
<u>July 22-25</u>	<u>Long Course Junior Olympics</u> (All swimmers with LC JO standards)	<u>Roseville</u>





MEET RESULTS

Congratulations to all the swimmers who participated in the Junior Olympics. This year is the first year that we have won the Short Course 14 and under Junior Olympics. The Aquadarts (1233) finished strong with a victory over swimming powerhouse programs from the Sacramento area including Arden Hills (1111), Sierra Marlins (1001), and California Capital (840).

60 Aquadarts attended the meet, the largest team we have ever taken to spring JOs. Our previous attendance record was 42. Swimmers did a great job earning a trip to JOs and then swimming fast at the meet. Swimmers earned 70% best times at the meet.

The team victory is a great accomplishment for the Aquadart team. It really took every swimmer to contribute to win the team title. Every swimmer participated in this victory with individual points, relay points, and team support.

High Point Award Winners:

Matt Whittle (13-14 boys), Tara Halsted (13-14 girls), and Sean Kos (9-10 boys)

Individual Champions:

Sean Kos (200 Free, 500 Free, 200 IM), Cameron Wright (50 Fly, 100 IM), Steven Csaposs (100 Breast), Emma Barksdale (50 Fly), Tucker Fisk (100 Back, 200 Back, 100 IM), Tara Halsted (200 Free, 1000 Free, 100 Back, 200 Back, 100 Fly, 200 Fly, 200 IM), Matt Whittle (100 Breast, 200 Breast, 100 Back, 200 Back, 100 Fly, 200 IM), Dylan Newsom (50 Free, 100 Free, 500 Free, 1000 Free, 1650 Free), Riley Hickman (200 Free)

Relay Champions:

9-10 Boys (Cameron Wright, Sean Kos, Daniel Alvarez, Tyler Babcock)
11-12 Boys (Tucker Fisk, Sean Li, Jonathan Desideri, Steven Johns)
13-14 Boys (Matt Whittle, Zach Anderson, Andrew Block, Riley Hickman)

Individual Scorers:

8/U Girls – Grace Hickerson, Mandolyn Nguyen, Keianna Pineda
9/10 Girls – Scout Brown, Avery Asera
9/10 Boys – Sean Kos, Cameron Wright, Daniel Alvarez, Steven Csaposs, Tyler Babcock
11/12 Girls – Emma Barksdale, Chenoa Devine
11/12 Boys – Tucker Fisk, Steven Johns, Jonathan Desideri, Owen Yancher, Sean Li
13/14 Girls – Tara Halsted, Alex Reiger, Jaida Aikens, Kathleen Benjamin, Talia Lucila-Poydras, Kimberly Zhu
13/14 Boys – Matt Whittle, Dylan Newsom, Riley Hickman, Andrew Block, Zachary Anderson, Torin Halsted

Relay Scorers:

Scout Brown, Laurel Krovetz, Alena Alvarez, Avery Asera, Isabella Franke, Keianna Pineda, Grace Hickerson, Mandolyn Nguyen, Hailey Collier, Nicola Goldstein, Elly Schwab, Cameron Wright, Sean Kos, Daniel Alvarez, Tyler Babcock, Perry Winsor, Steven Csaposs, Zack Byrne, Peter Blumberg, Emma Barksdale, Chenoa Devine, Elise Chu, Alyssa Alvarez, Clarissa Franke, Vivian Crow, Kelly Neal, Megan Ewans, Lanna Kozlowski, Owen Yancher, Alex Rieger, Kim Zhu, Talia Lucila-Poydras, Kathleen Benjamin, Heather Johnson, Emma Peterson, Lindsay Brandt, Julia Fisk, Daniella Qvistgaard, Griffin Molotky, Jonathan Pun, Torin Halsted, Matt Whittle, Riley Hickman, Zachary Anderson, Andrew Block, Henry Csaposs,

Additional Swimmers that participated: These swimmers were some of our best time drops, loudest cheerers, and best swimmers of the weekend!

Hannah Collier, Lauren Babcock, Gabby Maffly, Clara Riggle, Matthew Raabe, Katie Van Deynze

Always, if we missed anything please let us know and we are happy to make any changes. Thanks to all our parents for volunteering and just spending three full days at Solano College pool. We can't win this kind of meet without our dedicated swimmers and their dedicated parents!

GO DARTS!

AQUADART PRACTICE SCHEDULES

Feb 8-April 9

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

April 12-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	4:45-6:15pm	Civic
Gold	4:00-5:30pm	Community
	8:00-10:00am (Sat)	Community
Varsity	4:45-6:15pm	Civic
Senior	4:45-7:15pm (M, W, F)	Community
	5:15-7:15pm (T, R)	Community
	5:15-6:45am (M, W, F)	Community
	7:30-10:00am (Sat)	Community



Nicola Goldstein, 4/3, 11	Luke Patzer, 4/5, 11	Steven Csaposs, 4/6, 11	Lauren Babcock, 4/7, 12
Trevor Halsted, 4/11, 17	Quinn Brown, 4/12, 8	Audrey Ashdown, 4/13, 13	Tyler Babcock, 4/14, 10
Kyle Nadler, 4/14, 16	Jane Chen, 4/17, 17	Tara Halsted, 4/17, 15	Natalie Simons, 4/19, 7
Amelia Stanley, 4/19, 15	Clara Riggle, 4/21, 13	Timothy, Vidales, 4/21, 12	Megan Ewens, 4/23, 13
Taryn Spore, 4/24, 12	Emma Harris, 4/26, 11	Elly Schwab, 4/29, 11	Cmaeron Wright, 4/29, 11

MARCH SWIMMERS OF THE MONTH

RED GROUP

Carolee's Group—**Jason Joo**-Jason is the most improved swimmer in the Red group. He has just been on the team since the fall, and in that time has worked hard to make all of his strokes legal. He's starting to try swim meets, and continues to work hard at practice. What impresses his coach the most is how well he listens at practice. He quietly goes about trying to fix his strokes and get faster every day. Congratulations Jason!

BLUE GROUP

Brad's Group—**Quinn Brown**-Quinn as a 7 year old is in his third year with the Aquadarts and is chasing after his first A time. This spring he just missed the 25 free A time by .21 seconds. When Quinn really focuses on his swimming, he can swim great. I look forward to watching Quinn swim in the future and earn several 8 and under A times this coming season. Work hard and concentrate and those times will come Quinn!

Mary's Group—**Evan Recanzone**-Evan was selected for this award because of his progress in listening, following directions, and stroke improvement. He loves to work hard and take challenges, even if that means swimming 25's without a breath! Way to go Evan! Keep up the Great Work!

BRONZE GROUP

Michael's Group—**Annabelle Zhou**-Annabelle joined the group only a few weeks ago, but she has already taken huge strides forward; starting out near the back and now leading the lane. In that time, she has demonstrated a strong work ethic and desire to get faster. I hope she continues to improve and start demonstrating that improvement at meets.

Carolee's Group—**Taryn Spore**-Another new swimmer to Aquadarts this fall is Taryn Spore. She has made huge strides in improvement, moving from the most novice group to becoming one of the fastest swimmers in the top Bronze groups in just a few months. She attends practice regularly, swims hard, listens to her coach and tries to make changes in strokes when needed. Taryn has begun swimming in meets, and is finding that she is really a fast swimmer! I believe that Taryn will become a great swimmer as she continues with Aquadarts. Keep it up, Taryn!

Mary's Group— Bronze group swimmers of the month are **Tyler Babcock, Perry Winsor, Peter Blumberg, Zack Byrne, and Laurel Krovetz** for their contributions towards our team title at the short course JO's. These Bronze group swimmers sacrificed a day of school and their weekend to come and support the Aquadarts at our spring championships. Through individual swims and relays these Bronze swimmers swam fast, scored points, cheered on their team mates, represented and were great ambassador of our fabulous team. Congratulations to these Bronze swimmers and to all the Aquadarts, coaches, and parents who helped us achieve such an unprecedented success! **Awesome Job!**

SILVER GROUP

Ro's Group—Our swimmers of the month are all the Silver group swimmers who participated in the Sierra Nevada Swimming Junior Olympics. These (14) swimmers scored (299) points towards our team championship total of (1233), not including relays! Doing some very quick math, our SilverDarts accounted for over 20% of the teams' total. We had (134) total swims, (99) of which were lifetime best times. That's 73% LBT's! Wow! I am so proud of you all. I hope you all know now that hard work and dedication really does result in great individual swims and ultimately very positive team efforts. **T.E.A.M Together Everyone Achieves More** Silver Stars of the Month! - **Alena Alvarez, Daniel Alvarez, Avery Asera, Lauren Babcock, Scout Brown, Vivian Crow, Steven Csaposs, Megan Ewens, Tucker Fisk, Sean Kos, Sean Li, Gabriella Maffly, Killion Newsom and Cameron Wright.**

GOLD GROUP

Brad's Group—**Zack Anderson**-Zack joined the gold group this last fall and has had several ups and downs over the season. He continually worked hard in practice but had several meets over the season where he did not improve his favorite events. In our goal meeting in September, he wanted to swim a 1:00 in the 100 fly. At that time, his best 100 free time was 1:00 and his 100 fly was 1:06.2. At JOs Zack went 1:00.05 in the 100 fly and dropped 2 1/2 seconds from his previous best. Way to go Zack!! Keep up the hard work; it has paid off!!

Upcoming Events

FAR WESTERNS SWIM

MEET—Swimmers with qualifying times will be attending the Far Western Championship meet in Morgan Hill on April 8-11. Good luck Darts and swim fast.

SIERRA MARLINS LC MEET

The first long course meet of the year is still open for entries on Saturday and Sunday April 26-27. Friday is closed. Please enter ASAP if you are interested in attending.

MAY B MEET

Swimmers interested in entering should enter on Swim Connection. Currently we have over 80 swimmers entered. Swimmers may swim any event in which they have not achieved an 'A' time. Parents can sign-up for jobs on the Aquadart website. This is a volunteer run meet and is a great opportunity for parents to earn hours toward their parent participation requirements.

REDDING TRAVEL TRIP

This year, we will be traveling to Redding as a team on a team bus. Swimmers from the Silver, Gold, Senior and Varsity groups may travel on the bus.

Red, Blue, and Bronze swimmers may attend the meet but must travel with their families. Look for more information on the Aquadart website under Events.

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 (davidsdarts). 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

Healthy Meals for Swimmers on the Go

Notes on BREAKFAST - Start your day off right!

- Try pancakes, waffles, french toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates.
- Avoid high-fat choices such as bacon, sausage or biscuits and gravy.
- For breakfast on the run, pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges.
- If you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes. Avoid breakfast sandwiches, sausage and bacon.

EXAMPLES OF HIGH CARBOHYDRATE BREAKFAST MEALS:

At Home:

Orange juice, Fresh fruit, Low-fat yogurt, Pancakes with syrup, 2% or skim milk **or**
Plain English muffin, Strawberry jam, Scrambled Egg, Orange juice, 2% or skim milk

At a Fast Food Restaurant:

Hot cakes with syrup (hold the margarine and sausage), Orange juice, Low-fat milk **or**
Cold cereal with low-fat milk, Orange juice, Apple, bran or blueberry muffin

At a Convenience/ Grocery Store:

Fruit flavored yogurt, Large bran muffin or pre-packaged muffins, Banana, Orange juice, Low-fat milk

At a Family Style Restaurant:

Pancakes, waffles or french toast with syrup (hold the margarine, bacon and sausage), Orange juice, Low-fat milk

Notes on LUNCH and DINNER

- Select pastas, breads and salads.
- Select thick crust rather than thin crust pizza for more carbohydrates.
- Choose vegetables such as mushrooms and green peppers on the pizza. Avoid high fat toppings such as pepperoni and sausage.
- Select vegetable soups accompanied by crackers, bread, or muffins.
- Emphasize the bread in sandwiches, not the condiments, mayonnaise or potato chips.
- Avoid deep fat fried foods such as french fries, fried fish and fried chicken.
- Choose low-fat milk or fruit juices rather than soda pop.

EXAMPLES OF HIGH CARBOHYDRATE LUNCH OR DINNER MEALS:

- Large turkey sandwich on 2 slices of Whole-wheat bread, Slice of low-fat cheese, Lettuce, Tomato, Fresh vegetables (carrots and celery strips), Low-fat yogurt, Fresh fruit or fruit juice
- Minestrone Soup, Spaghetti with Marinara Sauce, Salad, Italian Bread, Fresh Fruit, 2% or skim Milk, Sherbet
- Chili on a large baked potato, Whole grain bread or muffin, Low-fat chocolate milkshake, Fresh fruit
- Thick crust cheese and vegetable pizza, Side salad, Fresh fruit, 2% or skim milk

LUNCH/DINNER AT FAST FOOD RESTAURANTS

McDonald's - 500 kcal

Chicken fajita, Vanilla low-fat milk, shake **OR**
Hamburger, Low-fat milk, Low-fat frozen yogurt cone

McDonald's - 700-750 kcal

Hamburger, Side salad with low calorie dressing, Strawberry low-fat milkshake

McDonald's - 1,000 kcal

McLean Deluxe with cheese, Medium fries, Chocolate low-fat milkshake

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Burger King - 500 kcal

BK Broiler with BBQ sauce, 2% milk, Orange juice

Arby's - 700-750 kcal

French dip, Side salad with lite Italian dressing, Jamocha shake

Taco Bell - 700-750 kcal

Bean burrito with red sauce, Plain 10" tortilla, Low-fat milk

Pizza Hut - 1,000 kcal

2 slices medium cheese pan pizza, 6 breadsticks, Beverage

Wendy's - 1,000 kcal

Plain baked potato, Chili, Side salad, Small frosty

April 2010 Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

Far Westerns @ Morgan Hill
WU @ 7:30 am

Board of
Directors
Mtg
7:30p
Brady Bldg

SMST Long Course @ Folsom
WU 13 and older @ 7:00am Meet starts **8:30am**
WU 12 and under @ afternoon TBA

DAVIS B INVITATIONAL
@ Arroyo Pool
WU @ 7:45am

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)