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Davis Aquadarts

May 2010

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</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>Fun Meet</u> (All Red, Blue, Bronze and Springdarts)	<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 12</u>	<u>Lake Berryessa Open Water Swim</u> (Any swimmers)	<u>Lake Berryessa</u>
<u>June 19</u>	<u>Dual Meet with Dixon Dolphins</u> (Red, Blue, Bronze, SpringDarts, SummerDarts)	<u>Dixon</u>
<u>Jun 25-27</u>	<u>Redding Long Course 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>
<u>July 28-Aug 1</u>	<u>Far Western Championships</u> (Far Western Q times)	<u>Concord</u>
<u>July 30-Aug 1</u>	<u>Davis City Championships</u> (Summerdarts and Aquadarts)	<u>Community Pool</u>



AQUADART PRACTICE SCHEDULES

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	4:00-6:00pm	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



Kelly Neal, 5/1, 13	Zeno Castiglioni, 5/15, 8	Lisa Walters, 5/15, 17	Emily Simi, 5/17, 12
Isabella Franke, 5/18, 11	Kathleen Benjamin, 5/19, 14	Jonathan Desideri, 5/19, 13	Katie Van Deynze, 5/19, 15
Rachel Johnson, 5/20, 16	Maddie Paschal, 5/20, 8	Nico Vives, 5/21, 12	Bobby Keen, 5/22, 12
Benjamin Culberson, 5/23, 12	Lindsay Brandt, 5/24, 15	Kenda Wyels, 5/24, 9	Avery Asera, 5/25, 11
Sara Valdes-Chabot, 5/26, 10	Emily Prussel, 5/27, 7	Kyla St Clair, 5/29, 15	

APRIL SWIMMERS OF THE MONTH

BLUE GROUP

Brad's Group—**Jason Joo**. Jason is not swimming in my group right now because of his amazing improvement over the past winter. Jason listened in practice and tried to change his strokes. His strokes have improved and is now swimming in Carolee's Group. Jason went to his first USA swim meet on May 1-2. He only swam a few events but the coaches were happy to see Jason come to a meet and compete. Great job, Jason and keep challenging yourself!

Carolee's Group—**Olivia Harris**-Olivia has grown from a quiet, not-always-excited-about-swimming kid to a swimmer who now comes to practice happy, bouncy, and ready to swim. She comes to practices regularly, and tries hard to fix her strokes and make them legal. What I especially like seeing is that Olivia now enters meets and tries lots of different races and events. She worked really hard to earn a Bronze dart at our B meet, and though she came up just short, I predict with her continued efforts at practice she will get it next time!

Mary's Group—**Quinn Brown** is selected as the Blue group swimmer of the month for his outstanding performance at the Davis B meet. Quinn received a Silver dart for his 7 best times, one of which was a new A time in the 25yd Free! He has been diligently working on his strokes and brings an up beat attitude of intensity to every practice. Congratulations Quinn on a job well done!

BRONZE GROUP

Michael's Group—**Savanah Saucedo**-Over the last few weeks Savanah has shown a big increase in her motivation and effort in practice. This led her to attend her first meet ever at Arroyo pool where she successfully completed a couple of events. I hope that the meet was a positive experience, and we'll be seeing Savanah more at competitions.

Carolee's Group—**Emma Harris**-Emma has quietly been improving all winter, and this spring she is truly blossoming as a swimmer. She now leads her lane in practice, and always listens to suggestions about improving her strokes. She especially tries hard on test sets, and challenges herself to achieve more each week. Emma has set goals for her swimming, such as achieving B and BB times, and is willing to put in the effort to earn them. Keep up the good work, Emma!

Mary's Group—**Hailey Collier** is selected as Bronze group swimmer of the month for her awesome showing at the Davis B meet. Hailey earned a Silver dart with several new BB time standards and had huge drops in her 200 Free and 200 IM. At practices she is always attentive, listening, answering questions and swimming hard. Hailey you represent our team well and we are thankful you are an Aquadart! Congratulations!

SILVER GROUP

Ro's Group—Our Swimmers of the Month: **Alena Alvarez** and **Steven Csaposs**. Both Alena and Steven have had outstanding attendance this past month. In addition, they have been extremely dedicated to improving all of their strokes and events. Alena had (8) Best Times at our recent Davis 'B' Meet, while also achieving (3) of (3) at the SMST LC Meet two weeks ago. Steven has built upon his awesome JO Championship Meet by swimming very strongly at the SMST Meet too (6 BT's plus several other strong performances). There is no 'Magic Potion' for improving in our sport. It comes down to regular workout attendance coupled with a mindset of wanting to improve and having the requisite desire to work to do so. Alena and Steven are really showing us how to do this!

VARSITY GROUP

Michael's Group—**Donna Wilk**-Over the last month Donna has been one of my most consistent performers at practice. With a sometimes unruly group it is nice to have swimmers that are consistently willing to do their best in practice, and Donna has done this over the last month. Now I hope I can eventually persuade her to enter a meet or two.

Announcements

Upcoming Events

TEAM PICTURES—The annual team pictures will be Thursday May 20. Order forms are available at the pools. Pictures must be ordered on May 20. Individual pictures will begin at 4:30 and the team picture will be taken at 5:00. Please do not be late. There will be no swim practice this day.

FRIDAY FUN MEET—Red, Blue, and Bronze groups will be having a fun meet on Friday May 28. This will include all Aquadarts and Springdarts.

UPCOMING MEETS—Look for signups on ome.swimconnection.com for the summer meets. Available now are the Lodi meet on June 4-6 and Summer Sanders Senior meet June 11-13. Also available for signups is the Berryessa open water swim at <https://register.bazumedia.com/kiosk/reg/form?eventID=62>. Coming soon will be the Redding meet June 26-27.

SILVER GROUP—Remember SilverDarts: we are looking for you all to average at least (3) workouts per week. Of course (4+) would be better, but this 60% average will place you in a position to improve, provided that you work hard and focus on improvement when you are here. I have to acknowledge that our SilverDart attendance has greatly improved since November 16th when I first started coaching this group. A vast majority of our swimmers are now meeting and exceeding this recommended 60% attendance standard and it's showing up BIGTIME in both workouts and meets.-Coach Ro.

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
May 16	Woodland Distance Meet	LCM	Woodland	All 11 and up swimmers
May 20	Team Picture		Community Pool	All Team
May 22-23	Woodland BB+/- Meet	LCM	Woodland	All Team
May 28	Fun Meet	SCY	Community Pool	Red, Blue, Bronze, Springdarts
June 4-6	Lodi	LCM	Lodi	All Team
June 11-13	Summer Sanders JR+	LCM	Roseville	JR+ Time Standards
June 12	Lake Berryessa Open Water Swims		Lake Berryessa	All Team (9 and older)
June 17	Santa Clara International	LCM	Santa Clara	Grand Prix Time Standards
June 19	Dual Meet vs Dixon and West Sac	SCY	Dixon	Red, Blue, Bronze, Summerdarts
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

May 2010

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Woodland Distance Meet
17	18	19 Board of Directors Mtg 7:30p Brady Bldg	20 Team Pictures 4:30 for indiv. 5:00 for team NO PRACTICE	21	22 Woodland BB+/- Meet	23
24	25	26	27	28 Fun Meet Community Pool	29	30
31						

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)