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# Davis Aquadarts

## February, 2007

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Feb 10-11</u>	<u>SMST Nor-Cal Invite</u> (Senior Swimmer)	<u>Folsom</u>
<u>Feb 9</u>	<u>Aquadart DYOT Sprint Meet</u> (Blue/Bronze/Silver/Gold/Sen Dev 3:45-6:15pm)	<u>Community</u>
<u>Feb 16</u>	<u>Silver/Gold Combo Practice #2</u> (Boys at Community—Girls at Civic. 4:45-6:15pm)	<u>Davis</u>
<u>Feb 19</u>	<u>Presidents Day Holiday</u> (No Swim Practices)	
<u>Feb 23-25</u>	<u>Vacaville BB+/-</u> (Full team meet; all ages and abilities)	<u>Vacaville</u>
<u>Mar 1-4</u>	<u>California/Nevada Sectional Meet</u> (Senior Trials & Finals. 1 Q-time needed.)	<u>Long Beach</u>
<u>Mar 9-11</u>	<u>WOOD Last Chance Qualifier</u> (All Ages; All Abilities)	<u>Woodland</u>
<u>Mar 23-25</u>	<u>SNS 14-Under Junior Olympics</u> (BB 'Q' Times needed. Trials and Finals 3 full days))	<u>Solano</u>

### 2006 SPRING QUARTER FEES (Mar-May)

Aquadart Spring fees will be due by the 10th of March at either the Team PO Box or the white box at Civic. The cost for Aquadart spring swimming remains unchanged from previous amounts. However, pending final decisions by the Aquadart Board, summer 2007 fees are yet undecided.

A new, expanded Fee Coupon containing more details and better instructions will be available soon on the Aquadart website.

Complete information and current policies concerning Aquadart Fee Payments and Refunds are presented on the following page.

# AQUADART DUES and FEES POLICY

## FEE PAYMENT

Aquadart fees are paid quarterly.

Fees for the quarter must be received within 10 days of the start of a quarter. Fee coupons are available on the Aquadarts website ([www.aquadarts.org](http://www.aquadarts.org)) in the *Documents for Download* section. Each family is responsible for completing and returning their fee coupon in a timely manner.

Fill out one coupon per family and either mail it to the:

Davis Aquadarts

Attn: Treasurer

P.O. Box 186, Davis, CA 95617-0186

or

deposit it in the white box next to the Aquadart Bulletin Board at Civic Pool.

A late fee of \$25.00 per family will be assessed to payments that are not received or postmarked by the 10th of the month.

Fees are discounted for families with two or more swimmers. The First swimmer (Tier 1) is the swimmer with the highest dues. The Second swimmer (Tier 2) has fees reduced by \$40 from the first swimmer amount. From the Third swimmer on (only half of Tier 2 dues are paid) with the third swimmer being considered the one paying the lowest dues.

If a swimmer begins swimming after the start of the quarter (as defined for their group), fees are pro-rated through the end of the quarter. Currently registered swimmers returning from inactive status must notify the Registrar and pay all appropriate fees. If a swimmer swims even one day in a calendar month, that month must be paid for. Membership on the team is quarterly, with resources allocated for the team accordingly.

Financial aid and deviations from the above fee policy are available and must be requested in writing from the President of the Aquadarts. Allowances are at the discretion of the President and are confidential. Financial aid is typically not granted for USA-S fees.

Swimmers whose dues are not current will not be allowed to swim. Before a swimmer's participation at workouts is prohibited, a member of the Aquadart Board or staff will notify his or her parents.

USA-S Swimming fees are separate from Aquadart fees.

This fee is non-refundable and provides for national membership and secondary insurance coverage. **NO SWIMMER MAY BE IN THE POOL WITHOUT CURRENT USA-S SWIMMING REGISTRATION.** For insurance purposes, this rule is absolute and may not be over-ridden by any Aquadarts administrator.

## REFUNDS

### **There are no refunds for fees paid.**

In the event that a swimmer must be out of the pool for four consecutive weeks or longer due to medical reasons, a credit for time lost can be given to future dues. Credits will **NOT** be allowed for non-medical reasons.

Before making the full commitment to the Aquadarts program, new swimmers are advised to try the Summerdarts program. If, however, you start on the Aquadarts, pay full fees and after a two-week trial, decide to quit, then 2/3rds of your Aquadarts fees will be returned.

# AQUADART INFORMATION

## ◆ KEVIN CHESTER

### NEW AQUADART COACH

WELCOME to our new Senior Development and Asst. Bronze Coach. Kevin joined the staff last month replacing Ahelee Osborne, who resigned in early December to prioritize other activities.

Kevin will be coaching for us through the spring and summer while he's working on his Teaching Credential at Sac State.

Kevin is from Palm Springs where he swam for 12 years with the Palm Springs Piranhas and 4 years with Palm Springs HS. He also swam one season here in town for the UCD Men's team.

Kevin has coached the Winters HS Boys and Girls for the last three seasons. He was an Asst. Coach to the Davis HS teams for one season before that.

He also coaches the Winters Summer League Team (2 seasons) and is currently coaching 3 nights per week with the Masters at the Davis Athletic Club.

We're very fortunate to have Kevin join our staff as he brings years of swimming knowledge to us based on his experiences in and out of the pool.

## ◆ 2007 USA-S MEMBERSHIP CARDS

CONGRATULATIONS!! Everyone on the team is registered for 2007 with USA-S and covered by our Group Insurance Policy. We're safe!

AND Everyone in the water has paid their dues for the winter. That's great for our budget and great for the Team Treasurer.

Almost all of the 2007 USA-S membership cards have arrived and are at the office at Civic. Stop by between 3pm and 6pm to pick-up yours.

There is still a large handful of Aquadarts who have paid their dues and registered with USA-S but NOT completed their Aquadart Registration Form for 2007. This annual form is necessary for updated information on Emergency Contacts, email changes and zip codes.

Please respond quickly this week if you receive a contact requesting this information.

## ◆ AQUADART DVD'S

We have 4 Aquadart DVD's left for sale. This is the DVD that we premiered at the Aquadart Awards Dinner in October and showed again at the New Year's Day Breakfast at Community.

It was created for us by Dave Cruz and has video and still shots set to 4 different songs.

The cost is \$10 each. Contact a coach at Civic for more information.

## ◆ AQUADART MARCH MOVIE

A major motion picture about our sport of swimming will be released by Lionsgate Studios on March 23. We're trying to plan an 'All-Team' movie day soon after it premieres. The film is rated PG and is 100% endorsed by USA-S.

Based on true events, PRIDE tells the inspiring story of Jim Ellis, a charismatic schoolteacher in the 1970s who changed lives forever when he founded an African-American swim team in one of Philadelphia's roughest neighborhoods.

The year is 1973, and Jim Ellis (Terrence Howard), a college-educated African-American, can't find a job. Driven by his love of competitive swimming, Jim converts an abandoned recreational pool hall in a Philadelphia slum with the help of Elston (Bernie Mac), a local janitor. But when city officials mark the new Philadelphia Department of Recreation for demolition, Jim fights back – by starting the city's first African-American swim team. Recruiting troubled teens from the streets, Jim struggles to transform a motley team of novices into capable swimmers – all in time for the upcoming state championships. But as racism, violence and an unsympathetic city official threaten to tear the team apart, Jim must do everything he can to convince his swimmers that victory, both in and out of the pool, is within their reach

By turns comic, rousing and poignant, PRIDE is a triumphant story about team spirit and courage in the face of overwhelming odds.

# AQUADART PRACTICE SCHEDULES

<b>GROUP</b>	<b>TIME</b>	<b>POOL</b>
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## JAN 2—JUNE 15

<b>Blue</b>	3:00-3:45pm (MWF or TTHF)	Civic
<b>Bronze</b>	3:45-4:45pm (MWF or TTHF)	Civic
<b>Gold</b>	4:30-6:15pm (3-5 days per week)	Civic
<b>Sen Dev</b>	4:45-5:45pm or 6:15pm (3-5 days per week)	Civic

## JAN 2—FEB 9

<b>Silver</b>	4:00-5:30pm (3-4 practices per week)	Community
<b>Pre-Senior</b>	4:00-6:00pm (5-6 practices per week)	Arroyo
<b>Senior</b>	4:00-6:00pm (7-11 practices per week)	Arroyo
	5:45-7:15am (Swim M)	Community
	6:30-8:00am (Swim W)	Community
	6:00-7:00 am (Dryland T-Th-F)	Brady Building
<b>Pre-Sen/Sen</b>	8:30-11:00am Sat (Jan 20, Feb 4)	Arroyo
<b>Gold</b>	9:00-11:00am Sat (Jan 20, Feb 4)	Arroyo

## FEB 10—MAR 2

<b>Silver</b>	3:45-5:15pm (3-4 practices per week)	Community
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## FEB 10—FEB 28

<b>Pre-Senior</b>	5:00-7:15pm (5-6 practices per week)	Community
<b>Senior</b>	5:00-7:15pm (7-11 practices per week)	Community
	5:45-7:15am (Swim M)	Community
	6:30-8:00am (Swim W)	Community
	6:00-7:00 am (Dryland T-Th-F)	Brady Building

## Mar 5—May 12

<b>Silver</b>	4:00-5:30pm (3-4 practices per week)	Community
<b>Pre-Senior</b>	4:30-6:15pm (5-6 practices per week)	Civic
<b>Senior</b>	4:30-6:15pm (5-6 practices per week)	Civic

## May 15—June 15

<b>Silver</b>	3:45-5:15pm (3-4 practices per week)	Community
<b>Pre-Senior</b>	5:00-7:15pm (5-6 practices per week)	Community
<b>Senior</b>	5:00-7:15pm (7-11 practices per week)	Community
	5:45-7:15am (Swim M)	Community
	6:30-8:00am (Swim W)	Community
	6:00-7:00 am (Dryland T-Th-F)	Brady Building

PLEASE NOTE THE SPRING PRACTICE CHANGES FOR SILVER/PRE-SENIOR/SENIOR.  
THEY WILL BE ROTATING PRACTICE TIMES AND/OR POOLS THROUGH MID-JUNE

# *Aquadart of the Month*

## Alex Rieger—Silver Group

Alex, a 5th grader at St James Elementary, is the February Aquadart of the Month, for her record-breaking swim at the SNS Tri-Meet in San Diego last month. Competing against All-Star swimmers from Central California and San Diego, Alex took third place in the 10-Under Girls 100 yard Breaststroke with a time of 1:18.22. Alex was part of a Sierra Nevada 10-Under Girls group that went 1-2-3-4 in every event and won 4 of 4 relays.

That time broke an Aquadart team record that was set in the year Alex was born (1997). The previous record holder was Lindsey Makela with a time of 1:21.7. The swim was not only a first Team-Record for Alex but her first ever AAAA time as well.

Alex is a second-as her mother, Amy, the team way back from was almost before gog-Alex's dad is Mark and ers; Brian (18) and An-she can remember her lived in Davis.

Her favorite the breaststroke. She the backstroke, where it spend a lot of time look-clouds. Her hardest but she's gotten better Mary makes us swim it



generation Aquadart was a member of 1968 to 1973. That gles were invented. she has two broth-drew (16). As far as family has always

stroke, obviously, is doesn't understand seems like you just ing at birds and stroke is butterfly, at it because 'Coach a lot at practice.'

Alex likes training with her friends Natalie, Emily, Codie, Lisa and Katie. At practice she prefers the longer IM stuff to short sprints. Her long term swimming goal is to be a member of the USA Olympic team.

In her spare time Alex likes to jump rope, tap dance and read books. If she had more free time, Alex would like to scuba dive, whale watch and visit other countries.

Alex has advice for younger Aquadart swimmers: She encourages them to listen to their coaches; try harder in practice and HAVE FUN.

# Final 2007 SNS Swim Meet & Events Calendar

MEET DATE	MEET TYPE	COURSE	LOCATION	QUALIFICATIONS
Feb 9	Aquadart Blue/Gold Intersquad	SCY	Community	Blue/Bronze/Silver/Gold/Sen Dev
Feb 9-10	SMST Senior Meet	SCY	Folsom	Senior Level; Trials & Finals
Feb 23-25	Vacaville BB+/-	SCY	Vacaville	Full Team Meet
<b>March 1-4</b>	<b>CA/NEV Sectional Championships</b>	<b>SCY</b>	<b>Long Beach</b>	<b>1 Section Time Needed—Scored</b>
March 9-11	Woodland BB+/-	SCY	Woodland	Full Team Meet
<b>March 23-25</b>	<b>SNS – Junior Olympics (14 &amp; Un) T/F</b>	<b>SCY</b>	<b>Solano</b>	<b>1 BB Time Needed—Team Scored</b>
<b>Mar 27-31</b>	<b>USAS National Championships</b>	<b>LCM</b>	<b>East Meadow, NY</b>	<b>National Q Time needed</b>
<b>Mar 31-Apr 1</b>	<b>Western Spring League</b>	<b>SCY</b>	<b>Woodland</b>	<b>8th Grade &amp; Under – Team Scored</b>
April 4-7	SNS Olympic Training Center Camp	LC	Colorado Springs	AAA Time Needed to apply
April 20-22	SMST BB+/-	LC	Folsom	Full Team Meet
May 5-6	Davis B Meet	SCY	Community Pool	<A Times Needed
May 11-13	SJS High School Champs	SCY	Tokay HS	
May 18-20	Woodland BB+/-	LC	Woodland	Full Team Meet
June 1-3	SACA BB+/-	SCY	Natomas	Full Team Meet
June 2	Davis Aquatic Masters Open Water	Lake	Lake Berryessa	Full Team Meet
<b>June 3</b>	<b>Woodland Distance Meet</b>	<b>LC</b>	<b>Woodland</b>	<b>800/1500m free</b>
<b>June 8-10</b>	<b>Summer Sanders Senior Meet T/F</b>	<b>LC</b>	<b>Roseville</b>	<b>JR+ Time Needed—Team Scored</b>
<b>June 23-24</b>	<b>Redding BB+/-</b>	<b>LC</b>	<b>Redding</b>	<b>Full Team Meet</b>
July 13-15	Woodland BB+/-	LC	Woodland	Full Team Meet
<b>July 26-29</b>	<b>SNS—Junior Olympics</b>	<b>LC</b>	<b>Roseville</b>	<b>1 BB Time Needed—Team Scored</b>
<b>July 29-Aug 4</b>	<b>USAS National Championship</b>	<b>LC</b>	<b>Indianapolis, IN</b>	<b>1 National Time Needed—Scored</b>
<b>Aug 3-5</b>	<b>Tuolumne County Aquatics AGO</b>	<b>SCY</b>	<b>Sonora</b>	<b>Full Team Meet—Team Scored</b>
Aug 7-12	USAS Western Zones	LC	Farmington, NM	3 AAA Times Needed
<b>Aug 6-11</b>	<b>USAS Junior Nationals</b>	<b>LC</b>	<b>Indianapolis, IN</b>	<b>1 JR Nat Time Needed—Scored</b>
Aug 10-12	Davis City Swim Championships	SCY	Community Pool	<AA Time Needed
Aug 13-26	Aquadart Summer Training Break			
Sept 28-30	Davis BB+/-	SCY	Arroyo Pool	Full Team Meet
Oct 12-14	Vacaville Swim Club BB+/-	SCY	Vacaville	Full Team Meet
Oct 26-28	Lodi City Swim Club BB+/-	SCY	Lodi	Full Team Meet
<b>Nov 9-11</b>	<b>Redding Junior+ T/F</b>	<b>SCY</b>	<b>Redding</b>	<b>Jun+ Time Needed—Team Scored</b>
Nov 16-18	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet

**\*\* BOLD LETTERING INDICATES MEETS FULFILLING PARTICIPATION REQUIREMENT FOR TROPHIES AT THE END-OF-YEAR AWARDS DINNER**

## NEW TEAM RECORDS

10-Under Girls 100 Breast      Alex Rieger      1:18.26

### SWIMMING WEBSITES

**USA Swimming,**

[www.usaswimming.org](http://www.usaswimming.org)

**Sierra Nevada Swimming,  
SN LSC**

[www.sn-swimming.org](http://www.sn-swimming.org)

**Davis Aquadarts**

[www.aquadarts.org](http://www.aquadarts.org)

**Swim Connection**

[www.swimconnection.com](http://www.swimconnection.com)



### **FEBRUARY BIRTHDAYS**

**HAPPY BIRTHDAY to the following Aquadart swimmers:**

Abigail Fisk, 8, 2/15	Owen Yancher, 9, 2/25	Robert May, 10, 2/4	Kian Tanner, 10, 2/25
Elizabeth Rueda, 11, 2/5	Eli Smith, 11, 2/10	Tara Mullen, 11, 2/17	Alex Rieger, 11, 2/20
Jannah Collier, 11, 2/26	Charlotte Rock, 11, 2/27	Bryce Crawford, 11, 2/29	Maggie Ohama, 12, 2/4
Marta Drown, 12, 2/7	Marrisa LaFreniere, 12, 2/10	Cheryl Lau, 12, 2/10	Connor Stapleton, 12, 2/23
Madison, Sommer, 13, 2/1	Michelle Greenough, 14, 2/27	Hannah Krovetz, 13, 2/19	Rachel Nelson, 16, 2/10

**HAPPY ANNIVERSARY to the following swimmers for their number of years with the team.**

Abigail Fisk—1 year	Trevor Allen—2 years	Hailey Wright—6 years	Dakotah Mohr—7 years
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## January Meet Results

### SNS Senior Championships, Jan 12-14

<b>NEW BB TIME</b>	Julie Peri				
<b>NEW A TIME</b>	Amy Cross	Julie Peri (2)	Michael Wright (3)	Marc Rotteveel	
<b>NEW AA TIME</b>	Amy Cross	Ariel Feeney	Jake Allen (2)	Vinncent Nguyen	Tyler Raabe
<b>NEW AAA TIME</b>	Ariel Feeney				
<b>NEW AAAA TIME</b>	Trevor Allen				
<b>BRONZE DART</b>	Ariel Feeney	Trevor Allen	Michael Wright		

### SNS Tri-Meet vs CCS and SDI, Jan 20-21

<b>NEW AAA TIME</b>	Alex Rieger				
<b>NEW AAAA TIME</b>	Riley Hickman (2)	Alex Rieger			
<b>BRONZE DART</b>	Alex Rieger	Riley Hickman			

### Davis vs Redding Dual Meet, Jan 27

<b>NEW BB TIME</b>	Christine Chu	Julia Fisk	Julia Larson	Daniel Lewis	Tyler Ujifusa
<b>NEW A TIME</b>	Kathleen Benjamin	Jane Seo	Michelle Greenough	Rachel Johnson	
Kate Stephensen	Codie Kamisky (2)	Mariana Pinos	Alex LaFreniere (2)		
<b>NEW AA TIME</b>	Tara Halsted (2)	Natalie Green			



*Davis Aquadarts*  
www.aquadarts.org

# Protocol for Sporting Parents

By Deborah Cadorette

Most parents want a positive experience for their child-athlete and are willing to abide by the rules to provide it - but what are the rules? Do the school district and recreation department provide Parent-Athlete Orientation Programs that foster positive relationships and provide guidelines that clearly define parental roles? Do the school district and recreation department collaborate on defining appropriate behaviors that are consistent for parents to make a smooth transition from supporting their child in youth recreational sports, to the middle and high school level programs?

Appropriate behaviors for 'Sporting Parents' must be defined. Bruce E. Brown, author of *Teaching Character Through Sport*, provides excellent suggestions and guidelines for The Parent Role in Athletics. He does it gracefully, and as a personal request by the student athletes he has coached over many years in his professional career. The following are some suggestions Brown makes for parents - many that come from student-athletes themselves - so parents might understand what their child wants and needs from them.

## **Appropriate Concerns for a Parent to Discuss with Coach:**

- Mental and physical treatment of your child
- Ways to help your child improve
- The child's behavior

## **Inappropriate Topics for Parents to Discuss with Coach:**

- Playing time
- Team strategy or play calling
- Other team members

## **Brown suggests that parents ask themselves several questions:**

- Why do you want your child to play sports?
- What will determine a successful season?
- What do you want your child to gain from the experience?
- What do you think your child's role will be on the team?

Take time to answer these questions honestly. Then, select an undisturbed time when your child can respond to these same questions. My suggestion is to have your child write the answers down in privacy, unaware of the parents' response to the questions. Read your child's responses. Brown suggests listening to your child's responses, because *whatever goals your child has are the goals you must support, and the reason your child is playing.*

Children should not be expected to live up to their parent's expectations in sport. It is the child's sport experience, and parents must realize and respect this. Brown also suggests that once parents know their child is participating in a safe sports environment they should *release their child to the sport*. It is critical that parents allow the child to have a relationship with Coach without interference from the parent, and experience mistakes that teach life lessons.

## Guidelines for The Parent's Role in Athletics (Brown, 2003):

- Be a model, not a critic; model appropriate behavior, poise and confidence.
- Attend preseason parent meetings.
- Do everything possible to make the athletic experience positive for your child.
- Release your child to the coach and team.
- Accept the judgment of the officials and coaches; remain in control.
- Demonstrate winning and losing with dignity.
- Accept the goals, roles and achievement of your child.

# February, 2007

## Aquadart Calendar

**Mon      Tues      Weds      Thu      Fri      Sat      Sun**

February 5	6	7	8	9 <b>Blue/Gold Intersquad Meet Community 3:45-6:15pm</b>	10 <b>SMST Nor-Cal Senior Invitational Folsom Aquatic Center WU @ 8am</b>	11
12	13	14	15	16 <b>SILVER-GOLD COMBINED Boys=Comm Girls -Civic</b>	17	18
19 <b>President's Day *** No Practices</b>	20	21	22	23 <b>VACAVILLE BB+/- Walter Graham Aquatic Center Fri WU @ 4:30pm Sat &amp; Sun WU @ 8am/ 8-und; 11am/12&amp; Up</b>	24	25
26	27	28	March 1	2 <b>CALIFORNIA/NEVADA SENIOR STATE MEET Belmont Plaza—Long Beach Trials &amp; Finals plus Relays</b>	3	4
5	6	7	8	9 <b>WOODLAND BB+/- Last Chance for JO 'Q' Times Fri WU @ 4:30pm; Sat &amp; Sun @ 8am</b>	10	11