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# Davis Aquadarts

## JUNE, 2007

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
June 5	Annual Aquadart Team Photo (4pm)	Community Pool
June 8-10	Summer Sanders (lc) Senior Meet	Roseville
June 18	Full Team Summer Swim Schedule Begins	
June 23-24	Redding Aquaducks (lc) B-A+ Meet	Redding Aquatic Center
June 27	Annual Aquadart Swim-A-Thon	UCD Schaal Pool
June 28	Long Course Time Trial with DAM	UCD Schaal Pool
June 29-1	Santa Clara International	Santa Clara
July 13-15	Woodland (lc) B-A+ Meet	Woodland
July 25	JO Fire-Up Party	UCD Schaal
July 26-29	SNS Long Course Junior Olympics	Roseville
Aug 3-4	Tuolumne County Age Group Open	Sonora
Aug 7-12	Western Zone Champs	New Mexico
Aug 10-12	Davis City Swim Championships	Community

### 2007 SUMMER FEES (June/July/August)

**Summer fees are now due.** Please submit fees with the new 2007 Fee Coupons to either the white box at Civic or to the team PO Box in Davis (#186, Zip-95617) before June 14.

**Reminder**—Please be sure to fill in all areas of the 2007 Fee Coupon, including updated email addresses if necessary, and attach it to your fees. The new Fee Coupons were emailed to all Aquadart families on May 30.

#### FIRST SWIMMER FEES (HIGHEST PAYING FAMILY MEMBER)

Senior	\$270	Pre-Sen	\$265
Sen Dev	\$195 or \$235	Gold	\$250
Silver	\$235	Bronze	\$195
Blue	\$190		

SECOND SWIMMER FEES ARE \$40 LESS THAN FIRST SWIMMER

THIRD (AND ON) SWIMMER DUES ARE ONE HALF OF SECOND SWIMMER

# Pride

by Howard Ferguson

Great athletes never, ever quit! Why? In a word, PRIDE! They believe in themselves very strongly; and feel they're the best in their sport-bar none. Such feelings drive champions to perfection. They want to be Number 1-pure and simple. It's their pride that makes them Number 1 and keeps them there.

Proud athletes have confidence in themselves. They aren't necessarily arrogant, but they can be. They've worked long and hard, made sacrifices and have paid the price of success. They've earned the right to be proud.

Losing is very difficult when you have pride. The more of it you have, the harder it is on you when you lose. Athletes are aware of this. That's why they hurt so much when they lose. Winning, on the other hand, increases your pride. And the prouder you are, the harder you'll work to deserve your sense of pride.

Pride is developed in an athlete. You won't gain it by a half-hearted performance. You have to give 100% all the time. When you do, your pride will increase dramatically. Why? Because the more intense your effort is, the more intense your pride will be. The more intense your pride is, the more you'll want to win.

So eliminate the negative elements in your life and stress the positive. A key way to do this is to set a realistic goal for yourself. Don't set vague goals. Instead, set specific goals like, "I want to be the best gymnast on the balance beam in the country within two years." Whatever your goal, strive to become the best person, best student or best athlete you can become.

Stress the positive aspects of your life and eliminate the negative elements. If you don't like what you're doing, don't do it anymore. If you don't feel you're working hard enough to be proud of yourself, work harder. It isn't that difficult. If you really don't like what you see in the mirror, change it. How? By taking responsibility for your own life. If you want to be successful, then think, act and look successful. Take risks and go beyond the ordinary. That's the only way to become a winner and have pride in yourself.

When two athletes have:

- Equal natural ability.
- Equal preparation.
- Equal conditioning.
- Equal concentration.
- Equal reaction to pressure.

Who will have the edge? Who will win?

The answer is simple. The athlete who is at his best, who loves a hard battle and who refuses to lose.

The athlete with the most pride.

No matter what happens-never let them take away your pride.

*From **THE EDGE** by Howard E. Ferguson*

# *Aquadart of the Month*

## Torin Halsted—Silver Group

It's a long standing tradition here at the Aquadarts to reward swim meet improvement with colored lapel pins shaped as darts. A Bronze dart is given for 5 best times at a meet; Silver for 7 and Gold for 10. Over the course of a year the coaches give around 270 total darts—about 150 are Bronze; about 100 are Silver and about 20 are Gold. You can see that Gold are extremely hard to earn and extremely valuable. They represent the best qualities of dedication, determination and desire.

Torin, a 4th grader at Willett Elementary is the June Aquadart of the Month for his amazing string of best times over the past three months. Starting with the Woodland Last Chance meet in March, Torin has swum 33 of 38 best times and earned 3 straight Gold darts. He's single-handedly earned over 10% of our annual Gold darts.

It's a specimen but in Torin's too surprising when genes and environments, Lance and and long-time DAM Kerry was an NCAA brother and sister, are both AAAA swim-Team Record Hold-natural that Torin their footsteps and way

Torin was born here his whole life. traveled from Davis is Washington, DC.

Torin joined the Aquadarts as a 5 year old in the Blue group. His favorite events are the 100 fly, 500 free and 200 IM.

He's played the piano for about a year and a half and is looking forward to begin playing the saxophone soon.

In his free time he enjoys reading and running. If he had a lot more time he'd like to teach his dog, Molly, to catch a Frisbee. As this is Torin's current dream in life you can tell that Molly is not very good at catching.

He also enjoys playing traditional games in the park with his dad and brother.

Torin likes Silver practice and prefers training with his swim buddies; Arthur, Riley and Tyler.

His short term goals for all the strokes are 'A' times for long course and 'AA' times for short course. His long term goal is to swim in high school.

CONGRATULATIONS to Torin for Swimmer of the Month and for setting such a high-standard of improvement.



tacular accomplish-case, one that's not you consider his ment. Torin's par-Kerry, are current swimmers, and swimmer for Stan-Torin's older Trevor and Tara, mers and Aquadart ers. It's almost would follow in all excel in his own

in Davis and lived The farthest he's to Maryland and

# AQUADART PRACTICE SCHEDULES

<b>GROUP</b>	<b>TIME</b>	<b>POOL</b>
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## JUNE 1—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
<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-W-F)	Community

## SUMMER SCHEDULE

### June 18-Aug 10

<b>Blue</b>	3:00-3:45pm (MWF or TTHF)	UCD Schaal (yards)
<b>Bronze</b>	3:45-4:45pm (MWF or TTHF)	UCD Schaal (yards)
<b>Silver</b>	3:15-4:45pm	UCD Schaal (yards)
	5:00-6:45pm (BB Times or better) (M & W)	UCD-Schaal (meters)
<b>Gold</b>	8:00-10:00am	UCD Schaal (meters)
	5:00-7:00pm (BB Times or better) (M & W)	UCD-Schaal (meters)
<b>Sen Dev</b>	3:15-4:15 or 4:45pm	UCD Schaal (yards)
<b>Pre-Sen</b>	8:00-10:00am	UCD Schaal (meters)
	5:00-6:30pm (M-TH)	UCD-Schaal (meters)
<b>Senior</b>	8:00-10:00am	UCD Schall (meters)
	5:00-7:00pm (M-TH)	UCD-Schaal (meters)

## This Day is What I Make It

**The quality of my life—TODAY—is up to me and no one else.**

**I can make good of it or I can waste it.**

**Since it will never come again, I will make the best of it.**

**I can make this day one of:**

**Success rather than failure.**

**Joy rather than sorrow.**

**Love rather than hate.**

**Satisfaction rather than frustration.**

**Laughter rather than tears.**

**The choice is always mine.**

**I will live creatively, enthusiastically and proudly.**

**I will this day to the Fullest.**

# Final 2007 SNS Swim Meet & Events Calendar

MEET DATE	MEET TYPE	COURSE	LOCATION	QUALIFICATIONS
June 8-10	Summer Sanders Senior Meet T/F	LC	Roseville	JR+ Time Needed—Team Scored
June 23-24	Redding BB+/-	LC	Redding	Full Team Meet
June 27	Annual Swim-A-Thon	SCY	UCD Schaal	All Aquadarts
June 28	2nd Annual Darts v DAM Time Trial	LC	UCD SChaal	Aquadarts with BB or better
July 13-15	Woodland BB+/-	LC	Woodland	Full Team Meet
July 26-29	SNS—Junior Olympics	LC	Roseville	1 BB Time Needed—Team Scored
July 29-Aug 4	USAS National Championship	LC	Indianapolis, IN	1 National Time Needed—Scored
Aug 3-5	Tuolumne County Aquatics AGO	SCY	Sonora	Full Team Meet—Team Scored
Aug 7-12	USAS Western Zones	LC	Farmington, NM	3 AAA Times Needed
Aug 3-4	Davis City Swim Championships	SCY	Community Pool	<AA Time Needed
Aug 11	Annual Aquadart/Summerdart Party		Arroyo Pool	All Aquadarts & families
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
Nov 9-11	Redding Junior+ T/F	SCY	Redding	Jun+ Time Needed—Team Scored
Nov 16-18	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet
Nov 30-Dec 2	Woodland Age group Open	SCY	Woodland	Team Scored Championship

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

## FORMULA FOR SUCCESS

1. You must know exactly what you want.
2. You must want it sincerely.
3. You must firmly believe that you will get it
4. You must exert every possible effort to obtain it.

**PURPOSE + DESIRE + FAITH + PERSERVERANCE = SUCCESS**

## NEW TEAM RECORDS

17-18 Boys 50y Free	Jake Allen	20.35
17-18 Boys 100y Free	Jake Allen	44.72
Open Men 50y Free	Jake Allen	20.35
Open Men 100y Free	Jake Allen	44.72

## NEW SIERRA NEVADA RECORDS

17-18 Boys 50y Free	Jake Allen	20.35
17-18 Boys 100y Free	Jake Allen	44.72
Open Men 50y Free	Jake Allen	20.35
Open Men 100y Free	Jake Allen	44.72

## 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)

## JUNE BIRTHDAYS

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

Anna Kozlowski, 9, 6/20	Nicholas Simons, 9, 6/27	Colby Stapleton, 10, 6/21	Griffin Molotky, 11, 6/11
Kaitlin Thornton, 11, 6/14	Sabrina Clark, 11, 6/15	Tyler Ujifusa, 11, 6/26	Arthur Koehl, 12, 6/16
Cyle Saltveit, 13, 6/5	Ryan Greenough, 13, 6/16	Sebastian Xu, 13, 6/17	Noah Sone, 13, 6/18
Chloe Marr, 14, 6/19	Rebecca McNeil, 14, 6/20	David Huang, 15, 6/9	Allie Franke, 16, 6/11
Katie Dailey—17, 6/20	Ariel Feeny, 17, 6/24	Daniel Lewis, 18, 6/12	Michael Campbell, 21, 6/26

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

Owen Yancher—1 year	Michael Campbell—	Julie Peri—1	Ella Eser—2 years
Zelda Eser—1	Rana Eser—1	Megan Ewens—1	Natalie Ho—1
Keelia Houston—1	Charlotte Rock—3 years	Nicole Lucas-Waddell—7	Elliot Reinhart—7 years
Ariel Feeny—11 years	Samantha Motekaitis—12 years		

**May Meet Results**  
**Davis B/BB, May 5-6, 2007, Community Pool**

<b>NEW B TIME</b>	Audrey Ashdown	Lauren Babcock	Phoebe Benet (3)	Andrew Block
Henry Csaposs (2)	Steven Csaposs	Aimee Davis (2)	Megan Ewens (2)	Cameron Franke (2)
Clarissa Franke (4)	Chris Garrison (3)	Kalie Gregg	Tessa Hickman (2)	Gwen Hsu
Ben Jin (3)	Marina Markous	Jordyn Micke	Parker Molello	Griffin Molotky
Anna Marie Pilon (2)	Madison Molotky	Ben Prussel	Matthew Raabe (2)	Celia Rizzo
Charlotte Rock (3)	Braeden VanDeynze	Owen Yancher	Katie VanDeynze	Patrick Zhu
<b>NEW BB TIME</b>	Henry Csaposs	Elise Chu (2)	Kathleen Benjamin (2)	Julia Fisk
David Huang	Rebecca McNeil (2)	Ben Jin	Parker Molello	Griffin Molotky (2)
Kyle Nadler (3)	Brandon Rueda	Brian Varley (2)	Owen Yancher (2)	Patrick Zhu (2)
<b>NEW A TIME</b>	Cameron Franke	Jane Chen (3)	Kathleen Benjamin (2)	Tara Halsted
Alex LaFreniere (2)	Kim Robertson (3)	John Varley		
<b>BRONZE DART</b>	Audrey Ashdown	Lindsey Brandt	Kathleen Benjamin	Scout Brown
Jane Chen	Christine Chu	Aimee Davis	Sarra Falakfarsa	Tucker Fisk
Clarissa Franke	Cheryl Lau	Chloe Marr	Griffin Molotky	Anna Marie Pilon
Marianna Pinos	Ben Prussel	Adam Raabe	Matthew Raabe	Kim Robertson
Nick Swaminathon	Brian Varley			
<b>SILVER DART</b>	Andrew Block	Hannah Collier	Henry Csaposs	Steven Csaposs
Cameron Franke	Chris Garrison	Kallie Gregg	Benjamin Jin	Jordan Micke
Madison Molotky	Celia Rizzo	Charlotte Rock		

**Woodland BB+/-, May 18-20, 2007**

<b>NEW B TIME</b>	Audrey Ashdown (2)	Lauren Babcock (2)	Tucker Fisk	Julia Fisk (3)
Henry Csaposs (1)	Steven Csaposs (4)	Nickolas Simons	Griffin Molotky (4)	Reese Peterson (3)
Hannah Collier (2)	Emily May	Emma Peterson	Katie VanDeynze (4)	Andrew Block
Chris Garrison (2)	Alina Garrido	Madison Molotky	Braeden VanDeynze	
<b>NEW BB TIME</b>	Kathleen Benjamin (4)	Julia Fisk (7)	Heather Johnson	Alex LaFreniere
Marina Markous	Henry Csaposs	Griffin Molotky	Jonathan Pun (2)	Rachel Johnson
Marrisa LaFreniere (3)	Katie VanDeynze (2)	Emily May (2)	Rachel Johnson	Rebecca McNeil
Morgan Priestley	Alex Rieger	Alina Garrido		
<b>NEW A TIME</b>	Heather Johnson	Tucker Fisk (2)	Alex LaFreniere (2)	Torin Halsted (5)
Rachel Johnson (4)	Marrisa LaFreniere	John Varley		
<b>BRONZE DART</b>	Steven Csaposs	Griffin Molotky	Aimee Davis/Cherly Lau	Andrew Block
<b>SILVER DART</b>	Audrey Ashdown	Alex LaFreniere	Reese Peterson	Jonathan Pun
Natalie Green	Tara Halsted	Rachel Johnson	Emma Peterson	Alex rieger
Amelia Stanley	Madison Molotky	Morgan Priestley	Anji Shakya	Braeden VanDeynze
<b>GOLD DART</b>	Julia Fisk	Heather Johnson	Torin Halsted	Hannah Collier
Tara Halsted	Marrisa LaFreniere	Katie VanDeynze		

# June, 2007

## Aquadart Calendar

**Mon      Tues      Weds      Thu      Fri      Sat      Sun**

June 4	5 Annual Team Photo  4:30pm Community Pool	6	7	8      9      10  Summer Sanders Junior + Meet Woodcreek HS, Roseville		
11	12	13	14 SUMMER SWIM FEES DUE TODAY	15	16	17
18 SUMMER SWIM SCHEDULE BEGINS	19	20	21	22      23      24  Redding Aquaducks Trophy Meet Redding Aquatic Center		
25	26	27 Aquadart Swim-A- Thon  Schaal Pool	28 Aquadarts vs DAM Time Trials  Schaal Pool	29      30      July 1  Santa Clara International Santa Clara Swim Complex		
2	3	4 4th of July Holiday  No Practices	5	6	7	8