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# Davis Aquadarts

## OCTOBER, 2007

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
Oct 5	Do Your Own Thing Meet (3:45-6pm)	Community
Oct 6	Yard Sale Fundraiser	Vet's Memorial
Oct 12-14	Vacaville BB+- Meet (Full team meet open to all ages and abilities.)	Vacaville
Oct 21	Annual Awards Dinner (5-8pm)	Vet's Memorial
Oct 26-28	Lodi City Swim Club BB+- Meet (Full team meet open to all ages & abilities. Entries due 10/15.)	Tokay HS
Oct 31	Halloween Practice 3:45-5pm	Civic Pool
Nov 3-4	Redding JR+ Meet (T & F meet for Pre-Sen & Sen w/Q times. Entries due 10/23.)	Shasta College
Nov 3-4	Redding Age Group Open (Timed Finals for 14 & Un; all abilities. Entries due 10/23.)	Shasta College
Nov 12-16	Civic Pool Closure (All regularly scheduled Civic practices move to Arroyo pool)	
Nov 17	SNS Annual Awards Dinner (6:30pm)	Arden Hills CC
Nov 26-30	Community Pool Closure (All regularly scheduled Comm practices move to Arroyo pool)	
Nov 30-Dec 2	Woodland Age Group Open (Full team meet open to all ages and abilities. Entries due 11/20.)	Woodland
Dec 3-Jan 6	Blue and Bronze Winter Break (No Practices)	
Dec 24-31	Christmas Training Break (Silver/Gold/Sen Dev/Pre Sen/Sen)	
Jan 1- 5	Winter Challenge Training Week	
January 7	Winter Quarter Regular Practices Resume—All Groups	

### QUARTERLY FEES (Sept-Nov)

Fall quarter fees for returning & ongoing swimmers were due by Monday, Sept. 10, at the team P.O. Box (#186, Zip 95617) or in the white box at Civic Pool. Swimmers with unpaid dues will not be allowed into practice. A 2007 Fee Coupon was emailed along with the Sept. newsletter.

Blue	\$190	Bronze	\$195
Silver	\$230	Gold	\$250
Sen Dev	\$195 or \$230	Pre-Sen	\$265
Senior	\$270		

# AQUADART PRACTICE SCHEDULES

## FALL SCHEDULE

Aug 27– Nov 30

(All practices Monday through Friday, yards, unless noted)

<b>Blue</b>	3:00-3:45pm (MWF or TTHF)	Civic
<b>Bronze</b>	3:45-4:45pm (MWF or TTHF)	Civic
<b>Silver</b>	3:45-5:15pm	Community
<b>Gold</b>	4:30-6:15pm	Civic
	8:30-11:00am (Sat., TBA)	Community
<b>Sen Dev</b>	4:45-5:45 or 6:15pm	Civic
<b>Pre-Sen</b>	5:00-7:15pm	Community
	8:30-11:00am (Sat., TBA)	Community
<b>Senior</b>	5:00-7:30pm	Community
	6:00-7:00am (MWF) Starts 9/24	Brady Building
	5:45-7:15am (TTh) Starts 9/25	Community

## **AQUADART REGISTRATION PROCESS**

### **NEW SWIMMERS** – *(First time members of the Aquadart team)*

Interested **new swimmers** should contact the Head Aquadart Coach ([kahnsxim@aol.com](mailto:kahnsxim@aol.com)) to set-up a swimming evaluation date. Evaluations take place on Mondays at Civic pool from 4-5pm with Coach Brad. After the tryouts, new swimmers will be put in email contact with the Aquadart Team Registrar to fill out Aquadart registration forms and to register online with USA Swimming..

### **RETURNING SWIMMERS** – *(Previous or current members of Aquadart team that did not swim during the previous quarter)*

**Returning swimmers** must notify their coach of their intent to return prior to arrival date. Coaches will check names against current SNS membership lists to determine USAS membership and verify insurance coverage. Swimmers showing up on the pool deck will not be able to enter the pool if names do not appear on SNS list. Swimmers who are current USAS members can begin swimming and have 10 days to submit a quarterly Fee Coupon with appropriate fees.

Swimmers who are not current USAS members must wait for a Monday evaluation time to register or contact the Team Registrar directly to schedule an application appointment.

### **CONTINUING SWIMMERS** – *(Swimmers who were properly registered with Aquadarts and Sierra Nevada Swimming during the previous swim quarter.)*

**Ongoing swimmers** should continue to pay appropriate fees at the beginning of each swim quarter.

## 2008 SNS Swim Meet & Events Calendar

MEET DATE	MEET/EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Jan 5	SNS Stroke & Turn Clinic		Comm Pool Rm	2008 Officials Cretification
Jan 5-6	Nor-Cal Coaches Clinic		Napa	Aquadart Coaching Staff
Jan 11-13	Sacramento Aquatics AGO	SCY	Natomas HS	14 & Under meet
Jan 19-21	Cal Invitational	SCY	UC Berkeley	Junior+, Trials and Finals
Jan 19-20	SNS—CCA—SDI All Star Meet	SCY	Bakersfield	Top 8 swimmers: 9-10,11-12, 13-14
Feb 15-17	SMST Senior Meet	LC	Folsom	Junior+, Trials and Finals
Feb 24	Woodland Dist Meet	SCY	Woodland	Full Team Meet
Feb 29-2	Woodland BB+/-	SCY	Woodland	Full Team Meet
<b>March 5-9</b>	<b>CA/NEV Sectional Championships</b>	<b>LC</b>	<b>Mission Viejo</b>	<b>1 Section Time Needed—Scored</b>
<b>March 14-16</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>
Mar 19-22	SNS Olympic Training Trip	LCM	Colorado Springs	AAA Time Needed to Apply
April 4-6	Pacific Swimming Far Westerns	SC	TBA	AA Times Needed
April 18-20	SMST BB+/-	LC	Folsom	Full Team Meet
<b>May 2-4</b>	<b>Davis 'B' Championships</b>	<b>SCY</b>	<b>Community Pool</b>	<b>&lt;A Times Needed</b>
May 8-11	SJS High School Champs	SCY	Tokay HS	
May 16-18	Woodland BB+/-	LC	Woodland	Full Team Meet
June 1	Woodland Distance Meet	LC	Woodland	Full Team Meet
June 5	Annual Aquadart Team Photo		Community	Full Team
June 6-8	Lodi AGO	LC	Tokay HS	Full Team Meet
June 7	Davis Aquatic Masters Open Water	Lake	Lake Berryessa	Full Team Meet
<b>June 13-15</b>	<b>Summer Sanders Senior Meet T/F</b>	<b>LC</b>	<b>Roseville</b>	<b>JR+ Time Needed—Team Scored</b>
<b>June 28-29</b>	<b>Redding BB+/-</b>	<b>LC</b>	<b>Redding</b>	<b>Full Team Meet</b>
June 29-July 5	USAS Olympic Trials	LC	Omaha, Nebraska	1 Qualifying Time Needed
July 11-13	TBA long course meet in Pacific			
<b>July 19-20</b>	<b>SNS—JO's Distance Events</b>	<b>LC</b>	<b>Solano</b>	<b>1 BB Time Needed—Team Scored</b>
<b>July 24-27</b>	<b>SNS-Junior Olympics</b>	<b>LC</b>	<b>Redding</b>	<b>1 BB Time Needed—Team Scored</b>
<b>Aug 1-3</b>	<b>Tuolumne County Aquatics AGO</b>	<b>SCY</b>	<b>Sonora</b>	<b>Full Team Meet—Team Scored</b>
Aug 6-9	USAS Western Zones	LC	Bend, Oregon	3 AAA Times Needed
Aug 9-16	Olympics	LC	Beijing, China	
Aug 8-10	Davis City Swim Championships	SCY	Community Pool	<AA Time Needed
Aug 11-24	Aquadart Summer Training Break			
Sept 19-21	Davis BB+/-	SCY	Arroyo Pool	Full Team Meet
Oct 10-12	Vacaville Swim Club BB+/-	SCY	Vacaville	Full Team Meet
<b>Nov 8-9</b>	<b>Redding Junior+ T/F &amp; AGO</b>	<b>SCY</b>	<b>Redding</b>	<b>Jun+ Time Needed—Team Scored</b>
Nov 21-23	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet
<b>Dec 5-7</b>	<b>Woodland Invitational</b>	<b>SCY</b>	<b>Woodland</b>	<b>Full Team Meet—Scored</b>

# *Aquadart of the Month*

## **Tara Halsted (12 yrs old) Gold Group**

The September Swimmer of the Month is a Team Record-Setter in and out of the pool. Tara Halsted joined the Aquadarts seven years ago when she was 5. Since then she's set Team Records in yards and meters in both the 8-Under, 10-Under and 11-12 age groups. But it's her recent efforts, in addition to those records, that led to this month's selection.

Two weeks ago at the Davis BB+/- meet at Arroyo, Tara created, organized and provided a knitted-hat business that earned over \$400. She used that money to pay her meager expenses and then, with the surplus, purchased an Epson laser printer and two ink cartridges for the meet while donating the remaining \$170 to the Aquadart General Fund.



Her youthful enterprise earns her the distinction of becoming the youngest Bronze Medal Sponsor of the team in the history of the Aquadarts.

Tara initiated the business at the same Aquadart meet in 2006 turning a small but noticeable profit. With a year's worth of planning she, along with the help of some other Gold swimmers, was able to create an inventory leading to this year's success.

She joined a knitting club in 5th grade with fellow Aquadarts Natalie Green and Alex Rieger. Together they learned to use looms and during those initial knitting hours hatched the idea of making and selling hats for the team.

Tara was born here and lived in Davis all her life. Her parents, Lance and Kerry, are long-time swimmers and both current members of DAM. Older brother Trevor and younger brother Torin are also teammates on the Aquadarts.

Tara has traveled for pleasure to Alaska, Hawaii and Virginia but it was her most recent trip that was for swimming. Tara was a member of the 2007 Sierra Nevada Western Zones All-Star Team that traveled to Farmington, New Mexico in August for the US Western Age Group Championships. Tara competed in free, back and fly. Tara has also competed in the Pacific Swimming Far Western Age Group Championships a number of times.

Tara came straight to the Aquadarts as a Blue swimmer and progressed through Bronze and Silver on her way to the Gold group. She enjoys practicing alongside teammates Beverly Nguyen, Hannah Krovetz and Marissa LaFreniere.

In her free time, Tara enjoys running and playing with her new dog, Mollie. His short term goals are to improve his breath-holding off his turns and to break more of Ryan Jones' records. His long term goal is the Olympics.

CONGRATULATIONS Riley for your selection as Swimmer of the Month. Keep up the good work and good luck on your goals.

## Greetings from the Board

The September swim meet at Arroyo pool was a great success due to the planning by coach Stu and the contributions of many parent volunteers. We want to thank those of you who helped the team by volunteering your time during the weekend. We received compliments from the participants and their families, especially concerning how smoothly the meet was run.

We want to reiterate the comments made by coach Stu in his e-mail call for volunteers (prior to the Arroyo meet). The club cannot run without volunteer commitments by parents. The adage that 10% of the people typically do 90% of the work has often applied to the Aquadarts. Indeed, some families have not completed their annual volunteer hours, and perhaps have preferred to pay the monetary penalty rather than volunteer. However, in volunteering for the Aquadarts, families are rewarded by sharing accomplishments that support our children in a sport that has so much to offer.

As many of you realize, supporting this team requires a lot of work, but the potential benefits to our children are substantial. For example, at UC Davis, the aquatics teams are the highest achieving scholars among all the college sports. That should tell you something about the lessons that competitive swimming provides for participants.

With respect to leadership volunteer opportunities for the team, we need 3 replacement Board members; two for shared treasurer's duties and one for sponsorship/fundraising. For the Treasurer positions, some financial/accounting experience would be beneficial. Job descriptions are available by contacting Greg Stoner or Steve Nadler.

We hope that some of you will seriously consider volunteering to serve on the Board. Looking forward to seeing you at the Awards Banquet October 21st.

## **AQUADART ITEM**

### 2008 SWIM MEET SCHEDULE

The Swim Meet/Events schedule for the 2008 swim year is included in this newsletter. Most of the main events are occurring in about the same place as last season with a few key exceptions.

The first is the loss of the SNS Senior Meet in January. No club in the LSC bid to host the event. We'll look to travel to Berkeley that same weekend and attend the Cal Invitational. It's also a yards Trials and Finals Senior Meet.

The next change is a big one for our team. Our traditional May B/BB meet has been expanded from a regular meet to a Team-Scored Championship meet. It will give B-level swimmers an opportunity to participate in a Championship meet atmosphere. Swimmers may only compete in events in which they have less than an 'A' time, as verified by Swim Connection. Also, swimmers must have swum the event at least once before in order to compete. No 'No Times' allowed. It will be a team-scored event with Hi-Point awards in each age group and awards for the Top 3 Teams.

Because it's a 'Championship' meet we won't be restricted by the 4 hr rule. We'll also start the meet on Friday night with the distance events of the 200 Free and 200 IM.

The third and next biggest change refers, again, to a lack of meets hosted by SNS teams. No one bid to host the mid-July 'Last Chance' long course qualifier for the Junior Olympics. That means there are no long course meets offered in the core region (Sacramento) of SNS after the June 6-8 meet in Lodi. There is a travel meet in Redding on June 28 & 29, but keep in mind that the July JO meet is back in Redding just 4 weeks later. Meanwhile, we're looking to find a meet the weekend of July 11-13 down in the Pacific Swimming region of the San Francisco Bay area.

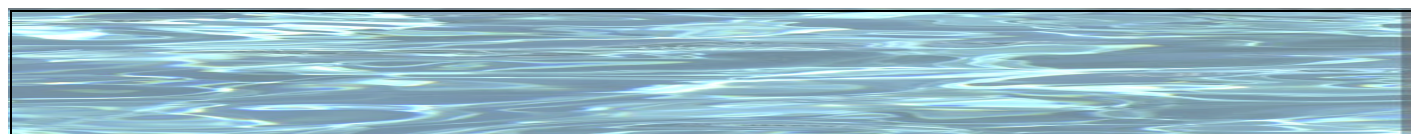
Lastly, this summer the distance events of the Redding Junior Olympic meet (800m Free and 1500m Free) will be swum on the weekend before the July 26-29 JO's, at Solano College in Fairfield. This change should shorten the timeline for the JO meet itself.

## September Meet Results—Aquadarts BB+/-, Sept 21-23, Arroyo Pool

<b>NEW B TIME</b>	Alyssa Alvarez (7)	Daniel Alvarez (4)	Audrey Ashdown (3)	Lauren Babcock
Emma Barksdale (5)	Kathleen Benjamin (3)	Hannah Collier	Ben Crook (4)	Steven Csaposs
Yelda Eser (4)	Megan Ewens	Galan Falakfarsa	Sarra Falakfarsa	Anthony Field
Abbey Fisk	Julia Fisk (2)	Ben Flin (4)	Clarisaa Franke (2)	Alina Garrido (2)
Ryan Greenough	Bryce Gregg (2)	Tessa Hickman	David Huang	Heather Huston (5)
Ben Jin	Heather Johnson (3)	Lanna Kozlowski (3)	Avery Keovetz	Laurel Krovetz
Cheryl Lau	Alex Leuchars	Griffin Long (3)	Alex May	Emily Meyer (3)
Jordyn Micke	Madison Molotky (2)	Nuria Moran-A (3)	Dane Peterson (2)	Emma Peterson (5)
Reese Peterson	Ben Prussel	Lance Prussel	Adam Raabe	Matthew Raabe (3)
Clara Riggle	Charlotte Rock (4)	Nicholas Simons	Dominique Sommer	Tory Van Court
Anthony Swaminatan (3)	Jordan Vermette (2)	Lisa Walters	Lauren Wienker (3)	Perry Winsor
Hailey Wright (5)	Owen Yancher			
<b>NEW BB TIME</b>	Kathleen Benjamin (2)	Christine Chu	Elise Chu	Ben Crook
Jillian Daleiden	Mara Dominguez (8)	Yelda Eser	Cameron Franke	Clarissa Franke
Alina Garrido	Ryan Greenough (2)	Heather Johnson	Rachel Johnson (2)	Madison Molotky
Emma Peterson	Reese Peterson	Adam Raabe (2)	Kimberly Robertson	Brandon Rueda (2)
Katie VanDeynze	Owen Yancher (2)	Patrick Zhu		
<b>NEW A TIME</b>	Jane Chen (3)	Mara Dominguez	Tucker Fisk (3)	Rachel Johnson
Hannah Krovetz	Jordyn Micke	Vinncent Nguyen	Adam Raabe (2)	Alex Rieger
Tory Van Court (3)	John Varley			
<b>NEW AA TIME</b>	Marissa LaFreniere (4)	Adam Raabe	Tyler Raabe (2)	Riley Hickman
<b>NEW AAA TIME</b>	Caitlin DeNise	Tucker Fisk (2)	Tara Halsted (2)	
<b>BRONZE DART</b>	Emma Barksdale	Scout Brown	Elise Chu	Ben Crook
Henry Csaposs	Steven Csaposs	Megan Ewens	Ben Flin	Isabella Franke
Avery Krovetz	Alex LaFreniere	Cheryl Lau	Emily Meyer	Kyle Nadler
Anna Marie Pilon	Matthew Raabe	Tyler Raabe	Celia Rizzo	Brandon Rueda
Lizzy Rueda	Caitlin Thornton	Katie VanDeynze	Erin Warnock	Cameron Wright
Owen Yancher	Patrick Zhu			
<b>SILVER DART</b>	Alyssa Alvarez	Lindsay Brandt	Jane Chen	Hailey Collier
Rana Eser	Yelda Eser	Galan Falakfarsa	Julia Fisk	Tucker Fisk
Kendra Flin	Ryan Greenough	Tara Halsted	Ben Jin	Heather Johnson
Rachel Johnson	Sean Kos	Lanna Kozlowski	Hannah Krovetz	Jordyn Micke
Griffin Molotky	Madison Molotky	Emma Peterson	Adam Raabe	Charlotte Rock
Tory Van Court	Hailey Wright	Holly Young		

## September Meet Results—Continued

<b>GOLD DART</b>	Kathleen Benjamin	Mara Dominguez		
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## 2007 SNS Swim Meet & Events Calendar

MEET DATE	MEET TYPE	COURSE	LOCATION	QUALIFICATIONS
Oct 5	Do Your Own Thing Meet	SCY	Community	Blue/Bronze/Silver/Gold/Sen Dev
Oct 6	Aquadart Yard Sale Fundraiser		Davis	
Oct 12-14	Vacaville Swim Club BB+/-	SCY	Vacaville	Full Team Meet
Oct 21	Aquadart Awards Dinner		Senior Center	
Oct 26-28	Lodi City Swim Club BB+/-	SCY	Lodi	Full Team Meet
<b>Nov 3-4</b>	<b>Redding Junior+ T/F</b>	<b>SCY</b>	<b>Redding</b>	<b>Jun+ Time Needed—Team Scored</b>
<b>Nov 3-4</b>	<b>Redding Age Group Open</b>	<b>SCY</b>	<b>Redding</b>	<b>14-under; all abilities</b>
Nov 16-18	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet
<b>Nov 30-Dec 2</b>	<b>Woodland Winter Championships</b>	<b>SCY</b>	<b>Woodland</b>	<b>Team Scored Championship</b>

### **OCTOBER BIRTHDAYS**

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

Hailey Collier, 7, 10/2	Griffin Long, 7, 10/3	Nathan Dao, 8, 10/14	A. Swaminathan, 9, 10/20
Lauren Wienker, 9, 10/21	Clarissa Franke, 10, 10/15	Reese Peterson, 10, 10/20	Bradley Carpenter, 10, 10/07
Heather Huston, 10, 10/25	Mara Dominguez, 11, 10/16	Evan Wetzlich, 11, 10/24	Ivan Timofeyeva, 11, 10/4
Kallie Gregg, 12, 10/15	Patrick Long, 12, 10/19	Michael Chen, 12, 10/26	N. Swaminathan, 13, 10/20
Patrick Zhu, 13, 10/29	Cameron Franke, 14, 10/29	Sierra Clark, 14, 10/11	Andrew Thain, 14, 10/19
Carolin Fan, 14, 10/22			

### 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)

# 10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC; Former Director of Club Services, USA Swimming  
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

## **I. Thou shalt not impose thy ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.

## **II. Thou shalt be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

## **III. Thou shalt not coach thy child.**

You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

## **IV. Thou shalt only have positive things to say at a swimming meet.**

If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember <sup>3</sup>yelling at<sup>2</sup> is not the same as <sup>3</sup>cheering for<sup>2</sup>.

## **V. Thou shalt acknowledge thy child's fears.**

A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Remember your job is to love and support your child through all of the swimming experience.

## **VI. Thou shalt not criticize the officials.**

If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can.

## **VII. Honor thy child's coach.**

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.

## **VIII. Thou shalt be loyal and supportive of thy team**

It is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions.

## **IX. Thy child shalt have goals besides winning.**

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

## **X. Thou shalt not expect thy child to become an Olympian.**

There are 300,000 athletes in USA Swimming and we keep a record of the Top 100 all time swimming performance by age group. Only 2% of the swimmers listed in the all-time Top 100 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian is .0002%.

# October 2007

## Aquadart Calendar

<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	
October 1	2	3	4	5 <b>DYOT MEET 3-45-6PM COMM POOL</b>	6 <b>YARD SALE FUND- RAISER 1722 DE- SOTO PL 8-NOON</b>	7	
8	9	10	11	12 <b>VACAVILLE BB+/- Meet</b>  Friday WU @ 4:40PM 10-Under Sat & Sun WU @ 8am 12-Over Sat & Sun WU @ 11am			14
15	16	17	18	19	20 <b>Practice @ Comm Gold 9-11am Pre-Sen &amp; Sen 8:30-11am</b>	21 <b>ANNUAL AWARDS DINNER 5-8PM VETS BLDG</b>	
22	23	24	25	26	27 <b>LODI BB+/- Meet</b>  Sat & Sun WU at 8:00am		28
29	30	31 <b>Blue/ Bronze/ Silver/Gold 3:45-5pm at Civic</b>	November 1	2	3 <b>REDDING JR PLUS &amp; AGE GROUP OPEN</b>  Sat WU @9am Sun WU @ 8am		4