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Davis Aquadarts

JANUARY, 2008

UPCOMING EVENTS

DATE	EVENT	LOCATION
Feb 8-10	Vallejo C/B/A Meet (All Ages - All Abilities)	Vallejo
Feb 9-10	Bear River Age Group Open (All Ages - All Abilities)	Grass Valley
Feb 15-18	SDI Senior Classic (T & F. Three Q times needed.)	Poway, CA
Feb 16-18	SMST Senior Invite (Long Course) (T & F. Sectional qualifiers must attend.)	Folsom
Feb 18	Presidents Day Holiday —no swim practices	
Feb 22	'Freaky Friday'. Silver & Up split practices. Boys at Comm; Girls at Civic—4:45-6:15pm	
Feb 24	Distance Meet (1000 & 1650)	Woodland
Feb 29- 2	Woodland BB +/- (All Ages - All Abilities)	Woodland
Mar 6-9	USAS Gold Sectional Meet (LC) (Senior T & F. Q times needed)	Mission Valley
Mar14-16	SNS 14-Under Junior Olympics (BB Q times needed)	Solano CC
Mar 19-22	SNS OTC Altitude Camp (14 & Over; AA times to apply)	Colorado Springs, CO

2008 SPRING QUARTER FEES (Mar—May)

Spring quarter fees for returning & ongoing swimmers are due by Monday, Mar. 10 at the team P.O. Box or in the white box at Civic Pool.

Please be sure to fill in all areas of the 2008 Fee Coupon, including updated email addresses if necessary, and attach it to your fees. A 2008 Fee Coupon is available in the Registration/Documents section of the Aquadart website.

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

AQUADART PRACTICE SCHEDULES

WINTER/SPRING SCHEDULE

Feb 4—June 13

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

(Spring Break practice schedules are noted below)

Blue	3:00-3:45pm (MWF or TTHF)	Civic
Bronze	3:45-4:45pm (MWF or TTHF)	Civic
Silver	4:00-5:30pm	Community
Gold	4:30-6:15pm	Civic
	4:15-6:15pm (3/10-5/9)	Civic
	9:00-11:00am (Sat., TBA.)	
Sen Dev	4:45-5:45 or 6:15pm	Civic
Pre-Sen	4:15-6:15pm (1/7—2/9)	Arroyo
	5:15-7:15pm (2/11—3/7)	Community
	4:15-6:15pm (3/10—5/9)	Civic
	8:30-11:00am (Sat., TBA.)	
Senior	4:15-6:15pm (1/7—2/9)	Arroyo
	5:15-7:15pm (2/11—3/7)	Community
	4:15-6:15pm (3/10—5/9)	Civic
	6:00-7:00am (MWF) thru 2/15	Brady Building
	8:30-11:00am (Sat., TBA) \	

SPRING BREAK SCHEDULE

MONDAY, March 24—Holiday (No Practices)

TUES—FRI, March 25-28

Senior	8:00-10:00am	Community
Pre-Senior	8:00-10:00am	Community
Gold	8:00-9:45am	Community
Sen Dev	8:00-9:00 or 9:30am	Community
Silver	8:30-10:00am (Thurs at Community)	Civic
Bronze	10:00-11:00am	Community
Blue	11:00-11:45am	Community

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) in the *Registration & Documents* 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.

2008 Championship Meet Qualifiers

USAS SECTIONAL TEAM (Mar 5-9, Mission Viejo)

Anji Shakya
Jillian Daleiden
Elliot Reinhart
Seth Derrick

Beverly Nguyen
Julia Larson
Trevor Allen

Caitlin DeNise
Ariel Feeney
Chris Stoner

SNS JUNIOR OLYMPIC TEAM (Mar 14-16, Solano)

Scout Brown
Cameron Wright
Emily Barksdale
Chenoa Devine
Clarissa Franke
Owen Yancher
Tara Halsted
Heather Johnson
Katie VanDeynze
Kathleen Benjamin
Ben Crook
Ben Jin
Rachel Johnson
Kim Robertson
Madison Molotky
Emily May
Patrick Zhu
Adam Raabe

Isabella Franke
Sean Kos
Colby Stapleton
Heather Huston
Audrey Ashdown
Reese Peterson
Alex LaFreniere
Charlotte Rock
Emma Peterson
Riley Hickman
Torin Halsted
Chris Garrison
Beverly Nguyen
Christine Chu
Sierra Clark
Kyle Nadler
Cameron Franke
Ryan Greenough

Jessica Yang
Steven Csaposs
Elise Chu
Clara Riggle
Tucker Fisk
Natalie Green
Alex Rieger
Kim Zhu
Julia Fisk
Dylan Newsom
Thomas May
Marrisa LaFreniere
Hannah Krovetz
Hailey Wright
Yelda Eser
Brandon Rueda
Trevor Halsted

Aquadart of the Month

Amy Cross (17yrs old) Senior Group

The January Swimmer of the Month is one for the books. The Record Book, that is. During January, at the Cal Invite in Berkeley, Amy Cross was part of the 17-18 Girls 200y Free Relay that set an Aquadart Team Record. It's Amy's first team record as an Aquadart. The other 3 girls on the relay (Caitlin Denlse, Julia Larson and Ariel Feeney) all



receive Honorable Mention for the month and are noted as current Record Holders on relays from when they were 11-12.

Amy is a freestyle specialist (curiously not fond of backstroke) and is a Senior at Winters HS. Amy and her older brother

Tyler joined the team in the fall of 2004 after just a few summers of recreational swimming. Since then, Amy has improved tremendously, moving from lane 1 to the middle of the pool among the other top Aquadart swimmers. Also, in the fall of 2007, as Team Captain, she led her Winters HS team to the Division II Title of the Northern Section of CIF

She's qualified to travel next weekend with the Aquadart Senior Team to the San Diego Senior Classic in Poway and has set her sights on picking up a Sectional qualifying time for a higher level meet in Mission Viejo two weeks later.

At the Cal meet, in addition, to her relay contribution, Amy also led the Aquadart girls contingent with best times in all 4 of her individual races.

Amy's pursuit of perfection is part of her personality. Her advice to younger swimmers on the

Aquadarts is "To avoid discouragement and be persistent."

Amy was born in Woodland to Dee and Brian Cross in 1990 and has lived in the 'country' most of her life. She actually lives closest to the town of Madison on about 15 acres and her family has another 25 acres behind.

Amy is not a big fan of TV and says she just doesn't watch it. With everything else she finds time to do, it's easy to see why.

Amy is President of the FFA at Winters HS where she's been involved in livestock judging, public speaking and showing lambs. As part of a team of judges her Winters group won the State Champs in 2005 and traveled to Indianapolis where they were Reserve National Champs. Recently, in preparation for college, more of her time has been spent on perfecting her public speaking skills.

"avoid discouragement and be persistent."

She is also an Officer in the Winters HS Associated Student Body and has been Editor of the school paper, 'The Warrior', for the past two years.

Amy has also been riding and showing quarter-horses in competitions since she was 4 yrs old. If she had more free time, she'd spend it with her horses. But she does have a yearning to get back to ballet and Irish Dancing, things she did when she was younger.

She's looking forward though to turning 18 when she plans to go Sky-Diving with her dad.

Never one to not seek excitement and miss out on an opportunity to try something different, Amy has applied to 4 different colleges; in Minnesota, New York, Texas and Calif.

Regardless of where she ends up Amy will arrive there with confidence, experience and her name forever imprinted in the Aquadart Record Books.

**CONGRATULATIONS AMY
ON YOUR
AQUADART ACCOMPLISHMENTS.**

CURRENT USAS MEMBERSHIP LIST

Aquadart swimmers listed below have completed their 2008 USAS registration, as of Feb 5 .

If you're not listed and swimming now OR planning to start back again before March, please register at www.swimconnection.com immediately. This is NOT the list of swimmers who have completed their Aquadart registration.

AIKENS, JAIDA	DYER-DIAZ, DANIEL	JENSEN, KAMIAH	RAABE, MATTHEW
ALLEN, TREVOR	DYER-DIAZ, SOFIA	JIN, BENJAMIN	RAABE, TYLER
ALLEN, WADE	ECHIBURU, FRANCISCA	JOHNSON, ETHAN	RAMOS, ETHAN
ALVAREZ, ALENA	ESER, ELLA E	JOHNSON, HEATHER	RAMOS, JOSHUA
ALVAREZ, ALYSSA	ESER, RANA A	JOHNSON, RACHEL	RAMOS, TYLER
ALVAREZ, DANIEL	ESER, YELDA H	KHAN, MURTAZA	RANASINGHE, SHARI
ANDREWS, BRYAN	EWENS, MEGAN	KIANI, ALEX	REILLY, MAX
ASHDOWN, AUDREY	EWENS, WILLIAM	KNORR-EVANS, MAITE	REINHART, ELLIOT
AXELRAD-HAUS, AKIVA	EYA, RACHEL	KOEHL, ARTHUR	RIEGER, ALEX
BABCOCK, LAUREN	FALAKFARSA, GALAN	KOS, SEAN N	RIGGLE, CLARA
BABCOCK, TYLER	FALAKFARSA, SARRA	KOZLOWSKI, LANNA	RIGGLE, HOLLY
BAKHSHI, SAFA	FEENEY, ARIEL J	KROVETZ, AVERY	RIZZO, CECILIA A
BARKSDALE, EMILY	FIELD, ANTHONY E	KROVETZ, HANNAH	ROBERTSON, KIMBERLY
BECK, MALERIE	FINLEY, TYLER	KROVETZ, LAUREL	ROCK, CHARLOTTE
BENET, PHOEBE	FISK, ABIGAIL L	LAFRENIERE, ALEXAN	ROSS, PHOEBE
BENJAMIN, KATHLEEN	FISK, JULIA L	LAFRENIERE, MARRISA	ROSS, TOBY
BLOCK, ANDREW	FISK, TUCKER D	LARSON, JULIA	ROTTEVEEL, MARC
BRANDT, LINDSAY	FLIN, BENJAMIN R	LAU, CHERYL	RUEDA, BRANDON
BROOKS, NICOLE	FLIN, KENDRA	LEWIS, RUSTY	RUEDA, ELIZABETH
BROWN, QUINN	FOLKS, QUINN	LONG, GRIFFIN	RUTHERFORD, ELIZAB
BROWN, SCOUT	FRANKE, ALEXANDRA	LONG, PATRICK	SALTVEIT, KYLE
BRUCH, ANGELA	FRANKE, CAMERON	MADISON, MARCUS	SCHWAB, ELLY
BUGSCH, JADE	FRANKE, CLARISSA	MAY, EMILY	SHAKYA, ANJALI
BUSCH, SIDRA	FRANKE, ISABELLA	MEYER, EMILY	SIMONS, NICHOLAS
BURSTEIN, ANYA	FULLERTON, ANNEISE	MICKE, JORDYN	SMITH, KRISTOPHER
CAMDEN, HENRY	FULLERTON, GRAHAM	MIYAMOTO, NAOMI	SOMMER, DOMINIQUE
CASTIGLIONI, SOFIA	GARCIA-RAMIREZ, ALB	MOLOTKY, GRIFFIN	STANLEY, AMELIA
CASTIGLIONI, ZENO	GARCIA-RAMIREZ, ALE	MOLOTKY, MADISON	STANLEY, MADELINE
CHEN JANE	GARRIDO, ALINA E	MOONEY-MCCARTHY, M	STAPLETON, COLBY
CHEN, MICHAEL	GARRISON, CHRIS	MORAN-ALONSO, NURIA	STAPLETON, CONNOR
CHU, CHRISTINE	GOLD, JENNIFER A	MULLEN, TARA	STONER, CHRISTOPHER
CHU, ELISE K	GOLD, KYLE J	NADLER, BRIAN C	STURM, KATRINA
CLARK, SABRINA	GREEN, NATALIE A	NADLER, KYLE B	STURM, TRISTAN
CLARK, SIERRA	GREENOUGH, MICHELLE	NEWSOM, DYLAN	SWAMINATHON, ANTH
COLLIER, HAILEY	GREENOUGH, RYAN	NGUYEN, BEVERLY	SWAMINATHAN, NICK
COLLIER, HANNAH	GREGG, BRYCE	NGUYEN, VINNCENT	TEUBER, STEPHANIE
CRISTOBAL, CINEDRA	GREGG, KALLIE	NICHOLSON, THEODORE	THAIN, ANDREW
CROOK, BENJAMIN	HALSTED, TARA	NIJJAR, UDHE	THORNTON, CAITLIN
CROSS, AMY L	HALSTED, TORIN	NIJJAR, ZOEI	TIMOFEYEV, IVAN
CSAPOSS, HENRY	HALSTED, TREVOR	O'BRIEN, KATATHERINE	TUCKER, LINNEA
CSAPOSS, STEVEN	HARTY, QUINN	PAINTER, JACK	UJIFUSA, TYLER
DALEIDEN, JILLIAN	HEILMANN, LILY	PETERSON, DANE	VAN COURT, BORIS
DAO, NATHAN	HEILMANN, ROSEY	PETERSON, EMMA	VAN DEYNZE, KATELIN
DAVIS, AIMEE	HELLER, JESSICA	PETERSON, REESE	VAN DEYNZE, KINSEY
DEITS, ALEXANDER	HELLER, JULIET	PHILLIPS, JENNY	VARLEY, JOHN W
DEITS, KSENIA	HICKERSON, GRACE	PINEDA, KEIANNA	VERMETTE, JORDAN
DENISE, CAITLIN	HICKMAN, RILEY	PREWETT, HOSANNA	WAGNER, ALLISON
DERRICK, SETH	HILL, SASHA	PRUSSEL, BENJAMIN	WALKER, REBECCA
DEVERA, LAUREN	HOLDER, ALESSANDRA	PRUSSEL, LANCE	WALTERS, LISA M
DEVINE, CHENOA	HOUSTON, KEELIA K	PUCKETT, HANNAH	WARNOCK, ERIN E
DOMINGUEZ, MARA	HWANG, SEHYUN	PUN, JONATHON	WERSCHING, BRYCEN
DOMINGUEZ, TERREN	JENSEN, BRYAN	RAABE, ADAM J	

cont next page

AQUADART INFO

FREAKY FRIDAYS

Our next Freaky Friday is **Feb 22**. Swimmers in Silver, Gold, Sen Dev, Pre-Senior and Senior groups will split into all gender practices. The boys will be at Community and the girls at Civic. Both practices will be from 4:45-6:15pm.

These type practices incorporate many training and bonding opportunities not available in normal co-ed environments.

There will be regular practices for Blue and Bronze on both those dates.

CHAMPIONSHIP TEAMS

On page 4 of this newsletter are lists of Aquadart swimmers who've qualified for high level meets this winter/spring. Congratulations to all of our athletes for their hard work in reaching these high levels of success.

There are still a few remaining meets left for our Aquadarts to qualify for the Champs

- ◆ Senior swimmers have until Feb 19 to pick up times for the USAS Sectional meet in Mission Viejo.
- ◆ 14-under swimmers have until March 2 to earn BB times for the SNS Junior Olympic meet in Solano.

AQUADART TEAM STORE

The Aquadart team Store is coming out of winter mothballs and is opening for spring. A full line of Team Gear including a wide range of clothing, water bottles, Smencils and window decals will be on sale. If you don't have one and can't wait, NOW is the time to pick up your Aquadart window decal and start advertising our team around town.

By the time the Olympics arrive in August we'd like every family on the team to be driving around showing our support for the team and the sport. American Swimming will be the highlight of Beijing Olympics and we're a part of it.

2008 USAS & AQUADART REGISTRATION

On page 6 of this newsletter is a list of Aquadart swimmers who have completed their 2008 registration with USAS. If your swimmers name is NOT on the list please visit www.swimconnection.com as soon as possible to complete your registration.

Should an accident that warranted insurance coverage occur at practice to any swimmer not currently registered with USAS, our entire team liability would be jeopardized.

Families who have not completed their 2008 Aquadart registration paperwork are encouraged to submit their forms and dues to the white box at Civic.

USAS 2008 Registered Swimmers cont from pg 6.

WESNOUSKY, CAROLYN	WEST, BENJAMIN
WETZLICH, EVAN	WEINKER, LAUREN
WINSOR, JOSHUA	WRIGHT, CAMERON
WRIGHT, HAILEY	WRIGHT, MICHAEL
XU, SEBASTION	YANCHER, OWEN
YOUNG, HOLLY	ZHANG, PATRICK
ZHU, JULIAN,	ZHI, PATRICK
ZHU, KEVIN	ZHU, KIMBERLY
ZIEGLER, AMELIA	

UPCOMING MEET INFO

Both meets this month in Woodland are still going to take place. The Distance Meet (1000y and 1650y freestyles) will probably be a deck-entered meet, though it may appear on Swim Connection.

The BB+/- meet (Feb 29-Mar 2) is near final approval and should be on Swim Connection by Feb 11. Team notification will be sent ASAP. Please be patient and resist entering the Vacaville meet. Aquadarts will be at Woodland.

SWIM MEET PHOTOGRAPHY

Lety LaFreniere (Age Group meets) and Wendy Allen (Senior meets) have both agreed to become Aquadart Team Photographers. Lety is also our new Team Publicist/Historian. Don't be alarmed if they're up close and personal with our Aquadart swimmers. However, please report suspicious photography behavior from strangers.

2008 SNS Swim Meet & Events Calendar

MEET DATE	MEET/EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Feb 8-10	Vallejo Age C/B/A	SCY	Vallejo	Full team Meet
Feb 9-10	Bear River Age group Open	SCY	Grass Valley	
Feb 15-17	SMST Senior Meet	LC	Folsom	Junior+, Trials and Finals
Feb 15-18	San Diego Senior Classic	SCY	Poway	3 Q Times needed
Feb 24	Woodland Dist Meet	SCY	Woodland	Full Team Meet
Feb 29-2	Woodland BB+/-	SCY	Woodland	Full Team Meet
March 5-9	CA/NEV Sectional Championships	LC	Mission Viejo	1 Section Time Needed—Scored
March 14-16	SNS – Junior Olympics (14 & Un) T/F	SCY	Solano	1 BB Time Needed—Team Scored
Mar 19-22	SNS Olympic Training Trip	LCM	Colorado Springs	AAA Time Needed to Apply
April 4-6	Pacific Swimming Far Westerns	SC	Pleasanton	AA Times Needed
April 18-20	SMST BB+/-	LC	Folsom	Full Team Meet
May 2-4	Davis 'B' Championships	SCY	Community Pool	<A Times Needed
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
June 13-15	Summer Sanders Senior Meet T/F	LC	Roseville	JR+ Time Needed—Team Scored
June 28-29	Redding BB+/-	LC	Redding	Full Team Meet
June 29-July 5	USAS Olympic Trials	LC	Omaha, Nebraska	1 Qualifying Time Needed
July 11-13	TBA long course meet in Pacific			
July 19-20	SNS—JO's Distance Events	LC	Solano	1 BB Time Needed—Team Scored
July 24-27	SNS-Junior Olympics	LC	Redding	1 BB Time Needed—Team Scored
Aug 1-3	Tuolumne County Aquatics AGO	SCY	Sonora	Full Team Meet—Team Scored
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
Nov 8-9	Redding Junior+ T/F & AGO	SCY	Redding	Jun+ Time Needed—Team Scored
Nov 21-23	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet

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.

AQUADART RELAY RECORD



On Weds eve, Feb 6, the 11-12 girls quartet of Natalie Green, Alex Rieger, Tara Halsted and Marrisa LaFreniere did their normal Gold practice at Civic from 4:30-5:45pm and then drove over to Arroyo for a 6pm Relay Challenge. Their goal was to take down a 33 yr old Team Record in the 400y Medley Relay. The time of 4:28.44 had stood since 1975. On paper, adding together the current best times of the 4 girls it looked like they could swim about a 4:26. But things don't always go as planned. The final outcome was **4:18.81**. The splits were Natalie (Ba) 1:06.2; Alex (Br) 1:14.8, Tara (FL) 1:01.5 and Marrisa (Fr) 56.3. All best times and a whopping 10 seconds under the old record!!

Way to Go, Girls.



Benjamin West, 8, 2/8	Abigail Fisk, 9, 2/15	Sofia Castiglioni, 9, 2/23	Sofia Garcia-R, 9, 2/23
Kinsey VanDeynze, 10, 2/25	Owen Yancher, 10, 2/25	Amelia Ziegler, 11, 2/14	Elizabeth Rueda, 12, 2/5
Tara Mullen, 12, 2/17	Alex Rieger, 12, 2/20	Hannah Collier, 12, 2/26	Charlotte Rock, 12, 2/27
Bryce Crawford, 12, 2/29	Marrisa LaFreniere, 13, 2/10	Cheryl Lau, 13, 2/10	Connor Stapleton, 13, 2/23
Madison Sommer, 14, 2/1	Hannah Krovetz, 14, 2/19	Michelle Greenough, 15, 2/27	Henry Camden, 16, 2/18

HAPPY ANNIVERSARY

To the following Aquadarts for their number of years on the team:

Julian Zhu—1 year

Julia Fisk—2 years

Trevor Allen—3 years

Wade Allen—3 years

Hailey Wright—7 years

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

Feb/Mar 2008

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
FEB 4	5	6	7	8	9	10
					AGE GROUP MEETS VALLEJO & AUBURN	
11	12	13	14	15	16	17
					SENIOR MEETS SAN DIEGO & FOLSOM	
18	19	20	21	22	23	24
SENIOR MEETS				FREAKY FRIDAY 4:45-6:15 Boys @ Comm Girls @ Civic		DIST MEET WOODLAND
HOLIDAY No Practices						
25	26	27	28	29	MARCH 1	2
					AGE GROUP MEET LAST CHANCE JO QUALFIER WOODLAND	
3	4	5	6	7	8	0
			SENIOR MEET USAS GOLD SECTIONAL MISSION VIEJO			