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Davis Aquadarts

MAY , 2008

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
May 8-10	Sac Juaquin CIF HS Champs	Tokay HS, Lodi
May 12	Team Roller Skating (4-5:30pm. \$5 (No swim practices))	Davis Indoor Skating Center
May 14	Shaved Ice Opening Night—Gold Team	Farmers Market
May 16-18	Woodland BB+/- Meet (Long Course) (Full team meet; all ages and abilities. Entries closed)	Woodland
May 21	Shaved Ice—Pre-Senior/Senior Team	Farmers Market
May 23	Aquadart Team Relay Meet (All swimmers. 4-6:00pm. Sign-out by May 21.)	Community
May 26	Memorial Day – Team Holiday (No practices)	
May 28	Shaved Ice—Family Volunteers	Farmers Market
June 1	Woodland BB+/- Distance Meet (800 and 1500 meter races. Enter online)	Woodland
June 3	Annual Team Photo—5:00pm	Community
June 4	Shaved Ice—Family Volunteers	Farmers Market
June 7	Lake Berryessa Open Water (Lake swim; enter online at www.damfast.org)	Lake Berryessa
June 7-8	Lodi City Swim Club BB+/- (Full team meet; all ages and abilities. Enter online)	Tokay HS
June 11	Shaved Ice—Family Volunteers	Farmers Market
June 13-15	Summer Sanders Junior + (Long Course) (Trials & Finals. Special 'Q' times needed. Enter online)	Roseville
June 13-15	Feather River AGO (Short Course) **new meet** (Full team meet; all ages and abilities. Enter online)	Yuba City
June 16	SUMMER SWIM SCHEDULE BEGINS	
June 18	Shaved Ice—Family Volunteers	Farmers Market
June 28-29	Redding BB+/- (Long Course) (Full Team Meet; all ages and abilities. Enter online)	Redding
June 28-5	USAS Olympic Trials	Omaha, Nebraska

AQUADART PRACTICE SCHEDULES

SPRING

Mar 3—June 13

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

Blue	3:00-3:45pm (MWF or TTHF)	Civic
Bronze	3:45-4:45pm (MWF or TTHF)	Civic
Silver	4:00-5:30pm (3/3-5/9) 3:45-5:15pm (5/12-6/13)	Community Community
Gold	4:15-6:15pm (3/10-5/9) 4:30-6:15pm (5/12-6/13)	Civic
Sen Dev	4:45-5:45 or 6:15pm	Civic
Pre-Senior	4:15-6:15pm (3/10-5/9) 5:15-7:15pm (5/12-6/13)	Civic Community
Senior	4:15-6:15pm (3/10-5/9) 5:15-7:15pm (5/12-6/13)	Civic Community

SUMMER

June 16—August 8

ALL PRACTICES AT SCHAAL

Blue	3:00-3:45pm (MWF or TTHF) yards
Bronze	3:45-4:45pm (MWF or TTHF) yards
Silver	3:15-4:45pm (M-F) yards; 5:00-6:30pm (Mon & Weds) meters**
Gold	8:00-10:00am (M-F) meters; 5:00-6:45pm (Mon & Weds) meters
Sen Dev	3:15-4:15 or 4:45pm (M-F) yards
Pre-Senior	8:00-10:00am (M-F) meters; 5:00-6:30pm (Mon-Thurs) meters
Senior	8:00-10:00am (M-F) meters; 5:00-7:00pm (Mon-Thurs) meters

** must have current BB times

Aquadart

Swimmer of the Month

April 2008

Chris Garrison (Silver)

The April Swimmer of the Month is Chris Garrison, a 12 year old member of the Silver I Group. Chris has been a continuous member of the team since joining in the fall of 2005.

Chris consistently works at improving his skills which has enabled him to move from Bronze through Silver and, starting next month, into Gold. His progressions in the Aquadart system are a reflection of his tenacious dedication to the team and to his goals.

He just recently achieved one of those goals this past March by qualifying for his first Junior Olympic Meet where he competed in 7 races.

He best events are backstroke and IM but is diligently working on getting a handle on the butterfly.

In practice, he thoroughly brings the boy side with him to the water. He loves racing the other guys in practice and credits Tyler, Galan, the 'two Ben's' and the two 'Patricks' with providing competition every day.

Never one to back down from testing himself in the water, Chris also enjoys the challenges of the outdoors.

He's a member of the Boy Scouts and the Venture Club (which, in his words, is a more 'advanced form of dangerous trips'). He is also

an avid pheasant hunter and likes using 'airsoft' guns. He used to share those outdoor adventures and the rest of his young boys life with his father, Barry, until his dad's untimely passing 11 months ago in June of 2007.

Chris's mother, Cathie, and his sister, Nicole (16), along with his uncles are his support system for his in-and-out of pool activities.

Chris was born in Davis and lived here his entire life. He's a 6th grader at Birch Lane where he finds time to play both the guitar and trumpet.

In his other spare time he enjoys writing and playing 'first-person shooter' video games.

When asked what ultra-adventurous activity he wished he could do, he wasted no time in declaring 'geo-caching' to be his ideal outdoor activity. He already participates in this exciting hybrid of internet and real-life treasure seeking.

If you ask him about it, he'll bend you ear with details.

His next swimming goals are to reach for 'A' and 'AA' times.

After making the connection between effort at practice and improvement in races, Chris has succeeded at almost every meet he's swum at in the last two years. He's picked up an incredible string of 9 'Darts (6 Silver and 3

Bronze) at his last 13 swim meets, hitting 68 out of 84 best times (81% improvement rate).

Chris enjoys long course swimming over short and is really looking forwards to summer practices at Schaal.

His advice to younger swimmers is to 'listen to your coaches', "try your hardest' and 'be tenacious'.



CONGRATULATIONS!—CHRIS

2008 SNS Swim Meet & Events Calendar

MEET DATE	MEET/EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
May 8-10	SJS High School Champs	Yards	Tokay HS	
May 12	Annual Skating Day		DISC	4-5:30pm. (No swim practices)
May 16-18	Woodland BB+/-	LC	Woodland	Full Team Meet
June 1	Woodland Distance Meet	LC	Woodland	Full Team Meet
June 3	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 13-15	FRAC Age Group Open	Yards	Yuba City	Full Team Meet
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	Woodland or SASO BB+/-	LC	Wood or Solano	Full Team Meet
July 2	Annual Swim-A-Thon	Yards	UCD, Schaal	See Schedule page 6
July 7	FULL TEAM PRACTICE	Yards	UCD, Schaal	5-6:15pm (Full Team)
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	Yards	Sonora	Full Team Meet—Team Scored
Aug 1-3	Davis City Swim Championships	Yards	Community Pool	<AA Time Needed
Aug 6-9	USAS Western Zones	LC	Greschem, Oregon	1 AA Time Needed to apply
Aug 9-16	Olympics	LC	Beijing, China	
Aug 11-24	Aquadart Summer Training Break			
Sept 19-21	Davis BB+/-	Yards	Arroyo Pool	Full Team Meet
Oct 10-12	Vacaville Swim Club BB+/-	Yards	Vacaville	Full Team Meet
Nov 8-9	Redding Junior+ T/F & AGO	Yards	Redding	Jun+ Time Needed—Team Scored
Nov 21-23	Sierra Marlins BB+/-	Yards	Folsom	Full Team Meet
Dec 5-7	Woodland Invitational	Yards	Woodland	Full Team Meet

AQUADART INFO

♦ SUMMER SWIM SCHEDULE

All Aquadart practices will be at the UCD Schaal pool.

The 2008 summer schedule as noted on page 2 is the same as last year. The Aquadarts will have Long Course (LC) practices all 5 mornings (8 lanes), Short Course (SC) practices in the early afternoon (12 lanes) and LC again in the evenings as we've done the past 3 years (8 lanes M&W, 3 lanes T & Th).

The summer schedule begins **Monday, June 16** and ends on **Friday, August 8**.

We're negotiating with TAPS to secure the same parking rates and permits as last year.

As with previous summer, long course rentals the Aquadart Board of Director's voted to assess the 2008 LONG COURSE participants at Schaal for the additional costs of swimming. Due to a UCD book-keeping error that occurred during the 2004/05/06 summers the Aquadarts were given a refund that was applied to the 2007 bill.

Here are the **summer fees** for Aquadarts who have long course swimming opportunities:

Silver I	\$240	Gold	\$260
Pre-Senior	\$285	Senior	\$290

Blue/Bronze/Silver II and Senior Dev summer quarter dues remain unchanged from the spring quarter. A new 2008 Fee Coupon is available on the Aquadart website (www.aquadarts.org) in the *Registration/Documents* section.

♦ ANNUAL TEAM PHOTO

All Aquadarts are reminded to check their calendars and keep **Tuesday, June 3** open for our annual team photo. The full team picture will be taken at Community Pool at 5:00 p.m. Individual photos start at 4:00 p.m. We're trying to keep the team size tradition alive by having 150+ swimmers in the photo. Swimmers should wear the *navy blue* team suit for their photos. Photo pricing packets will be distributed at practices on Friday, June 1 and Monday, June 4. They will also be available on Tuesday at picture day.

The practice schedule for **Tuesday, June 3** will

be:

Blue	3:00-3:45 p.m.	Civic
Bronze	No practice (Tues Bronze swimmers may attend Mon or Weds in place of Tues)	
Silver	3:45-4:30 p.m.	Comm
Gold	5:15-6:45 p.m.	Comm
Sen Dev	5:15-6:15 p.m.	Comm
Pre-Sen	5:15-7:15 p.m.	Comm
Senior	5:15-7:15 p.m.	Comm

♦ SUMMER MEETS FOR BEGINNER & INTERMEDIATE AQUADARTS

Typically summer swimming in USAS means long course racing in 50m pools and Sierra Nevada is no different. Most of the remaining meets this season are long course.

However, there are 4 yards meets coming for Beginner and Intermediate Aquadarts. Three in Davis and one just an hour away. The first is a newly added meet in Yuba City hosted by the Feather River Aquatic Club, June 13-15. Entries are available and open online at www.swimconnection.com. (As with all Aquadart scheduled meets, we'll send a coach if more than 5 Aquadart swimmers attend.)

The next yards meet is a Summerdart meet, Sat, July 19 at Community Pool. The meet starts at 8am and is usually done by 11:30am.

In addition, the Davis City Championships (Aug 1-3) and 2nd Annual Davis Pentathlon (Aug 9) - both at Community Pool are available, as well.

Aquadarts with any 'BB' times or better are discouraged from swimming in the July 19 meet, and 'Darts with any 'AA' times or better from the City Champs. But the Pentathlon and FRAC AGO are 'All-Comers' meets open to everyone.

♦ REDDING HOTELS

We have team reservations at the Redding Travelodge for both the June (10 rooms) and July (20 rooms) travel meets. The hotel is newly remodeled, rated #2 hotel in Redding by TripAdvisor and the closest in distance to the pool. Rates are \$80 plus tax for 2 double beds, nonsmoking, w/fridge and microwave.

The cutoff dates for Aquadart families are June 1 and June 29 for the two meets, respectively.

Please call in advance (1-800-243-1106) and use your credit card to move a room under your own reservation.

Visit their website at www.reddingtravelodge.com.

April Meet Results

Pacific Swimming Far Westerns, April 3-6, Pleasanton

NEW AA TIMES	Tara Halsted		NEW AAA TIME	Riley Hickman
NEW AAAA TIMES	Tara Halsted (3)	Riley Hickman		
BRONZE DARTS	Riley Hickman	Tara Halsted		

Sierra Marlins BB+/- Long Course, April 18-20, Folsom

NEW B TIMES	Sofia Castiglioni (4)	Kinsey VanDeynze	Jaida Aikens (3)	
NEW BB TIMES	Emily Barksdale (4)	Elise Chu (6)	Jaida Aikens (3)	Katie VanDeynze
	Chris Garrison (3)			
NEW A TIMES	Emily Barksdale (4)	Alex Rieger		
NEW AA TIMES	Alex Rieger (2)	Riley Hickman	Rachel Johnson	
NEW AAA TIMES	Riley Hickman	Beverly Nguyen		
BRONZE DARTS	Elise Chu	Steven Csaposs	Chris Garrison	
SILVER DARTS	Emily Barksdale	Henry Csaposs	Riley Hickman	

MAY BIRTHDAYS

HAPPY BIRTHDAY to the following Aquadart swimmers:

Zeno Castiglioni, 6, 5/15	Isabella Franke, 9, 5/18	Bryton Mueller, 9, 5/22	Ben Prussel, 10, 5/16
Francisca Echiburu, 12, 5/4	Kathleen Benjamin, 12, 5/19	Katie Van Deynze, 13, 5/19	Lindsay Brandt, 13, 5/24
Rachel Johnson, 14, 5/20	Nick Swaminathan, 14, 5/20	Christine Chu, 15, 5/18	Ethan Johnson, 17, 5/17
Julian Zhu, 17, 5/17	Satori Iwamoto, 22, 5/2		

HAPPY ANNIVERSARY

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

Emily Meyer, 1 year	Kinsey Van Deynze, 1 year	Sean Kos, 2 years	Tammer LaBolle, 2 years
Yasmin Kouchesfahani, 4	Chenoa Devine, 4 years	Tara Halsted, 8 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

2008 Swim-A-Thon

Wednesday, July 2nd
Schaal Pool on UC Davis campus

Swim-A-Thon packets to be distributed soon at practices.

It's almost Swim-A-Thon time! The team's annual Swim-A-Thon is our largest single-event fundraiser. This year we hope to net over \$13,000 to meet our budget for items such as coaches' training, team supplies, team travel, and special events that your fees do not cover. US Swimming endorses the Swim-A-Thon; 5% of the proceeds go back to them to support our Olympic swimmers. This year the entire team will, once again, participate in the Swim-A-Thon at the Schaal Pool at UC Davis and have a pizza party when the swimmers finish their laps.

There is a minimum required donation of \$50 per swimmer. Parents, please support your swimmers!

New and different prizes will, as in the past, be awarded to the swimmers based on set levels of money raised.

In addition, all swimmers will receive certificates in recognition of their participation. These prizes plus **grand prize** will be awarded to the swimmers who raise the most money.

What do you need to do?

Find sponsors: Ask your family, friends, relatives and neighbors to sponsor you to swim laps.

Use your Swim-A-Thon envelope to record the sponsor information. We recognize that many families do not like their children to go door-to-door for sponsors; please accompany your children if they do go door-to-door. Our most energetic sponsors in the past have been friends and relatives.

Sponsors may pledge money per lap or a set amount to the team. Their donations are tax-deductible.

Swim your laps! Bring your pledge sheet and a person to count your laps. If you are going to swim 200 laps for time, you will need a counter with a stopwatch. The team will provide pizza and ice cream for the swimmers upon completion of their laps.

The Swim-A-Thon will be swum the evening of July 2nd. Please arrive 15 minutes before the Scheduled starting time.

Groups will swim as Follows:

Blue	3:00-4:00pm
Bronze	4:10-5:10pm
Silver 2	3:00-4:30pm
Silver 1	5:10-6:40 pm
Gold	5:10-6:40pm
Sen Dev	5:10-6:40pm
Pre-Sen	5:10-6:40pm
Senior	5:10-6:40pm

Swimmers unable to swim at their scheduled times may make arrangements with their coaches.

Collect your pledge money after you swim. A sponsor's check should be made out to "Davis Aquadarts." A thank-you note to each sponsor is a nice touch. Please convert any cash into a check payable to the Aquadarts.

Turn in your pledge money by July 31st. All pledge money must be turned in by July 31st for swimmers to be ensured prizes. Swim-A-Thon prizes will be awarded in the fall, and grand prizes will be awarded at the team banquet in October.

Questions? Please contact Kerry Halsted @ 758-5720 or lktthalsted@hotmail.com

May/June, 2008

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
May 5	6	7	8	9	10	11
			SAC JUAQUIN CIF HS SWIM CHAMPS TOHAY HS, LODI			
12	13	14	15	16	17	18
TEAM ROLER SKATING DISC 4-5:30PM (No practices)				WOODLAND BB+/- LONG COURSE FRI WU @ 4:30, SAT & SUN WU @ 8AM		
19	20	21	22	23	24	25
		BOARD OF DIREC- TOR'S MTG 7:30PM BRADY			TEAM RELAYS COMM POOL 4-5:30PM	
26	27	28	29	30	31	June 1
MEMORIAL DAY HOLIDAY NO PRACTICES						WOOD DISTANCE
2	3	4	5	6	7	8
	TEAM PHOTO COMM POOL 4:30PM			LODI BB+/- LONG COURSE FRI WU @ 4:30PM, SAT & SUN @ 8AM		
				BERRYESSA OPEN H20		