

## Board of Directors

### Co-Presidents

Steve Nadler  
57-6619

[snadler@ucdavis.edu](mailto:snadler@ucdavis.edu)

Greg Stoner  
50-2683

[stonergill@earthlink.net](mailto:stonergill@earthlink.net)

### Treasurer

Katy Wesnousky  
56-8275

[katherine.wesnousky@cdmc.ucdavis.edu](mailto:katherine.wesnousky@cdmc.ucdavis.edu)

### Secretary

Debbie Gritts  
59-7047

[debbiegritts@sbcglobal.net](mailto:debbiegritts@sbcglobal.net)

### Registrar

Nancy Wright  
58-1234

[nwright0300@sbcglobal.net](mailto:nwright0300@sbcglobal.net)

### Volunteer Coor

Kerry Halsted  
58-5720

[kththalsted@hotmail.com](mailto:kththalsted@hotmail.com)

### Information Tech

Paul Nguyen  
56-2360

[panguyen@waterboards.ca.gov](mailto:panguyen@waterboards.ca.gov)

### Asst Treasurer

Tracy VanDeynze  
53-0719

[tracyvandeynze@hotmail.com](mailto:tracyvandeynze@hotmail.com)

### Publicity/Historian

Debra LaFreniere  
59-9762

[debra06@mac.com](mailto:debra06@mac.com)

### Head Coach

Stuart Kahn  
58-3278

[stuartkahnswim@aol.com](mailto:stuartkahnswim@aol.com)

### Head Asst Coach

Brad Winsor

[bradwinsor@sbcbglobal.net](mailto:bradwinsor@sbcbglobal.net)

# Davis Aquadarts

## JUNE , 2008

### UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>July 7</u>	<u>Full Team Practice (5:00-6:15pm)</u>	<u>UCD—Schaal</u>
<u>July 11-13</u>	<u>Last Chance BB+/- (Long Course)</u> <i>**new meet**</i> (Full team meet; all ages and abilities. Enter online)	<u>Woodland</u>
<u>July 19-20</u>	<u>JO Distance Events (Long Course)</u> (10 & Un 400m Free; 11 & Up 800m and 1500m Free . Enter online)	<u>Solano</u>
<u>July 19</u>	<u>Aquadart/Summerdart Meet</u> (Blue and Bronze with less than BB times only))	<u>Community Pool</u>
<u>July 24-27</u>	<u>SNS Junior Olympics (Long Course)</u> (BB times needed to qualify. Enter online)	<u>Redding</u>
<u>Aug 1-3</u>	<u>Davis City Swim Championships</u> (Blue/Bronze/Silver w/less than AA times)	<u>Community Pool</u>
<u>Aug 5-9</u>	<u>USAS Western Zones</u> (A times to qualify, usually AAA to be selected. Enter at JO's)	<u>Grescham, OR</u>
<u>Aug 8-24</u>	<u>Olympics</u> (Coach Stu attending as guest of Olympic Legend, Matt Biondi)	<u>Beijing, China</u>
<u>Aug 9</u>	<u>2nd annual Pentathlon</u> (All Aquadart ages)	<u>Community Pool</u>
<u>Aug 11- 24</u>	<u>Summer Training Break</u>	
<u>Aug 25</u>	<u>Fall Swim Schedule resumes (see probable schedule on pg 2)</u>	
<u>Sept 19-21</u>	<u>Aquadart-hosted BB+/- meet</u> (All ages and abilities. Enter online)	<u>Arroyo Pool</u>
<u>Sept 20</u>	<u>5th Annual Aquadart 'Buddy Night'</u> (Evening of dinner & games open only to participants in BB+/- meet)	<u>TBA</u>

### DAVIS CIYT CHAMPIONSHIPS

The 12<sup>th</sup> annual **Davis City Championships** swim meet will be held on Aug. 1, 2, and 3 at Community Pool. The meet will be on Friday evening from 4-8 pm, and on Sat and Sun mornings from 8am-1pm. This meet is for all Summerdart swimmers and Aquadart swimmers with less than AA times. Swimmers can swim on one, two or all three days. You must sign up ahead of time for this meet. The deadline for entering is Friday, July 25. You can sign up at practice, or by emailing [clbgregg@aol.com](mailto:clbgregg@aol.com). If emailing, please include the swimmer's name, age as of Aug. 1, and which days they will be participating. Medals are awarded for 1-3 place in each event, and ribbons through 12<sup>th</sup> place. Please join us for three days of fun, friends and fast swimming!

# AQUADART PRACTICE SCHEDULES

## SUMMER

June 16—August 8

ALL PRACTICES AT SCHAAL

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

## FALL

August 25—December 5

<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 (M-F)	Community
<b>Gold</b>	4:30-6:15pm (M-F)	Civic
<b>Sen Dev</b>	4:45-5:45 or 6:15pm (MWF)	Civic
<b>Pre-Senior</b>	5:00-7:15pm (M-F)	Community
<b>Senior</b>	5:00-7:30pm (M-F)	Community

### 2008 SUMMER FEES (June/July/August)

**Summer fees are now due.** Please submit fees with the new 2008 Fee Coupons to either the white box at Civic or to the team PO Box in Davis (#186, Zip-95617) before Friday, June 13.

**Reminder**—Please be sure to use the new 2008 Fee Coupon located online in the /Forms/Documents section at [www.aquadarts.org](http://www.aquadarts.org). Fill in all areas of the 2008 Fee Coupon, including updated email addresses if necessary, and attach it to your fees.

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

<b>Senior</b>	<b>\$290</b>	<b>Pre-Sen</b>	<b>\$285</b>
<b>Sen Dev</b>	<b>\$195 or \$235</b>	<b>Gold</b>	<b>\$260</b>
<b>Silver w/BB times</b>	<b>\$240</b>	<b>Other Silver</b>	<b>\$230</b>
<b>Bronze</b>	<b>\$195</b>	<b>Blue</b>	<b>\$190</b>

# *Aquadart*

## *Swimmer of the Month*

### *June 2008*

### *Clarissa Franke*

The main reason someone does something is because they like it. People like things for different reasons, but no matter what the reason you can tell by the size of their smile how much it really means to them. Clarissa Franke's smile after chasing and reaching her 10th straight best time at the Lodi meet showed everyone how much she loves swimming and it was the smile and the pursuit that earned her the Swimmer of the Month.

Clarissa has been on the team for three years, starting in the Blue group and working up to Silver II. Along the way she's earned numerous Bronze and Silver 'Darts' but this was to be her first Gold. And she knew it. She knew after the first day when she'd swum 5 best times in a row, that if she kept up her efforts and didn't back down the Gold was hers.

But it wouldn't come easily—she'd have to earn it. She'd have to learn that process comes before outcome; that hard work and effort have a purpose and, most importantly, that pursuing and fulfilling a goal actually feels good.

Clarissa comes from a true swimming family. Her mother, Melissa, began as an age-groupier with the Chico Aquajets swimming under the renown Dr. Ernest Maglischo (Coach Stu's college coach and mentor) and now swims on DAM alongside rookie-swimming, husband Ken. Siblings Allie, 17, (Pre-Senior), Cameron, 14, (Pre-Senior) and Isabella, 9, (Blue) are all Aquadarts, as well.



Clarissa swims all the strokes but is not too fond of the backstroke and is best at breaststroke as she thinks she's just 'better built for that one'. As a sport she finds swimming to be a challenge in her off strokes but a bit easier in her good ones.

Clarissa was born in Davis, moved to Washington DC for a few years before returning to Davis for her second tour in town, where she took a few lessons at Swim America.

She'd never swum competitively before and joined directly onto the Aquadarts back in 2004. She's celebrating her 4th year on the team this month of July.

Her short term goal is getting her first 'AA' time and her long-term goal is an Aquadart Team Record. She says she'll be shooting for both at the Long Course JO's in Redding.

As a soon-to-be 6th grader at Willet, Clarissa spends her free time reading, riding her bike, reading some more and then drawing and doing art projects.

Her talents aren't only in the pool as she's an accomplished saxophone player and pianist, as well.

If she had the chance to do some exciting travel, she'd like to go to Antarctica to see what the world looks like down there.

But first, she'd really like the chance to follow Michale Phelps to Beijing and watch the Olympics in China. (Wouldn't we all?)

Her advice to other swimmers is to 'swim your hardest' and 'have fun'. Also, despite what happens to you in swimming (or in life), you always get to have another time to do something over.

If every athlete who pursues a goal succeeds and feels what Clarissa felt, even only once in their life, there'd be a lot more fulfilled, happy children in sports.

## 2008 LONG COURSE JUNIOR OLYMPIC TEAM

The following list is of all current, available Aquadarts with at least one JO time standard in either meters or yards. To double-check personal times, please visit the Swim Connection at [www.swimconnection.com](http://www.swimconnection.com). Anyone with a qualifying event who is not listed below should contact Coach Brad at [winsoswim@sbcglobal.net](mailto:winsoswim@sbcglobal.net). (As this is a meters meet, the 100 yard IM is not included for qualifying purposes since there is no meters equivalent.)

Last year at the beginning of July, there were 71 Aquadarts with JO qualifying times. This year there are 75. The coaches are looking for one more Aquadart to pickup their first JO time at the Woodland Last Chance Meet and make our 2008 Long Course JO team size an even 80 swimmers.

Swimmers at the JO's are allowed a maximum of 3 events per day and 9 total individual events for the meet. Some eligible Aquadart swimmers have only a single qualifying time so far. The Woodland meet is the final meet prior to the JO entry deadline where swimmers can pick up additional entries. Probable relay lineups for the JO's will be determined and published after July 14. Any Aquadart listed below who WON'T be attending the JO meet should let Coach Brad know ASAP.

The annual JO Fire-Up Party will be Mon, July 21, 5:00pm at Schaal. Unique Aquadart shirts and swim caps will be given to all JO participants.

<b>8-UNDER GIRLS</b>	Scout Brown			
<b>8-UNDER BOYS</b>	Sean Kos			
<b>10-UNDER GIRLS</b>	Alyssa Alvarez	Lauren Babcock	Emma Barksdale	Elise Chu
Chenoa Devine	Clarissa Franke	Lanna Kozlowski	Phoebe Ross	
<b>10-UNDER BOYS</b>	Tucker Fisk	Reese Peterson	Ben Prussel	Matthew Raabe
Owen Yancher				
<b>11-12 GIRLS</b>	Jaida Aikens	Kathleen Benjamin	Mara Dominguez	Julia Fisk
Kallie Gregg	Heather Johnson	Alex LaFreniere	Emma Peterson	Alex Rieger
Natalie Roberts	Charlotte Rock	Kimberly Zhu		
<b>11-12 BOYS</b>	Andrew Blocl	Ben Crook	Henry Csaposs	Chris Garrison
Torin Halsted	Riley Hickman	Jonathan Pun	Tyler Ujifusa	
<b>13-14 GIRLS</b>	Sierra Clark	Yelda Eser	Natalie Green	Tara Halsted
Rachel Johnson	Hannah Krovetz	Marrisa laFreniere	Madison Molotky	Beverly Nguyen
Kimberly Robertson	Katie VanDeynze	Hailey Wright		
<b>13-14 BOYS</b>	Cameron Franke	Ryan Greenough	Ben Jin	Kyle Nadler
Dylan Newsom	Adam Raabe	Brandon Rueda	Connor Stapleton	Patrick Zhu
<b>15-16 GIRLS</b>	Jane Chen	Christine Chu	Jillian Daleiden	Ella Eser
Allie Franke	Alina Garrido	Anji Shakya		
<b>15-16 BOYS</b>	Trevor Halsted	Vinncent Nguyen	Tyler Raabe	John Varley
Michael Wright	Kevin Zhu			
<b>17-OVER GIRLS</b>	Caitlin DeNise	Ariel Feeney	Julia Larson	
<b>17-OVER BOYS</b>	Chris Stoner	Satori Iwamoto	Brian Nadler	

# 2008 SNS Swim Meet & Events Calendar

MEET DATE	MEET/EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
July 7	<b>FULL TEAM PRACTICE</b>	Yards	UCD, Schaal	5-6:15pm (Full Team)
July 11-13	Woodland	LC	Woodland	Full Team Meet
July 19	Aquadart/Summerdart Meet	Sc	Community Pool	Blue/Bronze w/less than BB times
<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>
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 8-16	Olympics	LC	Beijing, China	
Aug 9	2nd Annual Summer Pentathlon	SC	Community Pool	All Aquadarts
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
<b>Nov 8-9</b>	<b>Redding Junior+ T/F &amp; AGO</b>	<b>Yards</b>	<b>Redding</b>	<b>Jun+ Time Needed—Team Scored</b>
Nov 21-23	Sierra Marlins BB+/-	Yards	Folsom	Full Team Meet
Dec 5-7	Woodland Invitational	Yards	Woodland	Full Team Meet

## ◆ **SWIM-A-THON PLEDGES**

Congratulations again to all the Aquadarts who participated in the July 2nd SAT. The SAT is our single largest fundraiser of the year. Unlike many other USAS teams that have numerous small and/or medium fundraisers throughout the year, now that the Shaved Ice Stand is closed, the SAT is our only team fundraiser. But our S-A-T success does very well. Last year our total revenues of about \$34,000 put us in the Top 25 of USAS fundraising teams. This year our goal is to do that again. And we can do it.

That's because we have a secret weapon in the SAT department. Not only do we have 100+ great swimmers who swam their arms off last week, we also have the Summerdarts. They're part of our total Aquadart program and they, participate voluntarily in their SAT, as well. Pledge money, in order to be eligible for prizes, is due by Monday, July 28 to either Kerry Halsted OR in the white box at Civic. Please make checks payable to: Davis Aquadarts.

## ◆ **JO FIRE-UP PARTY**

All Summer JO participants are invited to attend the annual JO Fire-Up party at Schaal on Mon, July 21 during the practice time of 5:00-6:00pm. Practice consists of a pre-meet warm-up for everyone.

After the warm-up, swimmers will be given a unique JO Team T-shirt, a championship swim cap and a 'buddy' for the meet.

Those in the JO's do not have a morning practice on that Weds. Evening only.

## ◆ **ANNUAL POOL PARTY & BBQ**

This year's end-of-summer Pool Party and BBQ is at Community pool on Sat., Aug 9 from 6-9pm. All Aquadart families and Summerdart families are invited.

Both pools will be open for our exclusive group use. The team BBQ will be set-up for those who want to do some grilling.

Come and spend some time with your teammates (and parents of teammates) in a relaxing, fun-filled atmosphere supervised by our own Aquadart lifeguarding staff..



## Questions Parents Ask

### **Q. When is my child ready for competition?**

**A:** That is a difficult question, as research on athlete development provides no clear-cut answer. In an article by Passer (1988) addressing this question, he reviewed several areas of development in attempting to provide guidelines on determining readiness for competition:

- ◆ Motivational readiness: Because competition is a social comparison process, the young athlete is motivated to compete when he or she possesses a social comparison orientation. Research suggests that around the age of 5-7 kids have the desire for and ability to use social comparison information.
- ◆ Cognitive readiness: Competition requires numerous cognitive and reasoning skills (i.e., perspective taking, differentiating between effort and ability) that take some time to develop in youngsters. Researchers suggest that kids do not develop the cognitive abilities to have an understanding of the competitive process until approximately age 12.
- ◆ Physical growth, physiological capacity, and development: These factors must also be considered when trying to decide readiness for competition.

### **Q: What should I tell my child when he or she says it's not fair that she has to compete against Suzy, who is so much bigger?**

**A:** Look at a classroom full of school children. The diversity in size and shape is remarkable. Even though these children are similar in chronological age (calendar age) they may be very different in biological age (physical/sexual maturity). Puberty is a critical point in the developmental process. It is well known that girls mature more rapidly than boys do. In fact, the average girl matures 2-2.5 years earlier than the average boy. However, these values are merely averages and the range can be several years within each gender. It is important to remember that "early bloomers"-children who move through biological maturation more rapidly than average-tend to be more physically developed. This can sometimes be an advantage for them in sports. "Late bloomers" tend to catch-up over time and will often become even more proficient at the sport. Regardless of the maturational pace of your child, she needs to focus on her personal improvements over time.

### **Q: Should boys and girls be trained differently?**

**A:** During the early years of sport training, children of both genders are predominantly pre-pubescent. This stage allows for some flexibility in grouping the young athletes. At this point, young boys and girls can train together with relative ease. Girls tend to move through biological development more rapidly than boys of similar chronological age (approximately 2-2.5 years earlier). This may cause initial differences within the training groups. Further, elements such as aerobic capacity (ability to use oxygen to make energy) and muscle mass are different between genders throughout the later developmental period. Aerobic capacity reaches its peak between the ages of 12-15 in girls and 16-20 in boys. Ideally, training programs should be specifically tailored for the individual.

### **Q: Are there some exercises that prevent injuries to growing muscles and bones?**

**A:** However, to prevent injury, it is important to develop and maintain strength and flexibility in the joints, as well as to use proper technique. The use of certain equipment or training with poor technique, may place excessive force on the joints during training that may be harmful. Be sure to have your child check with his coach for more information. It is important to develop muscular strength, endurance and flexibility to reduce the risks of both shoulder and knee problems. Your child should check with the coach before participating in any exercises designed to increase strength.

### **Q: Why does it seem so many kids have inhalers? Should my child be on one?**

**A:** Exercise-induced asthma (EIA) and exercise-induced bronchoconstriction (EIB) are common diseases in children. Various agents (such as humidity and temperature of the air) cause an irritation of the bronchioles in the

lungs resulting in bronchoconstriction. Typical treatments for EIB or EIA are inhaled medications that aid in reducing the bronchoconstriction and opening the airways (McArdle, Katch, Katch 1991). The inhalers are prescribed by a licensed doctor for the youngster following medical testing to determine both the presence of and severity of either EIA or EIB. As with any prescribed drug, sharing inhalers is not a safe practice.

Although many young athletes may be seen using inhalers, sport participation does not cause asthma in children. Advances in the diagnosis and treatment of asthma have allowed more children and adults to participate in organized sport throughout their lifetime.

\*If an inhaler is prescribed for your child, you might want to double-check the USADA (United States Anti-Doping Agency) drug hotline for which drugs are acceptable and which are banned. (800) 233-0393

**Q: My daughter can beat several girls in the senior training group, but her coach won't move her up. Why not?**

**A:** While your child may have the physical skills or times to move to the next group, move criteria may also be based on emotional, social and cognitive skills. Additionally, having performance results does not necessarily equate to being able to train in that group. Progression from group to group is set by the coaching staff to ensure long-term development. This allows proper training to be introduced at the appropriate level for each individual child. Obviously your coach believes it is in the best interest of your daughter to remain in that group. Express your concerns to the coach in private, and value the opinion and decision made by your coach.

**Q: My son comes home every night and says, "Tommy doesn't help clean-up after practice, so why should I?"**

**A:** First of all, be sure to commend your son for helping out and explain why that's important. Praise him for helping without being asked. In this case you might encourage him to talk to Tommy and ask him to help the coach and the group by pitching in. This will begin to teach your son to deal directly with a problem and the person he has the problem with. Obviously, your son has a respect for others and a good team concept or he wouldn't be asking this question.

**Q: My daughter is influenced by the senior athletes. How do I encourage her to have the appropriate role models?**

**A:** That's a tough one. We suggest you begin by complimenting or simply pointing out the behavior of athletes you want her to emulate. Focus on such things as a good work ethic, sportsmanship, a good attitude, and other values held by your family. Beyond your team are many heroes and appropriate role models in every sport. Encourage your daughter to learn about them.

## **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)

## **VOLUNTEER HOURS UPDATE**

In response to the recent loss of the Aquadart Shaved Ice stand at the Farmers Market, and the resulting diminished opportunities to earn volunteer hours, the Aquadart Board of Directors has added a new **SWIM MEET TIMING** option to the Parent Participation Policy. Effective with the June Redding meet, families may earn UP TO 5 hours of volunteer time per year acting as timers at swim meets.

Families must sign up on either the *Aquadart website* or on the *Team Sign-In Sheet* at the meet itself. It is the responsibility of the family to make sure they're listed for their timing duties before the end of any meet. The Aquadart Volunteer Coordinator will not try to recreate timing assignments after a meet is over.

## June Meet Results

Lodi City Swim Club BB+/-, June 7-8; Feather River Age Group Open, June 15-16  
Summer Sanders Senior Meet, June 14-15; Redding Aquaducks BB+/-, June 28-29

<b>NEW B TIMES</b>	Alena Alvarez (5)	Hailey Collier	Daniel Alvarez (3)	Sean Kos
Dane Peterson	Ben Prussel (2)	Matthew Raabe (2)	Nicholas Simons (2)	Kathleen Benjamin (3)
Sabrina Clark	Mara Dominguez	Rana Eser (2)	Sarra Falakfarsa	Emma Peterson (2)
Bryce Gregg	Alyssa Alvarez	Sofia Castiglioni	Reese Peterson (2)	Kallie Gregg
Laurel Krovetz (3)	Madison Molotky			
<b>NEW BB TIMES</b>	Alyssa Alvarez (7)	Emily Barksdale	Chenoa Devine (4)	Clarissa Franke (5)
Tucker Fisk (4)	Ben Prussel	Jaida Aikens	Kathleen Benjamin (4)	Mara Dominguez
Julia Fisk	Emma Peterson (2)	Cameron Franke	Adam Raabe	Jane Chen
Alina Garrido (2)	Kallie Gregg	Charlotte Rock	Lauren Babcock (4)	Henry Csaposs (2)
Yelda Eser	Ella Eser			
<b>NEW A TIMES</b>	Sean Kos	Emily Barksdale (3)	Elise Chu (5)	Chenoa Devine
Clarissa Franke	Natalie Green (2)	Alina Garrido (2)	Tucker Fisk	Emma Peterson
Jaida Aikens	Dylan Newsom (2)	Yelda Eser (2)	Madison Molotky	Ella Eser
<b>NEW AA TIMES</b>	Emily Barksdale (4)	Alex Rieger (3)	Cameron Franke	Adam Raabe
Hannah Krovetz (3)	Kyle Nadler (2)	Torin Halsted	Riley Hickman	Dylan Newsom
<b>NEW AAA TIMES</b>	Natalie Green (3)	Alex Rieger (5)	Cameron Franke (3)	Tara Halsted (4)
Kyle Nadler (3)	Ella Eser			
<b>BRONZE DARTS</b>	Daniel Alvarez (2)	Alyssa Alvarez	Isabelle Franke	Sabrina Clark
Alina Garrido	Audrey Ashdown	Kallie Gregg	Tara Halsted	Emily Barksdale
Jordyn Micke	Steven Csaposs	Rana Eser	Torin Halsted	Erin Warnock
<b>SILVER DARTS</b>	Emily Barksdale	Elise Chu	Chenoa Devine	Tucker Fisk
Matthew Raabe	Nicholas Simons	Mara Dominguez	Rana Eser	Julia Fisk
Natalie Green	Emma Peterson	Alex Rieger (2)	Cameron Franke	Adam Raabe
Jane Chen	Alena Alvarez	Alyssa Alvarez	Lauren Babcock	Avery Krovetz
Griffin Molotky	Yelda Eser	Tara Halsted	Hannah Krovetz	Madison Molotky
Kyle Nadler	Ella Eser	Trevor Halsted	<b>GOLD DARTS</b>	Clarissa Franke

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

Alena Alvarez, 9, 7/4	Daniel Alvarez, 9, 7/4	Sean Kos, 9, 7/24	Jordan Vermette, 9, 7/16
Phoebe Bemet, 10, 7/21	Alyssa Alvarez, 11, 7/24	Kebdra Flin, 12, 7/17	Jon Pun, 12, 7/19
Natalie Green, 13, 7/7	Dylan Newsom, 13, 7/21	Natalie Roberts, 13, 7/24	ElsiAlina Garrido, 16, 7/1

# July/Aug, 2008

## Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
<b>July 7</b> <b>FULL TEAM PRACTICE</b> <b>5-6:15pm</b>	8	9	10	<b>11</b> <b>NO PRACTICE TODAY</b>	<b>12</b> <b>WOODLAND 'LAST CHANCE' JO QUALIFIER</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> <b>SASO DISTANCE EVENTS FOR JO'S</b>	<b>20</b>
<b>21</b> <b>JO FIRE-UP PARTY. ALL JO PARTICIPANTS 5:15-6:30PM</b>	<b>22</b>	<b>23</b> <b>LONG COURSE PRACTICE 5:15-6:15PM</b>	<b>24</b>	<b>25</b> <b>SIERRA NEVADA LONG COURSE JO'S In REDDING</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>FINAL EVENING LONG COURSE PRACTICE</b>	<b>August 1</b>	<b>2</b> <b>DAVIS CITY CHAMPINSHIPS COMMUNITY POOL</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>USAS WESTERN ZONES AGE GROUP CHAMPIONSHIPS GRESCHAM, OREGON</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> <b>2ND ANNUAL PENTATHLON AND TEAM BARBEQUE</b>	<b>10</b>