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# Davis Aquadarts

## SEPTEMBER, 2008

### UPCOMING EVENTS

| <u>DATE</u>         | <u>EVENT</u>   | <u>LOCATION</u>  |
|---------------------|--|--|
| <u>Sept 10</u>      | <u>Fall dues payment deadline</u>  |  |
| <u>Sept 15-28</u>   | <u>Civic Pool Closure</u><br>(All regularly scheduled Civic practices move to Manor pool)          |  |
| <u>Sept 16</u>      | <u>New Aquadart Parents Meeting (7:15pm)</u>   | <u>Community</u>   |
| <u>Sept 19-21</u>   | <u>Davis Aquadarts BB+/- Meet</u>  | <u>Arroyo</u>  |
| <u>Sept 20</u>      | <u>Aquadart Buddy Night at Arroyo</u><br>Swimmers entered in BB/-+ meet have dinner with a 'Buddy' |  |
| <u>Oct 6-19</u>     | <u>Community Pool Closure</u><br>(All regularly scheduled Comm practices move to Manor pool)       |  |
| <u>Oct 10-12</u>    | <u>Vacaville BB+- Meet</u>   | <u>Vacaville</u><br>(Full team meet open to all ages and abilities. Entries due 10/1.) |
| <u>Oct 19</u>       | <u>Annual Awards Dinner (5-8pm)</u>  | <u>Senior Center</u>   |
| <u>Nov 8-9</u>      | <u>Redding JR+ Meet</u>  | <u>Shasta College</u><br>(T & F meet for Pre-Sen & Sen w/Q times. Entries due 10/23.)  |
| <u>Nov 8-9</u>      | <u>Redding Age Group Open</u>  | <u>Shasta College</u><br>(Timed Finals for 14 & Un; all abilities. Entries due 10/23.) |
| <u>Nov 21-23</u>    | <u>Sierra Marlins BB+/-</u>  | <u>Folsom</u><br>(Timed Finals for 14 & Un; all abilities. Entries due 10/23.)         |
| <u>Dec 5-7</u>      | <u>Woodland Age Group Open</u>   | <u>Woodland</u><br>(Full team meet open to all ages and abilities. Entries due 11/20.) |
| <u>Dec 8-Jan 2</u>  | <u>Blue and Bronze Winter Break (No Practices)</u>   |  |
| <u>Dec 21-28</u>    | <u>Christmas Training Break (Silver/Gold/Sen Dev/Pre Sen/Sen)</u>                                  |  |
| <u>Dec 29-Jan 3</u> | <u>Winter Challenge Training Week</u>  |  |
| <u>January 5</u>    | <u>Winter Quarter Regular Practices Resume—All Groups</u>  |  |

## CIVIC POOL CLOSURE

Annual City maintenance is scheduled for Sept 15-28. All Civic practices move to Manor pool (same times) for the duration. We apologize for the late notification.

# AQUADART PRACTICE SCHEDULES

## FALL

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 (MWF)           | 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 |

CIVIC POOL CLOSURE—Sept 15-28. All practices move to Manor

COMMUNITY POOL CLOSURE—Oct 6-19. All practices move to Manor.

### 2008 FALL FEES (Sept/Oct/Nov)

**Fall Fees are due Sept. 10.** 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).

**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 QUARTELY FEES (HIGHEST PAYING FAMILY MEMBER)*

|                |                       |                |              |
|----------------|-----------------------|----------------|--------------|
| <b>Senior</b>  | <b>\$270</b>          | <b>Pre-Sen</b> | <b>\$265</b> |
| <b>Sen Dev</b> | <b>\$195 or \$230</b> | <b>Gold</b>    | <b>\$250</b> |
| <b>Silver</b>  | <b>\$230</b>          | <b>Bronze</b>  | <b>\$195</b> |
| <b>Blue</b>    | <b>\$190</b>          |                |              |

*\*\*SECOND SWIMMER FEES ARE \$40 LESS THAN FIRST SWIMMER*

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

### NEW AQUADART TEAM RECORDS

13-14 Boys 100m Breaststroke  
Cameron Franke

1:11.09

## Message from the Board

We would like the opportunity to introduce you to the Aquadarts Board of Directors (see cover page of Newsletter for current members and contact information). We want members to know that we are available to answer questions and concerns that you may have about the team. We understand that many of you are anxious to know how the Search Committee is progressing in finding a replacement Head Coach. You will be hearing more very soon about the candidates who are being invited for on-site interviews. We have received applications from many highly qualified coaches. You will have the opportunity to meet and ask questions of these candidates during the on-site interviews. More information will follow as interview schedules are finalized.

It is the primary responsibility of the Board to manage the "dry side" of the club, and to make sure the team functions in an efficient and fiscally responsible manner. To achieve these goals we need the support of the membership in terms of volunteer hours, timely payment of dues, and other assistance. We trust that you will be ready and willing to assist the team when called upon for help. For example, the team needs your volunteer contributions for our September meet (September 19-21) To make it a success.

Each Board member has one or more children swimming with the team, and therefore we share the same concerns as many of you. As a team, our primary purpose is to "support our swimmers and their families in a supportive swim environment, to reach their individual potentials and goals within a team environment."

We are seeking two new Board members to replace outgoing members Mau Nguyen and Nancy Wright. The Board meets once a month (usually a Wednesday evening) at the Brady Building (next to Civic pool). If you are interested in potentially serving as a Board member, please communicate this to Greg Stoner ([stonergill@earthlink.net](mailto:stonergill@earthlink.net)) or Steve Nadler ([sanadler@ucdavis.edu](mailto:sanadler@ucdavis.edu)). We encourage Aquadart families to participate in team activities and to consider becoming more involved in the "dry side" of team management.

**Greg Stoner and Steve Nadler** (Board Co-Presidents).

## Team Uniforms

The Aquadarts are a **Speedo-Sponsored team**. This means in return for discounted team purchases, coaching outfits, a team banner and other smaller benefits from Speedo we will 1) encourage all our swimmers to wear Speedo swimsuits and 2) promote and advertise Speedo at our swimming meets and on our website.

Though we're currently without a fully-operating, Swim Store in Davis we still want everyone to keep Speedo in mind when making the swim suit purchases. As soon as we finalize a vendor relationship with a new swimwear dealer and can take advantage of discounted group purchases we'll let everyone know ASAP.

The team suit required at meets is a navy-blue colored suit—any style (preferably Speedo). The team cap required at meets and practices is the yellow cap with blue 'DAVIS' on it. Lycra caps are \$3 and can be purchased at Civic pool or at Outdoor Davis. Silicone caps are \$10 and are for sale at Outdoor Davis. Both caps can ordered with names imprinted on them during regularly scheduled 'Team Cap' orders. All swimmers who wear a cap at practice must wear the team cap.

**TEAM PARKAS**—We will be placing our annual parka order this year in early October to help with an earlier arrival date. Once again the parkas will come from Tru-West, the leader in youth sports parkas. The final price will be tied to the quantity of parkas ordered but will be in the range of \$105. The parka comes with arctic lining; one embroidered name on the front and block DAVIS lettering on the back.

Amy Rieger, Team Store Coordinator, will be handling this order. Look for complete ordering information to be distributed soon.

**TEAM SHIRTS** – Our team tie-dyed shirts are now on sale for Aquadart swimmers and parents. Shirts are at Civic and are \$10 each. We have about 60 shirts (mainly adult larges and smaller) available. Keep in mind swimmers who raised \$100 or more in the Aquadart Swim-A-Thon will be getting these same shirts for free as one of their prizes.

## Coaches Corner:

Welcome Back to our returning Aquadart swimmers and parents, and *Welcome Aboard* to our new Aquadart families

On behalf of all of the coaches, we want you all to know that we are very proud of our club and are glad you have chosen to be a part of it.

As all should know by now, Coach Stu has announced his retirement from youth swimming and moved over into the world of adult swimming. On Sept. 1, he became the new Head Coach of the Davis Aquatic Masters. He'll continue in his Aquadart Head Coaching role until Oct. 1, which should coincide with the arrival of the new Aquadart Head Coach.

Other changes in the fall coaching staff include the sabbatical of Coach Carolee (she plans on returning in the winter quarter) and the arrival of new Blue & Silver coach, Jacqueline Elliot.

Jacqueline is a junior at UCD and a current Head Coach of a small summer rec team in Concord.

As we return from summer break, we want everyone to understand that this is the time of year when we are starting up again and things are getting back in motion. As such, the staff is taking special time to insure that each of the Fall groups are well organized along the plans we coaches have created. At first, you'll notice the coaches are covering many basics as we build up speed into our full training programs. Soon, swimmers and parents alike should be expecting an increase in the challenges that we offer.

As in any large organization, good communication is the foundation of growth and success. With that in mind, we endeavor to ensure that everyone understands the basic goals and philosophies of our swimming program.

Our Aquadart Philosophy states that "*We believe that swimming is a multi-faceted experience in self-awareness. The physical, mental, social and emotional experiences within each swimmer can combine to produce far greater results than the sport itself*". This means that we are interested in the development of the swimmer as an athlete, AND as a person. This is a long-term goal that each of the coaches is dedicated to honoring as the swimmer progresses within the different levels of the team. Most of the time taken up at staff meetings is spent on discussing the value of the elements inside the Aquadart Team Progressions and the individual swimmers that are being most challenged by them. The coaches know that the obstacles, setbacks and failures

children experience are the ones that teach them the most about how to be successful.

We also believe that swimmers are nurtured within the sport so that they are willing and able to do their best through ten years of swimming, not just be the best at ten years old. This nurturing process is founded in our belief that complete mastery of the strokes is the ultimate swimming goal. In pursuit of this quest, long-lasting technical perfection is emphasized prior to transitory strength development. It is easier to teach correct stroke mechanics at younger ages than it is to undo them at older ones. This, then, is the obvious reason that so much more time is spent on technique and drills in practice at the youngest levels. And this element, more than any other, identifies the number one responsibility that each swimmer must accept: *consistency of effort*. This persistent quality applies not only early in the swimmers career towards their acquisition of mechanics and skills development, but also in later years when the emphasis switches to training and physical efforts.

The swimmers are not alone, though, in shouldering all the responsibilities in their career. There is a critical relationship between the pyramid of parent, coach and swimmer.

**First**, we recognize that the child is the legal and moral responsibility of the parent.

**Second**, the coach, while deeply caring of the child, is essentially a technical resource, and secondarily a source of support and personal role modeling.

**Third**, the athlete is an "emerging young person" who will seek, (and need) an increasing amount of independence. Both parental and coaching roles should decrease as the child advances in age.

In other words, our ultimate goal as coaches is to make the athlete independent of us.

As coaches we expect to work alongside the parents in the shaping of the values and moral development of the child, but we also know that the parent is primarily responsible for making sure that the child conforms to those norms, regardless of their age. As coaches, we expect to be "shapers" in that process, but it is our technical role in swimming that makes us the "prime movers" in the sport.

Your Aquadart Coaching Staff is looking forward to an exciting, new swim year in 2008-09.

**Stuart Kahn**, Head Coach  
**Brad Winsor**, Head Age Group Coach  
**Mary Kahn**, **Jacqueline Elliot**  
**Michael Stoner**, **Chelsea Kahn**

Not everything we do in life is a pleasant experience. Not everything we do is beneficial. Not everything is productive. Not everything is a nurturing, loving experience. Life is full of negative, destructive experiences. Rejection, defeat and failure surround us all. The trick is to be prepared to deal with this side of life and learn to overcome discouragement.

I have always felt that the great value of swimming as a sport is that it prepares one for life. The total swimming experience is made up of people, attitudes, beliefs, work, habits, fitness, health, winning and losing, and so much more. Swimming is cross section of lifetime experiences. It can provide so many learning situations. A swimmer learns to deal with pressure and stress, sometimes self-imposed, sometimes applied by others. One learns to deal with success and failure. One learns teamwork and discipline.

Swimming becomes a self-achievement activity. There is only one person in the water in a given lane in any race. The responsibility for performance ultimately lies with the individual. How well the individual has prepared mentally and physically to a large degree will determine the performance level.

Many swimming experiences can be of the disruptive, discouraging type. But at least a young swimmer learns that this is part of life, and the swimmer must learn to cope.

By learning how to handle frustration and disappointment, the young swimmer gains confidence. The swimmer learns dedication and commitment. Through perseverance, a swimmer learns to overcome adversity. All of these experiences tend to develop an individual who is better able to handle life's hardships and face problems.

As coaches and parents, we tend to preach that hard work will lead to victory. We preach that clean living and proper training such as diet, sleep and regular attendance at workouts will lead to winning. Though in the long run for a productive, successful life, these are probably truthful concepts that don't always work in short term situations.

We have all been in situations where a bigger, more gifted person with poor work habits is the victor in race after race. Or we've known others who never seem to study, yet get good grades. We've known

business people who never lift a finger, yet for one reason or another, they close deal after deal.

These things just are not fair. Yet this is one of the valuable lessons that swimmers learn: "Life is not fair." We don't all start out in life with the same physical, mental emotional and financial resources. In that respect, "Life is not fair."

A swimmer must learn what is fair for one is not necessarily fair for another. A swimmer learns we are all different and each individual controls his or her own destiny. A swimmer learns to emphasize given talent or skills. A swimmer learns to improve on a regular basis. By not setting limits and restrictions, this improvement will surely lead to success. A swimmer learns that if he or she does their best, there are no failures. Once a goal is reached, then new goals must be established. A swimmer learns that effort becomes an individual crusade. If the ultimate goal is an Olympic gold medal, then with proper talent, dedication, belief and support, all swimmers believe it can be done.

This is the positive achievement side of swimming that I like so much. Through experiences in swimming, our young people learn attitudes and habits that will remain with them throughout the rest of their life. Most swimmers learn to be "can do" people.

Generally, these positive attitudes, belief in self, and solid work habits, will produce a terrific adult. Our society and the world is enriched by these former swimmers as they become adults. Because of their training, they handle life with a smile. They contribute time and energy to others in every way imaginable.

We can be proud of what swimming contributes to this world. Though "Life is not fair," a swimmer knows how to deal with that and can achieve a balance. For the most part, former swimmers grow up to be ordinary people, but they always have that extra plus from the swimming experience.

We are different and we can be proud of it. It's a pity and truly unfair that thousands and thousands of young people are missing the swimming experience. We must open our programs to everyone. We must find ways to share our sport.

*(This is one of Coach Stu's favorites swimming articles. He runs it at the beginning of each new swim year.)*

## NEW AQUADARTS

**WELCOME to the following swimmers who've joined this month:**  
(This is a partial list of swimmers whose registration paperwork was received prior to Sept. 1.)

|                         |                     |                     |                     |
|-------------------------|---------------------|---------------------|---------------------|
| <b>BLUE SWIMMERS</b>    | Harry Benet         | Everett Cheng       | Carl Csaposs        |
| Lucia Ferrer            | Jillian Foster      | Grace Mariano       | Rosey Mariano       |
| Kyle Moeller            | Emily O'Flaherty    | Avery Parmenter     | Logan Parmenter     |
| Samantha Sheridan       | Garrett Spann       | Jenevieve Spann     | Lauren Tull         |
| Kendall Warnock         | Beatriz Yankelevich | Diana Lee           |                     |
| <b>BRONZE SWIMMERS</b>  | Alex Asera          | Vvian Crow          | Tali Doringer       |
| Nicola Goldstein        | Sarah Green         | Gabriella Hanus     | Justice Harry       |
| Hiatt Leveilee          | Jacob Miller        | Ariela Newbury      | Joshua Newbury      |
| Sarah Nguyen            | Nicole Pugh         | Daniella Qvistgaard | Julianna Qvistgaard |
| Sofia Rbio              | Giulana Salerno     | Cailin Simi         | Emily Simi          |
| Connor Spann            | Maren Swanson       | Deni Velagic        | Timothy Vidales     |
| <b>SEN DEV SWIMMERS</b> | Margo Filet         | Megan Steidler      | Forrest Bockrath    |

## 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)

## SEPTEMBER BIRTHDAYS

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

|                            |                        |                           |                          |
|----------------------------|------------------------|---------------------------|--------------------------|
| Bryce Gregg, 8, 9/27       | Dane Peterson, 8, 9/27 | Laurel Krovetz, 8, 9/28   | Hiatt Leveilee, 9/29/10  |
| Emma Barksdale, 11, 9/23   | Quinn Folks, 11, 9/26  | Connor Spann, 11, 9/23    | Alex LaFreniere, 12, 9/4 |
| Shari Ranasinghe, 12, 9/12 | Kim Zhu, 12, 9/12      | Brandon DaSilva, 13, 9/15 | Ali Holder, 14, 9/6      |
| Brandon Rueda, 14, 9/9     | Tyler Raabe, 16, 9/22  | Jillian Daleiden, 17, 9/2 |                          |

# Sept 2008 Aquadart Calendar

| Mon  | Tues  | Weds   | Thu   | Fri   | Sat | Sun                   |
|--|---|--|---|---|-----|-----------------------|
| 8  | 9   | 10<br><b>Final Day<br/>for<br/>Fall<br/>Fee<br/>Payments</b> | 11<br><b>Final day for<br/>Sept 19-21<br/>online meet<br/>registration.</b> | 12  | 13  | 14                    |
| 15   | 16<br><b>New<br/>Aquadart<br/>Parent Mtg<br/>7:15pm at<br/>Comm</b> | 17   | 18<br><b>Meet set-up<br/>@ Arroyo<br/>7:00-9:00pm</b>                       | 19<br><b>AQUADARTS BB+/- MEET<br/>at ARROYO</b><br>Fri wu @ 4:30, Sat & Sun wu @ 7:45am |     | 21                    |
| <b>Week 1 - Civic Pool Closure, All Practices at Manor</b> |   |  |   |   |     | Buddy Night<br>5:00pm |
| 22   | 23  | 24   | 25  | 26  | 27  | 28                    |
| <b>Week 2—Civic Pool Closure, All Practices at Manor</b>   |   |  |   |   |     |                       |
| 29<br><b>Normal<br/>practices<br/>resume<br/>at Civic</b>  | 30  | Oct 1  | 2   | 3   | 4   | 5                     |

## SEPTEMBER MEET RAFFLE

Our raffle at last May's Aquadart swim meet was a huge success. We are planning another raffle for the September 19-21 meet and need your help again. We are making themed baskets for a team fundraiser. In order to fill the gift baskets, we are asking for a small donation from Aquadart families. If you would like to donate an item that could be used in a raffle basket, please contact Roberta Shakya at [shakyaroberta@comcast.net](mailto:shakyaroberta@comcast.net). She will make arrangements for drop off or pick up.

Some items that we could use include gift cards or certificates (\$5 is fine) for movies, Jamba Juice, ice cream, Borders, Big 5, etc. New items such as beach towels, games, sunscreen, water bottles, would be appreciated. Please consider donating for this great cause. Anything you have would be greatly appreciated. No need to go out and purchase anything. Look around the house (new items please) or look at your collection of gift cards and consider donating an item. If you can't donate an item, you may want to buy some raffle tickets which will be on sale at the snack bar for 1.00 each, or 6 for 5.00. Support the team by donating and purchasing a couple of tickets. You may be a winner!

# Swim Parents

Published by The American Club Swimming Association  
2101 North Andrews Ave., Suite 107  
Fort Lauderdale FL 33311

## “Swimming is an Investment”

With time at a premium in the two-career family, many parents are now asking "Is it the sacrifice and expense of joining an age group program worth it?" Here are some thoughts on why it is from Coach Cindy Anderson, head age group coach of the Reno Aquatic Club in Reno, Nevada.

"Age group swimming is much more than just swimming back and forth, day in and day out - the occasional swim meet and winning ribbon. Of course the swimmer gains from the physical activity of swimming, by becoming more fit...and there is involvement in an after-school activity at a time when working parents can't be with their kids. But age group swimming is an investment in the health, fitness, and overall growth and development of the youngster.

From the physical standpoint, swimming helps improve cardiovascular fitness, strength, flexibility, and neuromuscular coordination. In addition, swimming is a lifelong fitness activity that is relatively easy to pursue, low in injury risk, and helps reduce stress. It can be enjoyed recreationally long after it has ceased competitively.

Beyond the physical benefits, swimming in both practice and meets contributes greatly to the psychological and emotional development of the young athlete. As an activity, swimming requires the development of specific and complex motor patterns. Swimming well requires not only hard physical work, but also intelligent application of learned skills and the ability to THINK while performing. From concentration on performing stroke skills correctly to executing race strategies, the athlete learns early to concentrate and perform under pressure. In addition nutrition education is an ongoing and essential part of the athlete's overall development and success.

Age group swimming also requires consistent dedication, discipline and long-term commitment to goals, and learning the habit of persistent application of lifestyle adaptations for goal achievement. Young swimmers also learn to accept success and failure with equal grace. In life as in swimming, one often fails several times on the way to a success, and it is an essential and difficult life-lesson to learn. The ups and downs of competition and training expose the young athlete to the realities of success and failure and force them to deal with the living experience.

Age group swimming, both directly and indirectly, teaches the athlete to develop: goal-setting strategies, time management skills, relaxation and imagery techniques, positive attitudes, and generally enhances the athletes overall self-image. Competitive swimming is both social and fun, and by virtue of the athletic nature of the activity, reinforces positive social values and beliefs. Athletes are taught to value their hard work in training and steer clear of drug and alcohol abuses.

To be an athlete is a very special and wonderful thing. To be a competitive swimmer is special, wonderful, and difficult; but the benefits of the persistent dedication and application of efforts, along with the benefits of facing and dealing with the emotional and psychological experiences associated with the demands of training and competing for success, are well worth whatever personal and/or financial investments are required.

Age group swimming is much more than it first appears.