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Davis Aquadarts

OCTOBER, 2008

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Oct 6-19</u>	<u>Community Pool Closure</u> (All regularly scheduled Comm practices move to Manor pool)	
<u>Oct 10-12</u>	<u>Vacaville BB+- Meet</u> (Full team meet open to all ages and abilities. Entries due 9/29.)	<u>Vacaville</u>
<u>Oct 19</u>	<u>Annual Awards Dinner (5-8pm)</u>	<u>Senior Center</u>
<u>Oct 25-26</u>	<u>Lodi Age Group Open Pumpkin Meet</u> (Team meet open to all ages and abilities, Entries Due 10/16.)	<u>Lodi</u>
<u>Nov 8-9</u>	<u>Redding JR+ Meet</u> (T & F meet for Pre-Sen & Sen w/Q times. Entries due 10/23.)	<u>Shasta College</u>
<u>Nov 8-9</u>	<u>Redding Age Group Open</u> (Timed Finals for 14 & Un; all abilities. Entries due 10/23.)	<u>Shasta College</u>
<u>Nov 21-23</u>	<u>Sierra Marlins BB+/-</u> (Meet for swimmers not attending Redding.)	<u>Folsom</u>
<u>Nov 22</u>	<u>Sierra Nevada Swimming Awards Banquet</u>	<u>Arden Hills</u>
<u>Dec 5-7</u>	<u>Woodland Age Group Open</u> (Full team meet open to all ages and abilities. Entries due 11/20.)	<u>Woodland</u>
<u>Dec 8-Jan 2</u>	<u>Blue and Bronze Winter Break (No Practices)</u>	

IMPORTANT 2009 DATES

Please put these dates on your 2009 calendars and reserve the weekends. More meets will be in the November Newsletter.

<u>March 20-22</u>	<u>14 & Un Junior Olympics</u> (Championship Meet for swimmers with BB times or faster.)
<u>May 1-3</u>	<u>B Championships</u> (Championship Meet for swimmers with less than A times)
<u>July 18-19</u>	<u>Long Course Junior Olympics Distance Events</u> (Championship Meet for swimmers with BB times or faster.)
<u>July 23-26</u>	<u>Long Course Junior Olympics</u> (Championship Meet for swimmers with BB times or faster.)

AQUADART PRACTICE SCHEDULES

October

(All practices Monday through Friday unless noted)

Blue		3:00-3:45pm (MWF or TTHF)	Civic
Bronze		3:45-4:45pm (MWF or TTHF)	Civic
Silver	10/6-17	3:45-5:15pm	Manor
	10/20-31	4:45-6:15pm	Civic
Gold	10/6-17	5:00-6:45pm	Manor
	10/20-31	4:00-5:45pm	Community
Sen Dev	10/6-17	4:45-5:45pm (MWF)	Manor
	10/20-31	4:45-5:45pm (MWF)	Civic
Pre-Sen	10/6-17	5:00-7:15pm	Manor
	10/20-31	5:30-7:45pm	Community
Senior	10/6-17	5:00-7:30pm	Manor
	10/20-31	5:30-8:00pm	Community

OCTOBER BIRTHDAYS

HAPPY BIRTHDAY to the following Aquadart swimmers:

Hailey Collier, 8, 10/2	Griffin Long, 8, 10/3	Nathan Dao, 9, 10/14	Joshua Newbury, 9, 10/23
Enya Fujishima, 9, 10/18	Anthony Swaminathan, 10, 10/20	Lauren Wienker, 10, 10/21	Reese Peterson, 11, 10/20
Clarissa Franke, 11, 10/15	Mara Dominquez, 12, 10/16	Julia Morris, 12, 10/17	Livia Morris, 12, 10/17
Sarah Green, 12, 10/22	Kallie Gregg, 13, 10/15	Andrew Block, 13, 10/27	Patrick Zhu, 14, 10/29
Cameron Franke, 15, 10/2	Sierra Clark, 15, 10/22		

Upcoming Events

Vacaville Meet—Remember warm-ups for the 10 & Under session starts at 8:00. Warm-ups for the 11 and older meet will start no sooner than 11:00. Plan to be there at 11:00. Look for the coaches and please let them know when you arrive.

CCA Roseville Meet—Only three swimmers entered this meet with the cap being reached as quickly as it did. There will not be a coach attending this meet.

Team Awards Banquet—Oct 19 will be our team's annual awards Banquet. Awards are received for time standard achievements and meet attendance, B or A times achieved in all the strokes and the IM, new team records, and recognition for the number of years swimmers have been members of the team.

Lodi Pumpkin Meet—As this newsletter is being sent, entries are still

being accepted for the Lodi meet. This is always a fun meet with heat winners receiving a pumpkin.

Redding AGO (Age Group Open) - Redding is hosting an AGO for 14 and under swimmers on Nov 8-9. This is a travel meet with a one night hotel stay. Rooms have been reserved at the Travelodge in Redding. These rooms are available on a first come basis. Ask for rooms reserved under Davis Aquadarts or DAD. Once these rooms are all reserved, please look around for other hotels. This is a team scored meet with relays. I would like to have enough swimmers to put together relays.

Redding Jr+ — On the same weekend Redding is hosting the annual Jr+ meet. This is for the older swimmers, Gold, Pre-Senior, and Senior Groups with the qualifying times. Again rooms are reserved at the Travelodge under Davis Aquadarts or DAD.

Announcements

While the team is transitioning between head coaches, Coach Brad will be acting as the Interim Head Coach. If you have any questions or concerns, please address them to Brad or to the Board of Directors.

COMPETITION SWIM SUITS—Starting on May 15, 2009, all swimmers 12 and under will not be allowed to compete in swim suits that “cover the neck, extend past the shoulder, nor past the knee.” (USAS rule R-4 120.9) This eliminates full length legs and full body suits. If you questions about this new rule, please ask Coach Brad.

Remember, the Davis Aquadarts are a Speedo sponsored team. When buying competition swim suits, please try to purchase Speedo navy blue swim suits. If you need backpacks, bags, and other equipment, please check out Speedo's products.

Davis BB +/- MEET RESULTS

BRONZE DARTS 5-6 BEST TIMES	Hailey Collier	Laurel Krovetz	Kendall Warnock	Tyler Babcock
Ryan Benjamin	William Ewens	Perry Winsor	Alena Alvarez	Phoebe Benet
Sofia Castiglioni	Jordyn Micke	Maddie Stanley	Daniel Alvarez	Tucker Fisk
Quinn Harty	Siyang Li	Kris Smith	Anthony Swaminathan	Timothy Vidales
Lauren Devera	Rana Eser	Megan Ewens	Julia Fisk	Charolette Rock
Henry Csaposs	Jonathan Desideri	Chris Garrison	Avery Krovetz	Jonathon Pun
Eli Smith	Lindsay Brandt	Natalie Green	Amelia Stanley	Alex May
Kyle Nadler	Nick Swaminathan	Patrick Zhang	Ian Rock	
SILVER DARTS 7-9 BEST TIMES	Scout Brown	Bryce Gregg	Lauren Babcock	Emma Barksdale
Elise Chu	Clarissa Franke	Kinsey Van Deynze	Steven Csaposs	Matthew Raabe
Kathleen Benjamin	Mara Dominguez	Yasmin Kouchesfahani	Daniella Quistgaard	Alex Rieger

Davis BB +/- MEET RESULTS (cont)

SILVER DARTS	Ben Crook	Torin Halsted	Griffin Molotky	Tyler Ujifusa
Clara Riggle	Sierra Clark	Tara Halsted	Hannah Krovetz	Katie Van Deynze
Jaida Aikens	Galan Falakfarsa	Ben Jin	Adam Raabe	Ella Eser
Tyler Raabe	GOLD DARTS 10+ BEST TIMES	Chenoa Devine	Lanna Kozlowski	Juliana Quistgaard
Sean Kos	Owen Yancher	Alyssa Alvarez	Andrew Block	Cameron Franke
NEW B TIMES	Quinn Brown	Zeno Castiglioni	Kyle Moeller	
Nathan Dao	Dane Peterson	Lance Prussel	Ben West	Alena Alvarez
Abby Fisk	Gabriella Maffly	Maddie Stanley	Reese Peterson	Cameron Wright
Alyssa Alvarez	Heather Johnson	Jonathon Pun	Jaida Aikens	Sierra Clark
Katie Van Denyze	Brandon DaSilva	Brandon Rueda	Patrick Zhang	Ting-Ting Li
Laurel Krovetz (2)	Luke Maffly (2)	Jordyn Micke (2)	Juliana Quistgaard (2)	Kinsey Van Deynze(2)
Ben Prussel (2)	Kris Smith (2)	Timothy Vidales(2)	Hannah Collier (2)	Henry Csaposs (2)
Tyler Ujifusa (2)	Madison Molotky (2)	Ben Jin (2)	Carl Csaposs (3)	Harry Benet (3)
Phoebe Benet (3)	Andrew Block (3)	Galan Falakfarsa(3)	Kendall Warnock (4)	Sean Kos (4)
Siyang Li (4)	Ryan Benjamin (5)	Griffin Molotky (5)	NEW BB TIMES	Cameron Wright
Jonathon Pun	Jaida Aikens	Sierra Clark	Katie Van Deynze	Ben Prussel
Kris Smith	Timothy Vidales	Madison Molotky	Ben Jin	Siyang Li
Tori Van Court	Matthew May	Owen Yancher	Sarra Falakfarsa	Reese Peterson
Emma Peterson	Cameron Franke	Adam Raabe	Alina Garrido	Ian Rock
Mara Dominguez (2)	Julia Fisk (2)	Charlotte Rock (2)	Ben Crook (2)	Torin Halsted (2)
Natalie Roberts (2)	Henry Csaposs (3)	Galan Falakfarsa (3)	Clarissa Franke (3)	Kathleen Benjamin(3)
Chris Garrison (3)	Andrew Block (4)	Sofia Castiglioni (4)	Matthew Raabe (4)	Lauren Babcock (5)
Lanna Kozlowski (6)	NEW A TIMES	Madison Molotky	Adam Raabe	Ian Rock
Charlotte Rock	Ben Crook	Natalie Roberts	Clarissa Franke	Kathleen Benjamin
Tyler Babcock	Emma Barksdale	Tucker Fisk	Kyle Nadler	Ella Eser
Holly Riggle	Anji Shakya	Cameron Franke (2)	Hannah Krovetz (2)	Owen Yancher (3)
Elise Chu (3)	Chenoa Devine (6)	NEW AA TIMES	Clarissa Franke	Alex Rieger
Cameron Franke (2)	Hannah Krovetz (3)	Tyler Raabe (4)	Emma Barksdale (6)	
NEW AAA TIMES	Tara Halsted	Beverly Nguyen	Cameron Franke (4)	Alex Rieger (5)
NEW AAAA TIMES	Alex Rieger			

Parent's Page

As a coach and a parent, I have found this article to be great to read over and over. I find myself at Perry's triathlons, soccer, and hockey games becoming a coach and cheering too loudly and yelling directions (swim meets are hard). I also get to watch other parents who make me look mellow!! I am learning to sit back and watch the triathlon or game and congratulate my son on the great effort that he has put forth whether he placed first or last or his team won or lost.—Coach Brad

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 him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

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 offers 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. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. 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.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team

It is not wise for parents to take 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. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers 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 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

Oct 2008

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
29	30	1	2	3	4	5
6	7	8	9	VACAVILLE BB+/- MEET Fri wu @ 4:30 10 & un: Sat & Sun wu @ 8:00am 11 & up: Sat & Sun wu @ 11:00am		
Week 1 - Community Pool Closure, All Practices at Manor						
13	14	15	16	17	18	19
Week 2—Community Pool Closure, All Practices at Manor						
20 Gold, PreSenior, & Senior @ Community Silver @ Civic	21	22	23	24	LODI PUMPKIN MEET Sat & Sun wu @ 8:00am	
27	28 Entries Due for Redding Jr+ and AGO	29	30	Halloween Blue/Bronze/ Silver Practice Civic 4:00-5:00		

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