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Davis Aquadarts

November, 2008

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
Nov 8-9	Redding JR+ Meet (T & F meet for Pre-Sen & Sen w/Q times.)	Shasta College
Nov 8-9	Redding Age Group Open (Timed Finals for 14 & Un; all abilities.)	Shasta College
Nov 21-23	Sierra Marlins BB+/- (Meet for swimmers not attending Redding.)	Folsom
Nov 22	Sierra Nevada Swimming Awards Banquet	Arden Hills
First Week of Dec	Registration Night Families need to register for 2009. Details on Page 5.	Brady Building
Dec 5-7	Woodland Age Group Open (Full team meet open to all ages and abilities. Entries due 11/21.)	Woodland
Dec 8-Jan 2	Blue and Bronze Winter Break (No Practices)	
Dec 29-Jan 3	Winter Challenge Training Week (Details Page 2)	
January 5	Winter Quarter Regular Practices Resume—All Groups	

NOVEMBER BIRTHDAYS

HAPPY BIRTHDAY to the following Aquadart swimmers:

Scout Brown, 9, 11/23	Emily O'Flaherty, 9, 11/12	Logan Permenter, 9, 11/5
Juliet Heller, 10, 11/3	Jordyn Micke, 10, 11/18	Morgan Mooney-McCarthy, 10, 11/16
Nicole Pugh, 10, 11/14	Tori Van Court, 10, 11/20	Steven Johns, 11, 11/24
Emilia Sloane, 11, 11/22	Kris Smith, 11, 11/3	Lauren DeVera, 12, 11/22
Avery Krovetz, 12, 11/26	Chris Garrison, 13, 11/27	Tali Doring, 13, 11/19
Allison Kino, 14, 11/28	Kimberly Robertson, 14, 11/12	Cenedra Cristobal, 15, 11/23
Alex May, 15, 11/29	Ella Eser, 16, 11/15	Allison Wagner, 16, 11/30
Taryn Zank, 17, 11/10	Eddie Hackett, 18, 11/15	

AQUADART PRACTICE SCHEDULES

Nov 3-14

(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	4:45-6:15pm	Civic
Gold	4:00-5:45pm	Community
Sen Dev	4:45-5:45pm (MWF)	Civic
Pre-Sen / Senior	5:00-7:00pm	Community

Nov 17-Dec 5

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
Sen Dev	4:45-5:45pm (MWF)	Civic
Pre-Sen / Senior	4:00-6:00pm	Arroyo

THANKSGIVING WEEK

Blue, Bronze, and Silver Same Schedule

Gold	4:00-5:45pm	Arroyo
Pre-Sen / Senior	8:00-10:00am	Arroyo

Dec 8-Dec 19

Silver	4:00-5:30pm	Community
Gold	4:30-6:15pm	Civic
Sen Dev	4:45-5:45pm (MWF)	Civic
Pre-Sen / Senior	4:00-6:00pm	Arroyo

Dec 22-24, 26-27

Silver & Sen Dev	No Practices	
Gold	8:00-10:00am	Arroyo
Pre-Sen / Senior	8:00-10:00am	Arroyo
Senior	8:00-10:00am	Arroyo

Dec 29-Jan 2 Winter Challenge

Silver	8:30-10:00am	Civic
Gold	8:00-10:00am	Community
Sen. Dev	8:30-9:30am (MWF)	Civic
Pre-Sen / Senior	8:00-10:00am	Arroyo
	3:00-5:00pm	Arroyo

Jan 1 (Breakfast at Community 11:15-noon)

Silver	9:30-11:00am	Community
Gold	9:00-11:00am	Community
Sen-Dev	9:30-10:30am	Community
Pre-Sen / Senior	8:30-11:00am	Arroyo

Jan 5

Blue and Bronze Groups Resume

Upcoming Events

Redding Meets—Remember warm-ups on Saturday start at 9:00 and Sunday warm-ups start at 10:00. Make sure everyone has made their own hotel reservations. Contact Brad for carpool and caravan arrangements.

SMST Gobbler Classic—Entries are being accepted for this meet until Nov 7.

REGISTRATION NIGHT—TBA. All families are required to re-register for the 2009 year. Look on page 4 for details.

ARCTIC CHALLENGE—Entries for the Arctic Challenge are being accepted. This is the end of the fall season meet for the team. The coaches would like to encourage all swimmers to enter this meet. Every swimmers attending the meet will be put into at least one relay and therefore earn a Rainbow Dart.

WINTER BREAK SWIMMING—This year, Coach Brad will be running practices for the Gold, Pre-Sen, and Senior groups during the first week of Winter Break. If you are available please attend. Winter Challenge week will follow starting Dec 29th. This is a week of “challenging” practices. Swimmers in the Silver, Gold, Senior Development, Pre-Sen, and Senior groups are encouraged to attend.

Announcements

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.

AQUADARTS ADOPT-A-FAMILY & GIFT WRAPPING—The Aquadarts will be adopting a STEAC family during the holiday season. To help raise money, the team will be gift wrapping at Borders on Nov. 28 and Dec 23 from 1pm-5pm. All donations received from the wrapping will be used for the STEAC family donation. Any Aquadart families interested in helping gift wrap should contact Diana Raabe at 759-7033. Swimmers at least 11 years old are welcome to help also. If you are interested in donating money, you may also contact Diana.

The Senior Group will be adopt another STEAC family. This has become an annual tradition for the Senior Group.

BIG THANK YOU—The team would like to say thank you to the Aquadart girls who knitted and sold hats at the Arroyo meet. The girls raised over \$200. This money was used to purchase new lap counters and 5 gallon coolers for the team.

VACA BB+/- MEET RESULTS

BRONZE DARTS 5-6 BEST TIMES	Samantha Sheridan	Justin Qvistgaard	Jillian Foster	Tyler Babcock
Jack Premzic	Sean Kos	Chenoa Devine	Lanna Kozlowski	Emily Simi
Ben Culberson	Kris Smith	Alyssa Alvarez	Emma Barksdale	Vivian Crow
Torin Halsted	Talia Lucila-Poydras	Shari Ranasinghe	Alex Rieger	Tara Halsted
Erin Warnock	Patrick Zhu	Sierra Clark		
SILVER DARTS 7-9 BEST TIMES	Steven Csaposs	Elise Chu	Kinsey Van Deynze	Julia Fisk
Daniella Qvistgaard	Ben Crook	Katie Van Deynze		
NEW B TIMES	Justin Qvistgaard	Jillian Foster	Laurel Krovetz	Emily O’Flaherty
Lauren Tull	Tyler Babcock	Nathan Dao	Luke Maffly	Jack Painter
Dane Peterson	Jack Premzic	Sofia Castiglioni	Steven Csaposs	Ben Culberson
Kris Smith	Timothy Vidales	Vivian Crow	Rana Eser	Julia Fisk
Daniella Qvistgaard	Griffin Molotky	Lindsay Brandt	Natalie Roberts	Erin Warnock

VACA MEET RESULTS (cont)

NEW B TIMES	Sierra Clark	NEW BB TIMES	Sean Kos	Lanna Kozlowski
Torin Halsted	Julia Fisk	Talia Lucila-Poydras	Ben Crook	Natalie Green
Katie Van Deynze	Patrick Zhu	Sierra Clark	Kyle Saltveit	
NEW A TIMES	Elise Chu	Chenoa Devine	Torin Halsted	Kim Zhu
Andrew Block	Ben Crook	Natalie Green	Marrisa LaFreniere	Patrick Zhu
Hannah Krovetz	NEW AA TIMES	Chenoa Devine	Alex Rieger	Ben Crook
NEW AAA TIMES	Riley Hickman	Alex Rieger	Kyle Nadler	

CCA SPOOKTACULAR MEET RESULTS

NEW BB TIMES	Jaida Aikens			
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LODI PUMPKIN MEET RESULTS

BRONZE DARTS	Jillian Foster	Tyler Babcock	Lauren Babcock	Jordyn Micke
Livia Morris	Emma Peterson	Clara Riggle	Tyler Ujifusa	
SILVER DARTS	Alena Alvarez	Daniel Alvarez	Alyssa Alvarez	Kathleen Benjamin
Julia Fisk	Julia Morris			
NEW B TIMES	Jillian Foster	Harrison Benet	Ryan Benjamin	Alena Alvarez
Phoebe Benet	Nicola Goldstein	Jordyn Micke	Daniel Alvarez	Nicholas Simons
Rana Eser	Clara Riggle	Avery Krovetz	Amelia Stanley	
NEW BB TIMES	Lauren Babcock	Phoebe Benet	Maya Gilardi	Jordyn Micke
Sean Kos	Nicholas Simons	Alyssa Alvarez	Kathleen Benjamin	Julia Fisk
Talia Lucila-Poydras	Kim Zhu	Torin Halsted	Jaida Aikens	Galen Falakfarsa
NEW A TIMES	Tyler Babcock	Kathleen Benjamin	Julia Fisk	Alex LaFreniere
Talia Lucila-Poydras	Emma Peterson	Charlotte Rock		
NEW AA TIMES	Kathleen Benjamin	Marrisa LaFreniere	Ella Eser	
NEW AAA TIMES	Scout Brown	Alex Rieger	Riley Hickman	

AQUADART RESIGRATION NIGHT

****FAST****

****EASY****

Thursday, December 4 (Tentative Date)

Brady Family Aquatics Building

This year we are continuing our annual registration night using the format similar to last year. Many families will not need to attend. They are listed below. All other families will need to attend to reconcile their accounts with the team.

Please pay attention to which group you belong.

Group #1—Families whose names are listed below simply need to do the following:

1. Renew USAS membership for 2009 on Swim Connection. (Details below)
2. Complete the 2009 Aquadart Membership Form.
3. Submit 2009 Winter Fee Coupon with payment, copy of 2009 USAS membership verification email, and 2009 Aquadart Membership Form to PO Box 186, Davis, CA 95617 or in the white box at Civic before Dec. 10.

2009 Winter Fee Coupon and 2009 Aquadart Membership Forms will be emailed and available online at a future date.

Group #2—Families whose names are NOT listed below need to attend Registration Night. (Prior to that date, families with questions about their current status may contact Kerry Halsted at lktthalsted@hotmail.com.) Families can complete their Aquadart Registration Form and Swim Connection registration in advance. At the Brady check-in, families will be required to reconcile outstanding Swim-A-Thon and / or Parent Participation amounts, submit forms for 2009, Aquadart Registration and USAS membership, and pay winter quarter dues. Computers with internet connections will be available at the Brady Building to do online USAS registration with Swim Connection.

Group #3—NEW FAMILIES WHO JOINED SINCE SEPTEMBER AND HAVE COMPLETED THEIR 2009 USAS MEMBERSHIP . These families need only submit their 2009 Winter Fee Coupon and dues payment prior to Dec. 10 or Jan 10 for Blue and Bronze swimmers.

Group #1 Families

Aikens	Collier	Gregg	Long	Raabe	West
Alvarez	Crook	Halsted	May, Alex, Robert, Matthew	Rieger	Winsor
Ashdown	Csapos	Hickerson	Molotky	Riggle	Wright
Babcock	Dao	Hickman	Moran-Alonzo	Shakya	Xu
Barksdale	Desideri	Jin	Morris	Smith, Eli	Yancher
Block	DeVera	Johns	Nadler	Strum	Zhu, Kevin & Kim
Brandt	Devine	Kos	Nguyen	Ujifusa	
Brown	Falakfarsa	Kozlowski	Peterson	Van Deynze	
Chen, Jane	Fisk, Julia & Tucker	Larson	Pun	Warnock	

Renewing USAS Membership Online

- ◆ Log-in to “My Account” at www.swimconnection.com and select New/Renew Swimmer Registration
- ◆ Select your swimmer to renew registration
- ◆ In ‘Registration Category’ choose 2009 Year-Round Swimmer-\$69.50
- ◆ Update any information changes
- ◆ Follow directions through to credit card payment
- ◆ Submit copy of registration verification email with Aquadart membership forms
If your swimmer is not in your profile, select “Register a Swimmer not in your Profile.”
- ◆ Select “Yes” when queried about previous USA Registration and USAS ID number
- ◆ Enter USA ID # using following 14 digit format. MMDDYYFFMLLLL
Birthdate (Month, day, year), First 3 letters of First Name, Middle Initial, First 4 letters of last name
- ◆ Enter and continue, including selection of 2009 Year-Round Swimmer in “Registration Category.”
- ◆ Update any information changes, follow directions to credit card payment, Submit copy to Aquadarts.

2009 SNS Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Jan 3	SNS Stroke & Turn Clinic		Davis	2009 Officials Certification
Jan 10-11	Nor-Cal Coaches Clinic		Napa	Aquadart Coaching Staff
Jan 17	Bear River IMX Challenge	SCY	Grass Valley	14 & Under swimmers
Jan 17-18	Senior Meet	SCY	Sacramento City JC	Jr+ Qualifying Times
Jan 24-25	SNS-CCS-SDI All Star Meet	SCY	Folsom	Top 8 Swimmers, 9-10, 11-12, 13-14
Feb 6-8	Vacaville BB+/-	SCY	Vacaville	Team Meet
Feb 25-Mar1	CA/NEV Sectional Championships	SCY	Las Vegas	1 Sectional Time Needed-Scored
March 1	Woodland Distance Meet	SCY	Woodland	11 and older, 1000 Free and 1650 Free
March 6-8	Woodland BB+/-	SCY	Woodland	Team Meet
March 20-22	14&un Junior Olympics	SCY	Solano JC	1 BB Time Needed-Team Scored
April 8-11	SNS Olympic Training Trip		Colorado Springs	13-18 AAA times needed to apply
April 24-26	SMST BB+/-	LC	Folsom	Team Meet
May 2-3	Davis 'B' Championships	SCY	Community Pool	<A Times needed
May 15-17	Woodland BB+/-	LC	Woodland	Team Meet
May 30	Woodland Distance Meet	LC	Woodland	11 and older, 800 Free and 1500 Free
June 6	Davis Aquatic Masters Open Water		Lake Berryessa	8-10 year old-500 yard, 11 & up-1 mile
June 12-14	Lodi City AGO	LC	Lodi	Team Meet
June 19-21	Summer Sanders Senior Meet T/F	LC	Roseville	Jr+ Times Needed-Team Scored
June 19-21	Feather River AGO	SCY	Yuba City	Team Meet
June 27-28	Redding BB+/-	LC	Redding	Team Travel Meet
July 11-12	Woodland BB+/-	LC	Woodland	Team Meet
July 18-19	Junior Olympics Distance Events	LC	TBA	1 BB Times Needed-Team Scored
July 23-26	Junior Olympics	LC	TBA	1 BB Times Needed-Team Scored
July 31-Aug 2	Davis City Championships	SCY	Community Pool	< AA Times
Aug 5-9	USAS Western Zones	LC	Hawaii	Sierra Nevada All Star Team
Aug 8	Pentathlon	SCY	Community Pool	Team Meet
Aug 10-30	Aquadart Summer Training Break			
Sept 25-27	Davis BB+/-	SCY	Arroyo Pool	Team Meet
Oct 23-25	Vacaville BB+/-	SCY	Vacaville	Team Meet
Nov 7-8	Redding Junior+ T/F & AGO	SCY	Redding	Team Travel Meet
Nov 20-22	SMST BB+/-	SCY	Folsom	Team Meet
Dec 4-6	Woodland BB+/-	SCY	Woodland	Team Meet

Parent's Page

Sticking With Swimming....What Can a Parent Do?

Courtesy of USA Swimming Website

<http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=57&Alias=Rainbow&Lang=en&mid=830&ItemId=2602>

The Unfortunate Path that Many Swimmers Follow:

The swimmer's career often starts with 8/under success and high parental enthusiasm. The child is encouraged by parents and others to excel and a big deal is made out of every accomplishment. As the child changes age groups and moves into the 9/10 group, even the most successful child may struggle because he or she has a harder time finding success against 10 year olds. What successes are achieved may not be as noticeable. Unfortunately, as many as one-third of the young swimmers and their families do not make it past this point.

By the time swimmers are 10 or 11 years old they (or their parents) may realize that twice a week practices or summer only swimming is not enough to compete with others who are practicing more frequently. Physical ability and natural coordination can still help athlete to stay competitive and have success but it is getting harder to stay on top. More big changes and rude awakenings are lurking in the future.

The first Big Change: From 10/under to 11 & 12

- ◆ Events become longer going from 25's and 50's to 50's and 100's and even some 200's and distance freestyle events.
- ◆ Competition changes from sprint competition to race/pace/competition.
- ◆ In some programs, one half of the athletes and their families do not make this change. They never give the coaches or the program a chance to help the athlete adapt to the changing nature of swimming competition.

The second Big Change: From age 12 to 13&14/Senior swimming.

- ◆ Events change again. Now it is all 100's & 200's along with 400/500 and 1000/1650.
- ◆ The athlete must develop a work ethic and intensify the training aspect of swimming.
- ◆ Physical changes affect both male and female athletes. Athletes get bigger and stronger, but many, especially the girls, may struggle to cope with their "new bodies."
- ◆ This can one of the most rewarding phases of an athlete's career, yet many will give up.

The third Big Change: A focus on college swimming

- ◆ Swimmers who remain in the sport start to look at the possibility of swimming in college.
- ◆ Questions arise concerning the choice of colleges, the level of swimming, the possibilities of scholarships and the willingness to compete and train for another four years.

Let's put these changes into "real" numbers:

Suppose a team has 12 Novice swimmers.

- ◆ Only 8 will remain in swimming past the first Big Change
- ◆ Only 4 will remain in swimming past the second Big Change.
- ◆ Only 2 will remain in swimming past the third Big Change.

The Role of the Parent in Navigating the Big Changes:

Sometimes, unfortunately, it is the parents who are responsible for their child leaving the sport. For example:

- ◆ Parents who are former athletes, especially former swimmers, may have unreasonably high expectations.
- ◆ Parents believe that they are in charge of the athlete's happiness and that only "winning" can bring happiness.
- ◆ Parents believe that early success equates with long term success. The 8/under star will, of course, become an Olympian.
- ◆ Parents may not understand the need for technical and skill development before "swimming fast."

Parents must examine their own motives. Form a philosophy that emphasizes the process, not the outcome. Be the guides on the "fun path" not the "victory path." When parents use these words, their emphasis is misplaced:

We - Beat - Win - Fast - Lost - Try - Only - My (continued on next page)

Parent's Page (cont)

What Can Parents Do to Reverse the Trend?

Parents must develop, progress and grow the same as athletes do. Experience is the key and communication is the mode. Swimmers already have coaches, friends and teammates. They need a parent to fill the parental role. "Coaches coach children, parents raise children."

Here are some of the benefits your child will garner if he or she sticks with swimming:

Life Lessons: Only one swimmer can win the race. Does this mean everyone else is a loser? Of course not! Swimmers need to constantly be reminded that a top-notch effort on their part will result in personal satisfaction and a contribution to their team. Most USA Swimming clubs design a program of competitive training and competition for our younger swimmers based on long term development. Therefore, we may not stress early competitive success with a great deal of fanfare. Remember that swimmers under the age of 12 are very inconsistent which can be frustrating to a parent or to the swimmers themselves. Fun and patience are the keys here.

Leadership: In many cases, our team leaders and successful Senior swimmers were not outstanding age group swimmers. Those who "stick with it" often develop into outstanding leaders, having learned patience, dedication and commitment. Steady progress and understanding the meaning of various accomplishments will make a motivated, well adjusted Senior swimmer.

USA Swimming clubs go to great lengths to provide opportunities for all swimmers equally, although sometimes it may seem that more emphasis and time is spent on Senior swimming. An 8/under will swim no more than 45 minutes two or three times a week, while a Senior swimmer may be in the water 18 hours per week! Both swimmers are having their needs met as part of a long term progression. Understanding the long term benefits and the long term progression will help parents navigate the waters of a swimmer's career. If you associate "time" with "attention", the longer a swimmer stays with swimming the more attention he or she will receive.

Nov 2008

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
3	4	5	6	7	8 Redding AGO and Jr+ Sat wu @ 9:00 Sun wu @ 8:00	9
10	11	12	13	14	15	16
17	18	19	20	21 SMST GOBBLER CLASSIC Fri wu @ 4:30 13 & up: Sat & Sun wu @ 8:00am 12 & un: Sat wu @ 1:00, Sun wu @ 12:00	22	23
24 BLUE, BRONZE, SILVER: NORMAL PRACTICE GOLD: 4:00-5:45 @ Arroyo PRE-SENIOR & SENIOR: 8:00-10:00am @ Arroyo	25	26	27 HAPPY THANKSGIVING NO PRACTICES	28	29	30
1	2	3	4	5 ARCTIC CHALLENGE Fri wu @ 4:30 Sat & Sun wu @ 8:00am	6	7

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