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Brad Winsor

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Davis Aquadarts

December, 2008

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
Dec 4	Registration Night 7:00-8:00pm (Families need to register for 2009.)	Brady Building
Dec 5-7	Woodland Age Group Open (Full team meet open to all ages and abilities.)	Woodland
Dec 8-Jan 2	Blue and Bronze Winter Break (No Practices)	
Dec 22-27	Winter Training For Gold and Senior	
Dec 29-Jan 3	Winter Challenge Training Week (Details Page 2)	
January 5	Winter Quarter Regular Practices Resume—All Groups	
Jan 17-19	Cal Invite Senior Meet (Trials and Finals, 1 Q Time needed to enter)	Berkeley
Jan 17	Bear River IMX Meet (14 & Under Meet, Compete in all strokes)	Grass Valley

DECEMBER BIRTHDAYS

HAPPY BIRTHDAY to the following Aquadart swimmers:

Cameron Swanson, 7, 12/12	Theo Cariou Gomez, 7, 12/1	Garrett Spann, 9, 12/24
Zack Byrne, 9, 12/11	Grace Mariano, 9, 12/5	Luke Maffly, 9, 12/2
Emily Meyer, 10, 12/28	Matthew May, 10, 12/22	Julianna Qvistgaard, 11, 12/22
Dante Rivard, 11, 12/14	Maya Gilardi, 11, 12/10	Elise Chu, 11, 12/2
Gabraelle Hanus, 12, 12/8	Daniel Dyer-Diaz, 12, 12/4	Emma Peterson, 13, 12/18
Jessica Heller, 14, 12/10	Beverly Nguyen, 15, 12/17	Forrest Bockrath, 15, 12/12
Nathan Milgram, 16, 12/22	Kevin Zhu, 17, 12/30	

AQUADART PRACTICE SCHEDULES

Dec 1-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
Senior	4:00-6:00pm	Arroyo

Dec 8-Dec 20

Silver	4:00-5:30pm	Community
Gold	4:30-6:15pm	Civic
	8:00-10:00am (Sat)	Arroyo
Varsity	4:45-6:15pm	Civic
Senior	4:00-6:00pm	Arroyo
	8:00-10:30am (Sat)	Arroyo

Dec 22-24, 26-27

Silver & Varsity	No Practices	
Gold	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
Varsity	8:30-10:00am	Civic
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
Varsity	9:30-11:00am	Community
Senior	8:30-11:00am	Arroyo

Jan 3

Gold	8:00-10:00am	Arroyo
Senior	8:00-10:30am	Arroyo

Jan 5-Feb 6

Blue	3:00-3:45pm	Civic
Bronze	3:45-4:45pm	Civic
Silver	4:00-5:30pm	Community
Gold	4:30-6:15pm	Civic
	8:00-10:00am (Sat TBA)	Arroyo
Varsity	4:45-6:15pm	Civic
Senior	4:00-6:00pm	Arroyo
	5:45-6:50am (T & Th)	Arroyo
	8:00-10:30am (Sat TBA)	Arroyo

Upcoming Events

REGISTRATION NIGHT—

Thursday Dec 4. All families are required to re-register for the 2009 year. Check November newsletter online www.aquadarts.org for details.

ARCTIC CHALLENGE—

Warmups begin at 8:00 for 9 and older swimmers. 8 and unders will begin warmup at 8:30. Coach Mary and Coach Brad will be at the meet Friday and Coach Carolee and Coach Jacqueline will join Brad and Mary on Saturday and Sunday. Please remember to wear Aquadart clothing. All swimmers will wear DAVIS caps and the rest of the uniform is a navy blue suit.

WINTER BREAK SWIMMING—

This year, Coach Brad will be running practices for the Gold 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, Varsity, and Senior groups are encouraged to attend.

BEAR RIVER IMX CHALLENGE—

Bear River in Grass Val-

ley will hosting an IMX Challenge meet on Jan 17. This will be a one day meet in which swimmers will compete in the IMX events for their age. IMX Points are awarded based on swim time and the points are totaled for all 5 or 6 events in the age group. 9 & 10 year olds will swim 200 IM, 200 Free, 100 Fly, 100 Back, and 100 Breast. 11 & 12 year olds will swim 200 IM, 500 Free, 100 Fly, 100 Back, 100 Breast. 13 and up will swim 200 IM, 400 IM, 500 Free, 200 Fly, 200 Back, and 200 Breast.

SIERRA NEVADA ALL-STAR TEAM—

Swimmers with a minimum of one A time in 10 & unders, 11-12, and 13-14 age groups are encouraged to submit a letter of intent for the annual All-Star meet against San Diego and Central California. The meet is to be held at Folsom this year. Letters of intent are available from Coach Brad. Please email him at davisaquadarts@gmail.com to get the forms.

“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.

Announcements

COMPETITION SWIM SUITS—

Starting on May 15, 2009, all swimmers 12 and under will not be allowed to compete in swim suits that

Redding AGO MEET RESULTS

BRONZE DARTS 5-6 BEST TIMES	Lindsay Brandt	Scout Brown	Griffin Molotky	Jonathon Pun
Daniella Qvistgaard	Adam Raabe	Cameron Wright		
NEW B TIMES	Carl Csaposs	Samantha Sheridan	Justin Qvistgaard	Steven Csaposs
Cameron Wright	Emily Barksdale	Henry Csaposs	Jonathon Pun	
NEW BB TIMES	Cameron Wright	Griffin Molotky		
NEW A TIMES	Torin Halsted	Adam Raabe	NEW AA TIMES	Adam Raabe

Redding JR+ MEET RESULTS

BRONZE DARTS 5-6 BEST TIMES	Ella Eser	Natalie Green	Anji Shakya	
SILVER DARTS 7-9 BEST TIMES	Tyler Raabe	GOLD DARTS 10+ BEST TIMES	Kyle Nadler	
NEW AA TIMES	Kevin Zhu	Kyle Nadler	Ella Eser	
NEW AAA TIMES	Kyle Nadler	Alex Rieger	Ella Eser	Jillian Daleiden
NEW AAAA TIMES	Tara Halsted			

GOBBLER CLASSIC MEET RESULTS

BRONZE DARTS	Jaida Aikins	Ryan Benjamin	Ben Culberson	Jonathan Desideri
Jillian Foster	Julia Morris	Emma Peterson		
SILVER DARTS	Julia Fisk	Tucker Fisk		
NEW B TIMES	Jillian Foster	Kendall Warnock	Harry Benet	Ryan Benjamin
Quinn Brown	Zach Byrne	Phoebe Benet	Ben Culberson	Nick Simons
Jonathan Desideri	NEW BB TIMES	Jaida Aikins	NEW A TIMES	Tyler Babcock
Tucker Fisk	Owen Yancher	Julia Fisk	Talia Lucila-Poydras	Kyle Nadler
NEW AA TIMES	Tucker Fisk	Talia Lucila-Poydras		
NEW AAA TIMES	Scout Brown	Tucker Fisk		

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 17-19	Cal Invitational Senior Meet	SCY	Berkeley	1 Qualifying Time Needed
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 13-16	San Diego Senior Classic	SCY	San Diego	3 Qualifying Standards
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

"Parenting My Champion: Developing Talent"

Recommended Guidelines for Successful Sport Parenting

(US Tennis Association, used with permission)

INTRODUCTION/FOUNDATION

Phase One Age of Athlete: 4.5-9.6 Years in Phase: 5.1

- Allow your child to dream big
- Ensure lessons focus on fun and fundamentals
- Recognize child's interest and provide the opportunities and support to help him/her be successful
- Help make the youth sport experience fun
- Focus little attention on winning/rankings
- Expose and encourage participation in multiple sports and activities
- Focus on the positive (cheer for your child)
- Focus on ways to develop a good person (emphasize positive attitude and life skills)
- Stay calm during competitions—try not to show nervousness or negative emotions (remember this is just a sport)
- Let the coach do his or her job
- Emphasize good behavior and sportsmanship
- Don't constantly talk about the sport at home
- Emphasize activities outside of the sport
- Put limits on amounts of practice and play (avoid burning out child)
- Stand by your child, provide unconditional love and support
- Believe in your child
- Provide transportation
- Provide the opportunity to play participate
- Avoid pressuring your child
- Provide basic instruction (if you have the ability to do so)

REFINEMENT/TRANSITIONAL

Phase Two Age of Athlete: 10.6-14.6 Years in Phase: 4.0

- Provide transportation, logistical & financial support
- Do things to ensure the sport remains fun as pressure to perform increases
- Focus on ways to develop a good person (emphasize positive attitude and life skills)
- Stay calm during competitions: try not to show nervousness or negative emotions (develop your coping skills – as a parent take a "cleansing" deep breath when emotions are high)
- Identify a knowledgeable coach who understands what it takes to develop an elite player while working with a teen
- Let the coach do his or her job
- Emphasize good behavior and sportsmanship
- Encourage your child to win, but more importantly encourage him or her to give it his/her best effort
- Infrequently talk about the sport at home
- Do not try to coach—simply provide general encouragement
- Ensure the coach is doing a good job of coaching your child & assist in his/her development
- As your child experiences more success keep success in perspective by emphasizing normal childhood chores and responsibilities
- Do non-sport family activities (especially at travel competitions)
- Involve child in decision making
- Believe in your child while having appropriate sport expectations
- Stress basic values: work hard, if do it, do it well, take responsibility for self and actions, need to make sacrifices if want to be good
- Give your child time to recover after a competition before talking to him/her about it
- Avoid extensive post competition critiques
- Try to have non-emotional reactions to mistakes/losses
- As your child becomes more successful and gains notoriety be careful not to begin to judge your ability as a parent by your child's success
- Discipline child for poor sportsmanship or disrespectful actions

Parent's Page (cont)

- Discuss serious issues with coach in private—not in front of child
- Admit mistakes if you are wrong
- Never interrupt lessons or practice
- If you are a parent-coach, be careful not to confuse the dual roles (when you're away from practice or competition you are no longer providing instruction or critiquing your child)
- Provide optimal push: make sure your child really wants to play the sport and, if so then hold him or her accountable to living up to practice and training commitments
- Focus on long-term development not winning
- Don't pressure your child to win
- Don't tie your approval as a parent to your child's play
- Make your child more responsible for his/her sport preparation (i.e., equipment, completion of other obligations such as homework)

ELITE PERFORMANCE

Phase Three Age of Athlete: 15.4+ Years in Phase: NA

- Be careful to care about your child as a person and not just as an athlete
- Lessen optimal parent push as the athlete learns to push self
- Be ready to lessen your involvement as your child becomes more independent (travel without you more often, defer to the coach for sport decisions)
- Provide emotional support and encouragement
- Facilitate independence in your child by making him or her more responsible for equipment, commitments and scheduling.
- Believe in child and his or her ability
- Stay out of coaching/technical analysis
- Stay calm during competition—try not to show nervousness or negative emotions (continue to develop coping skills)
- Let the coach do his or her job
- Emphasize good behavior and sportsmanship
- Encourage your child to win, but don't push him/her to win
- Help athlete recognize sport as a game of highs and lows—work to stay emotionally even
- Reassure/relax your child
- Provide honest feedback to your child
- Don't pressure athlete to win/be careful not to become too outcome focused
- Help child do some other non-sport activities to maintain normalcy
- Provide unconditional love and support
- Do non-sport family activities
- Serve as resource in decision process/voice opinions but let your child make the final decision (i.e., college, goals)
- Do not constantly talk about the sport at home
- Stress basic values: work hard, if do it do it well, take responsibility for self and actions, need to make sacrifices if want to be good
- Don't provide extensive post competition critiques
- Try to have non-emotional reactions to mistakes/losses
- Remind athlete that while stakes are high, it is still important to have fun
- Identify a knowledgeable coach who understands what it takes to develop an elite athlete
- Do not change when the stakes become higher
- Provide support such as dealing with finances

Dec 2008

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
1	2	3	4	Arctic Challenge in Woodland Fri wu @ 4:30 Sat & Sun wu @ 8:00		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
SENIOR and Gold: 8:00-10:00am @ Arroyo		No Practice Happy Holidays		Senior & Gold 8:00-10:00am @ Arroyo		
29	30	31	1	2	3	4
WINTER CHALLENGE WEEK			Pancake Breakfast			

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