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Davis Aquadarts

January, 2007

UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
<u>Jan 6</u>	<u>Sierra Nevada Officials Workshop, 8am</u> (Required training for renewing and new Stroke & Turn Judges)	<u>Comm Pool Bldg</u>
<u>Jan 6-7</u>	<u>Nor-Cal Coaches Clinic</u> (Annual Staff Retreat and Education Seminar)	<u>Napa</u>
<u>Jan 12-14</u>	<u>SNS Senior Championship</u> (Qualifying times are SNS Junior T&F.)	<u>Turlock</u>
<u>Jan 20-21</u>	<u>SNS v CCS v SDI Tri Meet</u> (Top 8 SNS B & G per age group.)	<u>San Diego</u>
<u>Jan 27</u>	<u>Dual Meet vs Redding Aquaducks</u> (Top 8 B & G Aquadarts per age group.)	<u>Arroyo</u>
<u>Feb 3</u>	<u>SNS Annual Awards Dinner</u> (Recognition for SNS swimmers. Purchase tickets in advance)	<u>Arden Hills CC</u>
<u>Feb 23-25</u>	<u>Vacaville BB+/-</u> (Full team meet; all ages and abilities)	<u>Vacaville</u>
<u>Mar 1-4</u>	<u>California/Nevada Sectional Meet</u> (Senior trials & Finals. 1 Q-time needed.)	<u>Long Beach</u>

2006 WINTER QUARTER FEES (Dec—Feb)

Winter quarter fees for returning & ongoing swimmers are due at the team P.O. Box or in the white box at Civic Pool. Families needing to pay outstanding 2006 fees, such as Swim-A-Thon or Parent Participation in addition to their winter dues, should contact Nancy Wright, Team Registrar, before submitting their dues.

The winter registration process includes renewing membership in USAS for 2007. Aquadart membership forms, fee coupons and directions for renewing USAS cards are all available on the Aquadarts website under *Documents for Download*.

Please be sure to fill in all areas of the 2006 Fee Coupon, including updated email addresses if necessary, and attach it to your fees.

Blue	\$135	Bronze	\$140
Silver	\$225	Gold	\$245
Sen Dev	\$190 or \$225	Pre-Sen	\$260
Senior	\$265		

AQUADART PRACTICE SCHEDULES

GROUP	TIME	POOL
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JAN 2—JUNE 15

Blue	3:00-3:45pm (MWF or TTHF)	Civic
Bronze	3:45-4:45pm (MWF or TTHF)	Civic
Gold	4:30-6:15pm (3-5 days per week)	Civic
Sen Dev	4:45-5:45pm or 6:15pm (3-5 days per week)	Civic

JAN 2—FEB 9

Silver	4:00-5:30pm (3-4 practices per week)	Community
Pre-Senior	4:00-6:00pm (5-6 practices per week)	Arroyo
Senior	4:00-6:00pm (7-11 practices per week)	Arroyo
	5:45-7:15am (Swim M)	Community
	6:30-8:00am (Swim W)	Community
	6:00-7:00 am (Dryland T-Th-F)	Brady Building
Pre-Sen/Sen	8:30-11:00am Sat (Jan 20, Feb 4)	Arroyo
Gold	9:00-11:00am Sat (Jan 20, Feb 4)	Arroyo

FEB 10—MAR 2

Silver	3:45-5:15pm (3-4 practices per week)	Community
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FEB 10—FEB 28

Pre-Senior	5:00-7:15pm (5-6 practices per week)	Community
Senior	5:00-7:15pm (7-11 practices per week)	Community
	5:45-7:15am (Swim M)	Community
	6:30-8:00am (Swim W)	Community
	6:00-7:00 am (Dryland T-Th-F)	Brady Building

Mar 5—May 12

Silver	4:00-5:30pm (3-4 practices per week)	Community
Pre-Senior	4:30-6:15pm (5-6 practices per week)	Civic
Senior	4:30-6:15pm (5-6 practices per week)	Civic

May 15—June 15

Silver	3:45-5:15pm (3-4 practices per week)	Community
Pre-Senior	5:00-7:15pm (5-6 practices per week)	Community
Senior	5:00-7:15pm (7-11 practices per week)	Community
	5:45-7:15am (Swim M)	Community
	6:30-8:00am (Swim W)	Community
	6:00-7:00 am (Dryland T-Th-F)	Brady Building

PLEASE NOTE THE SPRING PRACTICE CHANGES FOR SILVER/PRE-SENIOR/SENIOR.
THEY WILL BE ROTATING PRACTICE TIMES AND/OR POOLS THROUGH MID-JUNE

Aquadart swimmers listed below have completed their 2007 USAS registration, as of January 4 .

If you're not listed and swimming now OR planning to start back again before March, please register at www.swimconnection.com immediately. This is NOT the list of swimmers who have completed their Aquadart registration. That's separate. And those swimmers who haven't done their team paperwork will be emailed next week.

AHN, THERESA	ESER, YELDA H	LEVIEN, HANNAH S	SALTVEIT, KYLE J
ALLEN, JAKOB R	FALAKFARSA, GALAN	LEWIS, DANIEL D	SCHELEGLE, SIERRA R
ALVAREZ, ALYSSA D	FALAKFARSA, SARRA	LONG, GRIFFIN B	SEBAN, ANNA J
ALVAREZ, DANIEL J	FEENEY, ARIEL J	LONG, PATRICK C	SEO, DONGEUN
ANDERSEN, JAMIE D	FIELD, ANTHONY E	LUCAS-WADDELL, N	SHAFFER, ROBYN J
APTEKAR-CASSELS, L	FISK, ABIGAIL L	MAGAGNINI, MARCO A	SHAKYA, ANJALI W
AXELRAD-HAUSMAN, A	FISK, JULIA L	MARKOUS, MARINA	SIZEMORE, BRITTANY M
BABCOCK, LAUREN M	FISK, TUCKER D	MARR, CHLOE Y	SMITH, OSCAR E
BABCOCK, TYLER S	FLIN, BENJAMIN R	MAY, EMILY C	SOMMER, DOMINIQUE M
BAKER, ERIN R	FRASER, SEAN T	MCMANIS, MAGGIE	SOMMER, MADISON M
BARKSDALE, EMILY A	FUNG, CONNOR M	MCNEIL, REBECCA R	STANLEY, AMELIA A
BARR, MARK D	GABRIEL, DAVIENNE S	MENDEZ-NUNEZ, SOFIA	STAPLETON, COLBY F
BARTOLIC, NOAH H	GAO, EMILY	MICKE, JORDYN A	STAPLETON, CONNOR W
BECK, MALERIE P	GARRIDO, ALINA E	MOLOTKY, GRIFFIN T	STEPHENSEN, KATE A
BELLAMY, JANE M	GARRISON, CHRIS	MORAN-ALONSO, NURIA	STONER, CHRISTOPHER T
BENET, PHOEBE B	GOGGIN, KENDRA N	MOTEKAITIS, SAM	STONER, MICHAEL R
BENJAMIN, KATHLEEN M	GOLD, JENNIFER A	MULLEN, TARA C	SWAMINATHAN, NICK
BLOCK, ANDREW L	GOLD, KYLE J	MULLIN, CLARE E	TAI, YU-YANG
BOSCHKEN, CHRIS	GREEN, NATALIE A	NADLER, BRIAN C	THORNTON, CAITLIN M
BRANDT, LINDSAY N	GREENOUGH, MICHELLE	NADLER, KYLE B	TUPIN, FAITH L
BROWN, SCOUT A	GREENOUGH, RYAN D	NELSON, RACHEL E	UJIFUSA, TYLER R
BUCK, FIONA K	HALSTED, TARA K	NGUYEN, BEVERLY L	VAN COURT, VICTORIA S
CARPENTER, BRADLEY S	HALSTED, TORIN N	NGUYEN, VINNCENT C	VAN DEYNZE, BRAEDEN
CARPENTER, LYNDASAY	HALSTED, TREVOR N	O'BRIEN, KATHARINA N	VAN DEYNZE, KATELIN S
CHEN, JENNIFER	HARADA, JAYE K	OHAMA, MARGARET K	VARLEY, BRIAN S
CHEN, JIE J	HARGADON, ALEXIS C	PASKOWITZ, REBECCA L	VARLEY, JOHN W
CHOI, VICTOR	HAYAKAWA, DEVON E	PENG, NICHOLAS S	VERMETTE, JORDAN A
CHOI, YEUNJAE	HELLER, JESSICA A	PENG, VICTORIA S	WAGNER, ALLISON R
CHU, CHRISTINE M	HENSLEY, BREVIN A	PERI, JULIE L	WALTERS, LISA M
CHU, ELISE K	HENSLEY, ISAIAH A	PERRY, BRENNA	WARNER, KENNEDY E
CLARK, SABRINA K	HENSLEY, KADEN A	PESIS, EMMA L	WARNOCK, ERIN E
CLARK, SIERRA E	HICKMAN, RILEY P	PESIS, SHANE P	WEHRHAN, COLIN T
COLLIER, HAILEY C	HICKMAN, TESSA M	PETERSON, EMMA S	WEHRHAN, NICHOLAS G
COLLIER, HANNAH M	HILL, SASHA S	PETERSON, REESE R	WEINMAN, AVERY J
CRAWFORD, BRYCE A	HOLDER, ALESSANDRA I	PILON, ANNA MARIE E	WESNOUSKY, CARRIE
CRAWFORD, MEGAN K	HOUSTON, KEELIA K	PILON, TERESA A	WIENKER, LAUREN A
CROSS, AMY L	HUANG, DAVID W	PINOS, MARIANA	WINSOR, BRADFORD L
CRUZ, DENISE M	JIN, BENJAMIN E	PINOS, VALERIA	WINSOR, JOSHUA P
CSAPOSS, HENRY E	JOHNSON, HEATHER J	PRIESTLEY, MORGAN J	WOODRUFF, REBECCA F
DALEIDEN, JILLIAN C	JOHNSON, RACHEL C	PRUSSEL, BENJAMIN E	WRIGHT, CAMERON B
DENISE, CAITLIN K	KAMISKY, CODIE N	PUCKETT, HANNAH A	WRIGHT, HAILEY J
DEVERA, LAUREN E	KING, PETER T	PUN, JONATHON	WRIGHT, JAMES M
DICKER, CLAIRE S	KINKLE, MATTHEW D	RAABE, ADAM J	WU, EMMA Y
DOMINGUEZ, MARA T	KOEHL, ARTHUR V	RAABE, MATTHEW A	YANCHER, OWEN G
DROWN, ADAM F	KOS, SEAN N	RAABE, TYLER S	YEO, JESSICA E
DROWN, MARTA M	KOZLOWSKI, LANNA G	REINHART, ELLIOT A	YOUNG, HOLLY A
ECHIBURU, FRANCISCA L	KROVETZ, AVERY B	RIEGER, ALEXANDRA B	ZHANG, PATRICK H
ECHIBURU, TOMAS N	KROVETZ, HANNAH M	RIZZO, CECILIA A	ZHU, PATRICK J
EILERT, ALBERT F	LARSON, JULIA C	ROBERTSON, KIMBERLY	ZICCARDI, SHELBY N
EMMONS, ADAM R	LAU, CHERYL D	ROCK, CHARLOTTE L	
ESER, ELLA E	LESHUK, CAROLINA A	ROCK, NEAL E	
ESER, RANA A	LESHUK, ELIZABETH D	RODRIGUEZ, MARIEL A	

Aquadart of the Month

Kate Stephensen—Senior Group

Kate, a senior at Davis HS, joined the Aquadarts in the fall of 2004 and has been a top freestyler for the team these past two years. She's qualified for the CAL/NV State Champs in Long Beach this March and is looking for more great swims there. But it's not her gifts in the water that make her our Aquadart of the Month, it was her gifts to others during Christmas that made her our selection.

This holiday season, and with short notice, Kate organized the Pre-Seniors and Seniors into creating and distributing Christmas gift baskets to 40 needy members of the Yolo County Elderly Nutrition program. The baskets included coffee mugs, snack items, canned fruit. For the many of the recipients it was the only gift they received this year. Kate exemplifies the Aquadart service value very highly. We're very fortunate to have someone like her on our team.

But Kate hasn't always been an Aquadart. She started swimming for the DAC Dolphins at age 9 and still remembers what she considers the best race of her career. It was at the 25 fly where she beat her most recent record. Kate says her favorite stroke is still butterfly, particularly the 200 and 400/500.



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Kate's swimming hero is 4-time Olympian Jenny Thompson, who shares Kate's skills in both fly and free. After reaching her goal of qualifying for the State meet, Kate has now set her sights on the USA-S Junior National Championships.

Kate's parents are Kim and Charles and she has an older brother Robbie, age 21. When she's not swimming or studying and has some free time she enjoys reading and county music. She played the viola when younger and now is Co-President of the DHS National Honor Society.

Next year she hopes to attend the University of Virginia where she can study Archeology. She'd like to visit Athens Greece someday but will settle for a few days of cross-country skiing in the meantime.

Congratulations Kate for being our January Aquadart of the Month.

Thank You and your teammates for demonstrating such great Team Spirit both in and out of the pool.

Final 2007 SNS Swim Meet & Events Calendar

MEET DATE	MEET TYPE	COURSE	LOCATION	QUALIFICATIONS
Jan 12-14	SNS – Senior Championships	SCY	Turlock	Junior T&F Times— Team Scored
Jan 20-21	All-Star Tri-Meet vs CCS and SDI	SCY	San Diego	AAA times to apply
Jan 27	Team Dual Meet vs Redding	SCY	Arroyo Pool	Top 3 swimmers per event
Feb 3	Sierra Nevada Awards Banquet		Arden Hills CC	
Feb 23-25	Vacaville BB+/-	SCY	Vacaville	Full Team Meet
March 1-4	CA/NEV Sectional Championships	SCY	Long Beach	1 Section Time Needed—Scored
March 4	Woodland Distance Meet	SCY	Woodland	1000 and 1650 Free
March 9-11	Woodland BB+/-	SCY	Woodland	Full Team Meet
March 23-25	SNS – Junior Olympics (14 & Un) T/F	SCY	Solano	1 BB Time Needed—Team Scored
Mar 27-31	USAS National Championships	LCM	East Meadow, NY	National Q Time needed
Mar 31-Apr 1	Western Spring League	SCY	Woodland	8th Grade & Under – Team Scored
April 4-7	SNS Olympic Training Center Camp	LC	Colorado Springs	AAA Time Needed to apply
April 20-22	SMST BB+/-	LC	Folsom	Full Team Meet
May 5-6	Davis B Meet	SCY	Community Pool	<A Times Needed
May 11-13	SJS High School Champs	SCY	Tokay HS	
May 18-20	Woodland BB+/-	LC	Woodland	Full Team Meet
June 2	Davis Aquatic Masters Open Water	Lake	Lake Berryessa	Full Team Meet
June 8-10	Summer Sanders Senior Meet T/F	LC	Roseville	JR+ Time Needed—Team Scored
June 23-24	Redding BB+/-	LC	Redding	Full Team Meet
July 13-15	Woodland BB+/-	LC	Woodland	Full Team Meet
July 26-29	SNS—Junior Olympics	LC	Roseville	1 BB Time Needed—Team Scored
July 29-Aug 4	USAS National Championship	LC	Indianapolis, IN	1 National Time Needed—Scored
Aug 3-5	Tuolumne County Aquatics AGO	SCY	Sonora	Full Team Meet—Team Scored
Aug 7-12	USAS Western Zones	LC	Farmington, NM	3 AAA Times Needed
Aug 6-11	USAS Junior Nationals	LC	Indianapolis, IN	1 JR Nat Time Needed—Scored
Aug 10-12	Davis City Swim Championships	SCY	Community Pool	<AA Time Needed
Aug 13-26	Aquadart Summer Training Break			
Sept 28-30	Davis BB+/-	SCY	Arroyo Pool	Full Team Meet
Oct 12-14	Vacaville Swim Club BB+/-	SCY	Vacaville	Full Team Meet
Oct 26-28	Lodi City Swim Club BB+/-	SCY	Lodi	Full Team Meet
Nov 9-11	Redding Junior+ T/F	SCY	Redding	Jun+ Time Needed—Team Scored
Nov 16-18	Sierra Marlins BB+/-	SCY	Folsom	Full Team Meet

**** BOLD LETTERING INDICATES MEETS FULFILLING PARTICIPATION REQUIREMENT FOR TROPHIES AT THE END-OF-YEAR AWARDS DINNER**

NEW TEAM RECORDS

11-12 GIRLS 200 FLY	BEVERLY NGUYEN	2:16.02
11-12 GIRLS 400 IM	BEVERLY NGUYEN	4:41.02

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



JANUARY BIRTHDAYS

HAPPY BIRTHDAY to the following Aquadart swimmers:

Tucker Fisk, 8, 1/19	Davi Gabriel, 10, 1/6	Riley Hickman, 10, 1/11	Torin Halsted, 10, 1/25
Sarra Falakfarsa, 11, 1/10	Fiona Buck, 11, 1/19	Adam Raabe, 12, 1/1	Erin Warnock, 12, 1/25
Jeal Rock, 13, 1/7	Zoe Malot, 13, 1/20	Holly Riggle, 15, 1/11	Caitlin DeNise, 1/12
Becca Woodruff, 16, 1/22			

HAPPY ANNIVERSARY to the following swimmers for their number of years with the team.

Lara Riggle—1 year	Aimee Davis—2 years	Ali Holder—2 years	Peter King—2 years
Arthur Koehl—2 years	Kennedy Warner—2 years	Sarra Falakfarsa—3 years	Greg Jorgensen—4 years
Torin Halsted—5 years			

December Meet Results
Woodland Arctic Challenge, Dec 1-3,

NEW B TIME	Lauren Babcock (2)	Abby Fisk (4)	Sarra Falakfarsa	Clarissa Franke	Rachel Johnson
Dominique Sommer (3)	Tessa Hickman	Jordyn Micke (2)	Victoria Peng	Tory Van Court (3)	Tyler Babcock
Mariana Pinos	Valeria Pinos (4)	Anthony Field	Tucker Fisk	Sean Kos	Griffin Molotky
Bryce Crawford (2)	Ben Prussel	Jonathon Pun	Matthew Raabe	Lisa Walters	Kate O'Brien
Cameron Wright	Owen Yancher (3)	Cheryl Lau	Brandon Rueda	Hailey Wright (2)	Katie Van D
Brian Varley (5)	Christine Chu (2)	Yelda Eser	Elsie Fullerton (3)	Emily May	Cameron Franke
Braeden Van D	Chris Boschken (3)	AJ Snovel			
NEW BB TIME	Sarra Falakfarsa	Julia Fisk (4)	Heather Johnson (2)	Alex LaFreniere (2)	Charlotte Rock (4)
Elizabeth Rueda (2)	Robert May	Tyler Ujifusa (2)	Emily May	Kim Robertson	Brian Varley
Rachel Johnson (2)	Keelia Houston (2)	Christine Chu (3)	Morgan Priestley	Michael Wright (5)	Julie Peri
Chris Boschken	Connor Fung				
NEW A TIME	Marian Pinos (4)	Elise Chu (2)	Tucker Fisk	Tara Halsted (4)	Rachel Johnson
Hannah Krovetz (2)	Marrisa LaFreniere	Trevor Halsted	Michelle Greenough	Vinncent Nguyen	John Varley
NEW AA TIME	Tara Halsted (2)	Tyler Raabe	Morgan Priestley	Vinncent Nguyen	
NEW AAA TIME	Marrisa LaFreniere	Kyle Nadler	Trevor Allen (3)		
NEW AAAA TIME	Beverly Nguyen				
BRONZE DART	Elise Chu	Chenoa Devine	Alex LaFreniere	Sarra Falakfarsa	Rana Eser
Mariana Pinos	Dominique Sommer	Henry Csaposs	Avery Krovetz	Owen Yancher	Aimee Davis
Kallie Gregg	Hannah Krovetz	Rachel Johnson	Anna Marie Pilon	Kaite VanDeynze	Andrew Block
Kyle Nadler	Neal Rock	Brian Varley	Keelia Houston	Lisa Walters	Trevor Allen
Cameron Franke	Tyler Raabe	Michael Wright			
SILVER DART	Julia Fisk	Torin Halsted	Riley Hickman	Kallie Gregg	Chris Garrison
Christine Chu	Vinncent Nguyen	John Varley			
GOLD DART	Tara Halsted				

MORE AQUADART INFO

◆ 2007 USA-S MEMBERSHIP CARDS

Thank you to everyone for who's registered for the 2007 swim year on Swim Connection. It's been a time-saver for our Team Registrar and a very accurate way to track current membership.

If you registered prior to Dec. 20, then your cards have arrived and are ready for pick-up in the office at Civic. Starting this year, the cards do not have swimmers addresses on them so we won't be mailing them.

◆ AQUADARTS ON ALL-STAR TEAM

Congratulations to seven Aquadarts for being selected to represent Sierra Nevada in the Tri-Meet vs Central Calif and San Diego on January 20 and 21 in Rancho Bernardo.

Alex Rieger and Riley Hickman from the Silver group, Kyle Nadler and Beverly Nguyen from Gold and Tyler Raabe, Anji Shakya and Morgan Priestley from the Pre-Seniors are all part of the 48 member team.

Coach Brad will also be making the trip as an asst. Coach in charge of the 11-12 girls age group.

◆ 2006 WINTER CHALLENGE

Congratulations to all our Aquadarts who participated in this year's Winter Challenge. Special T-shirts have been ordered and will arrive on January 18.

CAN'T - Edgar A. Guest

Can't is the worst word that's written or spoken;
Doing more harm here than slander and lies;
On it is many a strong spirit broken,
And with it many a good purpose dies.
It springs from the lips of the thoughtless each morn-
ing
And robs us of courage we need through the day:
It rings in our ears like a timely-sent warning
And laughs when we falter and fall by the way.

Can't is the father of feeble endeavor,
The parent of terror and half-hearted work;
It weakens the efforts of artisans clever,
And makes of the toiler an indolent shirk.
It poisons the soul of the man with a vision,
It stifles in infancy many a plan;
It greets honest toiling with open derision
And mocks at the hopes and the dreams of a man.

Can't is a word none should speak without blushing;
To utter it should be a symbol of shame;
Ambition and courage it daily is crushing;
It blights a man's purpose and shortens his aim.
Despise it with all of your hatred of error;
Refuse it the lodgment it seeks in your brain;
Arm against it as a creature of terror,
And all that you dream of you some day shall gain.

Can't is the word that is foe to ambition,
An enemy ambushed to shatter your will;
Its prey is forever the man with a mission
And bows but to courage and patience and skill.
Hate it, with hatred that's deep and undying,
For once it is welcomed 'twill break any man;
Whatever the goal you are seeking, keep trying
And answer this demon by saying: "**I can.**"

*Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become your habits.
Watch your habits; they become your character.
Watch your character; it becomes your destiny.*

~ Frank Outlaw

January, 2007

Aquadart Calendar

Mon Tues Weds Thu Fri Sat Sun

January 1	2	3	4	5	6 NOR-CAL COACHES CLINIC—NAPA	7
8	9	10	11	12 SNS SENIOR CHAMPIONSHIPS PITTMAN HS, TURLOCK	13	14
15	16	17 AQUADART BOARD MTG 7:30PM BRADY	18	19	20 SNS v CCS v SDI TRI-MEET, RANCHO BERNARDO	21
22	23	24	25	26	27 DAVIS Vs REDDING DUAL MEET	28
29	30	31	February 1	2	3 SNS ANNUAL AWARDS DINNER, ARDEN HILLS CC	4