



DOLPHINS NEWSLETTER

Take Your Mark... Go!

It's time to register for summer swim team! The Del Norte Dolphins is a recreational team in the Northern California Swim League (NCSL). This year the Gold Rush conference of the NCSL includes five teams: Del Norte, Gold River Stingrays, West Sacramento Dolphins, Rollingwood Rockets, and Rocklin Wave. Dates and locations for our Saturday conference dual meets, plus a few non-conference fun meets, can be

found below and on our team website: www.delnortedolphins.com.

Gold Rush Championships is scheduled for July 27-28. For swimmers who qualify, there will also be a chance to test your skills against swimmers from all 25 teams in the NCSL at Meet of Champions on August 3-4.



But first — register online. Check your email for instructions, and see below for registration dates. Also, be sure to attend the Monday, Feb 25 “Take Your Mark!” meeting to kick off the season and sign up for March Clinics and volunteer jobs.

— Susan Herman

Important Dates

Feb 4 — Registration opens for returning swimmers with year-round Del Norte memberships

Feb 11 — Registration opens for returning swimmers with seasonal Del Norte memberships

Feb 18 — Registration opens for new swimmers

Feb 25, 5-8 pm — Take Your Mark! Mandatory meeting for all families and registration for March Clinics

March 22 — Last day to register

March 4-28 — March Clinics

April 1 — First day of practice

May 11 — Time Trials

May 18 — Swim Meet vs. Glen Oaks @ *Glen Oaks*

June 1 — Swim Meet vs. Rocklin @ *Del Norte*

June 8 — Swim Meet vs. Fulton-El Camino @ *Fulton-El Camino*

June 15 — Swim Meet vs. Rollingwood @ *Del Norte*

June 22 — Swim Meet vs. Gold River @ *Gold River*

June 29 — Swim Meet vs. West Sac @ *West Sac*

July 13 — Swim Meet vs. Rio Del Oro @ *Del Norte*

July 27-28 — Championships @ *Woodland*

August 3-4 — Meet of Champions @ *TBA*

TECH TIP

Love smoothies but don't want to haul out the blender? (Or, no one wants to share your weird concoction?) Try using a stick blender to make a smoothie for one. Put ingredients in a liquid measure or large plastic cup, immerse blender end, push button and whirl. Done.



Coach Greg's Welcome

Welcome to the 2019 Del Norte Dolphins Swim Season. Let that just sink in for a moment. I can't believe this is my ninth year coaching this team. It feels like yesterday that I started.

Before I go too far, I want to thank Coach Janine for all of her hard work these last few years. If not for her, I would not be here — she's inspired me to stick around when I could be comfortably retired (ha!). I am excited that she will still be playing a very big part with the coaching staff this season. Also I would like to thank our parent board for all of the hard work they have put in this off season. I know this is going to be a great year.

I am really excited about some of the things we have planned for the team this year, starting with the March clinic and ending with the Meet of Champs the first weekend in August. We listened to the feedback we received from our families after last

year and we are in the process of finalizing some really cool stuff. There will be some big changes and some little changes, but what will not change is the culture that we have been working so hard on for these last few years. Make sure you attend our kick off meeting, when we go over what we planned out for this year.

I am so proud of this team, our swimmers, coaches and parents and everyone who makes this team as special as it is. I can truly say, Nobody has it better than...US. I can't wait to get started.

#FlippersUp
— Coach Greg



**Del Norte Aquatics
Del Norte Dolphins**
3040 Becerra Way
Sacramento, CA 95821
www.delnortedolphins.com

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Note From Coach Emily

I want to shout out to the fall swimmers for their dedication to the program. We have so many kids who are just killing it out there with their dedication and hard work! It's been an amazing group of kids this season!

THANK YOU, FALL/WINTER 2018/2019 COACHES

HEAD COACH: Emily Loeffler

SENIOR COACH: Greg Varozza

SENIOR COACH: Janine Brown

AGE GROUP COACH: Amy Hanrahan

AGE GROUP COACH: Cassidy Barry

SWIMMER COACH: Melody Kohler



delnorte_dolphins



Private group: Del Norte
Dolphins Swimming

Public page: Del Norte
Dolphins Swim Team

Fall-Winter DNA Season: Swimmer Interview

I asked Blake Pentecost, age 10, about fall-winter swim. Here's what he shared with me. ~Susan

Why did you choose to do fall-winter swim?

BP: Fall season is more competitive. It's a harder challenge. I wanted to swim with other kids who are super fast.

Did you play any other sports this season?

BP: I also did soccer and volleyball, plus some tennis and pickleball just for fun.

How is fall-winter swim different from summer?

BP: The people who stick around from our team are mostly experienced, and we get to swim against year-round teams, swimmers that have super smooth turns and strokes. At the meets I did a 500 free, 200 IM, and 100 fly. We don't have those events in summer.

What did you learn or improve this season? Did anything really click for you that was hard before?

BP: I got much smoother on my freestyle. My arms were kind of high before and now I keep them lower so I go smoother. I was doing about 3 dolphin kicks.

Now I do about 5-6 dolphins and I can go farther. Also for breaststroke, my glide and pull down after turns is much longer. Before I used to struggle just to get to the flags; not anymore.

What's your favorite thing about the fall-winter season? How about least favorite?

BP: I always have fun hanging out



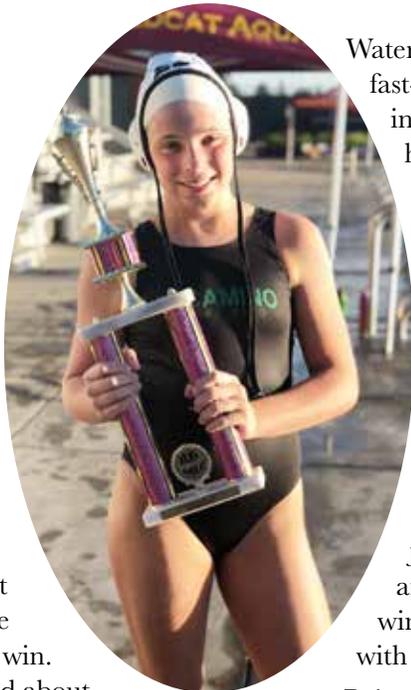
Blake won a gift certificate by getting first place in his heat at the Matt Casto meet in December

with friends at the meets. It was cool that some kids joined DNA from other teams, too — Hannah, Johh, Kaeli, and Jack. Least fave... well, the practices were sometimes too easy.

Water Polo

This year I am a freshman in high school at El Camino. High school is a lot of fun for many reasons but my favorite reason had to be playing on the high school water polo team. I was one of four 9th graders on the varsity team.

One of the things I enjoyed about water polo was the fact that it was a team sport where we worked together to win. Another thing I enjoyed about water polo was that coach Greg was one of our coaches.

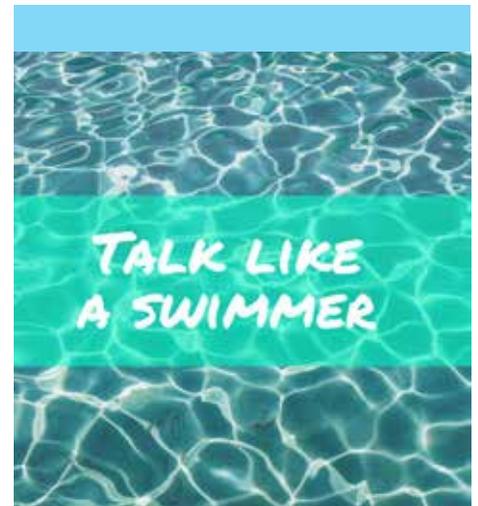


Water polo is exciting and fast-paced. It's a very intense sport, but it still has good moments that are super fun.

Our team made it to sections this year. We lost the sections game but it was a good experience to have.

As much as I loved playing water polo I just couldn't wait to join my swim family and finish the fall-winter swim season with them.

— Ruby Robrecht



Swim smarter by learning your swim vocab

Set: A group of distances that you do as a drill or part of your workout. For example, 8 x 50 means a set that is 400 yards long total, done 50 yards at a time with a break in between. If coach says to do "Eight fifties on the 1:15" it means you have one minute 15 seconds to complete each 50yd swim. If you want a rest break in between (highly recommended), you should do each 50 in under one minute 15 seconds.

Del Norte Dolphins
3040 Becerra Way
Sacramento, CA 95821

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