



ISSUE #2 | OCTOBER 2018

DEL NORTE AQUATICS NEWSLETTER

Sharing Our Story — it's in our DNA

Greetings, swim families! In this newsletter you'll find need-to-know info about upcoming events, and a rundown of all the skills swimmers are working on this fall.

It's my hope that you'll also find an excuse to pause for a few minutes and really take in our team story. In addition to quick tips and top 10 lists (and hopefully, comics!), my goal for this newsletter is to make it an outlet for us to tell our story.

Like all families, our Del Norte Aquatics (DNA) swim family has



Susan Herman

stories...so many stories... and we like to tell them in different ways. With words, numbers, and images, we share victories and pride in our team. We support each other and our talented coaches. And we laugh together.

This issue features a recap of our 2018 summer season, including records

broken and other impressive stats. Swimmers also shared their thoughts and impressions about the season.

It takes a lot of voices to tell the story of a whole team. So expect me to call on you — swimmers, parents, and coaches — for your ideas, data points,

art, and action photos.

Enjoy! Send your feedback and news to: newsdnt@gmail.com. If you like the newsletter, be sure to also thank Kelley Neves, who massaged all the content to perfection with her amazing graphic design skills, and her team of folders and mailers.

— Susan Herman, Newsletter Editor
Camilla and Robin's mom :-)

P.S. Our team story is also on social media!



[delnorte_dolphins](#)



Private group: Del Norte Dolphins Swimming

Public page: Del Norte Dolphins Swim Team



Splloosh! by Camilla Herman

What is each group working on?

GROUP 1 (4:30-5:15)

Our Group 1 swimmers are working this Fall season on a lot of technique! Our main focus is for these swimmers to have a solid foundation in safe, proper and legal strokes. With mostly age 9 and unders or new swimmers in this group, it's important to take our time in teaching proper technique before speed or endurance. We are teaching timing in butterfly and breaststroke, as well as proper stroke technique in all four strokes. As the season progresses, we will be working on speed and adding longer distance swimming. We will also do step-progression dives and turns. Lastly, we are here to teach kids to LOVE swimming and to have FUN. This group is all about positivity and the joy of swimming, while learning how to be a competitor!

GROUP 2 (5:15-6:30)

Group 2 is a combination of our summer season's Red and Junior group swimmers. We as coaches take into consideration a lot of physical and mental growth in these swimmers' lives. Many are growing at rapid rates, starting middle school or juggling multiple activities. It is hugely important to still work on proper technique since their changing bodies will change their stroke. But, with this group we also realize they want and need to be challenged! We will be working on strengthening their endurance. We will also be introducing a lot of pacing work so they know how to swim longer distances. With more sets, reading the clock will also be a part of their learning this season. We aim to connect with these kids and really get to know them. Coaches connecting with the swimmers, and the swimmers

with each other, is a key component to their success. So, if you see the coaches talking a lot on deck and joking with the kids, it's all part of the plan.



Coach Emily

GROUP 3 (6:30-8:00)

Group 3 swimmers are focusing this season on keeping good, safe technique and adding in long distance endurance as well as sprinting. They are also learning more in-depth pacing techniques for their long distance swims. We are encouraging them to go outside of their comfort zones mentally and physically to race the 500 Freestyle and 400 IM, but also giving them the skill to do so confidently. Focusing on the positives, knowing they have mastered a skill, feeling overall strength and having a strong coach/swimmer connection are important factors for success. These kids are at an age where they have a lot on their plate and swimming should be an outlet for them, as well as a challenge. Pushing these swimmers beyond what they think they can do will build their confidence!

— Coach Emily

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Del Norte Dolphins**
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FALL/WINTER MEETS

September 29

Sierra Marlins Open Water Meet
Doton's Point, Folsom Lake

October 12-14

CCA Spooktacular
Roseville Aquatic Center

FALL/WINTER COACHES

HEAD COACH: Emily Loeffler
SENIOR COACH: Greg Varozza
SENIOR COACH: Janine Brown
AGE GROUP COACH: Amy Hanrahan
AGE GROUP COACH: Sam Divelbiss
AGE GROUP COACH: Cassidy Berry
SWIMMER COACH: Melody Kohler



Summer Swim 2018 Recap

Summer Dolphin swim season kicked off April 2 with a party to celebrate our new diving blocks.

Five lucky raffle winners won the distinction of being the first to dive off the blocks. We were able to purchase the new blocks thanks to donations from:

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Del Norte Dolphins was one of four teams in the Gold Rush conference of the Northern California Swim League, along with Arden Hills Otters, Rocklin Wave, and Rollingwood Rockets. In conference dual meets, Del Norte won 2 and lost 1, putting us in second place. We also scored second place at Champs with 1404 points, behind Arden Hills.

Check out our team's photo share site at <https://delnortedolphins.shutterfly.com/> (login required) for some epic



Caption me

swim shots from the meets, and some epic goofing around!

Our team had 55 of our 229 swimmers qualify for the Sacramento Valley Meet of Champions (that's a whopping 24 percent of the team!!), a mega-meet where 47 teams were represented. Of these, Del Norte scored 5th place overall (and 5th of the 11 large teams)! Our team also set a new MOC record: the 15-18 girls 200 medley relay smoked the pool with a 1:54.64.

A few weeks ago, we asked about favorite memories from the 2018 summer season. Here's what swimmers and coaches said:

The Rio del Oro night meet was so fun! (Ryan S.)

Making finals for the first time at Champs and getting my rapper name written on my back at Gold River. (Kendall W.)

Placing 3rd overall in my age group at Champs. (Josh B.)

Making finals at Champs. (Zachary B.)

Being able to coach the best group of kids around with the best coaches in town. (Coach Janine)

Earning a B relay spot at Champs. (Brendan J.)

Qualifying for Meet of Champs — I met my goal for the year! (Alida N.)

All of the awesome 6 & Unders I got to coach and become friends with & my last races as a Dolphin. The Champs Breathing Circle right before the last relay is also a great memory. (Brent D.)

Swimming longer events. (Devin S.)

We got second place at Champs. (Ruth L.)

This team is like a big, inclusive family! Yes, we were 2nd place but we were more sportsmanlike. (Tirzah K.)

Summer 2018 was pretty smooth sailing. We always support each other when one of our family needs it, of course, but this year — no catastrophes! I'm relieved. (Coach Greg)

TECH TIP



Meet Mobile is an app that allows you to track swim meets anywhere in the world. You can use it to look up heat results and point totals. You can also use it to "get to know" other swimmers you'll be meeting in the lanes — look up their times and figure out what you need to do to go faster.

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Interested in sponsoring? Contact Jen Flohr at jslagala@yahoo.com.

Del Norte Swim Team is a 501(c)(3).