



ISSUE #3 | NOVEMBER 2018

DEL NORTE AQUATICS NEWSLETTER

Trying New Things — it's in our DNA

Finally, the cooler fall air has arrived!

As the sun sets earlier and we start to layer our jackets, towels, and blankets, some of us just want to hibernate. And for others of us, the crispness of fall provides an extra burst of energy. Energy for long practice sets in the pool or for pouring into a new endeavor.

This issue is all about trying new things. It features stories about a new leadership initiative for our team, new careers, and new swim challenges. I'm excited to dive into November.

And I'm always looking for new stories. Send me a note at newsdnt@gmail.com with your ideas.

— Susan Herman



November evenings at the pool — a good time to reflect on what you'll try next

Swimmer Leadership Council

Our team has recently established a new group called the Swimmer Leadership Council.

This group is supervised by board member Shanna Pentecost. The purpose of the SLC is to come up with and implement fun fundraising events.

In the past our team hasn't had much financial wiggle room, making some things we had planned to do very difficult, and other things impossible. We hope to change that. The SLC is

aspiring to raise enough money this season, not only to enable our team to be the best it can be, but also to give our coaches a little extra something to show our appreciation.

We've had a productive first meeting with lots of enthusiasm and great ideas. Through teamwork and friendship we hope to overcome all obstacles that come our way.

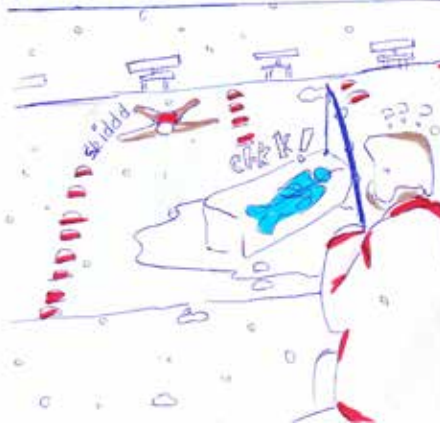
If we raise at least enough money by the end of the 2019 summer swim season to give each of our coaches a significant thank you, we would consider our group a success. I personally hope to grow in my leadership abilities and to learn greater responsibility.

If you have any questions or input

Comics by Livvy Deyo



Fall/Winter Swim Meets...



Livvy, 13, is new on the DNA swim team. Before swim she did acro and gymnastics. The CCA Spooktacular on October 13-14 was her first meet ever.

about the SLC feel free to ask or tell me about it. I'm happy to answer any question you may have.

We would also like to thank Shanna Pentecost for starting the Swimmer Leadership Council and for being so patient and understanding as we hammer out our thoughts and ideas.

— Tirzah Kohler



[delnorte_dolphins](#)



Private group: Del Norte Dolphins Swimming

Public page: Del Norte Dolphins Swim Team

Open Water Swim at Folsom Lake

On September 29, seven DNA swimmers took the plunge

and tried something new. They swam in open water events at Folsom Lake. Sierra Marlins Swim Team hosted the meet, which had 122 swimmers total from ages 8-52 in three events:

the 1000 meters, 3000 meters and 5000 meters.

Each course was marked with tall inflatable orange buoys. Race escorts on jet skis, paddleboards, and kayaks watched the swimmers to make sure every-

one got through the course. In the few cases where a swimmer couldn't or didn't want to finish, an escort got them back to shore safely.

One unexpected challenge of open water swimming was the slight current that pulled to the side so that it was hard to keep going forward at times. Because the water was deep and murky and there was no line to track on the bottom, glancing up a lot was essential. The water felt freezing when they got in, and it never did seem to warm up.

Robin said the cold water temps activated his gasp reflex, such that he never put his face in. "I couldn't feel my body when I got out!," he added. Kaeli's strategy for dealing with this was to swim backstroke for her entire 3K. When she finished, one of the safety paddleboarders got out too, to shake Kaeli's hand and congratulate her for an awesome swim.

Overall the event was a success. Our swimmers said they liked the chance to do a longer event, and they especially liked not having to do a bunch of flip turns. Thanks to Coach Emily for encouraging us to sign up, and also to Coach Amy for her support! You can find results on Meet Mobile.



Mass start for the 3K swim



Camilla, Willow, and Miranda with Coach Amy



Kaeli and her support squad



Robin, Daniel, and Joshua with Coach Amy

FALL/WINTER MEETS

November 16-18

Gobbler Classic
Vista Del Lago High School

December 7-9

Matt Casto Memorial Meet
Sac City College

January 25-27

Bud Meyer Memorial Meet
Rio Del Oro

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

Del Norte Aquatics

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Family Stories

I asked two of our Del Norte swim families to share stories about their new ventures. Teresa Heston (aka Coach Teresa from summer swim, Boston & Berklee's mom) wrote about going back to school to become a teacher. Eric and Lea Sweet (Devin, Elizabeth, and Ryan's parents) wrote about their business startup.

Back to School

Going back to school was not an easy or fast decision for me. It was on my mind for years but to move forward I knew I had to do it. In my twenties I had left college before graduating and moved into a career with Girl Scouts. In my 16 years with the Girl Scouts of Greater Los Angeles I gained valuable experience, repeatedly advanced and climbed to a management position in programming. One downfall of advancing was I worked less and less with girls and I missed that. Our move back to Sacramento 5 years ago changed that career path for me.



Teresa and Berklee at a home meet in 2018

When we moved here I wanted take the opportunity to spend as much time as possible with my children and family. I took opportunities that would let me do that, such as working as an Instructional Assistant and also being a coach at Del Norte. Both of these jobs gave me the chance to work with kids again and it brought back my original desire to pursue teaching.

With our busy life I knew I could not attend a traditional university. I chose an online program through Western Governors University. I know I was scared to fail and afraid of how hard it would be. This is also one of my motivators. I want my children to see they can accomplish hard things. Getting an education online does have its challenges, as well as its benefits. Self motivation and time management have been hard and doing it while raising kids and working is difficult. On the other side, I love that it is flexible, self paced and I can access my classes and work from my phone at any time.

I have a couple years ahead of me but I look forward to having my own classroom. I am on my own pace and for now I will enjoy completing each class.

— Coach Teresa

Robot Adventure

We began our robot adventure when our children expressed an interest in robotics. We built a walking robot and 3D printer on our dining room table. That grew into a desire to create a robotics experience that was ongoing and engaging for others.

Our belief is that children are extremely capable. Robotics Evolution provides a venue to learn about robotics. Each arena provides a different skill-building experience. The soccer field can provide a place to play for kids just learning the relationship between a control device and the movement of the robot. The same field can also be a place to work on more complex challenges.



Like swimming, you can take a few lessons, but to become a strong swimmer you have to practice over time. Learning about robotics is similar. We found that following instructions to build the robot and printer and using both was not hard. Making each do something new took a lot more work. There was not always a book or video. For some things, we had to do research, ask others for ideas, and try different combinations. Some of the combinations worked but, perhaps more importantly, we found a lot of combinations that did not work. There is tremendous learning and growth that occurs when something is not easy. The process of working through the challenges of learning about robotics in a fun, engaging, and collaborative environment is the driving force behind Robotics Evolution. We invite you to come out and see what we have to offer!

— Eric & Lea Sweet

TECH TIP

Need a quick hit for your abs or arms while working on tedious tasks or homework? Take a 5-minute break with a workout app. There are lots of exercise apps that give you a simple routine for when you need a change of pace to refresh your brain. For example, **Daily Workouts** (free with ads, \$1.99-9.99 without) shows you a video of how to do the exercise, and takes you through about 10 moves that work a particular muscle group. Most of the routines are body weight-based but some require hand weights.



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

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

Coach Corner

Ever wonder how many yards you swim in a typical practice?

With all the drills it can be easy to lose track. Here's what Coach Emily said:

- In Fall-Winter swim a long practice for our beginners is about 800 yards. They are learning a lot of technique.
- The middle group averages 1000-1500 yards.
- Advanced swimmers do 1800-2000 yards, though it takes a few weeks to work up to this. They are also practicing technique, and getting back into swim after a month off. This group did a 3000 right before the open water meet so they could get a sense of what that distance feels like.

