



ISSUE #4 | DECEMBER 2018

## DEL NORTE AQUATICS NEWSLETTER

### Setting Goals — it's in our DNA

*In November, wildfire smoke hung thick in the air for eleven days.* DNA swimmers missed an entire week of swim practice, and the Gobbler Classic meet got canceled. Of course, our disappointments here in Sacramento were nothing compared to the losses suffered north of us in the Camp Fire. Thankfully, the fire is now contained and many of us are finding ways to help others rebuild and re-set.

This issue is all about goals — setting them, and re-setting when we need to. Let's say a few days or weeks of missed practice makes it harder to reach the goal you originally made for yourself. What do you do? You might feel discouraged — that's OK. But you can also take a moment to re-evaluate what is most important.

At a certain point in my life, my goal was to run a half marathon in under 2.5 hours. It seemed a modest goal while my training was going well, but then I developed tendinitis in the tendon that supports my left foot arch. Turns out I have fallen arches, aka flat



*My evil robot boot*

feet. Repetitive stress from running isn't good for them at all! I had to wear a boot to keep my foot still for eight weeks. Ugh.

So, I've re-set my goal. Now it is: never need "the boot" again. I'll keep moving, but not in ways that hurt my feet.

What's great about having goals is that updating them can also mean that you aim higher than you originally planned. Remember



*Olympian Swim Clinic at Del Norte, July 2018. Misty Hyman, 2000 Sydney Games gold medalist, with Robin and Camilla*

when Misty Hyman did the swim clinic with our team in July? She told us she started swimming to manage her asthma. But over time her goal to "manage asthma" became "win Olympic gold." And she did!

I'd love to hear about your goals, your wins, and even the stinging defeats that made you pause and re-set. Send stories and ideas to: [newsdnst@gmail.com](mailto:newsdnst@gmail.com). Deadline for January issue is December 15.

— Susan Herman

### TECH TIPS

**Check out the new and improved team website:**

[www.DelNorteDolphins.com](http://www.DelNorteDolphins.com)

The 2019 calendar is up! All summer meet dates, including Champs and Meet of Champs, are now posted.

**Shop online for Del Norte logo and other swim gear:**

[www.swimoutlet.com/delnortedolphins](http://www.swimoutlet.com/delnortedolphins)

When you use this affiliate link, a portion of your purchase goes back to the team.



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**Private group:** Del Norte Dolphins Swimming

**Public page:** Del Norte Dolphins Swim Team

# Farewell (for now), Coach Sam

***Coach Sam, aka Samantha Divelbiss, is going for her goal!***

She is moving to Pueblo, Colorado in December to finish her undergraduate degree in accounting. We talked at swim practice one evening about her goals and what's next.

Sam took a break from college when she was almost done with her accounting degree. She had changed her major to communications, but wasn't sure if she was on the right track — she needed a change of pace and time to think. After a summer and fall season of coaching swim and working at Del Norte, she's still not sure a career in accounting is her dream, but she IS clear about wanting to complete a bachelor's degree.

So, here's the plan: Sam and her boyfriend Kyle are heading off together to Pueblo, Colorado in time for Christmas with Sam's family. Then she'll live at home while doing her final year of accounting coursework at Colorado State University-Pueblo.

Meanwhile she and Kyle will be doing what they call "life boot camp." They'll learn how to do home and car maintenance tasks themselves, so they can afford to live in California again after she graduates in December 2019. Sam's drill instructors at life boot



**Coach Sam**



camp will be her parents — they are DIY experts.

Sam's mom is a swim coach and runs her own club in Pueblo. This means Sam can keep

coaching, which she loves! Through family connections, Sam has also identified an accounting firm where she can intern, and a high school swim team that needs a coach during the school year.

Sam likes working with all ages but especially the older swimmers. By middle and high school age, she says, "they have a lot of body awareness and are able to make small adjustments that make a big difference in swim technique and speed." She is hoping to apply her accounting-related business skills to a career in the sport & fitness industry.

One thing Sam will remember about her months at Del Norte is that the swim team kids, and the various adult exercise groups, "actually hang out and talk before and after their workouts — I'll miss the community." She hopes to be back in the Sacramento area in 2020.

Good luck, Sam! We hope you achieve all your goals.

**Del Norte Aquatics  
Del Norte Dolphins**  
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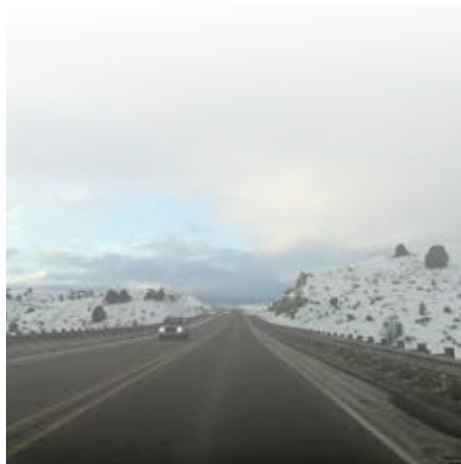
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## **FALL/WINTER MEETS**

### **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:** Cassidy Berry  
**SWIMMER COACH:** Melody Kohler

# Swimmer Story

## A Good Start

My goal for fall swim was to learn how to dive from a standing position. The coach that helped me accomplish my goal was coach Emily.

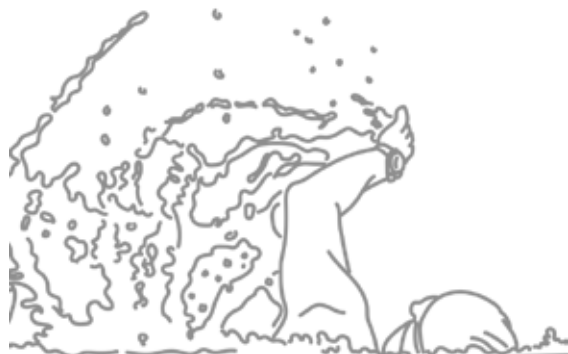
Here are the steps we went through: First she told me to go in a diving position on the wall with my arms out in streamline and then just fall in the water. I did this 3 times. Next, she told me to stand up in streamline on the wall and fall into the water. We did this 5 times. Then she had me get on the block and do the same thing I just did on the wall. We did this a couple times.

Next she told me to do a diving position in streamline on the block and she would hold my feet back when I jumped off. This made my feet fly back when I did my dive. We did that a couple times and then I tried it without her holding my legs back. Finally, I did a perfect dive in streamline straight into the water!

Before I knew how to dive I felt like I was going to belly flop right in the water and get hurt, so I would bring my knees up to my chest, but now I feel like I want to be a fish and get right into the water. When I did my dive for the first time without coach Emily holding back my legs, Coach Emily got a video and shared with my parents. All my teammates congratulated me when I told them what I did. I felt proud and happy.

My goals for diving now are to spring out at the pool so I can go super far. I hope now that I can dive, my times will drop down and I can win a lot of races in summer swim!

— Ginger Hinton, age 9



# Coach Corner: Let's Talk About Goals

*When making goals during recreational swim, it's important to think small.* This sounds silly, but in swim, a fraction of a second can be a big deal! What I remind a lot of swimmers of, is that as people, it took us around a year to learn to walk. The development of muscle and coordination required to walk is similar for swimming. You build coordination, muscle memory, strength and mental focus. These large components consist of little steps. So — set small, reasonable goals.



Many swimmers are hard workers, but what should they expect to feel when they venture out of their comfort zone? Well, a lot of this rests on the mental side of swimming. Dropping the “I can’t” can be difficult for many people. Turning on the “I can” will allow swimmers to physically push themselves beyond their normal limit.

Swimmers who go just over the edge of comfortable usually feel it in their muscles. The core, the upper legs, shoulders — these are large muscle groups that you can definitely feel! You might also be sore in muscles you aren’t used to activating, or in muscles you don’t normally push hard. In order to make physical improvements, your body needs to be pushed outside its comfort zone.

Feeling sore means your muscles are building. Soreness is acceptable...but pain is not! If you’re pushing yourself and hurting because of it, then something isn’t right and consulting a coach is the best place to start.

So, what are some good habits for getting yourself into the right training zone? Number one on my list is positive self talk! Nothing is going to work and goals won’t be met if you are doubting or talking down to yourself. Stay positive.

Next is attending practice consistently and listening to what the coaches say. Coaches often teach skills to the whole group, and these are important. But when a coach speaks to you one on one, it’s even more important because it means there’s a personal skill you can focus in on! If you let those opportunities pass, you let your growth slow or even stop.

Lastly, attend meets! Pushing yourself at a race pace in a race environment is important for training. Practice is for working on small details and slowly building to what is expected in a race environment. If you don’t race, you don’t get to reach your peak performance.





Del Norte Dolphins  
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