



ISSUE #7 | MARCH 2019

# DOLPHINS NEWSLETTER

## Recharging for March

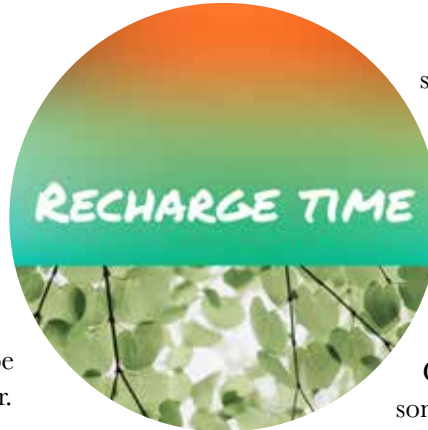
**March is recharge time for swim team.** What do you do to recharge your body and mind?

Some Dolphin swimmers are taking advantage of the March clinics, which are all about technique. According to Coach Greg, in clinics there is “no speed training of any kind. Our sole focus is improving strokes. We are not allowed to use clocks and cannot do more than two laps at a time.” Ahh... no clocks. It’s swim practice, but dialed way back so you can focus on the basics.

My swim routine is getting a recharge too. Last month I took a series of three group lessons with Coach Emily. It was

basically like a mini-version of swim clinics, but geared for adults with tweaky shoulders and hips. Among other things, I learned to do more body rotation with backstroke and freestyle, to protect my joints and be more efficient in the water.

To find out more about what our team does to recharge, a few Dolphins conducted a poll at the Take Your Mark meeting on Feb 25 and gathered some great ideas from kids and parents. Also in this issue, my son



shares about an involuntary “rest” period he had recently.

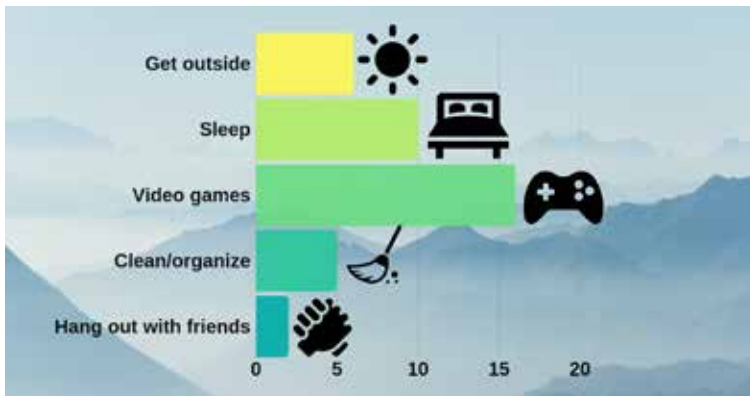
Finally, don’t miss Coach Cassidy’s article in the Coach Corner. She offers some real talk from

her own experience as a swimmer about giving her body and mind what they need. I hope it inspires you this month.

— Susan Herman

## How Do You Recharge?

Interviewers at the team meeting on Feb 25 asked swimmers and parents what they do to recharge their body and mind.



Icons by Freepik on Flaticon

Other responses included: Go on runs, do yoga, lift weights, study reptiles, take pictures, ballet, crochet, bath time, eat, mani/pedi, reading, play sports, dance around the house, and SWIM!

Thanks to Josh Hoffman, Alida Neves, Coach Ari, and Coach Cassidy for collecting the data!

## Important Dates

**March 22** — Last day to register

**April 1** — First day of practice

**April 11** — Family Meeting and Ice Cream Social

**May 11** — Time Trials

**May 15** — Picture Day and Panda Express Night

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

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

**June 8** — Swim Meet vs. FEC @ FEC

**June 13** — River Cats Swim Night

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

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

**June 24** — Misty Hyman Meet & Greet

**June 25** — Olympian Clinic with Misty Hyman

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

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

**July 25** — Champs Pasta Potluck

**July 27-28** — Championships @ Woodland

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

# My Arm-venture

*We were coming back from Death Valley and taking a break at Lampe Park in Gardnerville, Nevada.* My sister and I were playing the game Swing as High as You Can and Jump Off. And when I jumped off I landed with my left hand first, then my feet.

My arm was shaped really weird.

When we got to the hospital I had an x-ray that showed my radius was not only broken, but completely out of place. After the doctor gave me pain relief shots (which hurt like crazy), he pushed my hand back into place. It made a crack-crack-crack noise. He wrapped my arm up in a splint and

put it in a sling, and a few days later I got my cast.

I had a long-arm cast first, for two weeks. It went up past my elbow. Then I got a short cast that was waterproof. I started back to practice in January but did my own workouts in a different lane. I went slower than I would in a normal practice, because of my cast. But I went farther, because I waited less in between sets.

Four weeks later I got the short cast off and my arm was free. It was extremely skinny. It didn't feel as strong as before, but I knew that after three months it should be 100% better. I missed two winter meets because of doctor's orders. But I can start doing meets in May! Also, I can tell you if it's going to rain.

— Robin Herman, age 9



## INTRODUCING THE 2019 DEL NORTE DOLPHINS COACHES

**HEAD COACH, JUNIOR & SENIOR GROUPS:** Greg Varozza

**AGE GROUP COACH, RED & BLUE GROUPS:** Stefanie Lund

**DEVELOPMENTAL COACH, WHITE, PURPLE & GREEN GROUPS:** Emily Loeffler

### ASSISTANT COACHES:

Cassidy Barry  
Janine Brown  
Emily Collins  
Taylor Donoghue  
Teresa Heston-Rojas  
Allison Raymond  
Keven Sahs  
Ally Tambornini  
Ariana Wanous

### SWIMMER COACHES:

Stella Daniel  
Mallory Engel  
Caris Fickenscher  
Natalie Guidi  
Melody Kohler



delnorte\_dolphins



Private group: Del Norte Dolphins Swimming

Public page: Del Norte Dolphins Swim Team

## Del Norte Dolphins

3040 Becerra Way  
Sacramento, CA 95821  
www.delnortedolphins.com

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## Coach Corner

*When I was younger I never thought of myself as a true athlete*, in fact I only started defining myself as a swimmer in 4th grade. I started at Del Norte when I was 7. It was just for fun, a new place with new friends, that kept me moving and entertained as my mom would say.

Around 7th grade I got really competitive, consistently being on the top relays and winning my heats. I started dreaming about where my sport could take me. I swam varsity all 4 years at El Camino High School and was looking at year-round teams. But I couldn't leave my Dolphin family.

As senior year rolled around and I came to the realization that this would be my final year on Del Norte, I got extremely serious — swimming wasn't just a talent anymore, it had become my life. After my third qualifying year at NorCal section championships for my high school team and visiting colleges around Sacramento and touring Florida State University, I had decided on where I would continue my swimming career.

This is my 2nd semester at American River College and I am extremely blessed to say I am having the time of my life. It was definitely hard at first. Sadly, I didn't take off-season condi-

tioning as seriously as I should have, spending a lot of my money and time at Dutch Brothers and fast food restaurants. My body didn't respond to training as it usually had; plus, in a moment of recklessness, I sprained my wrist and strained my bicep. I now look at first semester as a learning period and I hope to never go back to those bad habits.

As the 2019 college swim season is starting I am pleased to say I have completely cleaned up my act. On top of 4 hour workouts a day including weights, land cardio and swimming, I am taking 18 units and maintaining a 3.8 GPA. My diet consists of tons of homemade smoothies, salads, chicken and tuna, a bunch of whole grains and eggs, fruits and veggies and quick PB&Js. You can normally find me walking around in sweats and a sweatshirt, with chlorine hair tied up in a bun, studying for some type of quiz, but nonetheless with a huge smile on my face and an even bigger water bottle in tow.

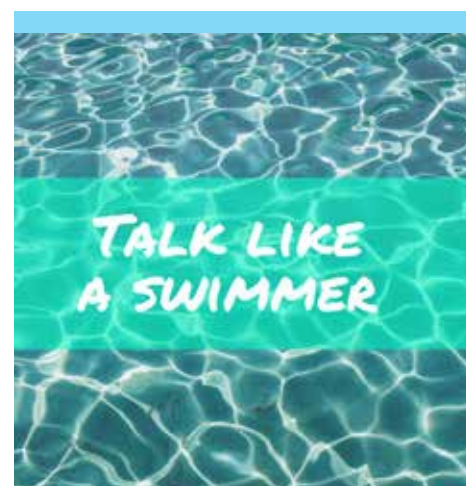
Blood, sweat, and tears are a regular occurrence and not a single day is easy. As a lot of people say... the grind is real. Swimming is one of the best parts of me and I have been blessed to have had so many amazing coaches

and teammates to get me to where I am today. Go Beavers (my ARC team) and go Dolphins, best of luck in the first few months of your season and I will see you when my season is over!

— Coach Cassidy Barry



Coach Cassidy



*Swim smarter by learning your swim vocab*

**IM:** Stands for Individual Medley. When you're swimming an IM, you do butterfly, backstroke, breaststroke, freestyle in that order. If you're doing a 100 IM, you do 25 yards of each. If you're doing a 200 IM, you do 50 yards of each, and so on.

**Perfect IM:** This is when Coach says to keep doing IMs until you do one that is perfect. You get about 20 seconds rest in between tries. Perfect means strokes and finish must be legal, and all turns must be correct.

## Bud Meyer Invitational Meet

January 26-27 was the last winter swim meet for Del Norte Aquatics, our USA Swim team. It was held at Rio Del Oro. Our team is the best for cheering each other on. Too bad a photo can't capture the sound of this awesome cheer section for our DNA swimmer in Lane 1.





Del Norte Dolphins  
3040 Becerra Way  
Sacramento, CA 95821

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