



ISSUE #8 | APRIL 2019

DOLPHINS NEWSLETTER

Welcome to the Pod

Dolphin swim season 2019 has officially begun!

Swimmers, find your favorite water bottle and get in the habit of drinking water. Getting wet at swim practice will keep you cool but not necessarily hydrated! Also, always bring your towel. It can get windy and chilly by the end of practice.

Parents, don't panic. Adding hours of swim practice into the weekly shuffle can be hard, it's true. If you think you'll just be bored on the pool deck during practice, I recommend bringing some reading material (perhaps a 1980s classic such as *The Hitchhiker's Guide to the Galaxy*). Or, strum that stringed instrument that's been gathering dust at home. Or, take the opportunity to chat with

someone you've just met. And because the mosquitoes are fierce in the evening hours, remember your bug spray.



This newsletter issue is full of advice and information for new families. Even if you've been part of the Dolphin family for a while, you might learn something new! Check out Alida's story on the gadgets we use in practice, and Sharon's notes on how her family made the transition from newbies to masters.

There is always a learning curve



when you start anything new, and swim team is no exception. But don't let that scare you away. Just dive in and the "pod" will help guide you to the place that's right for you!

— Susan Herman

Dolphin Media Team

You can contribute to our team newsletter, social feeds, and end-of-season slideshow. Members of the Dolphin Media team are actively seeking stories, photos, videos, and artwork that captures your:

- swim hacks
- goals, reflections, dreams
- brags and breakthroughs

Email newsletter content to newsdnst@gmail.com and upload photos from practices, meets, and social events to <https://delnortedolphins.shutterfly.com> (must be signed in to the team website to access the photo share area). Post to our private Facebook page and tag @delnorte_dolphins on Instagram or direct message to share there. Thanks!



2019 COACHING STAFF

Head Coach

Greg Varozza

Developmental Coach

Emily Loeffler

Age Group Coach

Stefanie Lund

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 Fickenschier

Natalie Guidi

Melody Kohler

Meet Coach Stefanie

Stefanie Lund will be working mainly with our intermediate swimmers in the Red and Blue groups. This is her first season with the Del Norte Dolphins.

How did you get connected with our team?

Michele Hoffman and I have been friends for years and she remembered that I had a history of coaching. She got me connected with Coach Greg at the end of last summer.

Where did you coach before?

I got my first coaching job my senior year in high school as a 6 and Under coach. In college I continued coaching for several teams in the Sacramento area such as Citrus Heights, Arden Manor, and a team in the Bay Area. I ultimately landed at Arden Hills coaching rec, and transitioning into year round. I continued there for 5 years, and also coached two seasons at El Camino High School.

We moved to Arkansas for a year where I was given the opportunity to run my own swim academy and helped develop their swim team before moving back to California. My boys ended up taking to basketball, and at that point I quit coaching so that I could support them. I have continued teaching private lessons since then, and working individually with swimmers. My boys recently started playing water polo and decided that they would like to start swimming as well. The timing could not be any more perfect since I have been missing the swim world.

What is your favorite skill to teach or work on with swimmers?

My favorite thing is teaching technique. I love watching the swimmers grow and improve their times as a result of learning how to

swim properly. It's also my goal to make sure that they are having fun while learning. Swimming is the only sport that you can literally do for your entire life — it's important that they never hate it.

What age group do you like working with and why?

I honestly enjoy working with all of the age groups, but if I had to pick a favorite, it would be the 9-10 age group. Maybe it is because that was the age that I started swimming.

What is your definition of a winning season?

Don't get me wrong, I LOVE to win meets, but if all of my swimmers are improving their times,

technique, and love what they are doing, then that is winning to me.

My goal for the Dolphins this year to watch the team grow as a family. Swimming may be individual, but for me growing up, my swim mates became my family. I am still friends with many of them today, and I treasure the bonds I was able to create on and off the pool deck. I would also love to see my swimmers making goals at the beginning of the season, and accomplishing them by the end or even sooner. I'm eager for fast times, and clean, legal races.

What do you personally hope to learn from working with our team this season?

I have found that I have learned something from each of the teams that I have had the pleasure of coaching over the years. So far I have enjoyed getting to know my fellow coaches, learning what works well for them, insight on how the team has worked over the years, and the personalities of the swimmers as well. There is honestly nothing better than forming relationships, working a team, and I am looking forward to the opportunities to come with Del Norte.



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

2019 PARENT BOARD

OFFICERS

President — Kelley Neves
Vice President — Steve Sahs
Secretary — Lori Sato
Treasurer — Nicole Adrian-Dacus
League Rep — Mike Zezzo
Registrar — Vacant
Parent Jobs — Chris Horel

AT LARGE MEMBERS

Computer & Colorado Operations Coordinator
Steve Sahs
Equipment Coordinator
Heath Winston
Fundraising
Shanna Pentecost
Historian
Lea Sweet
Newsletter
Susan Herman
Snack Bar/Hospitality Coordinator
Kim Partin
Spirit Coordinators
Michele Hoffman
Melissa Oates
Sponsorships
Jen Flohr
Website
Kristin Ferguson
Swimmer Representatives
Connor Barry
Teagan Smith

Tools of Our Trade

Some of the most important work that we do in practice involves tools.

Let's start with my personal favorite, the pull buoy. You put it between your upper thighs and hold it tight, which prevents you from kicking.

When you kick with a pull buoy, it falls out! So the goal is to not kick and isolate your arm work, focusing on the power of your pull. We work on all four strokes with buoys.

My next favorite tool is paddles. We use them rarely, but when we do I'm very happy. Paddles go on your hands. These are plastic flat hand-shaped things that should be bigger or the same size as your hand. There are loops to go through your middle finger and wrist. There are some holes in the paddle to let water through. The point of paddles is again to isolate your arms and work on your pull. A lot of times paddles and buoys are used together. We mainly use paddles when we work on freestyle.

One tool we use a lot — almost every day — is fins. Fins go on your feet and make you go super fast, so that's fun. Fins make everything easier because you don't have to focus on your kick as much, letting you focus on your arms. You cannot do breaststroke kick with fins on because you'll get hurt. Also, you're not allowed to walk on the deck with fins. Little kids do this a lot, and coaches always remind them not to, but it's pretty dangerous to walk around with fins on.

Last is my least favorite tool, the kickboard. We use this to work on our kick by laying our arms on top of the kickboard and grabbing the top with our hands, making our heads come out of the water. We use kickboards a lot which explains why it's my least favorite — working on kick is HARD.

— Alida Neves



So You've Taken the Plunge

Editor's note: The Lowerys have six kids living at home and one out of the house. Of the six at home, four are Del Norte Dolphin swimmers. Pretty amazing, right?

Are you new this year? Do you feel like a deer in the headlights? It's OK.

Take a deep breath...it gets easier very quickly! Here are a few tips that helped us.

I signed my kid up to swim. I thought swim team was an activity for kids. So what is the deal with parent jobs? Can I just let the team keep my deposit check and call it good?

It doesn't work that way. Jobs are the only way swim team works. When I approached my first parent job I just said, "This is my first time and I have no idea what to do." More experienced parents gladly showed me the ropes. It was fine! I recommend doing the same.

I thought swimming was like backstroke, breaststroke, and so on. Why are swims announced by number at meets? What do all these numbers mean? Why do we mark our kids' arms with numbers? Will this sharpie ever wash off my kid?

DelNorteDolphins.com is gold. Familiarize yourself with the meet event order. Each event has a number; girls swim first, then boys — meets are super organized.

What do we really need to bring to a meet?

After overpacking for a few meets you'll figure out what's essential for your family: sunscreen? Definitely. Collapsible wagon and pop up tent? Maybe. We use our gazillion kids as pack mules. Also, we've been squatting in other people's tents for years because it is a great way to meet people.

Speaking of meeting new families — do it! Introduce yourself. Ask people their name (again) even if they told you last week (or yesterday). Swim team is better with a tribe.

Enjoy the meets. We spend most of our time poolside cheering. Even though our kids claim not to hear us, the atmosphere gets electric, particularly in a close race or meet.

Welcome to the pod. Go Dolphins!

— Sharon Lowery



Check Your Mailbox

Swimmers and families — check your mailbox folder often for newsletters, special event fliers, meet ribbons, and PRIZES! Each week beginning April 1, at least one folder will contain a Golden Ticket, redeemable for snack bar \$\$ at Dolphin home meets or other goodies.





delnorte_dolphins



Private group: Del Norte
Dolphins Swimming

Public page: Del Norte
Dolphins Swim Team

Important Dates

April 1 — First day of practice

April 11 — Parent Meeting, Picnic 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*



*Swim smarter by
learning your
swim vocab*

Backstroke flags: Near each end of the pool there's a set of flags. Ever wonder what they're for? They are for when you're swimming backstroke. They help you know that the wall is coming up. During practice, count how many strokes it takes you to get from the flags to the wall. When you get to your final stroke it's time to execute your turn or your backstroke finish. *Boom* (that's your hand hitting the wall, not your head)

Thank you CORPORATE SPONSORS



EDI GUIDI, DDS
"Family Dental Care"



ROBOTICS
EVOLUTION

G47



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

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

Thank you STARTING BLOCK SPONSORS

GOLD SPONSORS

Edi Guidi, DDS

The Brown Family

The Hamamoto Family

The Tambornini Family

SILVER SPONSORS

The Barry Family

BRONZE SPONSORS

The Kistner Family