



DOLPHINS NEWSLETTER

What's Your Gold Medal?

On June 24 and 25, Olympic Gold Medalist Misty Hyman spent some time with our team.

The first day she talked with us about using data to swim better, and dealing with setbacks. She shared videos to illustrate technique and how much she loves the sport of swim.

The second day, Misty got in the pool and swam with Dolphins! Check out Livvy's infographic below showing what she learned.

A couple of lessons I took away from Misty's talk were:



- When she gave herself “permission” to win the 200M butterfly in Sydney, she noticed people coming into her life with exactly the right kind of help at exactly the right moment. This is so powerful. Has it ever happened to you?

- She challenged us to define what winning a gold medal means to us. Maybe it's literally winning a gold medal, or maybe it's another kind of win, like making your family proud or



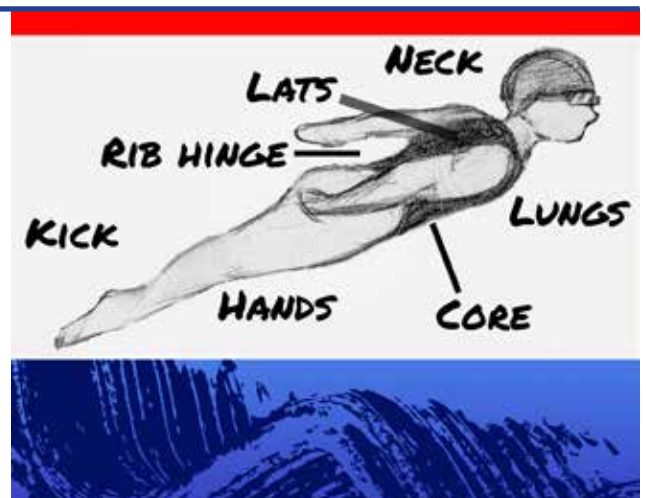
helping a friend be successful.

What is your gold medal today?
How will you win it?

— Susan Herman

Tips for Swimming Butterfly

- Your rib hinge is located just below where your ribs connect to your spine. It is a point of mobility used in butterfly to get your arms above the surface of the water without over-rotating your shoulder.
- Swimmers rely heavily on their stomach muscles for butterfly. Your core is much stronger and can be active longer than your shoulder or arm muscles.
- Your lungs are your main point of buoyancy.
- Your palms should be pointing behind you when you take your stroke.
- When kicking forward your kick should be led by your knee first before snapping your feet forward and straightening your leg. When kicking backward your leg should be straight.
- Lifting the head too high can cause strain in neck muscles, so be sure to keep your head fairly low when taking breaths.



- Your lats (or latissimus dorsi) are the muscles you use to bring your arms forward and back.

— Livvy Deyo

Coach Corner

*Hi, my name is
Caris Fickenscher.*

This year I am having a blast being a swimmer-coach for the younger swimmers. What is most rewarding and exciting is watching the swimmers improve.

I am mostly in the water helping the kids during their practices. During meets, I help the 6&Us get across the pool. Although it can try one's patience (like the kid who continually threw his kickboard over the lane), there are many hilarious moments.

At a recent meet, while I was helping a little boy with backstroke, he stopped in the middle of his race, looked up



at me confused, and said, "Why are your glasses wet?" (I wear glasses by the way.)

Another time, my fellow swimmer-coach Mallory was helping another little boy and he too, stopped in the middle of his race and said, "I have to sneeze." So, they waited until he sneezed, and then he continued his race.

Being a swimmer coach definitely has its hard moments, but overall, it is exciting and enjoyable!

Some Dolphin Stats

Meet scores:

6/1 Rocklin	550-279
6/8 Fulton El Camino	509-317
non-conference	
6/15 Rollingwood	503-326
6/22 Gold River	382-447



- At the Rocklin and Gold River meets, just over half of all Dolphin swims were faster than entry times (53% and 51.14%).
- At the Rollingwood meet, 44.64% of Dolphin swims were faster.
- At the Gold River meet, Dolphins took 10 relays for 70 points; Gold River took 11 relays for 77 points.
- At the Gold River meet, the Dolphins age 9-10 outscored Stingrays age 9-10 by 22 points in individual events.
- As of June 28, number of Dolphins who have a Meet of Champions qualifying time: 27. That is 12.16% of the team.

Friendly Reminders!

Mailboxes

Every family has one and some are overflowing with goodies! Check them often!

Cubbies

Should not store personal items overnight and are overflowing with lost items. If you're missing a towel, clothes, fins, goggles, they may just be there!



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

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MEET REPORTS

June 8, Del Norte @ Fulton-El Camino

We had so much fun at the FEC swim meet hanging out with our friends. The relays were so much fun to swim in and to watch. The theme of the meet was tie-dye. At the meet, there was a chili cook-off. Everyone said the chili was so good. The coaches encouraged us to do our best in every race, and to see them after to help us improve.

— Emma & Olivia Laird



delnorte_dolphins



Private group: Del Norte Dolphins Swimming

Public page: Del Norte Dolphins Swim Team

June 22, Del Norte @ Gold River

As a new swimmer to the Del Norte Dolphins swim team, I have had days where I have been just worn out, wanting to quit and never come back again. The first day of swim practice I was so nervous that I felt like I was going to be sick. I was in blue group then. Now, I am in red group and after the first couple of days of practice, I felt myself settle into a routine and start enjoying myself at practice and meets too.

This last meet with the Gold River Stingrays, I felt the Dolphins had finally met our match. In all the meets I have attended so far, the Dolphins have won. Against the Stingrays, we had to work hard, and work we did. Some races that I think will really stick in my memory were the 6 and Under backstroke race. One young swimmer in particular was struggling to finish, but the great support our coaches, especially Coach Ariana who ran the length of the pool giving encouragement, made me happy. By the time the swimmer finished, everybody on deck was clapping for her. Dolphins and Stingrays together.

I've come to really look forward to the medley relay races, watching



all the swimmers giving support and getting it. The medley relays are a true shining moment of how we all really are a team, even if we swim our own races. In the 9-10 Boys Free Relay, I wasn't the only one on the pool deck cheering and clapping for our boys, as they touched with a time of 1:01.40 and the Stingrays trailed by a mere breath at 1:01.89.

Swim team is my first team sport. It is something that I have never really experienced because I have only ever done ballet. Even though we lost against the Stingrays this past weekend, I realized that we all work as hard as we can; in the pool, in each race and the coaches do the same. And when you add all that work up, you get us: The Dolphins, a hard working and dedicated team.

— Emmerson Leslie

2019 COACHING STAFF



Head Coach
Greg Varozza

Developmental Coach
Emily Loeffler

Age Group Coach
Stefanie Lund

ASSISTANT COACHES


Cassidy Barry
Janine Brown
Taylor Donoghue
Teresa Heston-Rojas
Eric Johnson
Lauren Kilpatrick
Allison Raymond
Keven Sahs
Dominic Smurda
Ally Tambornini
Ariana Wanous

SWIMMER COACHES

Stella Daniel
Mallory Engel
Caris Fickenschier
Natalie Guidi
Melody Kohler
Sarah Lowery

Important Dates

July 4	No Practice
July 5	Special Sr/Jr Group only practice. No practice all other groups
July 10	Tie Dye Day
July 13	Swim Meet vs. Rio Del Oro @ <i>Del Norte</i>
July 17	Pool Party!
July 22-26	Coach Appreciation Week
July 25	Champs Pasta Potluck & Talent Show
July 27-28	Championships @ <i>Woodland</i>
July 30	Awards Night
August 3-4	Meet of Champions @ <i>Roseville</i>



DEL NORTE'S GOT TALENT

Swimmer Leadership Council is putting on a talent show July 25 at Arcade Church — when you're done eating pasta, get ready to entertain and be entertained! Signup sheet is on the swim bulletin board. Check your box for info about tickets.

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