



ISSUE #15 | DECEMBER 2019

# DEL NORTE AQUATICS NEWSLETTER

## Celebrating — It's In Our DNA!

*As we enter the last month of the year, it's time to celebrate.*

Experts tell us it's healthy to take time out, both for holiday observations and to reflect on our lives: what went well, what was hard, what we learned.

The "time out" part of celebrating can be challenging, though. At my house, for example, December looks like

twinkle lights and pie. But I often feel like that cat in the viral video. You know the cat that knocks all the decorative snowmen off the shelf, with a colorful holiday message for each one?

That's me.



*Questions from Verywell Mind blog, "Healthy Ways to Celebrate Success"*

Celebrating can be happy and festive, but if that's not how you feel this year, it can also just be time set apart from the routine. Time to step back and see that some of our routines might actually be ruts we're getting stuck in. Time to gather strength from within ourselves, and from others who support us.

As I dive into holiday concerts and such this season, I'm going to try an experiment. Maybe you'd like to try it too. I'm going to reflect on the journeys I've been on during 2019 (health, professional, family... what journeys have you taken this year?) and ask myself these questions:



- What did I enjoy most about this journey?
- What strengths did I use?
- What do I feel most confident about?
- How did I overcome obstacles along the way?

In this newsletter issue, I hope you enjoy the pics from November's Gobbler Classic meet and Coach Amy's tips for learning the fabulous butterfly stroke! Enjoy your year-end celebrations, whatever form they may take.

— Susan Herman

## Snack Hack

Roasted garbanzos (aka chick-peas) can be hearty like meat AND salty like potato chips. But they are cheaper than meat and healthier than chips! Plus, they are easy to eat poolside. So: preheat your oven to 400. Drain beans thoroughly and pat dry on clean dish towels.

Toss with some olive oil in a bowl and sprinkle with salt. Roast on a sheet pan 20-30 minutes. When they're out of the oven, toss with other spices such as cumin & paprika, if you wish.



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Private group: Del Norte Dolphins Swimming

Public page: Del Norte Dolphins Swim Team

## Coach Corner

***Butterfly is my favorite stroke and it was the stroke I competed in the most when I was a high school and college swimmer.***

Fun fact: when I was at American River College I had a top 17 time in 50 butterfly and went to work out as an alternate at the state championship. I had missed qualifying in the top 16 by two hundredths of a second. Watching the state champs meet I had to cringe because a lot of the girls were adding time! I came ready to swim but sadly, I didn't get called in.

I tell swimmers who struggle with butterfly to give me an hour and I'll make them love it! The trick is to forget what you think is "hard" about butterfly.

I have swimmers do just the body dolphin for a while with arms at their sides, then arms out front.

Then when adding arms we make sure to keep them out, not bent like with freestyle. Lead with the wrist and skim the surface of the water with your thumbs. Or you can even rotate your arms more, so that your palms are up.



*Coach Amy Hanrahan and John*

Time your breath for when you're pushing down and propelling yourself forward. The temptation here is to lift your head or come up too high out of the water. Instead, push your chin forward close to the surface of the water. You want to get your head back down before your arms come back to the front for proper timing and rhythm.

Once you get the timing down, the butterfly will stop feeling like fighting with the water and your own body. It will feel so satisfying. I guarantee you'll love it.

— Amy Hanrahan

## Important Dates

### **December 6-8**

EGAC Matt Casto Memorial Meet  
at Sac City College

### **January 18-19**

Arctic Challenge at Woodland

### **January 24-26**

Bud Meyer Memorial Meet  
at Rio Del Oro

### **February 3**

Registration opens for 2020 season

### **February 24**

Dolphin kick-off meeting and  
registration for March clinic

### **March 2**

March clinics begin



## 2019-2020 COACHING STAFF

### **Head Coach**

Greg Varozza

### **Age Group Coach**

Stefanie Lund

### **ASSISTANT COACHES**

Cassidy Barry

Amy Hanrahan

Lauren Kilpatrick

### **SWIMMER COACHES**

Melody Kohler



### **Del Norte Dolphins**

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# Sierra Marlins Gobbler Meet

*The Gobbler meet, held November 22-24 at Folsom Aquatic Center,* was a celebration of teamwork and Sharpie body art. DNA brought 21 swimmers who competed in events including the 500 free, 400 IM, 200 butterfly, 100 breast and of course the classic 50 free.



For the 500 free on Friday night, Hannah and Robin were in back-to-back odd numbered heats at the same time as Elizabeth, Miranda, and Livvy's even numbered heats. With odd and even numbered heats running concurrently on opposite sides of the pool, this meant that the 3-person

support teams for each swimmer (2 timers and 1 lap counter) had to assemble quickly and flexibly! Coach Stef did her best to scramble from one side of the pool to the other to shout encouragement while parents, siblings, teammates — and even another team's coach, who lent us an extra lap counter — pitched in.

Saturday and Sunday had some great moments too. For many swimmers, the last USA Swim time they had on record was from January 2019 or even last year. So their



time drops were pretty impressive — double digits in some cases.

The weather this year was beautiful, which was a nice change from the chilly rain we had a few years ago, and much better than the smoky air that cancelled last year's Gobbler. We missed Coach Greg, who is still recovering from surgery, but he followed along on Meet Mobile. Thanks, Coach Greg! We can't wait to have you back.



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