



ISSUE #16 | JANUARY/FEBRUARY 2020

DEL NORTE AQUATICS NEWSLETTER

Leadership — It's In Our DNA!

Do you see yourself as a leader?

Maybe the idea of leading others makes you want to run and hide! It's understandable. To gain the confidence to lead, most of us need to be followers at first — maybe for a while.

On the swim team, your first job is following your coach's lead and watching what the older swimmers do. You learn your strokes, turns, starts, finishes. You learn to finish the race even if your goggles come off. You learn how to show up for your relay, show up for practice consistently, and show up for swimmers who need an extra cheer. And before you know it...

you are a leader, whether you see it yourself or not.

As we wrap up winter DNA (Del Norte Aquatics, our USA Swim affiliated team), it's time to register for spring/summer Dolphin season. **Returning swimmers can sign up as early as February 3 — watch for details in your email.**

Many of our high school swimmers will be starting practice with their school teams in February, while younger Dolphins take February off.



During your "dry" month or your high school season, start thinking to yourself: what can I teach my Dolphin podmates? How can I be a leader?

— Susan Herman

Parent Board President Update

Greetings from the parent board.

On behalf of the whole team, welcome to the 2020 season!

I'd like to tell you a little about what the board does. We're all parent volunteers whose job is to serve as liaison between you, Dolphin families, and the coaches and Del Norte Club. We plan social events, coordinate sponsorships and other fundraising opportunities, purchase and maintain equipment, track team records, and purchase end of year trophies for swimmers and gifts for our coaching staff. We support Coach Greg with any administrative matters so he can focus on his job — coaching! Simply put, we support the vision and mission of the team, whatever that takes.

I'm back for my second year as

President with Steve Sahs as V.P. and League Rep.

Lori Sato is our Secretary; Kristin Ferguson is our Registrar; and Chris Horel coordinates Parent Jobs. We also have several Members-at-Large: Heath Winston oversees equipment and set-up/tear-down crews; Lea Sweet is our Historian; Susan Herman coordinates our newsletter; Kim Partin runs our snack bar and hospitality; and Michele Hoffman is our Spirit Coordinator.

We've said a few goodbyes this year: Treasurer Nicole Adrian-Dacus; League Rep Mike Zizzo; Fundraising Chair Shanna Pentecost; and Sponsorships Chair Jen Flohr. We're sad to lose them but they have our heartfelt



thanks for their years of commitment to our team's success.

One final note... we are all swim parents too who want the best for our own kids. We provide our service to the team for free, without any perks for our kids or ourselves. Sometimes it's a full-time job, in addition to our families and *actual* full-time jobs. We give back happily because we all feel that swim team is the best thing our kids have ever been involved in, and we want our team to succeed. Chances are, that sounds a lot like you. We have an open door policy at our monthly meetings. If you have a question, concern, or just want to serve, join us. We meet the first Monday of the month at 6:30 in the tennis lounge. Go Dolphins!

— Kelley Neves

Coach Corner

WELCOME BACK... Can you believe it is almost time to start the 2020 swim season? I surely can't, but I also can't wait to get going. I am so excited about the things we have planned for this year, the conference we get to swim with, and most importantly seeing all of the familiar faces and welcoming all of the new faces.

Once again we will have an amazing summer coaching staff. Unfortunately for us, Coach Emily has decided not to return this year, and we wish her well. We are still working on putting things together, but we have always had an amazing group of coaches, and that will continue. My goal is to have the coaching lineup finalized by the night

of our Welcome Meeting on February 24.

Our conference will look a little different this summer as well. In addition to the Del Norte Dolphins the Gold Rush Conference will include Arden Hills, West Sacramento, Rio Del Oro, and Woodcreek. Champs will be at Woodcreek in Roseville on July 25-26 and Meet of Champs will be at the same location following weekend Aug 1-2. I love making a big presence at MOC and this being the 20th anniversary, it will be a special weekend. I hope you can make it, if not as a swimmer, then as a team supporter.

Lastly, we love getting new swimmers, so if you know anyone thinking about swimming this spring and summer, please invite them to our February 24th meeting or have them give me a call.

This is going to be a great season.

#FlippersUp

— Coach Greg



Coach Greg



delnorte_dolphins

Private group: Del Norte Dolphins Swimming

Public page: Del Norte Dolphins Swim Team

Important Dates

February 3

Registration opens for 2020 season

February 24

Dolphin kick-off meeting and registration for March clinic

March 2

March clinics begin

April 1

First day of practice

January & February Birthdays

Justine Honore
Joseph Honore
Ianna Stewart
Oliver Jones
Tirzah Kohler
Owen Douglas
Rex MacCarthy
Cruz Gonzalez
Harrison Nemetz
Milana Brumer
Teagan Smith
Elijah Duncan
Whitney Stechman
Laurel Loeffler



Nolan Oates
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Thomas Villegas
Nikolas Tambornini
Samuel Smith
Collin Orn
Sarah Boroski
Connor Barry
Skyler Laining
Raymond Borja
Kostyantyn Shcherbak
Breanna Borja
Miranda Ferguson
Noah Seither



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

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Bud Meyer Memorial Swim Meet

Fourteen DNA swimmers swam in the Bud Meyer Memorial meet on January 25-26 at Rio Del Oro. We also said hi to Jacob Bote and Blake Pentecost of DART and Keven Sahs of STAS (these are year round teams). Despite starting Sunday on top of a rain puddle where our team tent was set up, both days turned out sunny and beautiful.

Swimmers took on some tough events that they don't get exposed to in summer swim: the 200 breast, 100 fly,

400 IM, and the 1000 free, among others. Many events are open age group signup, so if there are only a few heats, it's possible to be swimming against someone 4-5 years older or younger than you. This happened to Robin Herman, age 10, in his 1000 free. The teens he was swimming with lapped him multiple times. But they all waited on him to finish and cheered for the "little guy" in lane 8. Because that's what swimmers do!

You know what else swimmers do? They help each other count laps and time for the long events. Huge thanks to Elizabeth Sweet and others who counted and timed for their teammates.



Ryan Sweet and Bryan Sato in the 100 free.



500 free: above: Alida Neves and Hannah Rosales. Below: Hannah Gedeon.



Swimmer Interview: Connor Barry

Editor's note: Connor is a senior at El Camino High School. He has been with Del Norte swim since he was 6. By press time he'll have his college notifications and will soon decide where he's going in the fall!

What leadership activities are you involved in right now?

I'm a leader in the Eagle Polytechnic Institute (EPI) at school. It's not an official role but I spend a lot of time helping my classmates with the math and the overall process of design, engineering, and manufacturing that we do for our projects. Right now my team is designing a human-powered vehicle. We have to do calculations to figure out the most efficient use of input power, gear ratios, and so on. And we use the tools and materials at school to build it. For me, leadership is sharing this kind of information and not just keeping it to myself.

What will you do after high school?

For college I'm looking at engineering

programs at NC State, FSU, Purdue, and a few others. I'm most excited about leaving California and experiencing a new environment.

Were you ever in student government?

Yes, I was in it last year as a junior. I was the tech second, which means I assisted the tech lead with audio and other equipment for all school rallies and some of the dances. It was a lot of work but definitely paid off. I also learned skills like communication, scheduling, how to do phone calls and emails with people I didn't know. Things you might take for granted but can be hard for some people to learn.

Do you think your leadership skills help you be a better swimmer or vice versa?

When I was younger I always looked up to older swimmers. One of the swimmer coaches I really admired would just jump in and do a whole lap



of dolphin kicks without breathing at the beginning of warmup! I hope I'm like that person to the younger swimmers on the team now.

I like to show other swimmers how to do things. I helped Ryan Sweet with his breaststroke, since he said it was his weakest. When someone with less experience, even in my own age group, joins the team I try to help them understand how things work and give them tips.

Last summer I was working as a life-guard at Arden Park so I only made it to one of the Dolphin Buddy practices with the younger kids. I'd like to have a job this summer that allows me to do more of those. I really liked working with the little kids and passing on tips that helped me with my technique and transformed me into the swimmer I am now.

Del Norte Dolphins
3040 Becerra Way
Sacramento, CA 95821

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