



ISSUE #17 | MARCH/APRIL 2020

DOLPHINS NEWSLETTER

An Unexpected Break from the Pool and the Pod

If you'd asked me a month ago where I expected to be on April 1, I would not have said "home on the couch"! I figured I'd be at Del Norte Club, chatting up new swim families or working out in the gym. But with COVID-19 all is suddenly changed. I feel like I've got whiplash. How about you?

We're having an unexpected break, but I decided to go ahead and do a newsletter for this month. Why? Because we are still a family — still the Dolphin pod! — and we will get through this weird time together, even

though we are physically apart from each other. There's no reason why we should stop sharing our story.



These days we are being reminded to wash our hands a lot. That's never a bad habit to get into. When you face a big change, it can help to have healthy habits or routines to fall back on. Do you have something to replace your swim routine — at least, for the time when we have to be away from the pool?

If you are looking for ideas, check out Coach David Pursley's dryland workouts on YouTube. They are hilarious. Another resource is swimswam.com's Swimming-Specific Yoga workouts. Maybe you could FaceTime a friend and do some of these "together."

I look forward to seeing the team back together again, IRL and soon.

— Susan Herman

Q & A With Swimmer-Coach Melody Kohler

What age group(s) are you coaching, Melody?

I help with the younger Dolphins! So Pups, Porpoises, and age group kids.

What are you really good at teaching?

My absolute favorite thing to teach is dolphin kick! It's the thing I feel most confident doing and teaching. I just love it!

What advice do you have for Dolphin swimmers this season?

My advice for swimmers would be to work hard and keep going when you fail! The only thing different between someone who succeeds and someone who fails is the person who succeeds doesn't give up when they fail. You really just need to get your head in the right space. If you want to hear funny



stories about me completely falling apart and crying over my failures, just ask coach Greg. He has more stories that involve tears than I would like to admit.

Has coaching helped you improve your own swimming, and if so, how?

I don't know if coaching really helped me with my swimming. It definitely gave me more respect for my coaches! It sounds kinda funny but I think swimming and coaching are so different. Swimming is like reading a book by yourself, coaching is like reading aloud to a group and making sure they understand the story.

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Melody Kohler
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Message from Coach Greg

Hey, Dolphin families!

I am starting to feel the effects of being cooped up and home and not getting that sweet smell of chlorine I am so used to this time of year. I think I am actually starting to lose my mind.

I keep seeing images like this everywhere. I hope it stops soon.



In all seriousness, I hope everyone is staying healthy and following the guidelines to stay home. I heard a great quote the other day... "The longer you stay home, the sooner we can get out."

I can't wait to see everyone and just know, if we can have any kind of season at all, we will. I know for me, the thought of getting the swim season started is what is keeping me going through these tough times. It will happen, I'm sure of it.

I wanted to update you on the latest information we have right now from the NorCal Swim League, which met last week.

The situation remains too fluid to make ANY decisions about the entire swim

season at this time.

But, here is what we DO know!

- The 2020 swim season is NOT cancelled
- We will not begin practice on April 1 as scheduled

We HOPE that we will have many, many more answers soon. Everyone agrees that a short swim season is better than no swim season at all. So, the Dolphins will begin practicing just as soon as the current restrictions are lifted. We will, of course, keep you updated if anything changes. In the meantime, know your Dolphin coaches MISS YOU and cannot wait to see you!

Please, if you have any questions do not hesitate to reach out to your coaches. I know they would love to hear from you and you will be doing us as much as we could possibly ever do for you.

Stay Safe! #FlippersUp

— Coach Greg



Coach Greg



delnorte_dolphins



Private group: Del Norte Dolphins Swimming

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Del Norte Dolphins

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Meet the Dolphin Pups

Editor's note: On March 11, before we pushed the pause button on clinics, I got to meet a few of our youngest swimmers and learn what they are excited about for swim season, their favorite memories (if they swam before), what they want to work on, and their goals.

Quinn (right) and her sister



Quinn — I'm excited about getting in the water every day!

Ianna



Ianna — Last year was my first season. I loved it when I could finally swim a race without a coach in the water with me.



Jacob

Jacob — (Last season) I liked that time we got to go on the alligator floaties, and someone was pushing me. That was fun. I'm excited about learning butterfly this year in 7-8s. I don't kick very well so I want to work on kicking without flippers. I want to get the tall trophy.



Jonah

Jonah — This is my first year on swim team. I am learning a lot. I love swimming so far. The easiest thing is ready position and the most difficult thing is keeping my belly button dry.



Marina

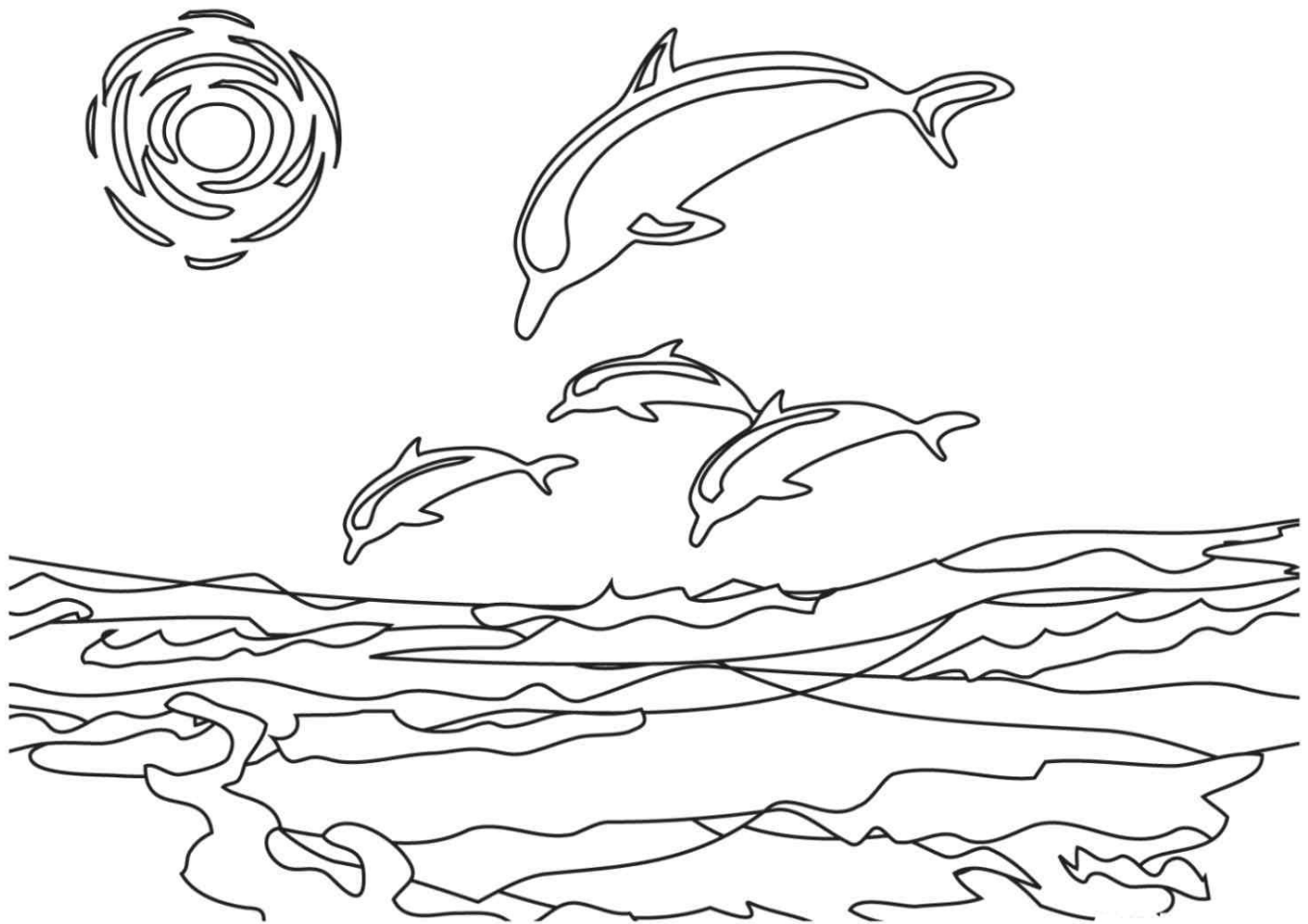
Marina — This swim season, I hope I can get all the way across the pool in backstroke without hitting the lane lines. I also want to learn how to dive!

Aubrey



Aubrey — I like learning to streamline and learning to breathe. I am also learning how to kick FAST and it's hard!

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