



## DOLPHINS NEWSLETT

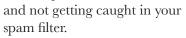
## Let's Make Some Memories

It's time to make some new memories, Dolphins. For those joining our team for the first time, welcome!

This newsletter is for telling our team's story. Thanks to all who shared during

April about your funniest swim memory. You can read the stories on page 3.

All your time-sensitive news comes through email, so families, please check email often. Make sure messages from our Team Unify system are accepted



Here's one of my swim memories. In 2012, at age 35, I was getting ready

delnorte\_dolphins

Private group: Del Norte **Dolphins Swimming** Public page: Del Norte **Dolphins Swim Team** 

for my first race ever — an open water event. (I had missed out on swim team as a kid, and learned to swim as an adult.) I was a little nervous about the race, so I went to an organized practice swim

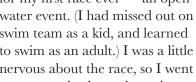
at Lake Natoma. We had to go out to a buoy and come back to shore. A half easy peasy, right?

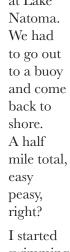
swimming toward the buoy, but lost

looking around for other swimmers. Where the heck were they? Eventually one of the safety kayakers paddled up and asked if I was OK. Sure, I said — can you just point me in the right direction? He did, I finished the swim, and got a little more practice than I bargained for.

Don't get lost in the pool, Dolphins, and you will have a successful season!

- Susan Herman





sight of it somehow. I started

## May Birthdays

Birthday shout-outs are also on our team Instagram! Feel free to tag delnorte\_dolphins when you share your swim photos.



Caris Fickenscher Remington Gabarini Joshua Kong **Emmerson Leslie** Marina McCarthy **Emily Martin** Joy Miller Adele Moss Greta Moss Jacob Raymond Ruby Robrecht Isabel Sahs Lindsey Seifert Leah Walker Lauren Woolsey

Josh Zezzo

### Join the Swim Parent Board

## We have some vacant spots on our swim parent board.

If one of these is a match for you, please connect with us at <a href="mailto:secretarydnst@gmail.com">secretarydnst@gmail.com</a> or <a href="mailto:presidentdnst@gmail.com">presidentdnst@gmail.com</a>.

Training is available for all positions. The board meets one evening per month; next meeting is June 7 at 6:30 pm on the patio outside the tennis lounge. Feel free to join us so you can learn more about what we do!

### Sponsorship and Fundraising

**Coordinator.** This person connects with team families, business owners, local restaurants and other partners who help keep our team budget healthy. A large percentage of our registration fee goes toward club costs, so we use sponsorships and fundraising to purchase timing equipment and other supplies we need to run our meets.

### 2021 COACHING STAFF

**Head Coach** Greg Varozza

Age Group Coach Stefanie Lund

**Developmental Coach**Emily Loeffler

#### **ASSISTANT COACHES**

Eric Johnson Lauren Kilpatrick Janine Brown Kendall Winston

#### SWIMMER COACHES

Alida, Alyssa, Camilla, Caris, Dean, Devin, Havana, Jordan, Josh H., JT, Macy, Mallory, Megan, Ruby, Ruth, Tirzah

#### Treasurer.

This person is a cosigner on our team bank account and reports on income and expenses. The treasurer

collates



Kelley Neves, Parent Board President

information from multiple sources to put together the budget. He or she also manages money transactions on various banking platforms.

**Vice President.** This person assists broadly to support the board's work. Depending on areas of expertise, this may involve communication and relationship management with the club and team families, technical issues such as deck operations, volunteer coordination assistance, or other "gettin' it done" functions.

**Member at Large.** This can be whatever YOU want it to be. Bring us your best talents. Share your insight on what you think the team needs most. You can gather other volunteers to make it happen.

## **DEL**\*NORTE

## 1-Month Membership Certificates Available Now!

Know someone who wants to try out Del Norte for a month and you'd like to sponsor them? This is a fantastic way to let them try it out at a HUGE discount!

Certificates are \$65 and are available for June, July and August. You can sponsor as many families as you'd like, but only one pass per family, please.

Contact Kelley Neves to get yours <u>presidentdnst@gmail.com</u>.



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

#### **2021 PARENT BOARD**

#### **OFFICERS**

President — Kelley Neves Vice President — Steve Sahs Secretary — Susan Herman

Treasurer - Vacant

League Rep — Steve Sahs

Registrar - Vacant

Parent Jobs - Chris Horel

#### AT LARGE MEMBERS

Computer & Colorado Operations Coordinator Steve Sahs

Equipment Coordinator
Heath Winston

Historian Lea Sweet

Newsletter Susan Herman

Snack Bar/Hospitality Coordinator Vacant

Spirit Coordinator
Michele Hoffman

Sponsorships/Fundraising Vacant

We are actively seeking new board members for the 2021 season!
If you are interested in working behind the scenes with us, have the time and volunteer spirit, feel free to talk to any board member.

## The Question: What is Your Funniest Swim Memory?

Here's how swimmers responded to the question of the month for April:

- When I accidentally called Coach Stephanie "mom" ~Cooper O.
- My funniest memory is the coach relay at champs because they were coaches and swam slower than their students! They had the best team spirit! ~Ginger
- When the seniors on the team did
   a 6 and under swim at the meet with
   junior coaches in the water.
   ~Christian
- I practiced for my dive a lot and I
  was so exhausted by the time it came
  for me to do it I belly flopped. ~Joy
- My mom pushed my little sister in the pool at a meet. ~Macy
- The 13-14 girls didn't have enough swimmers for their B relay, so one of the 11-12 boys asked for a girls' suit and he would have put it on [if the rules had allowed for him to swim in the relay]. ~Tirzah
- I got bit by a wasp on my foot right before a race. My foot really hurt and I ended up getting a best time. Now my family thinks wasps are good luck (from a distance of course). ~Devin
- My brother Jacob and I were in a relay and on the sheet we were both "JA Chigbrow." No one knew which one of us was supposed to go and we missed the race. ~Jackson
- Tirzah had all these old stretched out swimsuits she'd use for drag practice. At Champs warm up, she put all of them on at once--12 suits! She took one off every 50 yards because her shoulders hurt. ~Camilla

Thanks to all who answered The Question for April. Winner of the \$25 gift card to Hagen Freeze is... Joy!

Here's The Question for May: What have you learned from swimming?

Swimmers who respond are entered for a prize — this time, it's a \$25 gift card to SwimOutlet.com. Responses are due May 24 to <a href="mailto:newsdnst@gmail.com">newsdnst@gmail.com</a>, drawing is on May 25.

Your family or business can sponsor a prize and get a shout-out here in our newsletter. If you are interested in being a prize sponsor for The Question, contact Susan Herman at <a href="mailto:newsdnst@gmail.com">newsdnst@gmail.com</a>.

For more team sponsorship options, download the sponsor form here: <a href="https://www.teamunify.com/team/recncdndca/page/sponsors">https://www.teamunify.com/team/recncdndca/page/sponsors</a>





## **Important Dates**

May 8 — Time Trials

May 19 — Fundraiser night with Mod Pizza

May 22 — Swim Meet vs. Arden Park @ Del Norte

June 12 — Swim Meet vs. Rio Del Oro @ Rio Del Oro

**June 17** — Picture Day

**June 22** — Fundraiser night with Skip's Kitchen

June 26 — Swim Meet vs. Fulton-El Camino @ Del Norte

July 10 — Swim Meet vs. West Sacramento @ Del Norte

The 2021 meet schedule is subject to change, and additional dates may be added. We appreciate your patience!

### **Coach Corner**

Editor's note: When I posted the question about funny swim memories on our Instagram page, Coach Greg's good friend Terry Peyton chimed in with a comment. I had to get more details, so I called up Terry and here is what I learned...

Greg and I coached a USA Swim team together in the 1980s. One year we were at an All-Star event in Tempe, Arizona with our team.

Before the coach's relay Greg and I got up on the blocks in costumes.

We were supposed to be the characters Hans and Franz from Saturday Night Live, the bodybuilders who talk like Arnold Schwartzenegger and say "We're here to pump you up!"

So we're up on the blocks wearing sweatsuits like Hans and Franz, long sleeves and long pants and it's gotta be 117 degrees. We had balloons stuffed in our clothes to look like

bulging muscles. We were sweating like crazy. When we finally got in the pool (with swimsuits on, no costumes) our muscles cramped up from dehydration. We finished the race but it wasn't pretty.

In other coaching news, we have swimmer coaches — 16 of them! — on deck to help the

younger swimmers. They wear yellow tie-dye shirts and visors. We will feature one or more of our swimmer coaches in a future issue.



Coach Greg and his friend Terry as Hans and Franz, sometime around 1987 they guess.

# Thank you sponsors

















Interested in sponsoring? Contact Kelley Neves at <u>presidentdnst@gmail.com</u>.

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