



ISSUE #23 | MAY 2021

# DOLPHINS NEWSLETTER

## 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 and not getting caught in your spam filter.

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

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 mile total, easy peasy, right? I started swimming toward the buoy, but lost

sight of it somehow. I started 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



## 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



[delnorte\\_dolphins](#)



Private group: [Del Norte Dolphins Swimming](#)

Public page: [Del Norte Dolphins Swim Team](#)

# 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 [secretarydnst@gmail.com](mailto:secretarydnst@gmail.com) or [presidentdnst@gmail.com](mailto:presidentdnst@gmail.com). 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.

## **Treasurer.**

This person is a co-signer on our team bank account and reports on income and expenses. The treasurer collates 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.



*Kelley Neves, Parent Board President*

## 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

## 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  
[presidentdnst@gmail.com](mailto:presidentdnst@gmail.com).



**Del Norte Dolphins**  
3040 Becerra Way  
Sacramento, CA 95821  
[www.delnortedolphins.com](http://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
- When we were little coach Eric was demonstrating a dive and he dove in the pool with all his clothes on — hat and sunglasses too. It was so funny. ~Joshua B.
- 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 [newsdnst@gmail.com](mailto:newsdnst@gmail.com), 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 [newsdnst@gmail.com](mailto:newsdnst@gmail.com).

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



## 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 Schwarzenegger 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 [presidentdnst@gmail.com](mailto:presidentdnst@gmail.com).*

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