



ISSUE #24 | JUNE 2021

# DOLPHINS NEWSLETTER

## Always Learning

*What have you learned from swimming?* That was the Question of the Month for May. Responses from swimmers ranged from the literal to the philosophical — you can read them on p. 3.

I had a phone call from a Del Norte club member in her 70s, not affiliated with the swim team, who saw the question on our bulletin board and wanted to weigh in. We had a great little chat about how swimming helps us recover from injury and maintain our mental health, among other things.

Swimming can teach us about our bodies and what fuels us best, and it can help us build confidence. Being part of a team adds friends and competition into the mix. And, if you like data, swimming offers plenty of numbers to mine for insights.

Here's a practical lesson for families who are new to swimming. Do you



know how our dual meets are scored? For individual events, 1st place scores 5 points, second place scores 3 points, third place scores 2 points, fourth place scores 1 point. The top time for each relay scores 7 points. (Second place and so on do not score points.)

Relay points do not count toward individual swimmers' totals.

Here's to learning new things this season, Dolphins!

— Susan Herman

## June Birthdays

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



Benny Bartell  
Angelina Blanton  
Declan Cremins  
Lily Dron  
Tyler Dron  
Megan Engel  
Jude Fast  
Elliott Garbarini  
Julia Hornsby  
Alyssa Johnson  
Jenna Johnson  
Olivia Laird  
Tysen Lozano  
Ruth Lowery  
Cooper Oates  
Elora Stewart  
Kaeli Stowell

## Important Dates

- June 12** — Swim Meet vs. Rio Del Oro @ Rio Del Oro
- June 17** — Picture Day / 10 am individuals / 11 am group
- June 19** — Swim Meet vs. Johnson Ranch @ Del Norte
- June 22** — Fundraiser night with Skip's Kitchen
- June 26** — Swim Meet vs. Fulton-El Camino  
featuring a Jolyn pop-up shop @ 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. We have several social events taking shape too! Watch your email for details.*

## Coach Corner

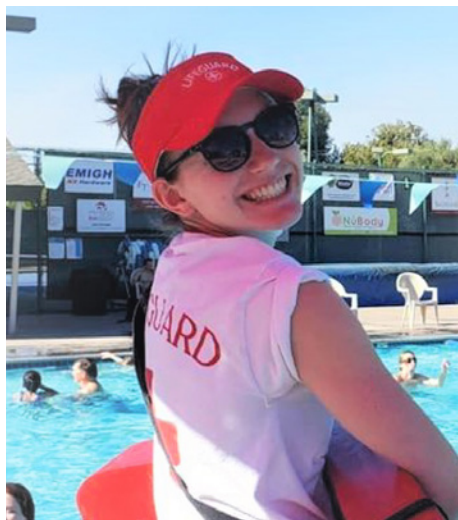
**Editor's note:** Kendall Winston is a former Dolphin swimmer who is back to teach the next generation! She is a student at Clemson University.

### What age groups are you coaching this summer?

All of them. Over five days each week I rotate through all the practices.

### What else are you up to?

An internship that Greg helped me set up at River City Prosthetics. I'm shadowing one of the clinicians.



I get to sit in during patient appointments and fetch screwdrivers to adjust their prosthetic legs or arms. I'm learning a lot about how some people have a lot of drive to walk again, and others seem defeated or don't have as much support. There's a workshop on site where you can use anything from a band saw to a sewing machine, or electronic equipment to work on the prosthetics.

### Are you swimming in college?

Clemson has a club team, and I'm swimming with them. We've traveled quite a bit to other schools: Georgia Tech, University of Florida.

### What's your strength as a coach?

I am really good at teaching breaststroke kick. It wasn't my best stroke as a swimmer but for some reason I can teach it better than I can do it.

### What do you think are the most important lessons for swimmers at each level?

For younger swimmers a key lesson is head position and staying flat in the water — not folding in half [into a sitting position] in backstroke. For 11-14s it is strong starts, turns, and finishes. For 15-18s it is keeping it fun, not taking swim too seriously. For all swimmers of course a key skill is streamlining at all times.



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## 2021 COACHING STAFF

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Kendall Winston

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

# Meet Reports: Time Trials and Arden Park

*The 2021 summer season kicked off with our time trial meet May 5 and a dual meet with Arden Park on May 12.*

Time trials was exactly as advertised: all swimmers established times for every event, and our equipment and problem-solving abilities underwent various trials. Gusty winds knocked over tents on the lawn, though the shades on deck were well sandbagged. Then an electrical issue and a software auto-update delayed proceedings. But eventually it got going again.

It was great to have the energy back that we missed in 2020. As always, time trials was a helpful shake-down for the deck crew. For swimmers who were brand-new, or hadn't been in the pool since July 2019, it was also a chance to practice the routine of "Take your mark...BZZZ!"

The final score from our dual meet on May 12 was Del Norte 528, Arden Park 301. Both teams have the dolphin as their mascot, but instead of a "battle of the Dolphins" I'd prefer to call the matchup a superpod.

The closest thing to a battle was the



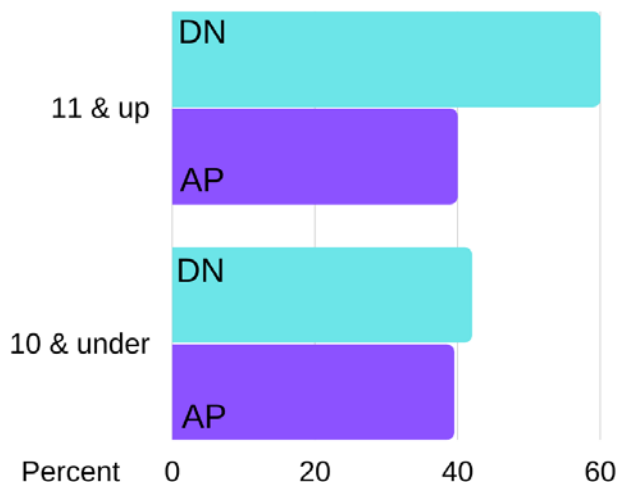
race for Boys 9-10 Free relay, which the Del Norte Dolphins took by only three hundredths of a second. Del Norte's A and B relay squads for Girls 15 and over 200 Medley was also a nail biter, with the two squads finishing within five hundredths of a second of each other. The 50 Free delivered excitement and bubbles, including three races where finishers were separated by .06 seconds or less!

Here are a few more numbers to think on.



- Of the 11 and up group, 28 Del Norte swimmers improved at least one of their times by 3 seconds or more! This is approximately 35% of the total number of swimmers in that age group.
- In the age 10 and under group, 35 of 65 Del Norte swimmers, 54%, improved their times by 3 seconds or more, including those who had no baseline time (NT) because they were doing an event for the first time. Younger swimmers tend to drop lots of time as they learn their strokes.
- Arden Park has more 10 and under swimmers and outscored Del Norte in the second half of the meet. Among 10U swimmers, around 39.5% from Arden Park scored one or more points while 42% of Del Norte 10U swimmers did.
- Del Norte Dolphins has more 11 and up swimmers, and on May 12, 60% of this group scored one or more points.

## Percent of swimmers who scored one or more points



# The Question: What Have You Learned From Swimming?

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

- I learned how to use fins. We didn't use them on my other team. ~Addy
- To do a good dive and not belly flop, bring your arms back and around, don't just go straight in. In breast-stroke I learned not to breathe at the same time I'm kicking. ~Harper
- This year I've learned how to do all the strokes. Last time (2019 season)
- I was only 6 so I only did freestyle and backstroke. ~Zora
- How to do the dolphin kick. ~Austin
- I learned what it's like to be on a team where other athletes and coaches have your back no matter what. I learned what it's like to have true friends. I learned to have fun and enjoy time with my friends, all while still being able to focus on my races. ~Josh Z.

- From swim, I've learned that there's never nothing you can learn from a race. Whether you added 10 seconds or PR'd, you can always walk away having learned something new. ~JT

Thanks to all who answered The Question for May. Winner of the prize is... Josh Z!

**Here's The Question for June:**  
**How do you get ready for a race?**

## DEL NORTE

### 1-Month Membership Certificates Still Available!

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. Certificates can be activated any time within the month so a June certificate is still good for 30 days once activated. You can sponsor as many families as you'd like, but only one pass per family, please.

Contact Kelley Neves to get yours [presidentdnt@gmail.com](mailto:presidentdnt@gmail.com).

Swimmers who respond are entered for a prize — this time, it's a \$25 gift card to Hagen Freeze, sponsored by a grandparent who was also a swimmer back in the day! Responses are due June 28 to [newsdnt@gmail.com](mailto:newsdnt@gmail.com), drawing is on June 29.

For more team sponsorship options, download the sponsor form here:

<https://www.teamunify.com/team/recncdndca/page/sponsors>

## Thank you SPONSORS



Interested in sponsoring? Contact Kelley Neves at [presidentdnt@gmail.com](mailto:presidentdnt@gmail.com).

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