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Davis Aquadarts

Dec. 2009 / Jan. 2010

UPCOMING EVENTS

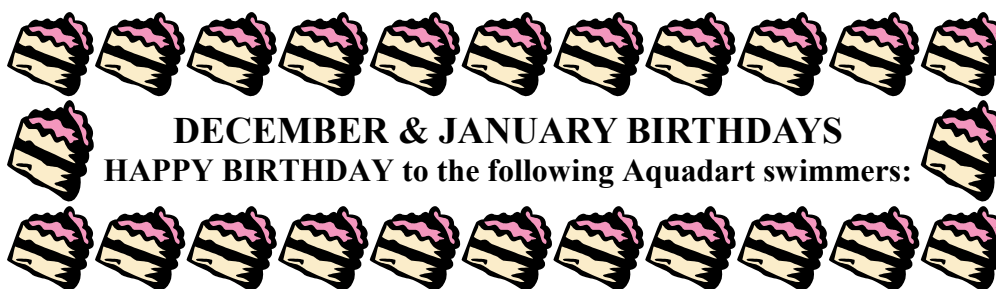
DATE	EVENT	LOCATION
Jan 16-17	Cal Invite (Senior Group and Gold group w/AA times)	Berkeley
Jan 23-24	SNS All Star Meet (All Star meet, top 8 in Sierra Nevada)	San Diego
Jan 27	Silver and Gold Groups 'Duel' Meet (Dual meet style competition, sign up on the website)	Community Pool
Feb 5-7	Vacaville (Full Team Meet)	Vacaville
Feb 27-28	Napa Valley Swim Meet (Full Team Meet)	Napa
Mar 6-7	Sierra Marlins Swim Meet (Last Chance to qualify for JOs)	Folsom
Mar 4-7	Clovis Senior Meet (Senior Group w/qualifying standards)	Clovis
Mar 19-21	14 and Under Junior Olympics (14 and un swimmers with BB times)	Fairfield
Mar 27	Dual Meet with CCA (14 and under swimmers with B times)	Community Pool
Apr 8-11	Far Westerns (Pacific Q times required)	Morgan Hill



AQUADART PRACTICE SCHEDULES

Jan Schedule — Jan 4-Feb 6

Red	3:00-3:45pm	Civic
Blue	3:00-3:45pm	Civic
Bronze	3:45-4:45pm	Civic
Silver	3:45-5:15pm	Community
Gold	5:15-7:15pm	Community
	8:00-10:00am (Sat)	Arroyo
Varsity	4:15-5:45pm	Civic
Senior	4:15-6:45pm	Arroyo
	5:15-6:45am (M, W, F)	Community
	8:00-10:30am (Sat)	Arroyo



Sanjana Bajwa, 10, 12/22	Sabrina Borchard, 11, 12/28	Zack Byrne, 10, 12/11	Elise Chu, 12, 12/2
Jessica Heller, 15, 12/10	Jason Joo, 8, 12/8	Carolina Leshuk, 11, 12/23	Roland, Li, 10, 12/24
Matthew May, 11, 12/22	Beverly Nguyen, 16, 12/17	Emma Peterson, 14, 12/18	Julianna Qvistgaard, 12, 12/22
Hanah Wyman, 11, 12/20	Kevin Zhu, 18, 12/30	Spencer Ault, 12, 1/12	Saihaj Bajwa, 12, 1/1
Justice Borchard, 10, 1/17	Nicole Brooks, 12, 1/15	Fiona Buck, 14, 1/19	Sarra Falakfarsa, 14, 1/10
Tucker Fisk, 11, 1/19	Torin Halsted, 13, 1/2	Riley Hickman, 13, 1/11	Jack Johnson, 8, 1/22
Sean Li, 12, 1/13	Madison Molotky, 16, 1/8	Adam Raabe, 15, 1/1	Holly Riggles, 18, 1/11

NOV/DEC SWIMMERS OF THE MONTH

RED GROUP

Jamie's Group—**Yuhan Kim**-Yuhan has been coming to practice regularly all season. At practice he does a great job of listening and following directions. He also has showed a lot of improvement in many areas especially freestyle and breaststroke. He tries hard to learn new skills and seems to enjoy his time in the water.

BLUE GROUP

Carolee's Group—**Jake Goidell**-Jake is new to Aquadarts after joining Summerdarts last summer. He has been working hard on all of his strokes, especially his freestyle and kicking. He listens very well at practice, and puts in a lot of effort to correct his strokes and learn his turns.

Mary's Group—**Mandolin Nguyen**-She has great weekly attendance, brings an attentive ear, a big smile and an attitude of hard work. She raced competitively at the Winter Challenge and scored points for the team. Nice job Mandoline!

BRONZE GROUP

Jaime's Group—**Dylan Schmidt**-Dylan showed a lot of improvement in all areas. He showed a willingness to work hard in practice and learn new skills. He also attended his first swim meet and did a great job, even swimming events he had never thought he could do. He also always tries to have a good time at practice and can bring a smile to any body's face.

Michael's Group—**Tayrn Spore**-Tayrn has been a great swimmer for me the last couple months. With her outstanding attendance and willingness to accept and act on stroke pointers she has improved rapidly. I am looking forward to continuing to work with Tayrn in the future.

Carolee's Group—**Delaney Davis**-Delaney just joined Aquadarts this fall, and already has achieved BB times in some events. She is learning quickly how to work hard in practice, and is just beginning to realize what a good swimmer she is going to be. She is setting high goals for her swimming, and is putting in the effort in practice and at meets to achieve those goals. Keep up the good work, Delaney!

Mary's Group—**Matthew May**-He has made great progress in the top level Bronze group and is one of the practice leaders. He follows direction, is respectful and responsible, and puts out his very best effort on every set. Way to go Matthew, keep up the good work!

SILVER GROUP

Ro's Group—**Vivian Crow and Tucker Fisk**-Vivian and Tucker have shown a great attitude coupled with great attendance. It is no surprise that they are swimming well right now. Practice does not make perfect. Perfect practice makes perfect. These two swimmers are showing how to do this! The Silver Group has done a great job this past month, but Vivian and Tucker have set the standard. Vivian had a great meet at the Arctic Challenge earning a bronze dart with 5 best times. Tucker swam well at the Arctic Challenge and the following weekend at the Rio Del Oro meet and set one Sierra Nevada record.

GOLD GROUP

Brad's Group—**Daniella Qvistgaard and Heather Johnson**-Daniella and Heather challenged themselves to compete in the IM Xtreme games in Portland during December. This required them to complete a 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM and 400 IM. Both girls had to compete in the 400 IM for their first time at the Arctic Challenge and then swim the events again in Portland. Both girls did a great job. It is great to see swimmers challenging themselves to new events!

VARSITY GROUP

Jamie's Group—**Anthony Forsberg**-Anthony is new to aquadarts and has been doing a great job. He has showed a lot of improvement and when given new skills to work on he shows a willingness to try them. He has had regular attendance all season and is great contributor to the group.

Michael's Group—**Rusty Lewis**-After a rough first couple months of frustration because of sometimes crowded lanes and the wide ability level in the varsity group, Rusty has been doing very well over the last couple weeks. He has been showing up more often and is swimming well in practice. I hope that he will continue to keep the attendance and effort up throughout the winter and beyond.

Upcoming Events

VACAVILLE SWIM MEET (FEB 5-7) - Look for online entries to open on Swim Connection soon. On Friday night 10 & Unders will have the 500 free and older swimmers will the 1650 free. When signing up, please note that the 1650 will be swum 2 swimmers to a lane. If this is your only opportunity to swim a 1650 before JOs please swim the event to qualify. Otherwise skip the 1650.

NAPA SWIM MEET (FEB 27-28) - Please sign up on the Aquadart website before Jan 19. Families will be billed for the entries. This is an all team meet.

JUNIOR OLYMPICS—JOs are coming up on March 19-21. This is for 14 and under swimmers only. The Friday session starts at 9:00.

JOs is a trials and finals meet. The top 8 swimmers in each event will swim finals. At the end of trials every day, the Aquadarts will be having relays in the age groups with 4 or more swimmers. Please make arrangements to attend if you are qualified. The team will be setting up relays based on qualified swimmers.

Announcements

TEAM APPAREL—Do you want the cool Aquadart shirts that you see your team mates wearing? If so contact Amy Rieger at 5reigers@comcast.net. The team has t-shirts, polo shirts, and sweatshirts to purchase. If you would like to have a personalized swim caps, DAVIS caps with your name, please contact Amy to get your name on the next order.

NEW TEAM EQUIPMENT STORE—We have a new supplier of equipment for the Aquadarts, Swim and Tri. This will be web based ordering. Go to www.swimandtri.com - Click on the link (TEAM PORTAL) - Type in the password (davisdarts). This will bring up the Davis Aquadart Team page. This page is set up with the Davis Aquadart team gear swimmers need. Group bags may be purchased, Silver, Gold and Senior groups are expected to have their own equipment. Speedo swim suits, warm-ups, and backpacks can be purchased with the Aquadart logo.

SPEEDO SPONSORSHIP—The Davis Aquadarts is a Speedo sponsored team and therefore we encourage swimmers and parents to purchase Speedo suits and gear. The team receives discounted prices with Swim and Tri.

2010 Spring Aquadarts Swim Meet & Events Calendar

MEET DATE	MEET / EVENT TYPE	COURSE	LOCATION	QUALIFICATIONS
Jan 16-17	Cal Invite	SCY	Berkeley	Senior Standards
Jan 23-24	SN All-Star Meet	SCY	San Diego	Top 8 in Sierra Nevada
Feb 5-7	Vacaville Meet	SCY	Vacaville	All Team
Feb 26-28	Napa Valley	SCY	Napa	All Team
March 5-7	Sierra Marlins	SCY	Folsom	All Team
March 4-7	Clovis Senior Meet	SCY	Clovis	Senior Q Times
March 19-21	JO's	SCY	Fairfield	JO Time Standards
March 27	Dual Meet vs CCA	SCY	Davis	14 and under less than BB time
April 8-11	Far Westerns	SCY	Morgan Hill	Far Western Qualifying Times
April 23-25	Sierra Marlins	LCM	Folsom	All Team
April 24-25	Senior Meet+	LCM	Stanford University	Senior Standards
May 1-2	Davis B Championships	SCY	Davis	All Team less than A time
May 13-15	High School Sections	SCY	Lodi	High School Swimmers
June 4-6	Lodi	LCM	Lodi	All Team
June 11-13	Summer Sanders JR+	LCM	Roseville	JR+ Time Standards
June 17	Santa Clara International	LCM	Santa Clara	Grand Prix Time Standards
June 26-27	Redding	LCM	Redding	All Team
July 9-11	Woodland	LCM	Woodland	All Team
July 22-25	Junior Olympics	LCM	Roseville	JO Time Standards
July 28-Aug 1	Far Westerns	LCM	Concord	Far Western Qualifying Times
July 30-Aug 1	Davis City Championships	SCY	Davis	SummerDarts/Aquadarts
Aug 3-7	Senior Nationals	LCM	Irvine	Summer Senior National Times
Aug 9-13	Junior Nationals	LCM	Irvine	Summer Junior National Times
Aug 10-14	Western Zones	LCM	San Jose	All Star Team-Top 8 in SNS

THE AQUADART WEBSITE

WWW.AQUADARTS.ORG

This month, we would like to explain the Aquadart website and the benefits of your account on the website.

First, every family has a personal account with a log-in email and password. If you can not access your account, please contact the website administrator for help. Forgotten passwords can be emailed to the primary email on the account.

Across the top of the website directly below the banner are tabs providing information about the team.

News—Also available on the home page, the current news about the team. Weekly announcements and meet recaps are available at this tab.

Meets/Events—Also available on the home page, the upcoming meets and events are available. Meet sheets and documents associated to the events are available on this page. The sub menu provides information important to swim meets such as Standards, Meet Checklist (things to have at a swim meet), and Meet Terminology (terms you might hear at a swim meet).

Results—The sub menu provides individual best times, top 10 seasonal times, and team records. These files are updated after each meets. Time standards, including USAS motivational times (B, BB, A, etc) and various meet standards are available.

Swim Groups—The main page has a description of the various groups available on the team. The sub menu has group specific information especial Senior Group information.

Documents—Sub menu options provide Fee and Registration documents and Board of Director minutes for the past year.

Calendar—The general calendar shows events and meets. Under “Pick a Calendar”, information can be found for specific groups. Workout times and other group events will be found under each specific group.

Newsletters—The Aquadart newsletters for the past year are available.

Links—Links to other important swimming websites are available i.e. USA Swimming and Swim Connection.

The next row provides links to the

Home page

Coaches page—List of Aquadart coaches and Board of Directors

Contact page—Link to contact the Administrator of the website

Members—Member Search page. Look for a member of the team by last name and find email and home phone information. This information is only available to logged-in members.

Change Pswd—Change your password. This is only available to logged-in members.

Down the left side are pages for your personal account. When you are logged in, you will have access to these pages.

My Account—VERY IMPORTANT. This is the summary of your contact information. It is important to maintain the information on these pages. **Account Info**—Each account may have 3 emails receiving team emails. Please keep these emails up to date as email is the main form of communication on the team. **Billing Information**—Name and address of the person responsible for the Aquadart account including billing. **Guardians**—Names and phone numbers for the parents/guardians of the swimmers. Please keep this information current in case we need to contact a parent/guardian during Aquadart activities. **Insurance/Emergency Contact**—Insurance company information and emergency contact besides parents/guardians.

My Meet Results—A list of swimmers swim meet results dating back to Sept 2004. These results will include all Aquadart swim meets including the inter-squad meets like the Candy Meets. These inter-squad meets are not official USAS times and therefore will not be available on Swim Connection.

My Sponsor Center—Not in use at this time.

My Invoice/Payment—**Invoices**—Not in use at this time. **Volunteer Hours**—Balance of volunteer hours needed for the calendar year. Questions concerning account balances can be directed to the administrator. Look for more information about Invoicing in

Jan 2010

Aquadart Calendar

Mon	Tues	Weds	Thu	Fri	Sat	Sun
4	5	6	7	8	9	10
11	12	13	14	15	16 Cal Invite—Senior/Gold Group Register on Aquadart website	17
18	19	20 Aquadart Board of Directors Mtg 7:30p Brady Bldg	21	22	23 SNS All-Star Trip to San Diego 9 Aquadarts will be competing	24
25	26	27 Silver and Gold Groups Dual Meet 4:00-6:00 @ Community	28	29	30	31

SWIMMING WEBSITES

USA Swimming

www.usaswimming.org

Sierra Nevada Swimming, SN LSC

www.sn-swimming.org

Davis Aquadarts

www.aquadarts.org

Swim Connection

www.swimconnection.com

Swim and Tri

www.swimandtri.com (Davisdarts)