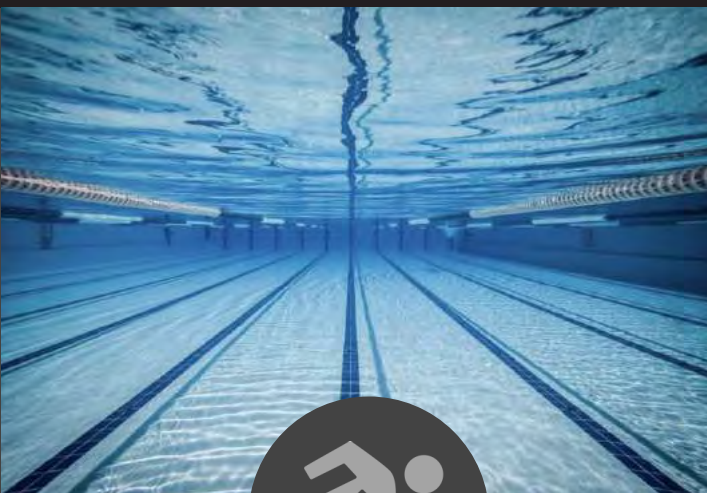


DART

S W I M M I N G



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New Season, New Swimmers!

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October 2019
New Season Edition



TEAM AREA

WELCOME new DART swimmers and families!
WELCOME BACK to returning swimmers and families!

We're looking at the start of a great season!

The 2019-2020 Season is starting off strong with the addition of two new coaches, Coach Adrianna and Coach Nissen (who will be featured in the next newsletter edition)!

SCHEDULE

SR = senior groups AG = age groups

OCT 15	Team pictures 4:30-4:40 Individual Pictures: 4:00 and after Team Picture
OCT 19 OCT 19-20	DART Davis SL (SR) LODI Pumpkin meet (AG)
OCT 27 OCT 26-27	SNS Awards Banquet Woodland Pirate Pentathlon (AG)
NOV 9-10	Pleasanton Senior 2 Trials and Finals
NOV 23-24	SMST Gobbler (AG+SR)

RESOURCES FOR NEW DART FAMILIES

New families- please visit our team website: <https://www.teamunify.com/Home.jsp?team=sndart> for more information about our team. Here you can find meet and practice schedules, group requirements, meet standards, equipment needed, team apparel, etc. Be sure to read the **team policies** and the **athlete/parent code of conduct** that can be found under "Team Area".

The **code of conduct** contains important information concerning locker room behavior, bullying, volunteer requirements, and payment policies that swimmers and families need to abide by at all times. Please take some time to read over these topics. Thank you!

ARC Campus

We are very fortunate to train at American River College. For swimmers who get to practice early, the Library and Student Center are just a short walk from the pool should you need a place to stay before or after practice. The cafeteria with venues such as Subway and Starbucks is located inside the Student Center as well.

ARC Parking Passes

Reminder to renew your ARC parking pass every semester. Officers patrol campus and can potentially deliver tickets to those without one, even as early as 5AM during morning practices. Semester parking permits are available from the Business Services Office in the administration building for \$40. One-day permits are also available for 2\$ and can be obtained from machines located in campus parking lots.

Age Group/ Senior Buddies!

This year we are introducing a buddy system between the younger age groupers and the senior group swimmers. An email was sent out from Coach Adrianna to all the age group swimmers' parents explaining this idea along with the buddy pairings. For more information, please see **Coach Adrianna** or senior swimmer **Emma Peters!**

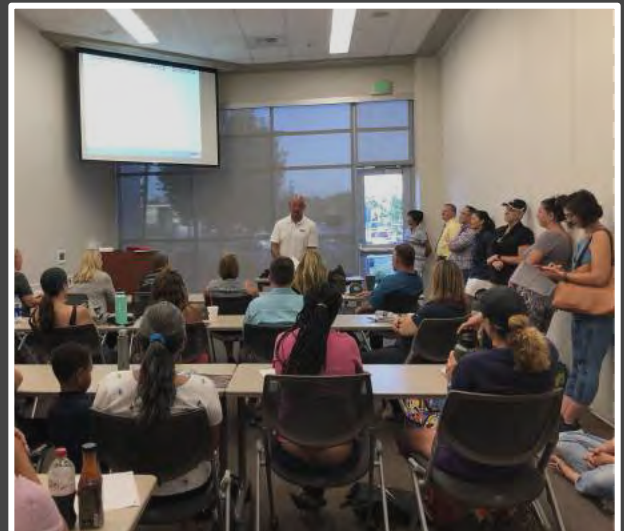
In case you missed...

Parent Meeting Information

Thank you to all the parents who attended the parent information meeting. There was a great turn out and a lot of important information was covered. If you missed this event, here is the link to the slideshow presented during the meeting:

<https://www.teamunify.com/SubTabGeneric.jsp?stabid=174801&team=sndart>

This can be found under "Team Area" in "Team Meetings" on our Teamunify website as well.



Welcome COACH ADRIANNA!



We are very excited to welcome Coach Adrianna to the DART at Sac family! She will now be on deck with the age groupers. Want to know a little more about her? Here's an exclusive interview about her swim experience!

Full Name:

Adriana Contreras

Previous coaching experience/ how long have you been coaching?

This is my 5th year!

Tiger Aquatics 2015-16/2016-17/2017-18

Lodi Swim Club 2018-2019

UOP Men's and Women's Swimming 2017-18/2018-19

What do you love about swimming?

I love the lessons that I learned from my time as a swimmer as well as the life-long friendships that I gained from the sport

Greatest accomplishment in life?

Hmm...not sure! But when I get there I'll keep you all posted :)

What made you become a swim coach?

When I stopped swimming in college I knew I wasn't "done" with the sport quite yet. I kept missing the pool and wishing I could still be around it and so when one of my former coaches reached out to me asking me to help coach I went ahead and took the position and fell in love with it!

Why did you come to DART at Sac?

DART has always had a history of great swimmers, parents, and coaches and so when Brian and Cortney approached me about having a spot with DART Sac it was something I just couldn't pass up!

Who do you look up to most in life/ role model?

I definitely have a lot of role models in my life! Former coaches, mentors, etc. I try to take a little bit of knowledge from each person that I meet

Fun Facts

Funny enough, my favorite color is actually blue (go DART!), I have a goldfish (2 years!), my two favorite movie series are Harry Potter and Rocky. I've also been a soccer referee for 15 years now and get to travel all over the country for that! It's a lot of fun! Oh I LOVE baked goods! Cookies, cakes, all of it! So yummy!

NEW SEASON = NEW SWIMMERS!

Welcome to the DART family!

COLTON BILODEAU



7 years old
2nd grade
Oak Hills
Favorite event: 100 Freestyle

CONNOR BILODEAU



10 years old
5th grade
Ridgeview
Favorite event: Backstroke

LUKE BOSTWICK



7 years old
2nd grade
Favorite event: Freestyle

ELIZABETH CARDONA



5 years old
1st grade
John Adams
Favorite event: Freestyle

SASHA CARDONA



7 years old
2nd grade
John Adams
Favorite event: Never swam at a meet before

JACK GHUFRAN



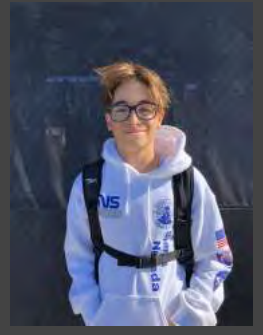
14 years old
8th grade
Cavity
Favorite event: 100 Freestyle

ARIUS GORJI



8 years old
3rd grade
Oak Hills
Favorite event: 200 Backstroke

AVEED GORJI



13 years old
8th grade
Eich
Favorite event: 200 Backstroke

MAX GUTTERMAN



11 years old
5th grade
St. Michael's Episcopal
Favorite event: Anything

MALCOLM JOHNSON



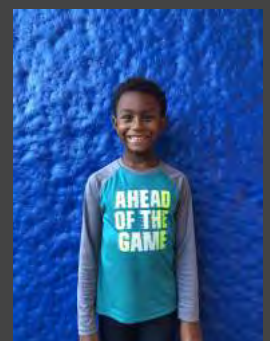
5th grade
West Lake Charter
Favorite event: Anything Breastroke

JACKSON KIMMELSHUE



15 years old
10th grade
Jesuit High School
Favorite event: 50, 100 Freestyle
100, 200 Breastroke

ARI KLEE



7 years old
2nd grade
California Project
Favorite event: Freestyle and Butterfly

NEW SEASON = NEW SWIMMERS!

Welcome to the DART family!

LOGAN LARSSON



9 years old
4th grade
Del Dayo
Favorite event: Anything

AUDREY MCCARTHY



7 years old
2nd grade
Oak Hills
Favorite event: Hasn't decided yet!

BRADY MCCARTHY



11 years old
5th grade
Ridgefield
Favorite event: 50 Freestyle

OWEN MCCARTHY



12 years old
7th grade
Cavitt
Favorite event: 100 Freestyle

MATTHEW NG



14 years old
9th grade
John Adams
Favorite event: 200/400 IM
100, 200 Freestyle; 100, 200
Breaststroke; 100 Butterfly

JACK ORTMAN



13 years old
8th grade
Cavitt
Favorite event: 100 Free

BLAKE PENTECOST



10 years old
5th grade
Mission Avenue
Favorite event: Backstroke

MICHAEL V ROMERO



12 years old
7th grade
Natomas Charter
Favorite event: 50 Freestyle

CASEY STONE



15 years old
10th grade
Christian Brothers High School
Favorite event: 50 Freestyle

LEVENT SUMER



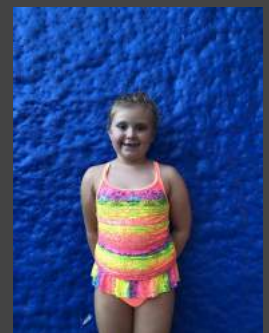
8 years old
4th grade
Rocklin Academy
Favorite event: Freestyle and
Breaststroke

DENIZ SUMER



12 years old
7th grade
Rocklin Academy
Favorite event: 50 Breaststroke

PAYTON WARD



6 years old
1st grade
Cowen
Favorite event: Freestyle

AGE GROUP CHAMPIONSHIPS

DART swimmers throw down some amazing races at Long Course Junior Olympics (Roseville, CA)!

- 1) **Makena Adams** takes 4th place in the 1500 free
- 2) **Nathan Cheung** places 7th in the 200 free, 9th in the 100 free, 9th in the 400 free, 9th in the 50 free, and 2nd in the 1500 free
- 3) **Amanda Davis** places 4th in the 200 breast and 7th in the 100 breast
- 4) **Eden Gill** secures 4th in the 100 free, 2nd in the 50 breast, 3rd in the 50 back, 4th in the 50 fly, and 7th in the 50 free. Speedy!
- 5) **Madison Gwaltney** scores 10th in the 800 free
- 6) **Bianca Ignacio** takes 16th in the 400 free and 3rd in the 800 free
- 7) **Ava Ippoliti** places 7th in the 200 breast, 8th in the 100 breast
- 8) **Kendall Lawrence** secures 6th in the 400 IM, 7th in the 200 fly, and 6th in the 800 free
- 9) **Sophie Miller** takes 9th in the 400 free
- 10) **Kaleo Nabeta** takes 11th in the 50 free
- 11) **TA Nguyen** takes 12th in the 100 back and 16th in the 50 free
- 12) **Hannah Parulan** secures 5th place in the 200 free, 6th in the 100 fly, 4th in the 200 back, 7th in the 100 back, and 4th in the 200 IM before heading off to Chapman University for college!
- 13) **Jacob Parulan** takes 8th place in the 200 back and 9th in the 400 free
- 14) **Bryson Schmid** places 10th in the 800 free
- 15) **Grace Schroer** places 5th in the 200 back and 5th in the 800 free
- 16) **Dylan Sewell** takes 1st in the 200 breast, 8th in the 100 fly, 2nd in the 400 IM, 7th in the 100 breast, and 1st in the 200 IM.
- 17) **Daniel Tokariev** places 6th in the 100 breast, 5th in the 50 fly, 8th in the 100 free, 9th in the 50 back, 4th in the 400 free, 6th in the 50 breast, and 3rd in the 100 fly. Way to go Daniel!
- 18) **JD Torres** takes 9th in the 200 free, 9th in the 100 fly, 4th in the 400 free, and 4th in the 200 fly
- 19) **Ana Twining** secures 6th in the 50 free
- 20) **Christian Valle** places 11th in the 50 free

MEET QUALIFIERS: Makena Adams, Megan Cheung, Nathan Cheung, Amanda Davis, Eden Gill, Nina Grino, Madison Gwaltney, Kesha Iakounitchev, Bianca Ignacio, Ava Ippoliti, Kendall Lawrence, Sophie Miller, Kaleo Nabeta, TA Nguyen, Hannah Parulan, Jacob Parulan, Diego Pasos, Marco Ristic, Bryson Schmid, Grace Schroer, Dylan Sewell, Daniel Tokariev, JD Torres, Ana Twining, Christian Valle, Cameron Wink



AGE GROUP CHAMPIONSHIPS

Great job to all the age group swimmers who swam at Far Westerns and Age Group Zones!

FAR WESTERNS - Moraga, CA

- 1) **Nathan Cheung** takes 7th in the 100 free and gets 100% best times at the meet! He also contributes to the 200 medley relay (4th place) and 200 free relay (7th place)
- 2) **Ava Ippoliti** drops in the 100 breast and contributes to the 400 meter medley relay which places 6th

MEET QUALIFIERS: Megan Cheung, Nathan Cheung, Ava Ippoliti, Lauren Palacios, Marissa Recio

WESTERN ZONES - Gresham, OR

- 1) **Aveed Gorgi** contributes to the 400 free relay (17th place), 200 medley relay (8th place), 200 medley relay (12th place), and the 200 meter free relay (15)
- 2) **Ava Ippoliti** contributes to the 200 medley relay and secures 16th place
- 3) **Lucy Huang** places 8th in the 100 breast, 6th in the 200 breast, 4th in the 200 IM, and contributes to the 400 free relay (4th place), 200 medley relay (2nd place), 400 medley relay (3rd), and 200 free relay (1st)
- 4) **Lauren Palacios** takes 16th in the 100 fly, and contributes to the 200 medley relay (16th place), 100 medley relay (17), and the 200 free relay (11th place)

Way to represent SNS!

MEET QUALIFIERS: Aveed Gorgi, Lucy Huang, Ava Ippoliti, Lauren Palacios





TAKING ON SENIOR ZONE CHAMPIONSHIPS

CLOVIS, CA

Swimmers take on the hot summer weather in Clovis, California and throw down some great races! Recap of the fun and fast weekend:

- 1) **Grace Schroer** finals in 100 back and secures 39th place
- 2) **Aidan Vulgas** finals in the 400 IM and takes 24th place
- 3) **Cole Lanting** finals in 200 IM (22nd place), 200 free (29th place), and 100 fly (39th place). He also achieved 3 new Texas sectional cuts in the 400 free, 200 free, and 100 fly. Amazing job!
- 4) **Emma Peters** takes 24th place in the 100 fly
- 5) **Aidan Vulgas, Henry Adamson, Cole Lanting, and Alex To** secures 2nd place in the Men's 400 free relay

MEET QUALIFIERS

Henry Adamson, Madison Gwaltney, Bianca Ignacio, Jonah Ignacio, Cole Lanting, Kendall Lawrence, Sophie Miller, Diego Pasos, Emma Peters, Marco Ristic, Grace Schroer, Alex To, JD Torres, Ana Twining, Aidan Vulgas



SWIMMERS HIT FUTURES CHAMPIONSHIPS

GRESHAM, OR

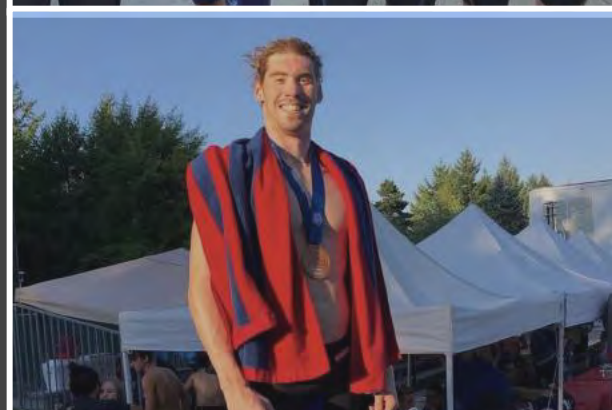
Swimmers got in some fast racing at USA Futures Championships and walked away with multiple individual titles! Quick recap of some amazing swims:



- 1) **DART** at Sac's **Max Leisten** and **Tom Higdon** secure first place in the men's 400 medley relay with DART Davis' Tate Cutler and Tim Lee
- 2) **Sonny Fierro** teams up with DART Davis swimmers Tate Cutler, Hayden Johnson, and Benjamin Culberson to place 3rd in the men's 800 free relay
- 3) **Tomas Townsend** takes 3rd in the 200 IM, 7th in the 100 breast, 20th in the 200 fly, and 20th in the 200 breast. Amazing job Tomas!
- 4) Bittersweet! **Alissa Ongaco's** last meet with DART at Sac before heading off to University of Wyoming!
- 5) **Tom Higdon** secures 1st place in the 100 breast and 5th place in the 200 breast! Way to go Tom!
- 6) **Sonny Fierro** takes 8th place in the men's 400 free
- 7) **Kailee Nabeta** takes 12th place in the 200 breast and 23rd in the 100 breast
- 8) **Lucy Huang** takes 22nd place in the 200 IM
- 9) **Dylan Sewell** takes 21st in the 200 breast
- 10) **Hayden Ghufran** takes 15th in the 200 fly and drops a whopping 13 seconds in the 800 free, shorting the Winter Junior Nationals cut by .13 second!

MEET QUALIFIERS

Anthony Mattle, Tomas Townsend, Tom Higdon, Kailee Nabeta, Max Leisten, Hayden Ghufran, Alissa Ongaco, Victoria Cao, Lucy Huang, Dylan Sewell, and Sonny Fierro



SWIMMER'S CORNER

LUCY HUANG

SOPHOMORE

ALL AMERICAN SWIMMER!

This title recognizes high school swimmers with a minimum of a 3.5 GPA and a Winter Jr. National cut.

She's amazing in the pool and
at school;
Congratulations Lucy!



ALEX TO

JUNIOR

NATIONAL MERIT SEMIFINALIST!

This title is one of the top tier categories of PSAT/NMSQT test takers across the nation.

What an incredible scholar!
Congratulations Alex!

BIG GOALS

Many swimmers are already thinking of the goals they would like to achieve at the end of the season meets. Make sure to schedule a meeting with your group coach to communicate goals, end-of-season meets, time standards, expectations for the season, etc. This is a great way for you and your coach to be on the same page so that your goals can become your achievements!



SQUAW VALLEY TEAM HIKE

Sunday, September 14, 2019

Swimmers and families enjoy an exciting day filled with team bonding, climbing, swimming, eating, and roller skating! Participants hiked to 8,000 feet (about 3 hours) and were treated to beautiful views the entire way.

Fun fact: This location hosted the Winter Olympics in 1960!



UPCOMING EVENTS / BOARD NEWS

Jamba Juice BOGO fundraiser

This year we repeated the buy-one-get-one Jamba cards. Shout out to **Stephanie Recio** for heading this fundraiser! For every card sold, DART receives a 40% profit of the card's cost. Thank you to all families who participated!

Special thanks to the **Adams family** and **Cao family** for selling the most Jamba cards!

Important News for 12 and unders

As of **September 1, 2020**, a new rule will be put into place concerning techsuit usage for 12 and unders. Trent Richardson, recent age group coach at DART Davis wrote a great article on this topic. Here is a quick lay down of the new rule:

"As you might have heard, USA Swimming has passed a new rule regarding tech suits. This rule will not go into effect until September 1, 2020. Once it does, swimmers age 12 and younger will no longer be allowed to wear certain kinds of suits unless they are at one of the following meets: Junior Nationals, Pro Swim Series, US Open, National Championships, and Olympic Trials. Suits that have bonded or taped seams will not be allowed and suits made of a woven fabric that extend to the knees will not be allowed. I am not an expert on materials, but my understanding is that practice suits and some racing suits are made of a knit fabric, this would mean those suits will still be acceptable for racing. At this time we still don't have all the information. In the next two years we expect to have a list of suits that are and are not acceptable for 12 and younger swimmers to wear at meets. Until September 1, 2020 there will be no change to the existing rules."

To view the full article, please visit:

<http://www.aquadarts.org/tech-suits-for-12-and-younger-swimmers/>

Sierra Nevada Scholar-Athlete Award

An email was sent out earlier this month to high school swimmers and families with information about Sierra Nevada Scholar-Athlete award eligibility. If submitting an application, make sure to get it signed by all required individuals. Along with the digital application, a scanned copy of the swimmer's transcript should be sent to alex.ongaco@snswimming.org by **Wednesday, October 16th**.

Note from the Editor

Hi! My name is Victoria and I am a sophomore swimmer in the senior group. I have been swimming competitively since I was 7 years old as a rec swimmer for the Gold River Stingrays. I joined DART @ Sac as a 7th grader and was immediately impressed with the team spirit and cohesiveness. Welcome to our first newsletter for almost a year! I decided to revive our team newsletters because I believe in team unity through a form of sharing and open communication. This is precisely why I included what I did in this New Season Edition: past meet highlights for new families and new swimmer information for returning families. Hope this will promote introduction and cross-communication between all DART members! I encourage parents to share the newsletters with their swimmers (of all age groups) in order to get a better view on what is happening on the team and to recognize accomplishments made by themselves and their peers. If you have any topic that you would like me to touch upon, please email victoriaacao@gmail.com or come find me on deck. I look forward to writing about future events that we will experience together as DART @ Sac; meanwhile, enjoy the journey, swim fast, and have lots of fun in the process!