



Dolphins' Monthly

DOUGLAS DOLFINS SWIM TEAM (www.ddst.org)

May 2005

Team Photos and General Meeting: SAVE THE DATE!

On Wednesday, June 8th at 4:30 pm, Wallace Photography will be at the pool to take our annual team and individual photos. Gina Hames will hand out ordering envelopes about a week before, and will also leave some on our team table in the lobby. Photos will be followed by a **general team meeting at 5:30 pm for all parents and swimmers** (also at the pool). See you all there!



Swimmer of the Month

Cassie Parr is our May 2005 Swimmer of the Month. Cassie started swimming in 4th grade, her favorite strokes are breaststroke and freestyle, and her favorite event is 200 freestyle. Cassie was chosen as Swimmer of the Month because her attitude is always positive, and for her great job at the Concord Meet. Her favorite book is *The Outsiders*, movie is *Napoleon Dynamite*, food is ice cream, school subject is English, and swimmer is Michael Phelps. At school, Cassie has been Student of the Month, and has earned the Presidential Award. If she could change one thing, it would be to swim faster times, and her future goal is to make State times. She wants to be a chef when she grows up. Congratulations Cassie! Keep up the great work!



Welcome Coach Kiel!

Kiel Mata has joined the DDST coaching staff to take on Susan Govan's former duties (see farewell below). Recently arrived from Santa Cruz, California, Kiel has been involved in various aquatic activities for the past 10 years, including swimming, water polo, sailing, surfing, body surfing, and triathlons. He has been coaching swimming and water polo at the high school and collegiate levels for 2 years.

Kiel enjoys working with kids and hopes to have a lasting impression on the team. He has been alternating with Sarah in working with, and getting to know, all of our workout groups. Kiel also coaches morning Masters workouts at CVSC, and continues to hone his skills by competing at meets. Welcome aboard, Kiel!



Farewell Coach Susan

At our April 10th Awards Banquet (see below), we bid a fond farewell to **Coach Susan Govan**. Susan has helped coach the Douglas Dolfins longer than most of us can remember, and taught many of our kids to swim. She started with the Dolpins as a parent in 1989, was team President in 1992, and started coaching in 1994 when former head coach Don Lukart asked her to help out until he found a replacement. In 1999 Don left Sarah in charge of the Dolpins, and Susan happily worked with her middle daughter as an assistant.

Susan has been an important part of this team for the past 15 years and she will be missed. She will be remembered for many wonderful attributes,

including her warm spirit in working with swimmers of all ages. Fortunately, Susan said "you'll still see me around" from time to time. Good health to you, Susan, and thank you for all your years of service to our swimmers.



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Coaches Corner

Coaches Sarah and Kiel would like to remind all parents of how important it is to **sign your swimmer up for the summer meets** (see info below). Both Tahoe meets fill up very, very fast, and if you're interested in swimming in either of them, we suggest that you sign up on-line, that way you are in the meet for sure. Please remember why your swimmer does sports, for the competition. We have had very low numbers at past meets and we would like to change that.



Upcoming Meets

Meet sheets and entries are linked at www.pacswim.org/meets.htm.

May 27-30, Carson Tigersharks, meet sheet www.pacswim.org/0505cars.pdf (entry available online until May 18th, or postmark by May 16th, or deliver by May 18th).

June 4-5, Tahoe Swim Club, meet sheet www.pacswim.org/0605taho.pdf (entry available online until May 26th, or deliver by May 26th, or postmark by May 23rd).

June 24-26, Bishop Swim Team. Stay tuned for entry information. This is an extra-fun meet for the whole family, and all swimmers are encouraged to attend!

July 8-10, Tahoe Swim Club, meet sheet www.pacswim.org/0705taho.pdf (entry available online until June 30th, or deliver by June 30th, or postmark by June 27th).

July 14-17, San Jose, Adam Szmidt Memorial Pacific Swimming Junior Olympics Championships. Check online for entry and qualifying information.

NEXT HOME MEET: Zone-4 Championships August 12-14. All parents please be prepared to help out! Contact Meet Director Anne McRae, 267-5142, to volunteer.



Concord Meet Report

On April 22-24 we had 12 Dolphins travel to Concord, CA, for our first long course meet of the season. The swimmers highlighted at this meet were **Jesse Bunch**, for her great performances on her 200 and 100 breast, **Cassie Parr** for her 200 and 400 free, **Kaylee Hames** for her 400 free, **Paula Sigala** for her 50 fly and 50 free, **Shanelin Morefield** had great swims in her 200 free, and 50 and 100 breast, **Cameron Morefield** had a great 200 free, **Molly Lahlum** did a great job in her 100 back, **Taylor Hubbard** swam in her second meet and did a great job in her 50 back and 50 free, **Josefina Sigala** had a great 100 fly, **Sara Sigala** had a great 200 back and is looking strong in her free, **Katie O'Neill** did a great job in her 100 fly and 200 back, and lastly our new coach **Kiel Mata** swam the 200 and 100 free and 200 back.

Being the first long course meet of the year, all these swimmers will have a good idea what to expect for the Carson Memorial Day meet. Despite the cool rainy weather, and the 1-hour delay for thunder on Friday, it was a very fun meet. Most of the team stayed at the Hilton, and met up at Fresh Choice on Saturday night.



Dolphins Splash Back

Dolfin Splash Back is back! Dolfin Splash Back is a program that we have run in the past to give back to the community, both locally and world wide.

This year we have chosen to "Splash Back" to a soldier who is stationed in Iraq. **Pfc. Jose Baranco** is currently stationed in Q-West, Iraq, a very remote location south of Mosul. Pfc. Baranco left his family in Mexico with a desire to become a U.S. citizen. His desire was such that he joined the Army which, once he has served, will assist him in becoming an American citizen.

Pfc. Baranco's family does not have access to email and is unable to send him care packages. The Douglas Dolphins Board of Directors has decided to "adopt" this soldier. **We will be collecting items to send to him during the week of June 6-10 (look for a collection box at the Swim Center).** Below are some ideas for items that the soldiers appreciate receiving:

Popular DVDs, candy (no chocolate), calling cards, soaps, tooth paste, shaving cream (edge), colognes, chocolate covered coffee beans, small kleenex packages, small hand-held (electronic) games i.e. Yahtzee, Monopoly, etc. (and batteries for the games), magazines, beef jerky (no pork products), black work socks are great, power bars... Please not hot chocolate or popcorn.

The soldiers also love hearing about what's happening at home, so short letters from the kids or pictures that they have drawn supporting what the soldiers are doing in Iraq would be a great added touch.



Awards Banquet

Thanks to everyone who attended the **April 10th Awards Banquet** and helped feed us so well. Coaches Sarah and Susan recognized all of our swimmers individually for their hard work and special talents, and presented each with a new team jacket. Congratulations to this year's **Coaches Award** winners **Haley Von Schottenstein** (Pre seniors) and **Trevor Schaff** (Seniors), to **Hardest Worker** winners **Kyle Johnston** (Blue Dolphins) and **Josefina Sigala** (Seniors), and to **Most Improved Swimmers** **Shelby Koontz** (Red Dolphins), **Shawn Stubnar** (Blue Dolphins), **Levi Grabow** (Preseniors), and **Taylor Brockway** (Seniors). All our swimmers can wear those team jackets proudly!



Tip of the Month

Tip of the Month comes from the Speedo Tip of the Week feature, in the Swimmers section of www.usaswimming.org.

Advice for Competing at those Big Meets, from Olympic gold medalist

Josh Davis: "Always have fun," Davis said. "But don't forget the little things like sipping water, eating right, warming up, warming down and doing some light stretching in between events."

"It's a lot to think about, but have fun at the same time. Can you do all that? Yeah, you can. It just takes a little practice and focus. That way you can have the full experience – cheer your teammates on, have fun and swim fast."



Next Board Meeting

Until further notice, meetings of the DDST Board of Directors are on the **last Tuesday of each month at 6:30 pm**, in the Carson Valley Swim Center Multipurpose Room. The next meeting will be on **May 31st**. Parents are welcome and encouraged to attend.



Parents Corner

The following is from the FAQ (frequently asked questions) in the Parents section of www.usaswimming.org:

Q: Some days he likes to just play with his friends. Should I force him to go to practice?

A: You should not force your child; you want his participation to be his decision. **Reinforce the choices and decisions he has made to start swimming.**

For example, your son chose to go to practice on Tuesday and Thursdays, on other days he has the freedom to do other activities. As a parent, explain your expectation that he fulfill the commitment he made by joining the team. You don't want to force your child into a sport that he does not enjoy, yet you want your child to be involved in a 'lifetime sport', to learn about making and keeping a commitment and to interact with peers. So, what are you to do?

Instead of allowing your child to make a daily decision about going to practice, allow him to decide whether or not he wants to swim for the season. Once the decision is made to swim, he is making a commitment to the team and needs to follow through on it by attending practice on a regular basis. A haphazard schedule is detrimental to the swimmer's overall development.

Interestingly, when asked to reflect on the role of their parents in their swimming, athletes from the World Championship team talked about being pushed to swim by their parents on a weekly basis but knowing they could quit if they stopped having fun.



Decoding the USA Swimming organization

LSCs and Zones, oh my! These terms can be confusing to newcomers like me. If this is you too, here is a brief summary of the hierarchy (compiled from www.usaswimming.org):

FINA: Federation Internationale de Natation (or International Swimming Federation), the international govern-

ing body for aquatic sports, responsibility for Swimming, Diving, Water Polo, Synchronized Swimming, Open Water Swimming, and Masters. USA Swimming normally adopts all changes to the FINA technical rules.

USA Swimming is the National Governing Body for competitive swimming in the United States. It is a FINA member and is a Group-A member of the United States Olympic Committee. Every swimmer, coach, and deck official of the Douglas Dolpins must be a registered member of USA Swimming.

Zone: USA Swimming is divided into Northern, Eastern, Southern, and Western zones for purposes of holding large regional championship meets, such as the Western Zone Championships being held this year in Kearns, Utah. The Western Zone includes all of the Rocky Mountain states, westward to Hawaii and Alaska.

LSC: the 59 Local Swimming Committees are the administrative units of USA Swimming, under whose rules swim clubs operate and have their meets sanctioned. DDST belongs to the **Pacific Swimming LSC** (symbol PC when filling out meet entries). We are neighbors with the Sierra Nevada Swimming LSC (SN, including the Fallon Barracudas, Fernley Swim Team, Sparks Piranhas, and Winne-mucca Swim Team), and we often attend each others' meets. Other nearby LSCs in the Western Zone include Central California Swimming (CC) and Southern California Swimming (CA, including the Las Vegas area), and Snake River Swimming (SR, including the Elko and Ely areas).

Zone (again!): Because Pacific Swimming covers a large area, it is divided into smaller Zones. DDST is part of **Zone 4**, which extends along the eastern Sierra Nevada from Bishop to Reno. Zones 1N, 1S, 2, and 3 are located along the north and central California coast, San Francisco Bay Area, and adjacent central California.



Officials Corner

This new column will be offered monthly for parents who might be considering helping as deck officials at meets, and to help "demystify" the role of meet officials for swimmers and parents. Future *Monthly* issues will include brief Q&A items, and parents and swimmers are encouraged to submit any questions on officiating or rules to Jim Morefield (see contacts below).

DDST Needs your help! For a swim meet to best serve the swimmers, each team should contribute about one deck official for each 10-15 swimmers on the team. DDST has only 2 officials (about 1 for each 30 swimmers), and NO certified starter or referee. We've depended on the good graces of outside officials to help run our meets, but this option will be less available to us in the future. We are working toward boosting the number and level of our certified officials, and we need your help!

What does it take to become a deck official? Just a positive, professional attitude, and a desire to help at your kids' meets. (Other than timing, it provides one of the best front-row seats in the house!) Most of the training occurs "on the job" while shadowing and observing other officials. Previous swimming experience is NOT needed – most deck officials were never team swimmers themselves, just interested parents. The best way to get started is to attend an officials' training clinic at a swim meet near you. **Stay tuned to this column for information on upcoming clinics**, or see contacts below.

Want to learn more? Most of the materials you would cover at a clinic are also available in the Officials sections of www.usaswimming.org and www.pacswim.org. Also feel free to contact Jim Morefield (DDST contact, jmore@charter.net, 775-782-4360) or Rick Kaufman (Zone-4 Officials Chair, kaufswimfam@att.net, 775-355-9334).



Transitions

Welcome New Swimmers: William Baker, Cole Bradley, Abby Brown, Taylor Chandler, Ryan Chen, Kevin Eubanks, Haley Fischman, Sarah Geidl, Hanna Rutherford, and Ben Simpson.

Good Luck Graduates: Racheal Tappen, Jesse Bunch (attending UNR), and Trevor Schaff (attending U.S. Naval Academy).



Workout Schedules

Following are the current DDST workout schedules for each group. We will try to inform you of anticipated changes through this newsletter. Usually there is no workout on the day before away-meets involving overnight travel – check with a coach.

School in Session

Seniors: M-Th 2:30-5:00, F 2:30-4:30

Pre seniors: M-F 2:30-4:30

Blue: M-Th 4:30-5:55, F 4:30-5:30

Red: M-Th 5:00-5:55, F 4:30-5:30

White: M-Th 4:30-5:00

School NOT in Session

(except Summer Break)

Seniors and Pre seniors: M-F 7:00-9:00 am

Blue: M-F 7:00-8:30 am

Red: M-F 7:00-8:00 am

White: M-F 4:00-4:30 pm

Summer Break

Seniors and Pre seniors: M-F 6:30-9:00 am **and** M-W 4:00-5:30 pm

Blue: M-F 4:00-5:30 pm

Red: M-F 4:30-5:30 pm

White: M-F 4:00-4:30



Next Newsletter

This is YOUR newsletter! Please help it communicate better by submitting brief items of interest to the DDST membership, or questions to be answered, or requests for future content. Items for the next *Monthly* should be submitted no later than the 5th of each month. We will be trying to have issues mailed by the 10th-15th of each month (July will be a little late). Submissions, questions, and requests should be sent to your newsletter editor, Jim Morefield, at jdmore@charter.net, or leave them in our family folder, in the file box on the team table in the pool lobby. (*Mailing committee Leslie, Cameron, and Shaelin Morefield; printing thanks to Joe Stubnar.*)



Douglas Dolphins Swim Team

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