



Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM (www.ddst.org)

November 2005

Novice Meet Changed to December 3rd

The DDST Novice Meet has been moved a day earlier, to **Saturday morning, December 3rd**, with **warm-ups starting at 8:00** and races starting at 9:00. **Parents of all participating swimmers are needed** to learn about, and then help run, the meet. This our best opportunity all year for new swimmers and new parents alike to discover the fun and challenge of a swim meet. **Please see *From the Meet Director* on page 3 for more details.**



Woodland Meet added Dec. 9th-11th

DDST will be traveling (weather permitting) to the Woodland Arctic Challenge Championship Meet (near Sacramento), leaving about noon on Friday, December 9th. **All swimmers are eligible and encouraged to attend!** The meet sheet is available at www.sn-swimming.org/Meetschedule.php3, and entries are due postmarked by Monday, November 28th. The tentative team hotel is the Best Western in Woodland, and **volunteers for chaperones are needed ASAP!** Please contact Coach Sarah if you can chaperone or to confirm travel information.



Officials Training for New Parents December 3rd

Curious about volunteering as a swimming official? Would you like a **no-obligation** chance to check it out (and to see your swimmer's races up close)? Come join a trained official **on-deck at our Novice Meet on December 3rd** to learn more about the philosophy and rules behind officiating a swim meet.

It's easy: just identify yourself as a trainee to get on deck, then **check in with a carded official** (look for white shirts over navy pants) **about 45 minutes before the start of the meet (by 8:15 am)**. You will then be able to "shadow" a working Stroke/Turn judge during the meet. No previous experience is required!

Officials Clinic after meet: for those interested in learning more, and possibly continuing to train, our Zone-4 Officials Chair, **Van Fortier**, will also conduct a **Stroke/Turn Officials Clinic at the Swim Center**. The Clinic will begin **about 30 minutes after the end of the meet** (possibly by 11:00 or 12:00), and should last 2-3 hours. If you are interested in the Clinic, but can't be at the meet, check with Jim Morefield (DDST officials contact, jdmore@charter.net, 775-782-4360) a few days before the meet for an estimated start time.



Swimmer of the Month

Shaelin Morefield is our November 2005 Swimmer of the Month. A 9-year-old member of Blue Group, Shaelin has been swimming since she was 8, and her favorite event so far is 50 fly. Shaelin was chosen as Swimmer of the Month for her outstanding effort in practice. Her work paid off at the Reno meet where she improved all her times and achieved her first Junior Olympic (JO) time in the 100 free. She comes to practice with a great attitude and is a joy to work with. Shaelin's favorite book is *Mortal Engines*, movie is *Pirates of the Caribbean*, food is steak, school subject is Math, and swimmer is Amanda Beard. She wants to be an Olympic swimmer and an interior designer when she grows up. Congratulations Shaelin! Keep up the great work!



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Coaches Corner

In the past week, October 31 – November 4, I have seen a new team of hard workers with determination in their eyes. In order to help these swimmers achieve, I believe we have to support them by getting meet entries in, getting swimmers to practice, and believing in their chance to succeed. These swimmers have goals set for themselves, and it is important to them. **In the next couple months, training is crucial in order to be ready for our State Championship meet.** So please get your swimmer to practice, especially during holiday practices.

Sarah has a new 2000-2005 list of the **top 5 DDST swimmers** in each age group and event during the past 5 years. You might be surprised how many of our current swimmers are already among the fastest Dolphins ever! See Sarah to find out more, check on your favorite events, and scope out some good goals to strive for.

Our meet schedule has been extended to help swimmers get more meets in before the Nevada State Championships. The next scheduled meet is the **Novice meet at our home pool December 3rd**. Meet sheets were handed out starting November 7th. Please contact your coaches to receive meet sheets, or look in the black box under meet sheets.

New on the meet schedule is the **Winter Championships in Woodland, CA, December 9th-11th** (see separate announcement on page 1). This is great opportunity to swim against some new swimmers in a new venue. The coaching staff is looking forward to this meet.

Following Woodland will be the **Carson City meet January 13th-15th**. Sarah will distribute the meet sheet as soon as she receives it. Two weeks later will be our **Last Chance Meet in Minden on January 27th-29th**.

The full 2006 meet schedule will be out as soon as Pacific Swimming posts definite dates for each meet. See *Upcoming Meets* on page 3 for the current rough outline.



Travel Coordinator Needed for State

We want to get a jump on getting **air-line tickets for the Nevada State Championship meet, February 17th-20th**, in order to get the best deal.

Coach Sarah is looking for a parent that would like to be in charge of team travel for State. **This person would have to get started right away** – airlines are already booking fast for that weekend. **Please contact Sarah at 884-3870 if you can help.**



Practice Schedules Clarified

There has been some confusion about which days the school in-session and school not-in-session practice schedules apply. These days are **based on Douglas County public school schedules only**.

On days when **any** of the public school levels (elementary, middle, and/or high) are in session, the school-in-session practice times apply. Only on days when **all** public school levels are out of session (official holidays, district-wide teacher in-service days, etc.) do the school not-in-session times apply. When **all** public schools have ended for the summer, the Summer Break schedules begin, and they end when the **first** school starts up again in August. There are usually practices on all holidays except Christmas day and New Year's day.

So, in November, there will be morning practices 7-9 am on Veterans Day (Friday the 11th) and on Friday the 18th. The **Thanksgiving morning gobble-gobble challenge** will be 7-9 am, as will Family Day practice on Friday the 25th. School in-session schedules will apply for all other days in November. See the practice schedules on the back page of each Dolphins' Monthly newsletter for further information, and don't hesitate to ask a

coach if you are unsure about schedules.



Saturday Practices Added

Coach Sarah has had a huge request for Saturday practices, so November 4th was our first practice, which attracted 11 swimmers: Rebecca Chappell, Amanda McRae, Mandy Moore, Kaylee Hames, Sara Sigala, Josefina Sigala, Katie O'Niell, Mirelle Zamudio, Whitney Simpson, new Kristina, and master swimmer Heidi. Sarah will only offer this if swimmers are willing to show up on a constant basis. **The next Saturday practice will be November 19th from 7-9 am.** Hope to see you there.



2006 Meet Schedule

The Douglas Dolphins will **not** be hosting the Zone-4 Championship meet in August 2006. **Instead, we will be hosting two new meets:** a 14-and-under Cinco de Mayo meet during the **first week of May**, and a second novice meet at the **beginning of July**. These will provide more opportunities for younger or newer swimmers from our region (and beyond) to compete.

We will also be attending some **new and different travel meets** during the upcoming year. Stay tuned to the *Upcoming Meets* section of this newsletter as the schedule fills in.



DDST Key Contacts

Head Coach: Sarah Davenport
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Meet Director: Anne McRae
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Board President: Kary Grabow
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Parent Liason: Stacey Von Schottenstein
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Newsletter & Officials: Jim Morefield
jdmore @ charter.net; 775-782-4360



Reno Meet

We had 20 swimmers sign up for the Ted Dorsey Fall Classic October 28-30, and 18 swam. Friday night we had one swimmer in the 10-under 500 free, **Shaelin Morefield**, who averaged faster than her best 100 free time to go a 7:04. Shaelin had an incredible meet, beating all her times by leaps and bounds; she also attained a new Junior Olympic time in her 100 free. Another 10-under, **Shawn Kessler**, swam 3 new State times in the 50 free, 50 back, and 100 back. **Shelby Koontz** is an incredible 7-year-old who has her State time in most events had a great meet.

In the 11-up group we had 15 swimmers. **Cassie Parr** had a great meet as her hard work in practice paid off. **Haley Von Schottenstein** swam several new events in her first 13-up meet, like the 200s breast and back. She also was able to swim familiar events like the 50s fly and back. **Sarah Koontz** looked strong in the water, and had a great 500 free as her 5th event of the day. The team had great 200 free performances, with **Whitney Simpson** dropping 2 seconds and **Molly Lahlum** dropping a huge 7 seconds. **Sarah Bates** took a ton off her times in 100% of her events. **Rebecca Chappell** swam the 200 fly for the first time and swam very strong. **Katie O'Neill** swam a best time in the 200 back, and in the 100 IM which is not a normal event for her but it was a joy to watch. **Becky Grabow** swam best times having another great meet.

For the boys in the 11-up age bracket, **Marco Hyman** was looking good in the water; with a few more practices he will have a great meet. **Levi Grabow** swam a best time in the 100 free. **Chris Bergstrom** had a great meet with big drops of time; watch out, he is going to have some great upcoming meets! **Cameron Morefield** swam well, especially in the breast and back events. **John McRae** had a great 100 breast and is looking stronger every day. Last but not least, **Shawn Stubnar** swam well in the 100 breast.

Overall I was happy with the performance of the swimmers.

It was grueling meet for the 11-up age group, with up to 18 heats of one event, and having to wait up to 8 hours to swim the last event. The one thing I would like to have seen was more Dolphin swimmers participating in the meet.



From the Meet Director

Novice Meets are for New Parents Too!

We know that most of the swimmers (and parents) who will be entered in our **December 3rd Novice Meet** will be new to the sport of swimming. Well, this is a great time for new parents to get their feet wet! **We will be calling each parent who has a child entered in this swim meet and asking for your help.** Without parent volunteers we could not host events such as these.

We will offer training and orientation for each new parent. Each of the "jobs" that we have are pretty simple and offer the ability to take a break to watch your child(ren) swim. Parents who are brand new to this sport will be guided through the ins and outs of running a swim meet. Working a meet is also a great way to get to know the other parents on the team!

So, when you get that phone call, **please be ready to set aside a Saturday morning and get your feet wet!**

Zone-4 Meets now Closed-Deck

Zone-4 has been discussing having **closed decks at all meet venues.** We will be starting this at our December 3rd Novice meet. There will be designated viewing areas in the mezzanine and in the pool area. **The immediate pool deck will be closed to spectators.** The deck will still be open to officials, coaches, swimmers, and **parents working the meet.** There may be a staging area for young/new swimmers.

We will need additional parent volunteers at our home meets to redirect people from closed areas. While

this sounds like a lot of extra work to begin with, in the long run it should make the meets more efficient. Please remember, when you get that phone call asking for help, it will be **more important than ever for us to receive complete team/parent participation.**



Upcoming Meets

Meet sheets and entries are linked at www.pacswim.org/page/meet_info.html or www.sn-swimming.org/meetschedule.php3.

Remember: get your entries in early!

HOME MEET: Dec. 3, Novice Meet, meet sheet

www.pacswim.org/1205ddst.pdf (deliver entries by Nov. 23rd, or postmark by Nov. 25th). **All parents please be prepared to help out!** Contact the Meet Director to volunteer.

December 9-11, Woodland Arctic Challenge, meet sheet and on-line entries www.sn-swimming.org/meetschedule.php3 (enter on-line or postmark by Nov. 28th). **See coach for travel arrangements.**

January 13-15, Carson Tigersharks Invitational, meet sheet pending (enter on-line or deliver by Jan. 2nd, or postmark by Jan. 4th).

HOME MEET: Jan. 27-29 Last Chance Invitational.

February 17-20, Las Vegas, Nevada State Championships. See coaches for qualifying times, entry, and travel info.



Next Board Meeting

Regular meetings of the DDST Board of Directors are on the last Tuesday of each month, right after practice at **6:00 pm at the Carson Valley Swim Center** (winter in the Multipurpose Room; summer by the outdoor pool). **The next meeting will be on Tuesday, November 29th.** Parents are welcome and encouraged to attend, and minutes of previous meetings are available on request from the Secretary.



Transitions

Welcome New and Returning Swimmers: Yuchen Jin, Blake Maxwell, Emily Panietz, Mirelle Zamudio, and Alex Zamudio. **Farewells** to Taylor Hubbard, Kevin Eubanks, and Cole Bradley. **Moving up: congratulations** to new practice group members William Baker and Stephanie Trackman (Red); Taylor Chandler (Blue); Cassie Parr, Haley Von Schottenstein, and Chris Bergstrom (Seniors). **Happy November Birthdays** to Josefina Sigala (11/8), Kaylee Hames (11/21), Mirelle Zamudio (11/23), William Baker (11/24), and Paul Von (11/28). *(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



Practice Schedules

Days are based on Douglas County public school schedules only. As always, there is usually no practice on

meet days, or on the day before away-meets involving overnight travel – check with a coach. No practices on Christmas day and New Year's day.

ANY Public School(s) IN Session

Seniors: M-F 2:45-5:00, Sa 7-9 am
Pre seniors: M-F 2:45-4:30, Sa 7-9 am
Blue: M-Th 4:45-5:55, F 4:30-5:30
Red: M-Th 5:00-5:55

White: M & W 4:15-5:00, F 4:30-5:15

ALL Public Schools OUT of Session

(common break days

except Summer Break; official Holidays
except Christmas day, New Year's day)

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

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

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

White: M, W, F 4:00-4:45 pm

Summer Break (starts June 19th?)

Seniors and Pre seniors: M-F 6:45-9:00 am **and** M-W 4:00-5:30 pm

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

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

White: M, W, F 4:00-4:45



Newsletter

The next *Monthly* will appear about December 15th. **All submissions should be received by December 12th.** As always, questions, content requests, or items of interest to the DDST membership are welcome and encouraged, and should be sent to the **newsletter editor, Jim Morefield, at 782-4360 or jdmore@charter.net.** Items can also be left in our family folder, in the file box on the team table in the pool lobby. **A big thank you** to this month's major contributors, Coach Sarah Davenport and Meet Director Anne McRae, to the mailing committee (Leslie, Cameron, and Shaelin Morefield), and to Joe Stubnar for printing and labels.



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