

Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM

www.ddst.org

February 2006

State Pep Rally & Pasta Feed February 14th!

Tuesday, February 14th, at 5:30 the team will have our annual pasta pep rally at the Swim Center, upstairs in the mezzanine. **This is a pot luck dinner.** Please bring a complex carbohydrate (pasta) to share with the team. **Please no desserts.** We will have dinner, then pass out state t-shirts and the team will do some pre-meet cheers. **Everyone is invited!**



Bylaws Changed

The change to the DDST bylaws, proposed in last month's newsletter, passed by 12 votes to 1. The Board Treasurer and Secretary no longer have 3-year term limits. The change has been incorporated into the on-line version of the bylaws, included in the Team Handbook at www.ddst.org.



E-Newsletter?

This newsletter is now being made available by email! Interested **Parents, swimmers, relatives, and friends** should e-mail the Newsletter Editor (jmore @ charter.net) with the address(es) to which you would like newsletters sent. Unless e-recipients request otherwise, your paper copies will stop coming, so **be sure to include all family members with e-mail addresses** (these will NOT be shared or used for any other purpose).



Monthly Billing to Begin Soon

You may have already received your first invoice from DDST. If not, look for one in the next few days in the mail. There will be a letter inside with further information on our new billing system, including how you can receive invoices via e-mail, and who to contact on any question about your invoice.



Dues Increasing

At its January meeting, the DDST Board of Directors voted to modestly raise monthly dues, **effective April 1st, 2006**. This is the first increase in 2 years, and is needed to keep pace with rising operating costs, and to keep our quality coaching staff adequately compensated. White and Red groups increased by \$1 per month, Blue and Pre-Seniors by \$6, and Seniors by \$11. Please contact a Board member if you have any questions.



Team Parkas Still Available

The supplier and manufacturer of our team parkas have generously granted us 2 months to order additional parkas at the same discount rate. So if there is interest, we will be submitting a second order by about March 20th (we can do this even for one additional parka!).

Anyone interested in getting in on this offer should submit their order form and payment to Jim Morefield or Coach Sarah well before that date. Ex-

tra order forms can be printed from our web page at www.ddst.org under "hot topics". Also, if you need a parka sooner, the supplier will accept multiple small orders during this time, so just let us know!



Swimmer of the Month

Molly Lahlum was chosen as our February Swimmer of the Month for her past two meet performances. Molly achieved five new state times out of huge time drops in all her events. Coach Sarah asked Molly a few questions about some of her favorite things. Her favorite food is cookies, her favorite book is *Holes*, her favorite swimmer is Michael Phelps, her favorite stroke is Butterfly, and her favorite event is the 50 freestyle. She wants to go to UC Santa Cruz and be a pediatrician when she grows up. Congratulations Molly! Keep up the great work!



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Coaches Corner

In the past month I have had many complaints from the CVSC staff about our swimmers running around the Swim Center, playing hide and seek and tag and other games that get in the way of patrons. **Please remind your swimmers that the Swim Center is open to the public and we are guests.**



Carson Winterfest Meet

What a meet! Starting with our 8-unders, **Lindsey Johnston** swam best times in every event and achieved her first A time in the 25 free (19.46). **Shelby Koontz** had 3 best times, taking 5 sec. off her 50 back and 50 breast. In his second meet, **Josh Kessler** had huge improvements, dropping 16 sec. in his 25 back and 7 sec. in his 25 free. **Logan Killion** also had a great meet, taking 23 sec. off his 50 free and 6 sec. off his 25 back.

In the 9-10 age group, **Erica Chappell** had best times in all her events and took off 5 sec. in her 50 free. **Kyle Johnston** swam fast, dropping 8 sec. in the 100 fly and 5 sec. in the 200 IM. **Shawn Kessler** had a huge 14 sec. drop in the 200 free.

The 11-12 girls had the best meet of all, with all four swimmers improving all their times. **Becky Grabow**'s 500 dropped 16 sec., as did **Taylor Killion**'s 200 IM. **Sarah Koontz** had a great meet, getting state cuts in several events and getting closer in others. **Molly Lahlum** had the best meet of all. She came out of this meet shining. Molly achieved 3 state cuts and took gobs of time (2-10 sec.) off every event.

My 13-14 group included 3 girls and 3 boys. **Sara Mangiaracina** had a great 200 breast, taking 20 sec. off and making her state time. **Cassie Parr** also had a great 200 breast, swimming her first 100 in best time and finishing 7 sec. under her best. **Haley Von Schottenstein** had a great 400 IM and

a great meet in her breast events.

Chris Bergstrom had a huge meet with state times flying left and right. He took off 23 sec. in his 500 free and 9 in his 200. **Levi Grabow** achieved his first state cut in the 100 back, dropping 3.5 sec. **Shawn Stubnar** improved in 4 events and the biggest was his 200 breast (7.5 sec.).

In the 15-up group, **Mandy Moore** swam best times in every event, taking 6.5 sec. off her 200 fly and 4 sec. off her 100 fly and 100 free. **Katie O'Neill** also improved in every event, her best being the 200s fly and back, where she dropped 3 sec. in each.

Whitney Simpson swam well; she improves a little each meet. She swam best time in her 200 IM. For the boys, **Taylor Brockway** and **Marco Hyman** went all out. Taylor had a great 400 IM, dropping 11 sec., and both boys had great 100s free. Marco screamed in his 100 back, dropping 5 sec.



DDST Last Chance Meet

Dolphins had 38 swimmers attend our January Last Chance Invitational. Three brand new 8-year-old swimmers were in their first Dolfin meet. **Grant McLean** and **Sean McLean** swam the 25 free very strong for only swimming a month. **Seth Jezek** cruised right through the 25 back, and the 50 free was a good challenge for him.

For the rest of the 8-unders, **Allison Ansel** swam best in the 25 fly and swam her first legal 50 breast. **Lindsey Johnston** had a great 50 free, dropping 4 sec. **Shelby Koontz**'s best events were her 50 free and 100 IM, where she took off 1 sec. in each. **Logan Killion** swam a strong 25 free and 50 back.

For the 9-10 swimmers, **Erica Chappell** had a great 50 back, taking 9 sec. off, and also a strong 100 IM. **Lexi Lane** had a great meet, dropping 55 sec. in her 100 free and 30 sec. in her 100 back. **Shaelin Morefield** had another outstanding meet. She raced some Pre-Seniors in the 500 free and

kept up with an 8 sec. drop, dropped 4.5 sec. in her 200 IM with a first place finish, made new JO cuts in 50 back and 200 free, and swam best time in 8 of 9 events. **Stephanie Trackman** was dropped 4+ sec. in her 50 free, and was on best in 50 back. **Sam Ansel** swam 3 events Sunday; with a strong 200 free and a good 50 breast. **Kyle Johnston** had a huge 200 free dropping 5 sec.

In the 11-12 group, **Taylor Chandler** had a great meet, dropping 19 sec. in the 100 IM. **Becky Grabow** swam fast in her 100 free, dropping 4 sec., and swam her first 200 IM. **Yuchen Jin** swam in her first Dolfin meet (not her first meet) Sunday, and swam very strong in her four events. **Taylor Killion** swam best time in her 50 back. **Sarah Koontz** had a great 1000 free Friday night, qualifying for next year when she ages up for state. She also swam new state times in her 50 fly and 100 back. **Molly Lahlum** swam new state times in her 50 fly, 50 back, and 100 back. **Cameron Morefield** swam best times in all his events, including his first 200 breast; way to go Cameron!

The 13-14 group was packed with best times. **Sarah Bates** had a huge meet, taking 54 sec. off her 200 free. **Sara Mangiaracina** had a strong 100 fly, dropping 5 sec. **Paula Sigala** had a great meet, with best times in 5 events. **Haley Von Schottenstein** swam 7 best times, including A times in the 100 and 200 free. **Cassie Parr** had the biggest drop of the meet, taking 2:49 off her 1000 free! She also had a great breast meet, with two new bests. **Chris Bergstrom** swam very well in his 200 IM with a new state time and 9 sec. drop. **Levi Grabow** also had a great 200 IM, dropping 5 sec. to finally go under 3:00. **Shawn Stubnar** had a great meet, dropping time in most of his events, including 37 sec. in one.

The 15-up group was our biggest for this meet. **Becca Chappell** had an outstanding 200 fly with 9 sec. off. **Amanda McRae** swam best in both breast events and the 200 IM. **Mandy Moore** had great 100 breast and 200

fly events. **Katie O'Neill** had an awesome meet. She swam all her off-events, each with a best time, and made some of them her best events!

Josefina Sigala swam a strong meet, with best times in her 200s breast and fly. **Sara Sigala** had a huge 57 sec drop in her 500 free, and a kick-butt 100 back. **Whitney Simpson** had a great meet with some great drops, including 200 IM and 100 breast.

For the boys, **Taylor Brockway** had a great 200 free and 100 fly, and will have a great state meet. So will **Marco Hyman**, who swam an outstanding 200 back, taking 43 sec. off for a new state time. He also had a great 500 free, taking 40 sec. off. **Sean Vogl** swam best in the 50 free and swam very strong in his 200 IM. All in all I was very proud of the swimmers at this meet. We had some huge improvements and I think we'll have an even better State meet.



Upcoming Meets

Meet sheets and entries are linked at www.ddst.org.

Remember: get your entries in early in case the meet fills up!

February 17-20, Las Vegas, Nevada State Championships. Entries closed – good luck swimmers!

March 5, Pleasant Hill CA, Pacific Swimming Zone All-star Meet (information pending).

March 10-12, San Ramon CA, Pacific Swimming Junior Olympics Championship (information pending)

March 18-19, Reno Spring Fling (meet sheet and entries pending; due postmarked by Monday, March 6th.)

March 30-April 2, Morgan Hill CA, Far Western Championships (see www.ddst.org/meets2006.htm for links to meet sheet and entry info.)



From the (outgoing) Meet Director

As I step down from the position of Douglas Dolphins' Meet Director, I would like to say "**Thank You**" to several parents who have worked our home meets for several years. **Josefina Solano** and **Avelino Sigala** have provided the best hospitality in the Zone for at least 4 years. They work for days before our meets preparing food to serve our officials, timers, and DDST parents. Stepping into their role will be **Lori Lane**, and I'm sure that she'll be great! Next, I want to thank our team at Check-In, **Cindy Simpson, Cassie Brockway, Joyce Jones, and Elizabeth Bergstrom**, who arrive at o'dark-thirty and stay until the bitter end. These ladies have been working together for the past 3(or more) years and can handle any situation that comes their way.

I would also like to thank the ladies who keep our swimmers' times accurate. **Gina Hames** and **Linda Koontz** have been working the Colorado timing system together for the past 2 years. These ladies can work under pressure! They know the rules of USA swimming for time keeping. They also are able to keep our officials laughing! Next, I want to thank **Cindy and Kary Grabow** for keeping a well-stocked snack bar. For the past 3-4 years, they have done all of the shopping in order to keep our visiting families happy, and have staffed the snack bar nearly all weekend long at every home meet. Kary doubles as our head Meet Marshall when he's not in the snack bar!

Another family who has really stepped up to the plate is **Jim and Leslie Morefield**. Both Jim and Leslie became stroke and turn officials and work all 5 sessions of each of our home meets. They do much, much more behind the scenes to help our team run smoothly. I would also like to recognize **Mark Bergstrom** (head timer), **Paul and Lorna Johnston** (meet marshals), **Steve Chappell** (meet marshal and chief ice supplier), **Rich and Lila Ansel** (meet marshal and all around help,

Lane Killion (stepping into computer chair) and **Callie Parr** (chief Runner!).

Finally, I'd like to thank **Joe Stubnar** for his diligent work as our entries chairperson and computer operator for the past 5-6 (or more) years. Joe will be stepping into the role of Meet Director and I feel confident that he will have a great group of parents to work with.

I know that I am missing lots of parents who help run our meets. I would like to say "Thank You" to each one of you!!

Editor's Note: on behalf of the Board and all us volunteers, I would like to thank Anne McRae for her extraordinary and professional work as our Meet Director. Her often thankless efforts have kept us running like a well-oiled machine, and have further built DDST's reputation as a great meet host. We now look forward to welcoming her among the ranks of deck officials!



Next Board Meeting

The next DDST Board of Directors meeting is on **Tuesday, February 28th, 2006**, right after practice at **6:05 pm** at the **Carson Valley Swim Center**. Parents are always welcome and encouraged to attend, and minutes of previous meetings are available on request from the Secretary. **Regular meetings** of the DDST Board of Directors are on the **last Tuesday of each month** (winter in the Multipurpose Room; summer by the outdoor pool).

Contact information for all Board Members can be found on the DDST web site (www.ddst.org).



DDST Key Contacts

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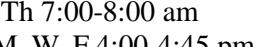
Transitions

Welcome New Swimmers Brandon Easley (7, to the White Dolphins), and belatedly to Marisa Bertolone-Smith and Emily Grove. **Farewell** to Julie Jones. **Happy February Birthdays** to Shaelin Morefield (2/4), Marco Hyman (2/12), Stephanie Trackman (2/13), Cassie Parr (2/16), Rebecca Chappell (2/25), Taylor Brockway (2/25). *(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



Practice Schedules

NO PRACTICES Friday-Tuesday, February 17th-21st (State Championships). The regular schedule below is based on Douglas County public school schedules only. As always, there is usually no practice on meet days, or on meet travel days – check with a coach.



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

(except Summer Break)

(common break days; public holidays
except Christmas & New Year)

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 & 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 pm



Next Newsletter

The next *Monthly* will appear about March 15th. All submissions should be received by Friday, March 10th. Questions, content requests, items of interest to the DDST membership, and requests for e-mail subscriptions, are always welcome, and should be sent to the newsletter editor, Jim Morefield, at [idmore @ charter.net](mailto:idmore@charter.net) or 782-4360. 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 contributor, Coach Sarah Davenport, Anne McRae, and Joe Stubnar (who also did printing and labels), and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).

Back issues: www.ddst.org



Douglas Dolfin Swim Team

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Important Swim Team News Enclosed