



# Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM  
(est. 1964)

[www.ddst.org](http://www.ddst.org)

June 2006

## DON'T MISS OUT ON THE Quincy Meet July 29<sup>th</sup>-30<sup>th</sup>

If you think the Bishop meet is a blast, then Quincy is for you! Jim and I had an opportunity to officiate on behalf of the Truckee Swim Team and two Dolphins last year, and it was the **best-run and most fun meet** I have attended, with **tons of awards** for the swimmers. The pool is within the Plumas County fairgrounds in beautiful Quincy, CA, and the fairgrounds open up for camping during the meet, just a short walk from the pool. There is also an RV park next to the pool. Hotels exist but may book up fast.

**Don't delay entering your swimmer(s)! This very popular meet fills up early.** There were over 400 swimmers last year. Contact Sarah or Jim (see page 3) or visit [www.ddst.org](http://www.ddst.org) for entry and camping information. I hope to see you there! —Leslie Morefield



## From the Meet Director

I would like to thank again all those who helped out with our April meet. **Our next Novice meet is just 2 weeks away. Lorna Johnston will be calling** to seek your much-needed help in all positions, and also donations for the Snack Bar. Just let Lorna know if you want to try a different position than usual, and she will try to accommodate you. Thanks again for all your help!

—Joe Stubnar



## Summer Twilight Practice Meets: SAVE THE DATES!

Twilight meets are fun, low-key, “unofficial” meets, great for swimmers of all ages and abilities who want to practice some racing. They last about 2 hours in the late afternoons, with warm-ups starting at 4 pm. Your swimmer(s) will soon receive an information and entry packet for all our summer meets. **All except the meet with Carson City are at our home pool in Minden.**

**June 22<sup>nd</sup>** is our first twilight meet, in Carson City. Swimmers must arrive by 4 pm with entry cards ready, and suit, cap, goggles, towel, and water.

**Parents are needed to time the races!**

**July 1<sup>st</sup>** our team hosts a one-day morning meet for new swimmers.

This is a great way to get you and your family familiar with a regular meet (without cards). **Please expect to help out at this meet. These meets are run for the swimmers, by the parents!**

**July 11<sup>th</sup>** the twilight meet will be a Dolphin-only (intra-squad) meet. Cards must be filled out before the meet.

**Parents are needed to time.**

**July 19<sup>th</sup>** will be a relay meet with Tahoe. Coaches will place swimmers in the relays. **Please have suit, towel, cap, goggles, and water.** Parents are needed to time. **There is a team party after the meet at Pizza Factory.**

**July 28<sup>th</sup>** is our last twilight meet, against Fallon. Cards must be filled out before the day of the meet. Swimmers must come with suit, cap, towel, goggles, and water. Parents need to time.



## Swimmer of the Month

Blue Group member **Yuchen Jin** is our June Swimmer of the Month. Yuchen started swimming four years ago in Dallas, Texas. She always comes to practice, and was chosen for her hard work and great attitude. Yuchen's favorite stroke is backstroke, and her favorite swimmer is Michael Phelps. Her favorite thing about swimming is seeing her friends and her coach every day. Yuchen's favorite food is spaghetti, and her favorite school subject is science. She hopes to be a dentist when she grows up. Congratulations Yuchen! Keep up the great work!



### INSIDE THIS ISSUE:

<i>Quincy Meet July 29-30</i>	<i>1</i>
<i>From the Meet Director</i>	<i>1</i>
<i>Summer Twilight Meets</i>	<i>1</i>
<i>Swimmer of the Month</i>	<i>1</i>
<i>Coaches Corner</i>	<i>2</i>
<i>Memorial Day Meets</i>	<i>2</i>
<i>June Tahoe Meet</i>	<i>2</i>
<i>Team Store</i>	<i>2</i>
<i>Welcome Coach Stefanie!</i>	<i>3</i>
<i>Upcoming Meets</i>	<i>3</i>
<i>DDST Key Contacts</i>	<i>3</i>
<i>Next Board Meeting</i>	<i>3</i>
<i>Welcome New Swimmers!</i>	<i>4</i>
<i>Practice Schedules</i>	<i>4</i>



## Coaches Corner

**Summer practice schedules are here!** Starting June 19<sup>th</sup>, different practice times will be in effect – see the schedule on page 4. For **Seniors and Pre Seniors**, on Monday and Friday mornings, two of our team parents, Lila Ansel and Kary Grabow, will be running with you. Please make sure you are at practice on time at 6:45 am, and that you are respectful.

Thanks to everyone's help in getting the word out, we have put together a very successful summer program this year. We now have two great summer groups: our Guppy Group is full of 10 cuties from ages 5 through 7, and our second group is full of 12 wonderful swimmers ranging in age from 7 to 14.



## Memorial Day Meets

Ten Douglas Dolphins swam in the **Intermountain Classic Memorial Day meet in Carson City**. Friday night **Sarah Koontz** swam the 200 freestyle, and **Mandy Moore** swam the 800 freestyle for her first time. Saturday and Sunday **Ben Syang** swam his first long course meet and had good swims in the 100 breaststroke and the 100 freestyle. **Sara Sigala** swam a good first long-course meet, looking strong in her 200 freestyle as did her sister Paula. **Paula Sigala** also swam well in her 100 butterfly. **Shawn Stubnar** swam Saturday and Sunday morning and looked good in his freestyle and tried the 100 butterfly long-course. **Whitney Simpson** swam strong Saturday in her freestyle and breaststroke. Saturday afternoon Sarah and Shelby Koontz both swam well. **Sarah Koontz** had a great 100 backstroke, and **Shelby Koontz** a great 50 breaststroke. Sunday afternoon **Lexi Lane** had a great 50 backstroke and 50 freestyle. Monday **Taylor Brockway** placed 3<sup>rd</sup> in the 400 freestyle and had a good 50 freestyle.

Also, the Killion family swam in the **Tiger Aquatics Memorial Day Meet in Stockton, CA**. Both Logan and Taylor were surprised to see the length of the pool, but both swam well according to both of their parents. **Taylor Killion** improved her times in three out of three events. **Logan Killion** swam well in the three new long-course events he tried.



## June Tahoe Meet

We had 27 Dolphins swim at the Tahoe Invitational June 3-4.

Starting with our 8 and under swimmers, **Julia Chappell** swam her first meet at age 5 and swam a 25 backstroke with a huge smile on her face! Sister **Savannah Chappell** swam 4 events and swam very strong with best times in all of them. **Allison Ansel** had a big meet, swimming 6 events and a best time in her 25s backstroke and breaststroke. **Lindsey Johnston** swam 5 events, including new events like the 100 IM, and swam a best time in the 25 butterfly. **Shelby Koontz** had a good Saturday with best times in her 50 freestyle and 50 breaststroke. **Josh Kessler** had a huge drop in his 50 freestyle and swam 2 new events, 50 breaststroke and 100 IM.

In the 9-10 age group, **Erica Chappell** swam well Saturday, with best times in her freestyle events and in her 100 IM. **Lexi Lane** swam both days, and had a great 100 freestyle and 50 butterfly with 4+ second drops in each, and also dropped in 50 breaststroke. **Shaelin Morefield** had an extraordinary meet, winning both her 100 and 50 butterfly, and achieving her first Far Western Q time in the 50 butterfly. **Shawn Kessler** swam 3 seconds faster in his 100 IM on Saturday. **Logan Killion** swam very well in his first 9-10 meet. **Marcus Reyes** swam very well in his 50 breaststroke, dropping 5 seconds from his time.

The 11-12 age group swam fast, including **Taylor Chandler** with a huge 10 second drop in her 50 freestyle. **Becky Grabow** had a great 100 IM

with a 7 second drop. **Taylor Killion** swam best times in her 50 breaststroke, 50 backstroke, and 100 IM. **Sarah Koontz** had a fast Saturday with a best time in her 100 butterfly by 2 seconds, and a best in her 50 freestyle. **Sam Ansel** swam a ton of events, swam well in his 100 freestyle, and looked great in his backstroke. **Kyle Johnston** swam his first 11-12 meet and had a great 100 freestyle and 100 backstroke. **Cameron Morefield** swam a good meet with best times in his 100 backstroke, 50 butterfly, and 100 IM.

All of our 13-14 swimmers were men. **Chris Bergstrom** swam a very fast 100 butterfly and dropped 8 seconds. **Levi Grabow** swam Saturday and swam strong in all his events. **Shawn Stubnar** swam both days, with a best time in his 50 freestyle. **Ben Syang** had a great meet, swimming 8 seconds faster in his 100 breaststroke and 2 seconds faster in his 50 freestyle.

In the 15-up group, coach **Becca Chappell** swam all three of her events well. **Cassie Parr** had an awesome 200 IM with an 8 second drop, and she also dropped 2 seconds in the 100 backstroke. **Marco Hyman** swam a 200 breaststroke for the first time, as did teammate **Mandy Moore**, and both swam very well. Congratulations to all our Dolphins who competed in this meet!



## Team Store

**We have new team caps!** See prices below. All DDST Team items below are in stock and available for sale to DDST members through the coaches:

- Suits, women sizes 22-28 — \$47.50
- Suits, women sizes 30-up — \$50.75
- Suits, men's sizes 22-28 — \$33.00
- Suits, men's sizes 30-up — \$34.75
- Caps, latex (new!) — \$3.00
- Caps, silicone (new!) — \$13.00
- T-shirts — \$5.00
- Sweatshirts — \$25.00

**Not all sizes may be available** – check with a coach to find out.



## Welcome Coach Stefanie!

*This is repeated from last month's newsletter, for the benefit of all the new summer swimmers that have joined us! (All coach biographies can be found at [www.ddst.org/coaches.htm](http://www.ddst.org/coaches.htm))* – editor

**Stefanie Signorella** was born April 8, 1968, in Pensacola, Florida, and she traveled a lot with her family. She began swimming at age 7 while her family was stationed in Japan, where she enjoyed 3 years as a "big fish in a little pond." At age 10, Stefanie's family moved to California, where she swam with the Monterey Marlins for 3 years, then the Salinas Y Swim Team until finishing High School, during which time she also worked as a lifeguard and competed at Far Western Championships. Stefanie then attended the University of California, Davis, for two years, where her best events were the 100 butterfly and middle-distance free-style. Following that, she completed an AA degree at Monterey Peninsula College.

Stefanie moved from Monterey to Nevada a year and a half ago, where until recently she worked at the Douglas County Library. She joined DDST in May 2006 to help coach the Summer Program swimmers, and will also be assisting with the regular Dolphin groups through the summer. Stefanie especially enjoys working with the younger swimmers, and seeing them get excited about improving their times and their strokes. She loves all kinds of athletic activities, tennis and hiking in particular. Stefanie also loves animals, having spent 7 years working at a veterinary hospital. In the future she hopes to pursue an interest in physical therapy. Welcome Stefanie!



## Upcoming Meets

Online entries, meet sheets, and late updates: [www.ddst.org/meets2006.htm](http://www.ddst.org/meets2006.htm).

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

**June 22 (Thursday), Carson vs. Douglas Twilight Practice Meet at Carson City.** Be at the Carson City pool by 4:00 pm with entry cards filled out. See information sheet or coach for more details. **Parent timers needed!**

**June 23-25, Bishop Swim Team Invitational.** Entries closed. Good luck swimmers, and have fun!

**HOME MEET: July 1, Summer Novice Meet,** meet sheet [www.pacswim.org/0706ddst.pdf](http://www.pacswim.org/0706ddst.pdf) (enter on-line or deliver until Friday June 23<sup>rd</sup>, or postmark by Monday, June 19<sup>th</sup>). **All parents please be prepared to help out!**

**July 7-9, Tahoe Swim Club Invitational,** meet sheet [www.pacswim.org/0706taho.pdf](http://www.pacswim.org/0706taho.pdf) (enter on-line or deliver until Thursday June 29<sup>th</sup>, or postmark by Monday, June 26<sup>th</sup>).

**HOME MEET: July 11 (Tuesday), Douglas vs. Douglas only (intra-squad) Twilight Practice Meet.** Be at the Swim Center by 4:00 pm with entry cards filled out. See information sheet or coach for more details. **Parent timers needed!**

**July 13-16, Adam Szmidt Memorial Pacific Swimming Long Course Junior Olympics, San Jose, CA,** meet sheet [www.pacswim.org/0706westjo.pdf](http://www.pacswim.org/0706westjo.pdf) (enter on-line or deliver until Thursday July 6<sup>th</sup>, or postmark by Monday, July 3<sup>rd</sup>).

**HOME MEET: July 19 (Wednesday), Douglas vs. Tahoe Twilight Practice Relay Meet.** Coaches will enter swimmers into relays. Be at the Swim Center by 4:00 pm. See information sheet or coach for more details. **Parent timers needed!**

**HOME MEET: July 28 (Friday, date tentative), Douglas vs. Fallon Twilight Practice Meet.** Be at the Swim Center by 4:00 pm with entry cards filled out. See information sheet or coach for more details. **Parent timers needed!**

**July 29-30, Quincy Invitational, Quincy, CA,** meet sheet, entry form, and camping information at [www.ddst.org/meets2006.htm](http://www.ddst.org/meets2006.htm) (enter on-line or deliver until Wednesday July 19<sup>th</sup>, or postmark by Monday, July 17<sup>th</sup>). **Don't miss this fun summer meet in the pines of north-eastern California!**

**August 11-13, Zone-4 Championships, Reno,** stay tuned to [www.ddst.org](http://www.ddst.org) for details when they become available.



## DDST Key Contacts

**Head Coach:** Sarah Davenport  
[sgovanswim@aol.com](mailto:sgovanswim@aol.com); 775-884-3870; 287-1035  
**Meet Director & Billing:** Joe Stubnar  
[meets@ddst.org](mailto:meets@ddst.org); 775-720-6703; [billing@ddst.org](mailto:billing@ddst.org)  
**Board President:** Kary Grabow  
[kary.grabow@ge.com](mailto:kary.grabow@ge.com); 775-267-5340  
**Parent Liaison:** Stacey Von Schottenstein  
[staceyvon@charter.net](mailto:staceyvon@charter.net); 775-267-0340  
**Newsletter, Web, Officials:** Jim Morefield  
[jdmore@charter.net](mailto:jdmore@charter.net); 775-782-4360



## Next Board Meeting

The next DDST Board of Directors meeting is on **Tuesday, June 27<sup>th</sup>, 2006**, right after practice at **6:10 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](http://www.ddst.org)).



## Transitions

**Welcome New and Returning Swimmers** Josh Brown, Amanda Castro, Julia Chappell, Savannah Chappell, Ryan Dykes, Virginia Evans, Luke Falanga, Grace Fischmann, Alicia Harrison, Ali Jezek, Ben Khongkhatitham, Bo Khongkhatitham, McKenzie Lane, Chris Lanier, Blake Maxwell, Alex Picken, Matt Picken, Hailee Porras, Alisha Ross, Michelle Schilling, Elsa Schollmaier, Teo Schollmaier, Meagan Skilling, Jaime Skilling, Savannah Stewart, Taylor Sullivan, and Ben Weiss.

**Happy June Birthdays** to Ben Weiss (6/2), Yuchen Jin (6/13), Taylor Sullivan (6/18), Bo Khongkhatitham (6/20), Paula Sigala (6/25), Cameron Morefield (6/27), and Josh Kessler (6/30).

**Good Luck Graduates** Mandy Moore and Josefina Sigala!

*(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



## Practice Schedules

**Summer Break Schedule is now in effect! No practices Friday June 16<sup>th</sup>, Thursday June 22<sup>nd</sup> PM, Tuesday July 4<sup>th</sup> PM, and Wednesday July 5<sup>th</sup> AM.** There is usually no practice on meet days, or on meet travel days – check with a coach. **Check [www.ddst.org](http://www.ddst.org) for updates between newsletters!**

### Summer Break (starts June 19<sup>th</sup>)

**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

**Summer Program:** M, W, F 3:30-4:30

**Summer Tiny Tots:** T, Th 4:00-4:30

### 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 pm

**Red:** M-Th 5:00-5:55 pm

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



## Next Newsletter

The next *Monthly* will appear about July 15<sup>th</sup>. **All submissions should be received by Monday, July 10<sup>th</sup>.** 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 **jdmore @ 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 contributors, Coach Sarah Davenport, Joe Stubnar, and Leslie Morefield, to Joe for printing and labels, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).*

**Back issues at: [www.ddst.org](http://www.ddst.org).**



**Douglas Dolphin Swim Team**

**P.O. Box 44**

**Minden NV 89423**

**[www.ddst.org](http://www.ddst.org)**

**Time-sensitive Swim Team news enclosed!**