



Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM
(est. 1964)

www.ddst.org

July 2006

Zone-4 Championships August 11th-13th

The summer championship meet for western Nevada is coming up the second weekend in August! This year it is hosted by Reno Aquatic Club at the outdoor Idlewild pool in northwest Reno. The meet starts at 10:30 am on Friday the 11th, **with our traditional team breakfast just before.** Entries are through coaches only, so see Sarah by August 2nd to enter and pay fees.

All Douglas Dolphins are encouraged to attend this final meet of the summer. There are events and awards for both beginning and advanced competitors. However, swimmers must have a previous official time for each event they enter. Summer swimmers may already have these from our July 1st meet, the June Bishop meet, or the June or July Tahoe meets.

Dolphins' last chance for official times is the Quincy meet, July 29th-30th. Entries are due for Quincy by Wednesday July 19th (on-line; see upcoming meets on page 3, or visit www.ddst.org for entry information).

FUN WEEK AFTER ZONE-4

- August 14, 16, 18 (M, W, F): fun & game practices, at usual AM and PM times.
- August 15 (T): team beach day at Round Hill until 4:00 pm, meet at pool 10:00 am.
- August 17 (Th): Wild Island day in Sparks until 5:00 pm, meet at pool 9:30 am.
- August 20 (Su): annual team BBQ picnic & games, 1:00 pm at Johnson Lane park (across from Pinyon Hills Elementary School on Stephanie Lane).



Twilight Meet Date Changed

Our final twilight meet of the summer, with the Fallon Barracudas at our Minden pool, has been moved to **Thursday July 27th** starting at 4:00 pm (instead of Friday the 28th). Submit entry cards and \$5 per swimmer at the meet, and bring suit, cap, towel, goggles, and water. **Parents are needed to time.**

Our next twilight meet, on **Wednesday July 19th at 3:30 pm**, will be a fun relay meet with the Carson and Tahoe teams. Coaches will place swimmers in the relays. **Please have suit, towel, cap, goggles, and water.** Parents are needed to time. **There is a team pizza party after the meet.**



From the Meet Directors

Joe Stubnar and Lorna Johnston would like to thank all those parents who worked, and/or provided donations to our Bake Sale, at the July 1st Novice Meet. **Your help is very much appreciated and enables us to run a rewarding swim meet for the kids!!!**

After the Twilight Meets, our next home swim meet will be the **Autumn Freeze Meet September 29th thru October 1st**. As you can imagine, it takes a lot of volunteer help to run a smooth meet for 3 days. We'll provide more information in the August newsletter about the various positions we will need help with for that meet!



Swimmers of the Month

The coaches have chosen **all Summer Group and Guppy Group swimmers** as our July Swimmers of the Month! Every one of these swimmers is doing a great job with a great attitude, both in practices and in their first swim meets. They have made this summer a very enjoyable experience for the coaches and the team. Congratulations everyone! Keep up the great work!



Photo Make-up Day

Contact Coach Sarah soon (page 3) if you need a make-up picture day for your swimmer. The photographer will schedule one if there's enough interest.



INSIDE THIS ISSUE:

<i>Zone-4 Championships coming</i>	<i>1</i>
<i>Twilight Meet Date Changed</i>	<i>1</i>
<i>Swimmers of the Month</i>	<i>1</i>
<i>Photo Make-up Day</i>	<i>1</i>
<i>Coaches Corner</i>	<i>2</i>
<i>Carson Twilight Meet</i>	<i>2</i>
<i>Bishop Meet</i>	<i>2</i>
<i>Dolphins' Summer Novice Meet</i>	<i>3</i>
<i>July Tahoe Meet</i>	<i>3</i>
<i>Upcoming Meets</i>	<i>3</i>
<i>Officials Corner</i>	<i>3</i>
<i>DDST Key Contacts</i>	<i>3</i>
<i>Welcome New Swimmers!</i>	<i>4</i>
<i>Practice Schedules</i>	<i>4</i>



Coaches Corner

Meet information sheets for upcoming swim meets will now be available in the black file box in the pool lobby.

Instead of coaches trying to remember who got what, passing them out to wet swimmers, and having them left behind in the locker rooms, Sarah will announce new meet information, and swimmers must pick it up themselves in the lobby. **The meet schedule and information sheets are also available on our web site (www.ddst.org),** and the meet schedule is included with each newsletter, so everyone knows what is coming up.

Coach Becca is currently out for knee surgery. We wish her a successful operation and speedy recovery, and expect that she will be back soon.



Carson Twilight Meet June 22nd

In the Dolphins' first twilight meet of the season, against the Carson Tigersharks, we had 15 swimmers, most of whom were brand new. 5-year-old **Julia Chappell** swam 25 backstroke and 25 freestyle for her second career meet. Three 6-year-olds swam great first meets, **Savannah Stewart** in 25 backstroke, 25 freestyle, and 25 breaststroke, **Taylor Sullivan** in 25 freestyle and 25 backstroke, and **Grace Fischmann** in 25 freestyle. Three 7-year-olds also had great first meets, **Josh Brown** in 25 freestyle, **Amanda Castro** in 25 freestyle and 25 backstroke, and **McKenzie Lane** in 25 backstroke. **Savannah Chappell**, 8, swam 100 IM, 50 freestyle, and 50 breaststroke.

Also in their first meets, 9-year-olds **Luke Falanga** swam 25 freestyle, and **Alisha Ross** swam 50 freestyle and 50 backstroke. Veteran 10-year-olds **Erica Chappell** swam 100 butterfly for the first time, plus 50 breaststroke, and 100 IM, and **Lexi Lane** swam 50 breaststroke, 50 butterfly, and 100 IM.

11-year-old **Alicia Harrison** swam 25 freestyle and 25 backstroke at her first meet. For the 12-year-olds, veteran **Taylor Chandler** swam 50 freestyle, 50 backstroke, and 50 butterfly, and **Mary Smithen** swam 50 freestyle, 50 backstroke, and 25 butterfly in her first meet.



Bishop Meet

The Dolphins brought 30 swimmers to Bishop June 23-25, and once again it was the greatest meet. Friday was Distance Night. **Katie O'Neill** swam 400 IM. Swimming their first 500 freestyle were **Shawn Kessler**, 10, **Sam Ansel**, 11, and **Matt Pickens**, 14. The veteran 500 freestyle swimmers included **Kyle Johnston**, who dropped 16 sec, **Anna Jackson**, **Chris Bergstrom**, **Rebecca Chappell**, **Whitney Simpson**, **Marco Hyman**, and **Mandy Moore**.

All the 10 and unders swam in the morning sessions. **Taylor Sullivan**, 6, swam 25 backstroke and 25 freestyle. **Allison Ansel** swam best times in her breaststroke events. **Josh Kessler** had a great meet, with best times in his freestyle, breaststroke, and 100 IM events. **Lindsey Johnston** swam best in her backstroke, breaststroke, and 100 IM events. **Luke Falanga**, a new 9-year-old, swam 50 freestyle and 50 backstroke. **Lexi Lane** swam best time in 6 of 7 events, and achieved a new JO cut in 100 backstroke with 1:23.44. **Shaelin Morefield** had another great meet with 7 best times, a new AA time in 100 butterfly, and runner-up High Point. **Shawn Kessler** swam fast with 6 best times and took High Point for the 10 year old age group.

Our large group of 11-17-year-olds was in the afternoon sessions. **Alicia Harrison** swam 3 events well in her first meet. **Becky Grabow** had 4 fast events and looked great in her 100 IM. **Sam Ansel** swam a great 50 breaststroke in the time of 47.11, and another new event, 50 butterfly. **Kyle Johnston** had a great meet, dropping a ton of time 50 breaststroke, and breaking 1:10 in 100 freestyle. Back for the summer,

Alex Picken had great meet with best times in all his events. **Cameron Morefield** swam best times for 100 freestyle, 50 breaststroke, and 50 butterfly. **Taylor Chandler** dropped time in 4 events, with great-looking strokes. **Ben Syang** swam best times in all his events and tried 200 freestyle. **Anna Jackson**, recently from Bishop, swam 4 best times, looking great in her 200 IM and 200 freestyle. **Chris Bergstrom** had a great 100 freestyle, 100 and 200 breaststroke, and 100 butterfly. **Levi Grabow** swam speedy in his 50 freestyle with a best time. **Matt Picken** was a pleasure to watch in his breaststroke and backstroke. **Coach Becca**, in her last meet before knee surgery, swam like always with a smile on her face. **Virginia Evans**, back with the Dolphins, swam best times in her events and tried 200 breaststroke for the first time. **Whitney Simpson** swam a great meet, taking 9.5 sec off her 100 butterfly, and also dropping time in her 100 backstroke. **Marco Hyman** swam 200 breaststroke for the second time, dropping 8 sec. **Sean Vogl** looked good in the water, swimming well in his 100 freestyle and 100 breaststroke. **Paul Von** swam a best time in his 100 freestyle. **Mandy Moore** had the Dolphins' best 200 IM of the meet with a 14 sec drop. **Katie O'Neill** swam into a runner-up High Point and broke the pool record in 200 butterfly. **Blake Maxwell**, new to the Dolphins after his first high school season, swam very well, as did his teammate **Ben Weiss**, who swam at his best time from High School Regionals.

After the meet on Saturday was our annual team BBQ and water fight in the park, which is always a not-to-miss event. The team dowsed Coach Rick who took out a few trees in the process. A ragged band of Tahoe swimmers then staged a sneak attack, getting coach Sarah. Skirmishes continued back and forth, and Tahoe's Coach Jerry wandered too close and got payback. Next year Tahoe will go down!



Dolphins' Summer Novice Meet

July 1st was the first swim meet ever for 18 of the 31 Dolphins who attended. In our summer Guppy Group, **Amanda Castro** wowed her coach with her 50 freestyle, **Allison Jezek** swam 25 freestyle and 25 backstroke, **McKenzie Lane** swam 25 backstroke, **Savannah Stewart** swam three events, and **Taylor Sullivan** swam 25 freestyle and 25 backstroke.

For the older Summer Group, **Audrey Muller** swam 25 freestyle and 25 backstroke after joining us two days earlier. **Alisha Ross** swam four freestyle and backstroke events. **Elsa Schollmaier** swam 25 freestyle, and 25 and 50 backstroke. **Alicia Harrison** swam an outstanding 5 events, trying out her breaststroke. **Lily Borgzinner** swam 50 freestyle, 50 backstroke, and tried 25 breaststroke. **Bo Khongkhatitham** swam a beautiful breaststroke, 25 and 50. **Chris Fleischmann** and brother **Nick Fleischmann** swam 50 freestyle and 50 backstroke, and did a great job, as did **Ben Khongkhatitham** in freestyle and backstroke.

White Group swimmer **Alex Gumm** did very well in freestyle and breaststroke. **Seth Jezek** swam best times in 25 freestyle and 25 backstroke. **Isabel Varela** also swam 25 freestyle and 25 backstroke.

From Red Group, **Allison Ansel** swam three different 25s. **Lindsey Johnston** swam two freestyle and two breaststroke events. **Josh Kessler** swam with huge drops, 10 sec in 50 freestyle and 25 breaststroke, and 15 sec in 50 breaststroke. **Logan Killion** swam three new 100-yard events: freestyle, backstroke, and IM. **Marisa Cowan** wowed her coach in 50 freestyle and 50 breaststroke.

Blue Group swimmer **Lexi Lane** swam 100 freestyle in butterfly, and a best time in 100 IM. **Taylor Killion** swam best times in 100 freestyle, 50 backstroke, and 50 butterfly. **Sam**

Ansel swam three 100s: freestyle, backstroke, and breaststroke. **Kyle Johnston** swam 100 breaststroke for the first time, and had a great 200 IM. **Taylor Chandler** swam strong freestyle events. **Shawn Kessler** won all five of his events. **Ben Syang** tried 200 IM and 100 backstroke for the first time, and swam best times in 50 and 100 freestyle. New from Virginia, sisters **Jaime Skilling** and **Meagan Skilling** swam in our novice meet, Jamie a great breastroker and Meagan a great flyer.

July Tahoe Meet

Only three Dolphin families made it into this July 7-9 meet before it filled up, and two families attended. **Shelby Koontz** swam best times in her 25 and 50 freestyle, while her sister, **Sarah Koontz**, swam best times in her 50 breaststroke and 100 IM. **Anna Jackson** swam strong in her 7 events.

Upcoming Meets

Online entries, meet sheets, and late updates: www.ddst.org/meets2006.htm.

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

HOME MEET: July 19 (Wednesday), Douglas vs. Tahoe Twilight Practice Relay Meet. Coaches will enter swimmers into relays. Be at the Swim Center by 3:30 pm (TIME CHANGED!) **Parent timers needed!**

HOME MEET: July 27 (Thursday – DATE CHANGED!), Douglas vs. Fallon Twilight Practice Meet. Be at the Swim Center by 4:00 pm with entry cards filled out. **Parent timers needed!**

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

August 11-13, Zone-4 Championships, Reno, www.pacswim.org/0806zone4.pdf for meet sheet (entries through coaches only, see Sarah by Aug. 2 to enter and pay fees).

September 8-10, Fallon Barracudas Age Group Open, Fallon, NV (stay tuned for meet and entry information).

Officials Corner

A big **THANK YOU** to Dolphin parents **Paul Johnston** and **Rick Ansel**, who recently stepped up to train and become certified as Stroke and Turn officials. You might have noticed them working at some of our recent meets. Their presence on deck will help ensure fair and equitable competition for all swimmers at the meets we attend, within the rules of USA Swimming. As with **all** of our parent volunteers, we greatly appreciate their service to our swimmers!

Next Board Meeting

The next DDST Board of Directors meeting is on **Tuesday, July 25th, 2006**, right after afternoon practice 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

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

Transitions

Welcome New Swimmers Lily Borgzinner, Chris Fleischmann, Nick Fleischmann, Anna Jackson, and Audrey Muller. **Moving up: congratulations** to new Pre Senior member **Ben Syang**. **Happy July Birthdays** to Eric Todd, Savannah Chappell (7/2), Molly Lahlum (7/4), Shelby Koontz (7/6), Meagan Skilling (7/11), Luke Falanga (7/17), Allison Ansel (7/18), and Taylor Killion (7/20).

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



Practice Schedules

No practice Friday August 11 (Zone-4 Championship Meet).

August 14, 16, 18 (M, W, F): fun & game practices, at usual AM and PM times.

August 15 (T): team beach day at Round Hill until 4:00 pm, meet at pool 10:00 am.

August 17 (Th): Wild Island day in Sparks until 5:00 pm, meet at pool 9:30 am.

August 20 (Su): annual team BBQ picnic & games, 1:00 pm at Johnson Lane park (across from Pinyon Hills Elementary School on Stephanie Ln).

Aug. 21-Sept. 4: no practices!
Check www.ddst.org for updates between newsletters!

Summer Break (6/19 – 8/20)

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 STARTING September 5th

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 August 15th. **All submissions should be received by Wednesday, August 9th**. 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, Lorna Johnston, and Joe Stubnar, to Joe for mailing data, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).

Back issues at: www.ddst.org.



Douglas Dolphin Swim Team

P.O. Box 44

Minden NV 89423

www.ddst.org

Time-sensitive Swim Team news enclosed!