



# Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM  
(est. 1964)

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

August 2006

## Special **HELP WANTED!** Edition

**From the Meet Directors, Lorna Johnston and Linda Koontz:** Before we know it, our **Autumn Freeze Meet** will be here (September 29<sup>th</sup>, 30<sup>th</sup>, and October 1<sup>st</sup>). When we host a swim meet at our swim center, it is much more enjoyable for everyone if we have enough parent volunteers to share the load! As there are many new parents on the team, we thought we would give you a brief description of the jobs that make a swim meet go smoothly. Most of these jobs take no training, and for the rest, **we will train you!** If you see a job that interests you, please let one of us know (see contacts on page 5) and we will arrange for you to “try it out” at our next meet. We have many experienced parents who would love to train parents of our new swimmers!

1. **Meet Director** – ideal for someone who is well organized and has a desire to dedicate some time to the team. Puts together and oversees the entire meet. Needs to have some knowledge of the swimming organization.
2. **Meet Marshall** – trained and carded by the USA Swimming. On-deck during warm-ups, oversees warm-up and cool down lanes. These people get to wear cool orange vests and ensure we have safe warm ups. (2-3 per meet)
3. **Computer** – runs all the behind-the-scenes workings of a meet. Computer literacy is a must for this job and we desire someone who expects to be with the team for a while. Training available at upcoming meets. (2-3 per meet)
4. **Runner** – distributes heat and lane postings from the computer room to specific locations and people. These people are “on the move” and need to wear comfortable shoes! (3 per session)
5. **Colorado Timing** – runs the computer by the pool with the officials. This position requires training and we desire someone who expects to be with the team for a while.
6. **Colorado Timing Assistant** – works with the Head Colorado Timing person and receives training on the timing system. (1-2 per meet)
7. **Head Timer** – distributes watches, clipboards, etc. to the lanes after warm ups. Stands by officials’ table, starts 2 watches for each race, assists timers who didn’t get a good start on their watches. (1 per session)
8. **Clerk of Course** – checks in all swimmers for the meet. Also responsible for keeping track of when each event is scheduled to close. On-the-job training for USA and Pacific Swimming guidelines for registration will be provided! (3-4 per session)
9. **Snack Bar Coordinator** – gathers all items for the snack bar. Sets up and oversees the running of the snack bar. (1 per meet)
10. **Snack Bar Help** – sells food and drinks. (3-5 per session)
11. **Hospitality Coordinator** – plans and prepares the meals and snacks served to all officials, coaches, timers, working parents. (1-2 per meet)

### Swimmer of the Month

**Mandy Moore** has lived in Gardnerville for the past 10 years. She was born October 13, 1988, in Denver, started swimming for the Dolphins in 8<sup>th</sup>-9<sup>th</sup> grade with former coach Susan, then swam DHS only for 9<sup>th</sup>-11<sup>th</sup> grades. After her Junior year she returned to the Dolphins, staying through summer of her Senior Year, which brings us to today. Mandy is going off to UNR this fall with a full plate of 17 credits and a new job at Morrill Hall calling alumni for donations. She will be studying Health Ecology to be a Physical Therapist. We are expecting her to join us for holiday practices and some local meets. Mandy has been a huge part of the Dolphins, and has had a very positive effect on all of us. She will be missed greatly! Good luck Mandy!

### Board Members Wanted!

See page 2 for details.

- 12. Hospitality Helper** – assists Hospitality Coordinator. Prepares and serves meals and snacks. (2-3 per meet)
- 13. Announcer** – announces the events and swimmers in each heat. Training and a front row seat are provided! (1 per session)
- 14. Awards** – labels the awards and separates them by team for distribution. (2-3 per afternoon)
- 15. Set Up and Break Down** – Along with everyone else helping, 3 to 4 strong individuals are needed both before and after the meet to help set up and take down all awnings, tables, chairs, scoreboard, etc.
- 16. Meet Officials** – The officials you see on deck are parents just like us! They are volunteers who have had training in stroke requirements and other USA and Pacific Swimming rules. Training and classes are available, and **parents are welcome on-deck with working officials any time** to learn more, or just to see what it's about! (Standard attire of white top, blue pants or skirt, and white shoes is preferred if possible.)

**In conclusion**, you will usually receive 2 phone calls before a home meet. One call will request your donations for the Snack Bar and the other will be to ask you to work at the meet. Donations for the Snack Bar are greatly appreciated because they help defray the cost of food. While swim meets are our main source of income for the team, they are also very expensive to put on. We appreciate all your support and efforts that you provide to help us run these meets smoothly and help the kids have a great time!!!



## WANTED: A Few Good Board Members!

Several long-time DDST Board members are stepping down this year, after many years of generous service to our team. **At least three new volunteers** or nominees (maximum one per family) are needed to fill their vacancies. **Come add your voice to planning and directing our team's activities for the coming year!**

Member volunteers and nominations are **open through Tuesday August 29<sup>th</sup>**. Please contact outgoing Board President Kary Grabow (page 5) if you are willing to serve, or wish to nominate someone who is. **Not sure if it's for you?** Come see for yourself at our next Board meeting August 29<sup>th</sup> (see page 5 for details).

Nominees, **please also submit a brief one-paragraph bio** (current team involvement, any past swim team and/or board experience, any other relevant background, etc.) to the Newsletter Editor (see back page) for inclusion on the ballot. Elections will be in September.



## Autumn Freeze Meet Entries Open

Our annual **Autumn Freeze Meet** is open for entries until **Wednesday September 20<sup>th</sup>**. This 3-day meet (Sept. 29<sup>th</sup> – Oct. 1<sup>st</sup>) is our first and major home meet of the fall season, and draws teams from a wide area of western Nevada and northern California. Meet information sheets are available from coaches or in the team box in the pool lobby. Links to the meet sheet and on-line entry submission are also available at [www.ddst.org](http://www.ddst.org).

**CORRECTION:** the meet sheet has the **wrong address for on-line entries**. The address should end with just "ddst", not "ddstsep."



## 2007 State Times

The **2007 Nevada State Championship Time Standards** have been released, and are available from the coaches or at [www.ddst.org](http://www.ddst.org). Most of the qualifying times have been relaxed slightly, while others are now faster. **Bonus events and standards have also been introduced for 2007.**

Swimmers making just one or two State cuts will be allowed to swim up to three events total, if they also make

the bonus times (which are easier) for those extra events. The Nevada State Championship Meet is currently scheduled for January (Martin Luther King weekend) in Carson City.



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## Coaches Corner

Enjoy your break! School-year practice schedules start again on **September 5<sup>th</sup>**. The coming season is our **State Championship prep season**. As a team, we will have 3 or 4 meets before State. That breaks down to one meet a month. **These are your opportunities** to work toward and achieve new State qualifying times.

**State times have changed** and will be posted in our new bulletin board located by the equipment room. They are also **on-line at [www.ddst.org](http://www.ddst.org)**. With State Championships now scheduled for January 12-15 in Carson City, Winter Break will be our new "hell week" for the State swimmers.



### July 11<sup>th</sup> Twilight Meet

July 11<sup>th</sup> was a home meet just against ourselves. We had 30+ swimmers from all groups Pre Senior and below. For a change, we mixed up the boys and girls, and the different ages, and there were some very fast times! After the events, we had a big pizza party at the pool, including a tasty cookie cake to celebrate Meagan Skilling's birthday. Overall this meet built great team camaraderie.



### Junior Olympics

Two Douglas Dolphins represented us in San Jose, California, July 13-16, for the Pacific Swimming Long Course Junior Olympics. **Lexi Lane** swam a fast 1:36.53 in the 100 meter backstroke, for her first JO experience. **Shaelin Morefield** swam 3 events, with best times in the 100 backstroke and 200 IM. This was a different meet for both Dolphins, with nearly 1000 swimmers entered!



### July 19<sup>th</sup> Twilight Relay Meet

Wow, what a fun meet! If you missed it you missed out. With both the Tahoe and Carson teams attending, there were close to 70 swimmer. There were 4-5 heats of most events, which were run from oldest to youngest. Coach Sarah's

favorite event was the cap relay, where a cap was dropped on the head of each lead off swimmer to start the race. After the cap was on securely, each team member swam a 50 freestyle. This was quite comical as most caps were bouncing off heads, and no matter how fast you are, this relay depended on how good your team mates were at getting that cap on their heads! The other fun relay was the kickboard relay, a mix of all swimmers doing 25 yards each. This is annual event – don't miss it next year!



### July 27<sup>th</sup> Twilight Meet

The Fallon Barracudas brought about 15 swimmers to join with about 30 Dolphins for a fun practice meet. These meets are a great way to get meet experience, and for us to host them is also a great way to get our swimmers involved. Good job to all swimmers who participated! And thanks to the parents who helped out!



### Quincy Meet

Dolphins came to Quincy, California, for the second year in a row, with 12 swimmers competing July 29-30. For the 8-under age group **Shelby Koontz** swam best time in her 25 breaststroke with 24.43. In the 9-10 group, **Shaelin Morefield** swam best in her 50 freestyle with 31.80, won all 7 of her events to become the 9-10 high-point winner. 11-12 swimmer **Sarah Koontz** is having a great summer for butterfly; she swam 1:21.02 in her 100, for a 2.5 second drop. **Cameron Morefield**, freshly 12, had a great meet, including best times in his 50 and 100 breaststroke, 100 butterfly, and 100 IM. **Alex Picken**, 11, swam best times in all his freestyle events, 100 breaststroke, and a huge drop in 50 butterfly.

In the 13-14 group, **Jaime Skilling** swam very fast breaststroke, dropping 5 seconds in her 100 and swimming her first 200. **Matt Picken** swam a fast 28.58 in his 50 freestyle. **Ben Syang** dropped 2 seconds in his 100 breaststroke and 1.5 second in his 200 freestyle. For the 15-18 group, **Virginia Evans** had a great 200 freestyle, killing her competition and dropping 10 seconds. **Cassie Parr** looked good in her

200 IM and all four strokes. **Taylor Brockway** had a great 200 breaststroke, and a best 100 butterfly time of 1:03.17. **Mandy Moore** swam her last meet of the summer, and looked strong all the way to the finish. Many Dolphins camped on the Fairgrounds nearby, and enjoyed water fights and the traditional team talent show Saturday night.



### Zone-4 Championships

The Douglas Dolphins were the second biggest team in the Zone this year, with 44 swimmers signed up, and 39 competing. Friday afternoon we started the meet with a good handful of swimmers and had a blast. Saturday we had the biggest group, and started off with the 8-under 100 medley relay and a first place finish! The day also ended with a ton of relays. Sunday was a smaller group, again starting with 8-under relays and a 4th the place finish, and ending with relays. This meet brought the team together, and from a coach's perspective was a lot of fun, hanging out with the swimmers and watching them all do well.

With our biggest 8-under group in some time, **Julia Chappell** was our youngest at 5, and swam 50 freestyle and 50 backstroke. **Taylor Sullivan**, 6, swam 25 freestyle, 25 backstroke, and in our freestyle relay on Sunday. **Amanda Castro** swam Saturday and Sunday, including the winning 8-under relay Saturday morning along with Savannah Chappell, Lindsey Johnston, and Shelby Koontz. Amanda also swam best times in 25 and 50 backstroke. **Savannah Chappell** had a great meet, taking between 10 and 26 seconds off her times. **Lindsey Johnston** swam 50 freestyle and backstroke on Saturday. **Shelby Koontz** swam 9 events, with best times in 50 butterfly and 25 breaststroke. **Allison Jezek** swam Sunday with best times in her 25 freestyle and backstroke. **Audrey Muller** had huge drops in 25 backstroke and freestyle, after swimming well all summer long. For the boys, **Josh Brown** swam a great meet with 4 events, achieving a State time in 25 backstroke. **Seth Jezek** swam best time in 25 freestyle. **Josh Kessler** had a big meet with 3 full days,

including big drops in 100 IM and 50 backstroke, with over 10 seconds off.

In the 9-10 group, **Erica Chappell** swam well, dropping 5 seconds in 100 freestyle 3 seconds in 50 freestyle. **Shaelin Morefield** had a huge 500 freestyle at the end of a long Saturday, dropping 19 seconds, and also improved 3 seconds in 200 freestyle. Summer swimmer **Alisha Ross** had a great 50 backstroke, improving by 5 seconds. **Luke Falanga**, newly 10, looked very strong in his four events, showing off his new dive. **Shawn Kessler** showed new improvement, with 2 seconds off his 50 breaststroke and 3 off his 50 butterfly. **Logan Killion** improved in all his events and his butterfly is looking incredible.

For the 11-12 group, **Taylor Chandler** started the meet with a 51 second drop in 200 freestyle, and all her hard work paid off through the weekend. **Becky Grabow** also started with a 13 second drop in 200 freestyle, and swam well in 50 butterfly. **Yuchen Jin** swam best times in her events, and it was great to have her in a meet away from home. **Taylor Killion** had a super meet, improving 95% of her swims, including 8.5 seconds off her 200 IM with great looking strokes. **Sarah Koontz**, coming off a very busy week of soccer, had a great 100 IM and 50 freestyle. **Kyle Johnston**, just back from vacation, had a strong meet including a 7 second improvement in 100 IM. **Ben Khongkhatitham** swam great 50 backstroke and 100 freestyle events. **Cameron Morefield** wowed Coach Sarah with his 500 freestyle, taking 40 seconds off, and again with a 20 second drop in 200 IM. **Alex Picken** finished his season off with a huge bang, improving 100% of his times with smoking fast swimming.

In the 13-14 group, **Anna Jackson** had a good meet in butterfly and breaststroke, a best time in 50 freestyle, and is a great new addition to the Dolphins. **Bo Khongkhatitham** became a great breaststroker this summer, and will be missed until next summer. **Chris Bergstrom**, just back from a 50 mile backpacking trip, swam best times in six events, including a great 100 freestyle. **Levi Grabow** had a great meet, including an explosive 50 freestyle, after a very busy summer full of lots of fun ac-

tivities. **Matt Picken** had a great last meet for the season and for the Dolphins, including great 50, 100 and 500 freestyle events. **Ben Syang** was another swimmer with 100% improvement, especially in 200 freestyle and IM; he looks stronger at every meet.

For the 15-up group, **Virginia Evans** had an explosive 100 IM, and her 50 backstroke was a superstar swim, with her bright yellow star goggles. **Katie O'Neill**, just back from the east coast, swam strong in sprint freestyle and butterfly, and is looking forward to a fast season. **Cassie Parr** and coach Sarah have been working hard on her turns and break-out, and new best times in 50 and 200 freestyle were the results – yes!! Good job. **Whitney Simpson**, another busy girl this summer with lots of fun trips, swam well. **Taylor Brockway** had a great 100 butterfly and 100 freestyle, with best times in both. **Marco Hyman** had a wowing 100 butterfly, improving by 10 seconds, and also swam well in 50, 100, and 200 freestyle. **Paul Von** has shown up for practice almost 5 weeks straight, wowing not only his coach but also his teammates, and he had a great meet because of that, including a 12 second drop in 200 freestyle, and 6 seconds off 200 breaststroke. If Paul can keep it up until State Championships, what a meet that will be....

All in all the meet was a great success, despite a scattered summer of vacations and missed practices.

## Team Picnic

Sunday August 20<sup>th</sup> was a perfect, quiet summer afternoon at Johnson Lane park for our **annual team picnic** and barbeque. Swimmers and parents of more than a dozen families came to celebrate the end of our post championships fun week, and of a great summer swimming season. Tales from the past week were exchanged as we enjoyed great pot-luck dishes and desserts. The swimmers put together a pre-season game of touch football, featuring **Caleb Grabow** as Center, while parents enjoyed the shade and good company. Frisbees also flew through the air. Thanks to all who came and brought wonderful food to share.

## The Week was Fun!

Fun week was a great time. **Monday** afternoon we spent the practice playing sharks and fishes, then a great game of Marco Polo with duct taped goggles. **Tuesday** we had a great group go to Round Hill Pines Beach. The swimmers dug out huge holes, one of which fit four 11-12 girls to their necks in a seated position! We had a great time in the pool and on paddleboats. **Wednesday** we played baseball in the morning and afternoon. **Thursday** we had over 40 people go to Wild Island in Sparks, where the swimmers went down slides, played miniature golf, and rode go carts. **Friday** we played ultimate Frisbee and capture the flag and finished with a team breakfast, and played water polo in the afternoon. It was a great summer, and a great way to end it!

## Upcoming Meets

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

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

(NOTE: Sept. 8-10 Fallon meet canceled)

**HOME MEET: Sept. 29-Oct. 1, Autumn Freeze Meet**, meet sheet [www.pacswim.org/0906ddst.pdf](http://www.pacswim.org/0906ddst.pdf) (enter online or deliver entries by Sept. 20<sup>th</sup>, or postmark by Sept. 18<sup>th</sup>.) **All parents please be prepared to help out!** Contact the Meet Director to volunteer.

**October 27-29, Reno Aquatic Club, Ted Dorsey Fall Classic**, meet sheet [www.pacswim.org/1006reno.pdf](http://www.pacswim.org/1006reno.pdf) (enter online or deliver by Oct. 18<sup>th</sup>, or postmark by Oct. 16<sup>th</sup>).

**November 11-12, Carson Tigersharks Sextathlon Invitational**, meet sheet [www.pacswim.org/1106cars.pdf](http://www.pacswim.org/1106cars.pdf) (enter online or deliver by Nov. 1<sup>st</sup>, or postmark by Oct. 30<sup>th</sup>).

**HOME MEET: Dec. 2, Zone 4 Novice Meet.**

**December 1-3, Pacifica CA, Pacific Swimming 14/under Junior Olympics Championships.**

**January 12-15, Carson City, Nevada State Swimming Championships.**

## Officials Corner

### What's Up With Backstroke Turns?

As a swimmer or a parent, you might have noticed that a common reason for disqualifications during backstroke races at meets involves execution of the "backstroke flip-turn." For a stroke and turn judge, this same turn is often one of the hardest parts of the swimming rules to apply, although recent wording changes have clarified matters a bit. So what is the big deal?

**The basic backstroke rule** says that *"the swimmer shall push off on his back and continue swimming on the back throughout the race."* Hardly anything else is required to complete a legal backstroke race!

Problems sometimes arise, though, when the swimmer chooses to use the **one optional exception** to this rule: *"during the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn."* [emphasis added] This exception is easier to understand if stated in a slightly different way: **if toward the breast during a backstroke event, the swimmer may only be executing a turn, and not doing anything else** (such as swimming or gliding). To execute a legal backstroke turn, the swimmer **must** only touch the wall. Use of a flip-turn, or of an arm pull while toward the breast, is **optional**.

**So what does this all mean?** If a swimmer stays on the back for the entire turn, the only requirement is to touch the wall. If a swimmer turns toward the breast and immediately contacts the wall (before flipping or taking an arm stroke), no violation has occurred – **nothing besides a turn** was being executed up until the wall was touched, at which point the turn is complete. Likewise, if a swimmer turns over, takes the permitted single arm pull leaving the other arm outstretched, and immediately contacts the wall with that other arm before a flip-turn can be executed, the turn was legal. And of course the usual scenario, a single arm pull leading straight into a flip-turn and touch, is legal.

**Backstrokers most often get into trouble when they turn toward the breast too early**, and are forced to glide (with or without kicks, before or after the optional arm pull or flip-turn) to get close enough to the wall for a turn and touch. **Something besides turning has now occurred** while toward the breast, and the swim is no longer legal. With quick thinking, swimmers can sometimes save themselves by taking a very long, slow, sculling arm pull while kicking vigorously to make up the distance. But once backward motion of the hand(s) stops, the turn must continue immediately. If the swimmer stops that hand, or moves it forward a bit, midway through the pull, then continues pulling, the arm pull is no longer continuous – two arm pulls have actually occurred, one more than permitted.

**One other basic backstroke rule**, with an exception that sometimes leads to trouble, is that *"some part of the swimmer must break the surface of the water throughout the race"*. The exception is that the swimmer may be completely submerged *"during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn."* Sometimes a swimmer will dive for the wall into the finish, trying to out-touch their competitors. That is fine, as long as **at least a toe** or some other part of the swimmer **continues to break the surface until the touch**. If the judge can see with certainty, however, that the **entire body** of the swimmer is submerged prior to the finish touch, **before** the judge must shift attention to observe the position of the shoulders at the finish, then a disqualification becomes appropriate.

(The rule excerpts above are from the 2006 USA Swimming Rule Book, and from the Rules Committee Interpretations, both of which can be found at [www.usaswimming.org](http://www.usaswimming.org) under Volunteers, Officials, Rules & Regulations.)

**Don't hesitate to ask your Coach** whenever you have concerns about the legality of a swim or the appropriateness of a disqualification. If necessary, the Coach will discuss the matter with the Referee for possible reconsideration. As always, **disqualifications are intended to be educational, not punitive**, while keeping the competition fair and equitable. Disqualifications help

inform coaches and swimmers alike as to where more work on swimming technique may be needed.

Also feel free to submit questions about the rules of swimming to the Newsletter Editor (see back page) for future *Officials Corner* columns.



## Team Display Board Moved

You might already have noticed that we have a new bulletin board and display case, in a new location. The old one was next to the snack bar window in the pool lobby. Look for the new location on the wall in the southeast corner of the indoor pool area, between the equipment room and the doors to the outside pools..



## Next Board Meeting

The next DDST Board of Directors meeting is on **Tuesday, August 29<sup>th</sup>, 2006, 5:30 pm, at the Carson Valley Swim Center (no practice that day)**. 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 evening of each month right after practices** (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)).



## DDST Key Contacts

**Head Coach:** Sarah Davenport  
[sgovanswm@aol.com](mailto:sgovanswm@aol.com); 775-884-3870; 287-1035

**Meet Director:** Lorna Johnston  
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**Board President:** Kary Grabow  
[kary.grabow@ge.com](mailto:kary.grabow@ge.com); 775-267-5340

**Billing:** Joe Stubnar  
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**Parent Liaison:** Stacey Von Schottenstein  
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**Newsletter, Web, Officials:** Jim Morefield  
[jdmore@charter.net](mailto:jdmore@charter.net); 775-782-4360



## Transitions

Welcome New Swimmers Hannah Maxwell and T J Smithen. **Moving up: stay tuned** to the September *Monthly* for a bunch of new Pre Seniors! **Happy August Birthdays** to Lexi Lane (8/1), Whitney Simpson (8/5), Sean Vogl (8/5), Alex Picken (8/17), and Marcus Reyes (8/23). *(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



## Practice Schedules

**No practices August 21-September 4** (two-week break!).

**School in Session practice schedule starts Tuesday, September 5<sup>th</sup>.**

**No practice September 29<sup>th</sup>** (Autumn Freeze home meet).

Check [www.ddst.org](http://www.ddst.org) for updates between newsletters!

### ANY Public School(s) IN Session STARTING September 5<sup>th</sup>

**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

### ALL Public Schools OUT of Session (except Summer Break below)

(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 6/18/2007)

**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



## Next Newsletter

The next *Monthly* will appear about September 15<sup>th</sup>. **All submissions should be received by Sunday, September 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](mailto:jdmore@charter.net) or 782-4360.** Items can also be left in our family folder, in the box on the team table in the pool lobby.

*A big thank you to this month's contributors, Coach Sarah Davenport, Lorna Johnston, and Linda Koontz, to Joe Stubnar for mailing data, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).*

**Latest news online at: [www.ddst.org](http://www.ddst.org).**



Douglas Dolphin Swim Team  
 P.O. Box 44  
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**Time-sensitive Swim Team news enclosed!**