

Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM
(est. 1964)

www.ddst.org

October 2006

Enter Carson Meet Now!

The Carson Tigersharks' "poly-tathlon" meet was very popular last year, and filled up **before** the entry deadline, excluding some Dolphins who wanted to go. If you plan to enter this year's Carson meet November 11-12, **don't wait until the last minute – enter ASAP!!** Entries are due online by November 1st (www.swimconnection.com/pc/meet/cars), or postmarked by October 30th, **but this may be too late!!**



Halloween Party October 30th!

The Dolphins will have their annual Halloween party on **Monday October 30th** starting at **4:30 pm at the Swim Center**. Fun activities will include scary relays, bobbing for apples, and a costume contest upstairs with cookies and juice. Be there or be scared!



Dolphins in the News

Thanks to our newspaper correspondent, Dolphins parent Kathy Chappell, there was great coverage of our swimmers in the **Record-Courier on Friday October 6th**. See the front page of the Sports section, or go to www.ddst.org, click on "Dolphins in the News," and follow the direction on that page to log in. Past news articles about the Douglas Dolphins are also linked to the same web page. Please let the Webmaster know if you discover any others!



Return Emergency Contact Forms ASAP!

Please update and return the emergency contact forms recently handed out to your swimmer(s) **to your coach immediately!** Current information is essential to maintaining a safe swimming environment for all members. If your form did not make it home, extras are in the team file box at the pool lobby, or one can be printed from the team handbook at www.ddst.org (look near the end). **NOTE: it is parents' responsibility to update emergency contact information with your coach whenever any of it changes!**



Help For New Parents

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and our Parent Liaison is available to answer questions and show you the ropes.

Contact Stacey von Schottenstein (staceyvon@charter.net, 775-267-0340) to find out how to fill out a form, enter your child in a swim meet, understand Team or USA Swimming operations, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



Swimmer of the Month

Red Group swimmer **Alisha Ross** is our October Swimmer of the Month. Now a 4th-grader at Piñon Hills, Alisha started swimming at age 5, and joined the Dolphins this past summer. Alisha was chosen for her dedication, great attitude, and rapid improvements. Every day at practice she is one of the first in and last out, does the sets without complaint, and is always eager to learn and improve. Already at the Autumn Freeze meet she made State time in 50 backstroke and was just 2 seconds from a JO cut! Alisha's favorite food is anything healthy (except veggies), movies are *Robinson Crusoe* and *Pirates of the Caribbean*, and subject is reading. Her favorite stroke is backstroke, and she loves everything about swimming, even those nervous butterflies before a race! Alisha wants to be a Teacher and a Writer when she grows up. Congratulations Alisha! Keep up the great work!



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Coaches Corner

Reno meet sheets are out, if you or your swimmer has not received one please see coach Kat (Seniors, Pre seniors) or Becca (Blue), or Stephanie (Red, White). **You may still sign up online by October 18th!** We will only be swimming Friday (Nevada Day) and Sunday.

If at any time during Coach Sarah's maternity leave you need to ask her a question, **please don't hesitate** to e-mail her at SGOVANSWM@aol.com.

It's that time of the year to update the Dolphins' files, and **we are asking all swimmers to fill out a new Emergency Contact Form**. We need any new addresses, insurance info, phone numbers, contacts, e-mails, etc. This is important information that keeps everyone safe in the water and your cooperation in getting us these forms **quickly** will be appreciated.



Autumn Freeze

We had 35 Dolphins sign up, and 34 compete, in our Autumn Freeze meet Sept. 29th - Oct. 1st. Fourteen other teams from a wide region participated, including a large contingent from Aquasol of Rancho Cordova, CA. Typical Carson Valley autumn weather prevailed, including the Sunday afternoon winds that caused a pop-up shade to false-start in lane 1! Dolphin performances included some incredible time drops and new State times.

Savannah Stewart, 6, raced to two 2nd-place finishes and three huge time improvements in her 25 yard events, with 3-9 seconds drops in each.

In our 8-under age group, **Allison Ansel** swam well in 25 breaststroke and a best time in 25 freestyle.

Lindsey Johnston was also strong in 25 breaststroke and 25 freestyle.

Shelby Koontz swam to one win and three 2nd-place finishes in her 4 strong events.

For the 9-10 group, **Erica Chappell** had a great meet, with a 5 second drop in 100 IM, and improving in 5 of 6

events. **Luke Falanga** improved a huge 11+ seconds in 50 freestyle, and swam strong in his first 100 backstroke race. **Logan Killion** improved in 4 of 6 events, including a huge 37 seconds off his 100 backstroke time. **Shaelin Morefield** swam 9 events, with 3 wins and best times in 100 breaststroke and 50 butterfly. **Alisha Ross** swam 2 great events, dropping 5.6 seconds for a new state time in 50 backstroke, and dropping 3.5 seconds in 50 freestyle.

The 11-12 swimmers included **Taylor Chandler**, who swam strong with 3 best times, including 4 seconds off her 100 backstroke. **Kyle Johnston** swam well in the middle of football season, with a best time in 50 breaststroke. Football teammate **Sam Ansel** swam 3 events including a strong 100 IM.

Taylor Killion swam 5 best times in 9 events, with a 3 second drop in 100 IM. **John McRae** had a great meet with 8 best times in 9 events, including a huge 45 seconds off in 200 IM and 8 seconds in 100 IM. **Cameron Morefield's** 8 events included a strong 1st-place finish in his first 400 IM attempt, and a 1 second drop in 50 backstroke. **Meagan Skilling** had a huge meet with best times in 7 of 10 events, including 4 seconds off in 50 backstroke, and almost 5 seconds off in 100 freestyle.

For our 13-14 swimmers, **Chris Bergstrom** had a big early-season meet, with four 2nd-place finishes and five best times, including 2 seconds off his 100 freestyle. **Anna Jackson** swam 8 strong events, including her first 200 backstroke and a 3 second drop in 100 freestyle. **Molly Lahlum** was looking great in her 100 butterfly and 50 and 100 freestyle. **Shawn Stubnar** looked strong with a big 5 second improvement in 200 freestyle, and 1 second off his 50 freestyle time. **Ben Syang** had a great meet with 5 of 8 times improved, including a 5 second drop in 100 backstroke and 4 seconds off his 100 freestyle time. **Haley von Schottenstein** was coming back well after a long recovery from an injury.

The 15-18 group included **Virginia Evans** with a huge meet, featuring a new state time in the 200 breaststroke,

big drops in her 200 and 500 yard events, and 85% improvement overall. **Marco Hyman** had a great swim in his first 400 IM, dropped 6 seconds in 200 IM, and improved his 50 freestyle, among 9 events. **Blake Maxwell** dropped almost 9 seconds for a 2:22.02 in his 200 freestyle. **Mandy Moore** came back to swim well in 200 freestyle and 100 butterfly. **Katie O'Neill** improved in 4 of 6 events, including a huge 9 seconds off her 200 butterfly for a 1st-place finish, and 2.5 seconds off in 100 butterfly for 2nd. **Cassie Parr** had a big 2 second drop in her 100 freestyle time, and looked strong in her other freestyle and backstroke events. **Phillip Shoemaker**, brand new to the Dolphins and swimming in his first meet, turned in great performances in the 50 and 100 freestyle. **Josefina Sigala** had strong freestyle and butterfly events, and won the 200 breaststroke and 400 IM. **Sara Sigala** looked good in her 5 events, especially the 200 IM and 50 Freestyle. **Whitney Simpson** had a strong 200 freestyle and 100 breaststroke. **Sean Vogl** swam well in 50 and 100 freestyle and 100 breaststroke. **Ben Weiss** looked strong in his 50 and 100 freestyle.

This meet was a great start to the new State Championship/short-course season. We'll definitely be seeing more improvements and State times in the upcoming Reno, Carson, and Douglas Last-Chance meets, leading up to State Championships in January.



Meet Photos Still Available

Photographs from the Autumn Freeze Meet will be available for online ordering until December 4th. The Meet Photographer, Allison Ramsey, has set up a web site where photos from the meet can be browsed, marked for later viewing, and custom cropped and ordered. Visit www.millersalbums.com/?event=59612Wfreeze to see what is available. A portion of the proceeds goes to support the Douglas Dolphins!



Upcoming Meets

Online entries, meet sheets, updates:
www.ddst.org/meets2006.htm. Meet sheets also in team box at pool.

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

October 27-29, Reno Aquatic Club, Ted Dorsey Fall Classic, meet sheet www.pacswim.org/1006reno.pdf (enter online or deliver by Oct. 18th).

November 11-12, Carson Tiger-sharks "Poly-tathlon" Invitational, meet sheet www.pacswim.org/1106cars.pdf (enter on-line or deliver by Nov. 1st, or postmark by Oct. 30th).

HOME MEET: Dec. 2-3, Douglas Dolphins Last Chance State Prep Meet, meet sheet www.pacswim.org/1206ddst.pdf (enter on-line or deliver by Nov. 22nd, or postmark by Nov. 20th). **All parents please be prepared to help out!** Contact the Meet Director to volunteer.

December 1-3, Pacifica CA, Pacific Swimming 14/under Junior Olympics Championships, meet sheet www.pacswim.org/1206psl_jo.pdf (enter on-line or deliver by Nov. 22nd, or postmark by Nov. 20th).

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



DDST Key Contacts

Head Coach: Sarah Davenport
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From the Meet Directors

Lorna Johnston and Linda Koontz would like to thank all those parents who worked at and/or provided donations to our Autumn Freeze Meet. The following parents and swimmers (in alphabetic order) helped to make our swim meet successful!

Lila Ansel (Colorado Timing, Announcer), **Rick Ansel** (Meet Marshall, Scoreboard Repair), **Elizabeth Bergstrom** (Clerk of Course), **Mark Bergstrom** (Head Timer), **Cassie Brockway** (Clerk of Course), **John Chandler** (Runner), **Kathy Chappell** (Newspaper Publicity), **Steve Chappell** (Marshall), **Leslie Evans** and **Jerry Evans** (Snack Bar), **Lisa Falanga** (Announcer), **Gina Hames** (Colorado Timing), **Kaylee Hames** (Awards), **David Hyman** (Head Timer), **Marco Hyman** and **Erin Inman** (Awards), **Mark Jackson** (Snack Bar), **Kyle Johnston** (Awards), **Paul Johnston** (Marshall, Head Timer), **Joyce Jones** and **Dana Killion** (Clerk of Course), **Lane Killion** (Computer), **Robert Koontz** (Head Timer), **Sarah Koontz** (Colorado Timing), **Mary Lahlum** and **Molly Lahlum** (Hospitality), **Lori Lane** (Hospitality Coordinator), **Anne McRae** (Colorado Timing), **Bill McRae** (Programs), **Mandy Moore** (Snack Bar), **Cameron Morefield** and **Shaelin Morefield** (Awards), **Jim Morefield** and **Leslie Morefield** (Deck Officials), **Martha O'Neill** (Announcer), **Callie Parr** (Marshall, Runner), **Cassie Parr** (Programs), **Katie Patrick** (Snack Bar), **Paula Sigala** (Programs, Hospitality), **Sara Sigala** (Awards), **Cindy Simpson** (Clerk of Course), **Syndi Skilling** (Announcer, Hospitality), **Josefina Solano** (Colorado Timing, Hospitality), **Joe Stubnar** (Computer, Entries, Scoreboard Repair!), **Greg Von Schottenstein** (Announcer), **Betsy Weiss**, **Kevin Weiss**, and family (Snack Bar), and to all the parents and swimmers, above or otherwise,

who pitched in elsewhere whenever needed with set-up, clean-up, purchasing snack bar items, etc. We apologize if we left anyone out! All of you played an important role in helping the swim meet function smoothly!

We also thank the many excellent **meet officials and timers who volunteered** from the Tahoe, Aquasol, Carson, Fallon, and other teams. Without their services the meet also would not have been possible.

Our next swim meet that we host will be the Last Chance State Prep Meet December 2nd and 3rd, 2006. We'll provide more information at a later date as to various positions we will need help with for that meet!



Election Results

The newly elected Douglas Dolphin Swim Team **Board of Directors for 2006-2007** consists of Rick Ansel (President), Paul Johnston (Vice President), Joe Stubnar (Treasurer), Callie Parr (Secretary), Mark Bergstrom, Dana Killion, Linda Koontz, Jim Morefield, Darin Skilling, Josefina Solano. Head Coach Sarah Davenport is the 11th member of the Board.



Next Board Meeting Rescheduled

Because it would normally fall on Halloween, The next DDST Board of Directors has been rescheduled to **Tuesday, October 24th, 2006, 6:00 pm, at 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 evening of each month right after practices** (winter in the Multi-purpose Room; summer by the outdoor pool). **Contact information** for all Board Members can be found on the DDST web site (www.ddst.org).



Transitions

Welcome New and Returning Swimmers Chris Fleischmann, Nick Fleischmann, Sarah Koontz, Phillip Shoemaker, Eric Van Beuge, and Sean Vogl. **Farewells** to Sarah Bates, Grant McLean, Sean McLean, Audrey Muller, Katie Palmer, and Bella Varela. **Happy October Birthdays** to Ashton Davenport (10/10), Haley von Schotenstein (10/11), Mandy Moore (10/13), Ben Syang 10/19, Brandon Easley 10/21, Alex Gumm (10/21), and Sarah Koontz (10/29).

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



Practice Schedules

No practice Friday October 27th (Re-no meet). **School Out practice times Friday November 10th** (Veterans Day). Check www.ddst.org for updates between newsletters!

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

ALL Public Schools OUT of Session (except Summer Break)

(common break days; public holidays except Christmas, New Year, Labor 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 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

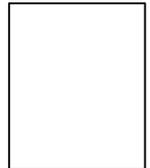
The next *Monthly* will appear about November 15th. **All submissions should be received by Friday, November 10th**. Questions, content requests, items of interest to the DDST membership, and **requests for e-mail subscriptions** are always welcome, and should be sent to the **newsletter editor, Jim Morefield, at jdmore@charter.net or 782-4360**. Items can also be left in our family folder, in the file box on the team table, by the trophy case in the pool lobby.

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

Latest news online at: www.ddst.org



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Time-sensitive Swim Team news enclosed!