

Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM
(est. 1964)

www.ddst.org

March 2007

Reno Meet Still Open!

You can still enter the Reno Spring Fling meet, March 17-18. Deck entries will be accepted at check-in until the meet is full. **You must present your 2007 USA Swimming registration card.** We also recommend that you (1) bring a paper entry form completely filled out with correct fees, and (2) arrive early as possible for your session.



Team Travel Meet & Practices

Long-course season is right around the corner, and what better way to kick off the season than to train for it! **During Spring Break the Blue, Pre Senior, and Senior groups will train at the Carson City facility Mondays, Tuesdays, and Fridays from 7:00-9:00 am** (and Wednesdays and Thursdays at our home pool). Right now the team is having a penny war between groups to raise the money for the Carson City training. The penny war ends March 21st at our Wednesday Race Night.

April 21-22 DDST will travel to Santa Cruz for our first long-course meet of the season. This will be an invitation-only meet, and **to be invited your swimmer must attend every practice.** During break, if you will be out of town, you can either swim with another team, or **you can attend make-up practices 6:00-7:00 am with Coach Kat.** This will be a great meet, one not to miss!



Race Night and Team Dinner Wed. March 21st

The new **Minden Port Of Subs** is supporting the Douglas Dolphins by sponsoring a **Team Dinner from 5:30 to 7:00 pm on March 21st right after our Wednesday Race Night!** Mention that you are with the Douglas Dolphins when ordering, and a portion of the proceeds will be returned to the team to support our programs. **Wear your favorite DDST shirt or other apparel, and come support the Dolphins!** Port of Subs is just north of Douglas High School right next to Starbucks.

Wednesday Race Night fun starts at 4:30 at the pool. Dolphins from all practice groups will race each other for fun and times. Also, the **penny war fundraiser ends that night** – bring lots of Presidents! Come join us and cheer our swimmers on.



SAVE THE DATE!

Awards Banquet May 6th

The **annual DDST Awards Banquet** has been scheduled for **Sunday evening, May 6th, 4:00-7:00 pm at Pa Wa Lu Middle School** in Gardnerville. This is the time we celebrate our past successes, and get to brag about each swimmer! The team dinner is pot-luck style, and different groups of the alphabet will be assigned salads, desserts, etc. Watch your mail for an invitation. Please don't let your swimmer(s) miss this fun-filled and rewarding evening!



Swimmer of the Month

Blue Dolphin **Sam Ansel** is our March Swimmer of the Month. Sam was chosen for his hard work on technique change in butterfly, and for his first 100 butterfly at Zone All-stars. Sam's favorite swimmer is Michael Phelps and favorite event is 50 breaststroke. His favorite thing at practice is Water Polo and playing in the deep end. Sam's hero is his dad the fire chief. His favorite subject is Reading, and favorite food is cheese burgers! Sam is motivated by the good feeling he gets when he has dropped time. When he grows up Sam wants to be – guess what? – a Fire-fighter and Fire Chief! Congratulations Sam! Keep up the great work!



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Coaches Corner

The coaches will now be taking attendance daily, and there will be weekly prizes for swimmers who come to practice the most.

Please pack a snack every day!

All swimmers need to have a snack before they swim and after they swim. Swimmers have a long break between lunch and swim practice, and it's even longer until dinner. In your Splash Magazine there is always a section on nutrition. The December 2006 edition discussed the post-practice snack, saying it should be a **combination of proteins and carbs**. Proteins are our building blocks and need to be eaten **within 45 minutes** of the end of practice. Carbs are what give us our energy and need to be eaten before practice.

Please do not pack any junk food!

All swimmers need to have water bottles on deck also (water only please!)

A reminder to all Dolphins to behave respectfully at all times, toward your teammates and all others! Your behavior at practices and all other team activities reflects directly on the Douglas Dolphins. Please always respect each other's space, and see a Coach if you have problems with a teammate.



Summer Swim Team Program

Signups and tryouts for the 2007 DDST Summer Swim Team Program are tentatively scheduled for the week of May 21-25. We had a very successful program in 2006, and we want to build on that success in 2007.

Please help us spread the word!

Tell neighborhood kids, friends, family, and help us reach our goal of having our biggest and best summer program ever. Every level of swimmer is encouraged to try out. Flyers will be distributed to schools, and we will need parent help stuffing them. More information will be coming soon.



No Practices 3/23

There will be no practices Friday March 23rd due to a High School swim meet at our pool. Feel free to come by and help time or just cheer on the Tigers!



Zone All-star Meet

Zone 4 sent 32 swimmers from 5 teams to the Pacific Zone All-start meet in San Francisco March 4th, and 12 of them were Dolphins! Erica Chappell swam 3 events, 50 freestyle, 100 IM, and a strong 50 breaststroke. Meagan Skilling dropped 1 sec in 100 butterfly for a new JO time of 1:12.38, and was right on best times in 50 freestyle and 200 IM. Mary Smithen dropped 4.5 sec in 100 backstroke for a new AA time of 1:09.57, and improved 1 sec in 100 butterfly. Sam Ansel swam 100 butterfly for the first time, along with a strong 100 breaststroke. Kyle Johnston improved his 200 IM by 4 sec and swam right on best in 100 freestyle. Cameron Morefield swam best times in 100 butterfly and 200 IM, and was right on best in 50 freestyle. Sarah Koontz dropped 2.5 sec in 200 freestyle, 2 sec in 100 butterfly, and was near best in 200 IM. Molly Lahlum swam very strong in 50 freestyle, 200 freestyle, and 100 backstroke. Paula Sigala had a great 200 IM, dropping 8.5 sec for a new BB time of 2:43.50. Colby Cain improved his 50 freestyle by a huge 4 sec for a new BB time of 28.79, and swam his first 200 freestyle. Shawn Stubnar was right on best times in 100 backstroke, and swam strong 50 and 200 freestyles. Ben Syang swam 1.5 sec faster for a new B time in 100 breaststroke, and was strong in 200 freestyle and 100 butterfly.

Congratulations to all our All-star Dolphins! You represented us well, while having a great time too.



Thank You All-star Parents!

A big Thank You to all the Dolphin parent volunteers who made the trip to Zone All-stars possible: chaperones Syndi Skilling, Rick Ansel, Linda Koontz, and Paul Johnston; Meet Marshal draftees Rick Ansel and Leslie Morefield; organizer and Team Manager Lorna Johnston, and Zone-4 President and organizer Joe Stubnar. Thanks also to Coach Kat for stepping up as the 13-14 group coach!



Upcoming Meets

Online entries, meet sheets, updates: www.ddst.org/meets2007.htm.

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

March 16-18, San Ramon, CA, Pacific Swimming Junior Olympics Championships, meet sheet www.pacswim.org/0307srvl.pdf (entries closed March 8th).

March 17-18, Reno Aquatic Club Spring Fling, meet sheet www.pacswim.org/0307reno.pdf (regular entries closed March 7th; deck entries allowed day of meet until full!).

March 29-April 1, Pleasanton, CA, Far Western short-course Championships, meet sheet www.pacswim.org/0307plsfw.pdf (entries due by Mar. 21st).

April 21-22, Santa Cruz, CA, Cabrillo Threshers long-course C/B/A+, meet sheet www.pacswim.org/0407cab.pdf (invitation only travel meet – see coach for details).

May 26, Carson Tigersharks Inter-mountain Classic, information pending (Saturday only, for long-course experience)

June 2, Lake Berryessa, CA, open water meet, information pending.

June 2-3, Tahoe Swim Club, information pending, be prepared to enter early, meet fills fast!



Red Hot Sprint Meet Results

This was the best, most fun meet DDST has ever hosted, and a perfect way to follow up State Championships! We had 41 Dolphins participate.

Starting with our 6-under group, **Grace Fischmann** swam a great 25 breaststroke in her first official meet. **Savannah Stewart** tried 2 new events, 50 breaststroke and 100 freestyle, improved her 50 freestyle by 6 sec, and dropped 1 sec each in 25 backstroke and breaststroke. New to the team, **Evy Bertolone-Smith** swam a great 25 freestyle in his first meet. **Paolo Burns** swam 3 new events including a strong 25 backstroke, and took a huge 10 sec off his 25 freestyle.

For the 7-8 age group, **Alli Jezek** swam 4 events with huge best times by 5-12 sec in every event, including a new B time of 20.50 in 25 freestyle. **Shelby Koontz** had a lifetime best meet, swimming Pacific Reportable Time (PRT) and best times in all 6 regular events, including 6 sec off her 50 backstroke and 5 sec off her 50 butterfly. She also swam her first 200 freestyle, which is not an 8-under event. **Josh Kessler** swam 4 new best times, 4 sec faster in his 50 breaststroke, and 8 sec faster in his 50 freestyle for a new B time.

The 9-10 group featured **Erica Chappell** who had great IM events, dropping 12 sec in the 200 IM, and 6 sec in the 100 IM for a new BB time of 1:31.24. **Skye Kidd** swam 50 freestyle and a strong 25 butterfly for her first meet. **Alisha Ross** had a great meet, with new BB times in her 50 and 100 freestyle, and 3 new events including a beautiful 100 IM. **Seth Jezek** swam 3 new best times, including an incredible 48 sec drop in 50 freestyle. **Marcus Reyes** swam best times in 25 freestyle (by 10 sec!) and 25 breaststroke. **Logan Killion** gave a 200 freestyle relay a strong start.

In the 11-12 group, **Haley Fischmann** swam 2 events, including an impressive 100 breaststroke. **Becky Grabow** had a fast meet with best times all around and a new B time of 33.63 in 50 freestyle. **Yuchen Jin** swam a huge best time in 100 breaststroke by 8 sec, and a new BB time of 35.39 in 50 butterfly. **Taylor Killion** a great meet, improving in 8 of 10 events including a huge 51 sec drop in 500 freestyle for a new BB time of 6:39.82, 7 sec off in 50 breaststroke, 3 sec off in 50 butterfly, and her first 100 butterfly. **Meagan Skilling** swam a great 100 freestyle in 1:05.86, and an awesome 100 butterfly, dropping 4 sec for a new A time of 1:13.43. Let's welcome Miss **Shaelin Morefield** to the 11-12 age group, with best times in 5 events including 2 sec off her 100 freestyle, and a 1 sec drop in 50 butterfly for a 32.83. **Mary Smithen** swam 4 new events, plus huge best times in 200 IM (12 sec), 100 freestyle (5 sec), and 6.5 sec in 100 backstroke for a new A time of 1:14.07. **Sam Ansel** swam a very fast meet, improving in 7 of 8 events including 1 sec off in 50 breaststroke, 7 sec in 100 IM, and a huge 14 sec in 200 freestyle. **Kyle Johnston** had a great 200 IM, improving by 11 sec for a new B time of 2:56.25, and by 1 sec in 50 butterfly for a 33.49. **Cameron Morefield** swam very fast and dropped 8 sec in 200 freestyle for a new BB time of 2:21.89, 2.5 sec in 50 breaststroke for a new BB time of 39.70, and 4 sec in 100 butterfly. **TJ Smithen** swam 4 events in his second meet and looked great in the water, swimming 4 sec faster in 100 freestyle.

For the 13-14 group, **Sarah Koontz** started off the meet with a 11.5 sec drop in 200 IM, and swam a huge 100 freestyle at 1:02.82; she improved in 6 of 8 events. **Molly Lahlum** improved 1 sec in 100 IM, was near best in 50 freestyle, and had a great 25 freestyle. **Paula Sigala** had a great meet with 6 best times, including a new BB time of 1:06.78 in 100 freestyle, and 4.5 sec off her 100 breaststroke; she also en-

joyed the sprints. **Alise Smith**, still fairly new to the racing world, swam very well in her second swim meet. **Haley von Schottenstein** had a great time with all the sprint events. **Chris Bergstrom** also had a fun meet, with a very fast 50 backstroke, 29.62 for a great 50 butterfly, 57.46 in 100 freestyle for a new A time, and a smoking 11.84 in 25 freestyle for 2nd place. **Colby Cain** looked very good in the water and showed some great improvement, including 27 sec faster in 100 freestyle and 11 sec faster in 50 backstroke. **Shawn Stubnar** had a great meet, improving all his events and dropping 5.5 sec in 100 backstroke. **Ben Syang** also had 100% improvement, achieving new BB times of 1:01.34 in 100 freestyle and 1:06.75 in 100 butterfly. **Eric VanBuege** is a new swimmer to look out for, with 29.48 in 50 freestyle and 1:06.40 in 100 freestyle for new B times.

The 15-up group included **Rebecca Chappell**, getting a good feel for the water again in her first full meet since knee surgery. **Anna Jackson** had a great meet and had fun with the short events, including an amazing 33.76 in 50 butterfly. **Katie O'Neill** has been practicing hard and had a great meet. Currently balancing swimming with Ski Team, **Cassie Parr** swam a great 100 IM with a 15 sec improvement. **Josefina Sigala's** last meet was filled with very fast swimming, like AA best time of 26.63 in 50 freestyle, and she will be missed. **Sara Sigala** swam best times in her 50s butterfly, backstroke, and breaststroke. **Marco Hyman** had a great meet, sprinting 29.79 in 50 backstroke and 28.20 in 50 butterfly.

In the mixed relays, the 200 freestyle C team of **Marco Hyman, Chris Bergstrom, Katie O'Neill, and Josefina Sigala** took 2nd place in 1:47.38. Our mixed 200 medley relay A team of **Marco Hyman, Josefina Sigala, Haley von Schottenstein, and Chris Bergstrom** took 2nd place with 2:00.46.



From the Meet Directors

Without parent participation we would not be able to have successful swim meets, and our swim meets are very important both to the swim team and our kids. We received many positive comments at our February meet, and we could not have done it without all of our parents.

Thanks again to all our parent volunteers: **Computer:** Joe Stubnar, Lane Killion, Kary Grabow, and John Burns. **Officials:** Jim Morefield, Leslie Morefield, Rick Ansel, Paul Johnston, Chris Jezek, and Darin Skilling. **Marshalls:** Robert Koontz, Dave Kessler, Todd Jezek, Steve Chappell, Bruce Stewart, Brendon VanBeuge, and Lane Killion. **Clerk of Course:** Cindy Simpson, Elizabeth Bergstrom, Dana Killion, Ana Burns, and Martha O'Neill. **Snack Bar:** Stacey von Schottenstein, Jackie Reyes, TJ Smithen, and 6 CVMS and PWL Middle School Honor Society volunteers. **Programs:** Martha O'Neill, Carol Smith, and Ray Lahlum. **Hospitality:** Syndi Skilling, Lila Ansel, Jo Ross, Jennifer VanBeuge, Mary Lahlum, and Dianna Fischmann. **Colorado Timing System:** Anne McRae, Josefina Sigala, Lorna Johnston, and Ana Burns. **Runner:** Callie Parr. **Awards:** Margaret Jackson and Carol Smith. **Announcer:** Martha O'Neill, Greg von Schottenstein, and Shari Chappell. **Head Timer:** Mark Bergstrom and David Hyman. **Awards to Heat Winners:** Peggy Cain, Carol Smith, and many of our DDST swimmers. **Newspaper Publicity:** Kathy Chappell. Also, I would like to thank all of the swimmers and parents that helped us with set-up and tear-down!



Wednesday Race Nights

Our February Race Night was filled with great activities around a Presidents Day theme. We started off with a Lincoln Log relay, and then we raced for pennies, and to finish off the night we had a raft-building race. For the Lincoln Log races, each team had to swim to the opposite end, pick up a log, and swim it to the start end; whichever team built a log cabin first won a prize. Then every group challenged the other to race for pennies, and the winner kept the pennies for their group. For the last race, all swimmers were divided into groups. At the start each group had to build a raft that could carry their team to the opposite end. The winners received a cherry pie.

March 21st and April 18th will be our next Race Nights. The themes will be given out in hints. Race nights are every 3rd Wednesday of the month. Don't miss out!!



Dolphins' Classified

ITEMS WANTED OR OFFERED

WANTED

DDST TEAM PARKA, size XL or larger. 782-4360, jdmore@charter.net (2)

DDST TEAM SUIT, girls size 26. 267-3638, joross@charter.net (2)

OFFERED

DDST TEAM SUIT, boys size 26 jammer, **free** to a needy swimmer! Contact 782-7806, blkooontz92@yahoo.com (3)

DDST TEAM SUIT, girls size 24, good condition, \$15 o.b.o. 267-3638, joross@charter.net (2)

Classified items should be submitted to the Newsletter Editor, and will run for 3 months unless otherwise requested. Please include **adult** contact information, and suggested price if applicable.



Team Suit Orders Due Friday 3/30

Need a new team swim suit? Our new Team Store Manager, Linda Koontz, is accepting the next batch of orders through Friday, March 30th. Please contact Linda (775-782-7806 or blkooontz92@yahoo.com) with your **swimmer's name, telephone number, and size desired. For girls, also specify Maxback (wide straps) or Diamondback (narrow straps).** Payment to DDST can be left in the gray payment box in the pool lobby – please indicate on check that it is for a team suit. **Boys prices** are \$35.75 (size 22-28) or \$37.35 (size 30-38). **Girls prices** are \$50.00 (size 22-28) or 53.25 (size 30-40). The next order will probably happen in early July.

Note: new team suits will reflect a color change for the Dolphins, to navy blue. The old royal suits are still OK while they last!

Also contact Linda about other team apparel and equipment needs. If it's not in stock, it can be ordered! A few old and new team suits are also in stock – check with Linda for sizes. An updated inventory list and order form will be available soon at www.ddst.org.



DDST Key Contacts

Board President: Rick Ansel
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Head Coach: Sarah Davenport
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775-901-6747

Meet Directors: meets@ddst.org;
Linda Koontz, 775-782-7806
Lorna Johnston, 775-782-2382

Billing & Treasurer: Joe Stubnar
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Parent Liaison: Stacey von Schottenstein
staceyvon@charter.net; 775-267-0340

Newsletter, Web, Officials: Jim Morefield
jdmore@charter.net; 775-782-4360



Swimming makes a movie with *Pride*

The new movie *Pride*, being released nationally on March 23rd by Lionsgate Films, is based on the inspirational story of Philadelphia Department of Recreation Coach Jim Ellis, who brings a swim team to one of Philadelphia's roughest neighborhoods. The PG-rated film stars Terrence Howard as Ellis, along with Bernie Mac, Kimberly Elise, and Tom Arnold. **Don't miss it!**



More Inspiration

This is a true story about reaching for your own goals by Krista Latham, former High School swimmer and now a sportswriter for the *Detroit Free Press*. It was reprinted on the Michigan High School Athletic Association web site (<http://www.mhsaa.com/about-team/editorial1.htm>) with permission from the *Free Press*:

A Girl, a Goal and a Pool

When I was growing up, the end of summer meant my skin would soon be tinted green and would reek of chemicals. I wasn't allergic to school – I was a swimmer.

Swimming on my high school team was the only reason I looked forward to fall. I was a summer girl, in love with lazy days at the water and the musky smell of barbecue before dinner. I knew what lay ahead come October – cold days, algebra tests, gray skies.

No, I was a July girl who found solace in the fact that even if the warm days were fading, the swim season was just beginning.

My prep career was neither glorious nor out of the ordinary. I was an average swimmer, good compared to many, slow compared to anyone elite. My events were the 200- and 500-yard freestyle, distance events that made me feel like I had more endurance than that Energizer Bunny.

Most of my 10-year career as a swimmer, I wasn't a champion. I never went to a state meet, or even came close to qualifying for one.

But before my senior year began, I had a goal. I wanted to break six minutes in the 500 free. I was somewhat obsessed with this achievement. In government class, instead of listening to the lecture, I wrote down what my split times would be for each 50 yards if I was to break the time.

On days I felt sick and stayed home from school, I'd still go to swim practice at 3:15 p.m., hoping my coach wouldn't know I'd been absent.

Why did I care so much? What was the point?

I'm still not sure, but I can tell you this: six years later, the memory of what it felt like when it happened is still fresh.

I dropped a lot of time my senior year, but by my the final home meet – Senior Night – I still hadn't broken six minutes. I'd been close; I swam a 6:02 more than once and dipped to 6:01 once or twice. The closer I got, the more ridiculous it seemed that I couldn't break the time. When you're swimming 20 lengths of the pool, what's one more second?

On Senior Night, my coach introduced each swimmer to the small crowd in the natatorium. When she came to me, she told the crowd about my goal. People clapped a bit, then she introduced the next girl.

But when I got to the starting block to swim, it felt like people sat up and began to pay more attention. For once, they weren't just watching a race. **They knew what I was after.**

I asked the girl next to me what her best time was. She said 5:51. I knew then that she'd beat me, but I didn't care. I decided that for as long as I could, I'd just try to keep up with her pace.

It worked. For half the race, we swam side by side. And when she finally pulled away, she didn't get too far. I thought to myself, "Is she having a slow day or am I really doing this?"

By the last 100 yards, I knew I had a chance. Even with my ears mostly underwater, I could hear the fans going nuts and yelling my name.

I remember my last 15 yards best. The crowd was so loud that every turn of my head was like an explosion of applause and shouting. My arms and legs were numb but they were still pumping,

fueled by an adrenaline rush. I was out of breath, but not out of will power.

Finally, I touched the wall. The crowd gave me one final cheer that sounded as if they were collectively saying, "She did it!"

I gasped for air, then pushed off the wall to lean back, strip off my goggles and look at the scoreboard. There it was. My time – 5:57.16.

I sank into the water and pumped my fist in the air, the one true moment in life that I had reason to do that. This was my grand slam, my slam dunk, my hat trick.

The girl next to me smiled at me and shook my hand. She beat me by nearly 10 seconds, a personal best for her, too. She placed third.

Me? I placed fourth out of six swimmers. I couldn't have cared less. I swam my cool down lap with a grin so big it hurt my cheeks.

That was my moment of glory, and it stays with me now, reminding me in moments of gloom about the payoff I'd get from working hard, about the ability we all have to accomplish things that seem impossible.

Every athlete's career is different, but every one, I believe, is marked with a similar story, with a defining moment, a goal reached that means the world to that person and perhaps very little to the rest of us.

I think we can all use a reminder now and then about how much is possible if only we try.

— Krista Latham
Detroit Free Press



Next Board Meeting

The next DDST Board of Directors meeting will be **Tuesday, March 27th, 2007, 6:00 pm, at Carson Valley Swim Center**. Parents are always welcome and encouraged to attend; meeting minutes are available 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).



Transitions

Welcome New Swimmers Jake Van-Beuge and Marina Villareal. **Moving up: congratulations** to new Blue Group member Haley Fischmann, and new Pre Senior Eric VanBeuge. **Farewell and good luck** to Josefina Sigala. **Happy March Birthdays** to Savannah Stewart (3/15), Sam Ansel (3/21), Mary Smithen (3/26), and Paolo Burns (3/31).

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



Practice Schedules

Wednesday Race Nights & team dinner March 21st and April 18th!

No Practices Friday March 23rd.

Spring Break practices at Carson City pool Mondays, Tuesdays, and Fridays for **Blue Group and up**; at home pool Wednesdays and Thursdays; same times.

Check www.ddst.org for updates!

ANY Public School(s) IN Session

Seniors: M-F 2:45-5:00 pm

Pre Seniors: M-F 2:45-4:30 pm

Blue: M-Th 4:45-6:00, F 4:15-5:30 pm

Red: M-Th 5:00-6:00 pm

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

ALL Public Schools OUT of Session (except Summer Break & half-days)

(common break days; public holidays

except Christmas, New Year, Labor Day)

Seniors & Pre Seniors: M-F 7-9 am

Blue: M-F 7:00-9:00 am

Red: M-Th 5:00-6:00 pm

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

Summer Break (starts 6/18/2007)

Seniors & 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 Guppies: T, Th 4:00-4:30



Next Newsletter

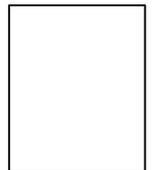
The next *Monthly* will appear about April 15th. **All submissions should be received by Monday, April 9th.** Questions, content requests, items of interest to the DDST membership, and **requests for e-mail subscriptions** are always welcome, and should be sent to the **newsletter editor, Jim Morefield, at jdmore@charter.net or 782-4360.** Items can also be left in our family folder, in the file box on the team table, by the trophy case in the pool lobby.

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

Latest news online: www.ddst.org.



Douglas Dolphin Swim Team
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Time-sensitive Swim Team news enclosed!