

Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM
(est. 1964)

www.ddst.org

June-July 2007

From the Meet Directors

Novice Meets are for New Parents Too!

We know that most of the swimmers (and parents) who will be entered in our **July 28th Novice Meet** will be new to the sport of swimming. Well, this is a great time for new parents to get their feet wet! **We will be calling each parent who has a child entered in this swim meet and asking for your help.** Without parent volunteers we could not host events such as these.

We will offer training and orientation for each new parent. Each of the "jobs" that we have are pretty simple and offer the ability to take a break to watch your child(ren) swim. Parents who are brand new to this sport will be guided through the ins and outs of running a swim meet. Working a meet is also a great way to get to know the other parents on the team!

So, when you get that phone call, **please be ready to set aside a Saturday morning and get your feet wet!**



Summer Fundraiser ends July 17th!

Keep selling those Port-of-Subs coupon books! Money and unsold books must be turned in by Tuesday July 17th. The Swimmer selling the most books wins **4 tickets to the movies!**

The winner of our Spring See's Candy fundraiser was **Marina Villarreal** who sold almost 100. Good job Marina, enjoy the movie tickets!



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) or another key contact (see p. 2) to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



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Swimmers of the Month

Red Group members **Paolo Burns** and **Savannah Chappell** are our June-July Swimmers of the Month. **Paolo** and Savannah were both chosen for their great jobs and strong improvements in practices and at meets. They are fun to have at practices and have great attitudes. They are taking their swimming very seriously.

Paolo's favorite stroke is breaststroke, and event is 50 breaststroke. His favorite thing about swimming is having fun! Paolo's favorite food is lasagna, movie is *Sponge Bobs*, book is *Beast Quest*, and subject is math. His favorite swimmer is his Mom. Paolo wants to be an Olympic swimmer or a lifeguard when he grows up.

Savannah's favorite stroke is also breaststroke, and event is 100 IM. Her favorite thing about swimming is meeting new friends. Savannah's favorite food is home-made soup, book is *Kingdom Keepers*, and subject is art. Her favorite swimmer is her Mom. Savannah also wants to be a swimmer in the Olympics when she grows up. Congratulations Savannah and Paolo! Keep up the great work!



Team Photos In!

Our June 6th team and individual photographs are **now available for pickup at practices**. You can also order additional photographs from Allison Ramsey Photography by visiting their web site, www.millersalbums.com, and using the password XXXXXXXXXX.



COACH

Sarah's Corner

The coaches have decided to reduce problems with shared practice equipment, and equipment left out after practice, by requiring that **all swimmers in Blue Groups up to Seniors buy their own equipment** bags including fins, paddles, water bottle, and pull buoys. All items can be purchased through the **Team Store (see page 4)**. Forms are in the front lobby team box or on-line at www.ddst.org.

Please put away all practice equipment after each practice! Personal equipment left out will be thrown in "The Dungeon" by Swim Center staff. Ask your coach if she knows where that is....

For the Blue Dolphins, Pre Seniors, and Senior groups, this summer's training has been organized by ability three days a week and by gender the other two. Coaches Kat and Sarah are looking forward to having serious quality training sessions. These sessions will be very crowded, and swimmers need to step up and come with good attitudes, and the willingness to work. Swimmers will be running on Mondays and Wednesdays and need to be ready at 6:45 am, and in the pool by 7:45 am. Tuesdays and Thursdays we will work the groups by boys and girls. Fridays will be test-set days. **Swimmers need to be prepared daily with equipment bags and water bottles.**



DDST Key Contacts

Board President: Rick Ansel

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Head Coach: Sarah Davenport

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Newsletter, Web, Officials: Jim Morefield

jdmore@charter.net; 775-782-4360



COACH

Kat's Corner

In my opinion there is one thing that disrupts practice more than anything. Bad behavior? Nope. It's **bad goggles**.

What are bad goggles? The cheap ones? No! Any pair of goggles that leaks. When your children are constantly fussing over their goggles, they don't do the laps they're supposed to. They are stopping and getting in other swimmers way, and it's not helping them maintain proper head position.

How do you get a good pair of goggles? **Try them on before you buy them.** The cost of the goggles doesn't matter, it's the fit that counts. The best way I've found to see if they will fit is if they seal on your face while dry. If one side pops off it's probably the nose piece that needs to be adjusted. Some goggles adjust at the nose and others don't. If they're sealing fine on your child's face dry, but leak when they swim, they usually just need to be tightened.

Proper fitting goggles help your children have a better swimming experience because they are not frustrated by this annoyance. A great experience is the goal of our team – let us know how we can help.



WANTED: a few good Board Members!

Each August 1st through 10th, **nominations and volunteers** are accepted for the Douglas Dolphins' Board of Directors, then voted on by the membership at the end of the month. **Come add your voice to planning and directing our team's activities for the coming year!**

Please contact current Board President Rick Ansel (page 2) if you are willing to serve, or to nominate someone who is. **Not sure if it's for you?** Come see for yourself at our next Board meeting July 31st (see page 4 for details).

Please also submit a brief one-paragraph bio (current team involvement, any past swim team and/or board experience, other relevant background, etc.) to the Newsletter Editor (see page 2) for inclusion on the ballot.

COACH

Stefanie's Corner

I would like to ask parents of swimmers in Pre Comp, White, and Red groups to make sure their swimmer brings 1 good pair of working goggles to every practice. Please make fitting adjustments at home or before practice. I am finding valuable practice time is spent adjusting and readjusting, or asking me for a loaner pair of goggles. I'd prefer each swimmer carry 2 pairs of goggles in their swimming bags "just in case" 1 pair is forgotten or starts leaking. Goggles are important equipment for the swimmers' comfort, safety (prevents crashing into other swimmers), focus, and body alignment.



High School State Championships

Senior Dolfín **Haley Von Schottenstein** went to the High School State Championships in Reno on May 19th. She was the only swimmer who made the top three cut from her team at the Northern Nevada Regionals. As a freshman this was a huge privilege. Haley swam the 100 butterfly. The winning time was a 56.67, and Haley swam her heart out and stayed strong to the finish.



Carson Valley Days Parade

Imagine 30 Dolphins marching the streets armed with water guns and candy, yelling out team cheers and hosing down the crowd. Yes, if you were not there, you definitely missed out. Dolphins made posters with handprints and footprints representing each swimmer. We had a kid pool in the center filled with water (ammo for the water guns), flags flying high above, and our team banners. It was a great looking float. Thank you to all the parents that marched with us on June 9th to keep the swimmers safe. But the question is still out there, did the parents have more fun?



Bishop Meet

The Dolphins brought 36 swimmers to Bishop June 22-24, and once again it was the greatest meet. Friday was Distance Night. Swimming their first 400 IMs were **Josh Kessler** (who set a new pool record for 8 year olds), brother **Shawn Kessler**, and **Sarah Koontz**. Not to be deterred, **Josh** came right back to swim his first 500 freestyle, along with veterans **Kyle Johnston** and **Ben Syang** who had huge time drops, and **Anna Jackson**, **Chris Bergstrom**, **Whitney Simpson**, and **Marco Hyman**. Braving the 1650 freestyle were first-timers **Cameron Morefield**, **Shaelin Morefield** with her first JO cut as an 11-12, and **Taylor Killion** with new a JO time.

All the 10 and unders swam in the morning sessions. **Grace Fischmann**, 6, had a great first meet, swimming four freestyle and breaststroke events. **Taylor Sullivan** had huge improvements in 25 backstroke and freestyle, and swam 4 new events. **Paolo Burns** improved in most of his events, including 2+ sec in 25 freestyle, and tried his first 100 freestyle and 25 butterfly. **Allison Ansel** had an awesome meet, improving 100% in her 8 events, including almost 15 sec in 50 freestyle. **Ali Jezek** improved her 50 freestyle and looked great in her first 25 butterfly. **Shelby Koontz**, in her last meet as an 8-year-old, dropped 1.6 sec in 25 breaststroke to add one more PRT time, and dropped 2 sec in 100 freestyle. **Josh Kessler**, also about to turn 9, had a fantastic meet, with almost 100% best times including 22+ sec off in 100 IM, and new A times in 25 and 50 backstroke, to win runner-up 8-year high-point. **Josh Smithen** had an incredible first meet, trying 25 and 50 freestyle and 25 backstroke, and winning or placing very high in his races.

For the 9-10 group, **Lindsey Johnston** showed what hard work can do, with 100% improvement and huge drops in her breaststroke events including a new B time in the 100. **Seth Jezek** improved in 50 backstroke, and looked great in his first 100 freestyle. **Kevin Smithen** had a fantastic first meet, with new B times in 50 and 100 freestyle, a strong 50 butterfly, and some great races. **Briana Burns**

also won some races for a great first meet, including very strong 50 and 100 breaststroke events for new B times.

Marina Villarreal tried 4 events in her first meet ever, and looked strong, especially in 50 backstroke. **Logan Killion** had an awesome meet with huge improvements in 9 of 10 events, including 26 sec off 200 freestyle, 8 sec off 50 breaststroke, and new B times in 50 and 100 backstroke.

For the 11-12 group, **Shaelin Morefield** had a great meet with 100% improvement, a new JO time in 50 butterfly, her first 50 freestyle under 30 sec (29.52 for a new A time), and runner-up 11-year high-point. **Shawn Kessler** swam strong, with 5 sec drops in 50 butterfly and 100 freestyle, and tried his first 100 butterfly. **Marcus Reyes** swam a strong 100 breaststroke to improve by almost 1 sec, and tried the 100 IM also. **Haley Fischmann** swam a great meet, improving 100% including 9+ sec off 50 breaststroke, and trying her first 100 freestyle. **Taylor Killion** also had a great meet, improving 7 of 10 events, including a huge 8+ sec off in 100 butterfly for a new BB time, and a 4 sec drop in 100 breaststroke. **Sam Ansel** improved 3+ sec for a huge 50 butterfly, dropped time in 100 IM and 50 freestyle, and was near best in his breaststroke events for a strong meet. **Kyle Johnston** had an awesome meet, improving 8 of 10 events, dropping 39+ sec in 500 freestyle, 8 sec in 100 butterfly, and 1.3 sec in 100 freestyle to take runner-up 12-year high-point. It was great to watch **Kyle** and **Cameron** race each other at this meet! Three days before turning 13, **Cameron Morefield** had a huge meet too, including new JO times in 50 and 100 backstroke and 100 IM, dropping 4 sec in 50 backstroke and 1.6 sec in 50 breaststroke, and winning 12-year high-point. **TJ Smithen** swam a strong meet with 100% improvement including 1.3 sec off his 100 freestyle, and swam his first 50 backstroke.

For the 13-14 group, **Sarah Koontz** swam 8 events, with a huge 9+ sec drop in 100 breaststroke, and best in 100 backstroke. **Mary Smithen** swam a strong meet, improving 5.6 sec in 100 butterfly and 5 sec in 200 IM. **Haley Von Schotenstein** swam 6 events, including a strong 100 breaststroke near best time.

Ben Syang had a great meet, improving 5 of 7 events, including a huge 19+ sec off 500 freestyle, and almost 1 sec off 50 freestyle.

For the 15-up group, **Anna Jackson** had a great meet, improving in 4 events including 2 sec off 100 freestyle and 100 backstroke, and taking runner-up 15-year high-point. **Chris Bergstrom** improved 2+ sec in 100 backstroke, and 0.1 sec in 200 breaststroke. **Ryan Dykes** swam 5 events in his first meet with the Dolphins, including new B times in 50, 100, and 200 freestyle. **Eric VanBeuge** improved a huge 6 sec in 100 freestyle, was on best in 50 freestyle, and tried his first 100 butterfly. **Cassie Parr** swam a strong meet, improving in 3 events including 5+ sec off in 100 backstroke for a new B time. **Coach Becca Chappell**, still coming back from knee surgery, showed strong improvements from her last swims, including a strong 50 freestyle. **Virginia Evans**, just back with the Dolphins, improved 6+ sec in 200 IM and took runner-up 17-year high-point. **Whitney Simpson** swam 10 events, her strongest the freestyles, and won the 17-year high-point award. **Marco Hyman** swam 9 events including a 4 sec improvement in 200 breaststroke, to take runner-up 17-year high-point.

After the meet on Saturday was our annual team BBQ and water fight in the park, which is always a not-to-miss event. Tahoe Coach Jerry was conspicuously absent this year. Many swimmers ended up soaked and algae-covered, and sometimes it was hard to tell whether our worst enemies were from Tahoe or our own team!



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

DDST TEAM SUIT, girls size 30 diamondback, worn twice only in meets. \$20 also includes cap and vintage State sweatshirt. Contact Gina, ginaski4vr@msn.com, 265-4615 (3)

Submit classified items to the Newsletter Editor, to run for 3 months unless otherwise requested. Please include **adult** contact information, and suggested price if applicable.



Carson Memorial Day Meet

Six Dolphin swimmers competed Memorial Day weekend in Carson City, for more long-course experience. **Shelby Koontz** had an awesome 100 freestyle in a new PRT time, improving almost 4 sec. She also swam well in her 50 breaststroke and 50 butterfly. **Logan Killion** swam the entire meet, dropping 2 sec in 50 backstroke, 1 sec in 50 breaststroke, and swimming 2 new events, 50 butterfly and 200 IM. **Taylor Killion** swam a new JO cut in 100 backstroke, and had huge drops in 200 and 400 freestyle and 100 butterfly, taking off over 4 sec each. **Meagan Skilling** swam 4 strong events, dropping 1+ sec for a great 100 freestyle. **Ben Syang** swam a fast 100 freestyle, dropping 2 sec in both that and his least favorite, the 100 backstroke. Lastly **Anna Jackson** improved 1 sec in 100 freestyle and swam a very strong 200 breaststroke.



Lake Berryessa

Ten Dolphin swimmers braved chilly waters and "seaweed" to compete in the 26th annual Lake Berryessa swim. In the 10-under division, **Logan Killion** swam the 500 freestyle, taking off between 2 large floats and sprinting around a large buoy out in the lake and back to shore. Logan's 10:50 was good for 15th place. The 11-up group swam 1 mile around Flamingo Island and back to the finish line. For the 11-12 group **Taylor Killion** had an awesome swim, finishing in 5th place at 26:01. **Shaelin Morefield** finished in 28:23 for 16th place. **Cameron Morefield** had a great mile, finishing in 9th place at 26:26. Finishing 39th in the 13-14 group, **Mary Smithen** swam 28:25. For the 15-16 group, **Anna Jackson** finished 29th in 30:30, and **Cassie Parr** was right behind her at 30:33 for 30th. **Chris Bergstrom** swam 28:28 to place 29th. 17-18 **Marco Hyman** placed 6th in the 17-18 group with an awesome 23:41. **Angel Skelton** swam in his own age category, finishing in 32:52.



Tahoe Meet Results

Eighteen Dolphins swam at the Lake Tahoe Recreation Complex June 2-3. Starting with our youngest swimmers, **Julia Chappell**, 6, swam the 50 freestyle with a 12 second drop. Sister **Savannah Chappell** dropped 5 sec for a great 25 backstroke, improved 1 sec in 50 freestyle, and swam her first 100 IM. **Shelby Koontz** improved in 3 of 5 events, dropping a huge 3 sec in 100 IM, and a half sec each in 50 freestyle and 25 backstroke. **Savannah Stewart** swam 6 events, her best being 25 freestyle where she took only 3 breaths! Watch out for **Paolo Burns**, who had the meet of his life, with 100% improvement and 3 new events, taking a combined 17 sec off his 25 and 50 freestyle and 25 backstroke.

In the 9-10 group, **Lindsey Johnston** swam her first 9-10 meet with a good 100 freestyle and her first 100 breaststroke. **Logan Killion** right off the lake swam best time in 50 butterfly by almost 3 sec, among 4 strong events.

For the 11-12s, **Erica Chappell** had dropped an incredible 9 sec in 100 butterfly, and improved in 50 backstroke and 50 breaststroke. Also right off the lake, **Taylor Killion** swam best times 100 backstroke and 50 butterfly, and **Shaelin Morefield** swam best times in 100 backstroke and 100 breaststroke. **Meagan Skilling** had a great breaststroke meet, crushing her previous 100 time by 6 sec for a new JO cut, and trimming her 50 by 2 sec. She also chipped 0.8 sec off her 50 butterfly for a new JO cut. **Sam Ansel** dropped ½ sec for a fast 50 freestyle, 1.5 sec in 50 breaststroke for a new B time, and a huge 18 sec in 50 butterfly. **Kyle Johnston** had a great meet, improving 1 sec in all three of his events, starting with a powerful 50 butterfly for a new A time, and continuing with 100 backstroke and 100 freestyle. **Cameron Morefield**, also fresh from Berryessa, swam an incredible 100 breaststroke to crush his previous time by 3.5 sec, then improved his 50 butterfly by 1.5 sec. **Jake VanBeuge** swam 3 events in his very first meet, looking great in freestyle and still working on breaststroke.

In the 13-up group **Shawn Stubnar** had a huge meet starting with a 19 sec drop in 200 breaststroke, 5.5 sec in 100 freestyle, and what would have been an

incredible 100 backstroke except for a small mistake and DQ. **Cassie Parr** also had a great 100 backstroke except for one bad turn, and swam well in 200 breaststroke and 100 freestyle. **Eric VanBeuge** had a very fast 50 freestyle at 27.15 for a new BB time, and for fun swam 25 freestyle and tried his first 200 IM.



Team Store

Our team store has recently been reorganized by **Store Manager Linda Koontz** (775-782-7806 or blkooontz92@yahoo.com). A **catalog and order forms** are available in the file box at the Swim Center lobby, or on-line at www.ddst.org. **The NorCal form should be sent or phoned directly to NorCal.** (Team up with other parents to share shipping costs). **The smaller form for suits & caps should be turned in to Linda.**

Selected sizes only of the following team items are in stock and may be purchased by contacting Linda:

- Suits, women sizes 22-28 — \$50.00
- Suits, women sizes 30-up — \$53.25
- Suits, men sizes 22-28 — \$35.75
- Suits, men sizes 30-up — \$37.35
- old (royal) suits, men — \$28.00
- old (royal) suits, women — \$40.00
- Caps, latex — \$3.00
- Caps, silicone — \$13.00
- T-shirts — \$5.00
- Sweatshirts — \$25.00
- Shorts (women medium) — \$11.50

Goggles are available at the Swim Center front desk for \$10.



Next Board Meeting

The next DDST Board of Directors meeting will be **Tuesday, July 31st, 2007, 6:00 pm, at Carson Valley Swim Center.** Parents are always 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 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).



Upcoming Meets

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

HOME: July 11 (Wed.), Douglas vs. Carson Twilight Practice Meet. Practice starts 3:30 pm. See coach for more details. **Parent timers needed!**

HOME: July 18 (Wed.), Douglas vs. Fallon Twilight Practice Meet. Practice starts 3:30 pm. See coach for more details. **Parent timers needed!**

July 19-22, Adam Szmidt Memorial Pacific Swimming Long Course Junior Olympics, San Jose, CA, meet sheet www.pacswim.org/0707westjo.pdf (enter on-line or deliver by Thursday July 12th, or postmark by Monday, July 9th).

HOME: July 25 (Wed.), Douglas vs. Carson vs. Tahoe Practice Relay Meet. Practice starts 3:30 pm. See coach for more details. **Parent timers needed!**

HOME MEET: July 28, Douglas Dolphins Novice Open Meet, meet sheet www.pacswim.org/0707ddst.pdf (entries due Thursday July 19th!). **All parents please be prepared to help out!**

August 10-12, Zone-4 Championships, Reno, stay tuned to www.ddst.org for details when they become available.



August Fun Week

August 14 (Tuesday): team beach day at Round Hill Pines (Lake Tahoe) until 4:00 pm. Meet at the Swim Center at 9:00 am. We will have lots of fun in the sun, sand castle building contests, and will be handing out Summer Swimmer certificates. Remember to bring beach/water toys, hat, water, and tons of sunscreen!

August 16 (Thursday): Wild Island Park (Sparks). Meet at the pool at 9:00 am, or at the park at 10:45 am. Remember your Sparkletts water, and lots of sunscreen.

August 13-17: no practices!



Officials Corner

Q: When you go from backstroke to breaststroke in an IM, is it okay to do a flip turn? (from Briana Burns, Red Group)

A: Great question! The answer is yes, sometimes. In an Individual Medley (IM) event, the rules say that you have to *finish* each stroke according to the *finish rules* for that stroke. In this case, you are *finishing* backstroke.

Now, in backstroke events, you already know that you are allowed to turn over and do a flip turn (if you follow certain rules – see below). **But, at the finish,** the backstroke rules say that you **must touch the wall while on your back** – you cannot turn over first.

So the same thing is true at the end of backstroke in an IM event. **At the finish of backstroke, you have to stay on your back until you touch the wall.**

But after that, the rules say that you can turn “in any manner desired.” So yes, **after you touch the wall on your back, you may do a flip turn,** as long as when you leave the wall again, you are on your breast (front) for breaststroke.

Most swimmers just touch and then push right back off again to start breaststroke. But other swimmers have learned to quickly flip themselves straight backward and right on to their stomach. Only a few swimmers can do this faster than a regular turn, though, and **you should work with your coach to find out what the best turn would be for you.**

Beyond the A: if you are swimming a 200 yard IM or longer, then you also have regular backstroke turns to do, not just a backstroke finish. **During backstroke turns only (not finishes) you are allowed to turn to your front before the wall and do a flip turn.** You may also use one (and only one) arm pull to help you do that flip turn. **You may not do anything else besides a pull and turn while on your front.** If you turn over too soon, and have to swim or glide (before or after your arm pull) to get close enough to the wall to complete your turn, then you would be disqualified (DQed). As

soon as your arm stops pulling back to your legs, you must be doing the rest of your turn.

(In some cases, a swimmer will turn over too close to the wall, and touch the wall before starting or completing the arm pull and/or flip turn. **This is okay,** as long as those were the only things being done before the touch. Once the touch is made, the turn has been completed.)

A big **THANK YOU** to Dolphin parents **Ana Burns,** who recently started her training as an official at the Bishop meet, and to **Rick Ansel, Paul Johnston,** and **Darin Skilling,** who have become certified officials during the past year. Their presence on deck at meets helps to ensure fair and equitable competition for all swimmers. As with all of our parent volunteers, we greatly appreciate their service to our swimmers!



Stroke Rules Clinic for Swimmers 7/26!

Swimmers and Parents, ever had a question about a DQ, officials, or the rules of swimming, but were afraid to ask? **This is your chance!** Dolphins official Jim Morefield will conduct a Q&A clinic for the afternoon practice groups on **Thursday July 26th at 4:15 pm,** in the exercise room at the Swim Center. (Morning groups already met July 2nd, but anyone is welcome to attend on the 26th too.) We will watch parts of the same video used to train swimming officials, and learn about the major competition rules for different strokes and events. **Parents are encouraged to attend, and all questions are fair game!**

Questions may also be submitted to this newsletter any time! (See the Officials Corner above for this month's question and answer.) Just leave your question in the Newsletter folder at the front of the file box in the Swim Center lobby. (Or, you may email or phone the Newsletter Editor – see key contacts on page 2.)



Transitions

Welcome new swimmers Cade Ball, Christopher Bleyer, Lily Borgzinner, Josh Brown, Briana Burns, Ingrid Carlson, Ryan Dykes, Brin Hill, Haley Killion, Abigail Lewis, Evan Lewis, Zoe Maalouf, Aaron Mayer, Kaden Millard, Audrey Muller, Amy Ross, Isaiah Schat, Elsa Schollmaier, Teo Schollmaier, Annika Sikora, Kira Sikora, Joshua Smithen, Jeremy Tigh, Josh Tigh, Sarah Tigh, Chloe Walt, and Kaden Walt, and returning swimmers Virginia Evans and Molly Lahlum.

Moving up: congratulations to new Red Group member Paolo Burns. **Happy June and July Birthdays** to Allie Jezek (6/2), TJ Smithen (6/2), Evan Lewis (6/11), Yuchen Jin (6/13), Emily Dack (6/15), Taylor Sullivan (6/18), Abigail Lewis (6/21), Paula Sigala (6/25), Cameron Morefield (6/27), Josh Kessler (6/30), Savannah Chappell (7/2), Molly Lahlum (7/4), Shelby Koontz (7/6), Meagan Skilling (7/11), Allison Ansel (7/18), Taryn Baker-Hewitt (7/19), Taylor Killion (7/20), Taylor Harker (7/23).

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



Practice Schedules

No Practices Wed. PM July 4th, and Thurs. AM July 5th!

No Practices Friday August 10th.

No Practices August 13-17 (fun week)!

Check www.ddst.org for updates!

Summer Break (started 6/18/2007)

Blue & Pre Seniors: M & W 6:45-9 am + T, Th, F 7-9 am

Seniors: M & W 6:45-9 am + T, Th, F 7-9 am + T & Th 4:30-5:30 pm

Red: M-Th 4:30-5:30 pm

White: M, W, F 4:30-5:15 pm

Pre-Competition: T & Th 4:15-5:00

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

Summer Guppies: T & Th 3:30-4:15

ANY Public School(s) IN Session (starting 8/22/2007)

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

Pre-Competition: T & Th 4:30-5:15

Summer Program: M, W, F 4:30-5:30

Summer Guppies: T & Th 4:30-5:15



Next Newsletter

The next *Monthly* will appear about August 15th. **All submissions should be received by Wednesday, August 8th.** Questions, content requests, items of interest to the DDST membership, address changes, 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, coaches Sarah Davenport, Kat Matheson, and Stefanie Signorella, Linda Koontz, Dana Killion, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).

Latest news online: www.ddst.org.

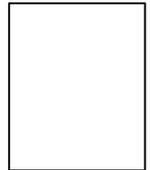


Douglas Dolphin Swim Team

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www.ddst.org 



Time-sensitive Swim Team news enclosed!