

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(est. 1964)

www.ddst.org

October 2007

Practice Schedule Changes

Changes and corrections have been made to the practice schedules for Pre-competition, White, Red, and Blue groups, especially for Fridays and for school-out days. **Please check the revised schedules on Page 6 or visit www.ddst.org.**

In addition, there are several special practice days coming up:

Friday October 26th: all groups follow school-out schedule for Nevada Day.

Friday November 9th: only White Group practice (State championships).

Monday November 12th: only White and Red groups practice, school-out schedule (Veterans Day and State).

Tuesday November 13th: only Pre-competition and Red groups practice (day off for State swimmers).

Wednesday November 21st: school half-day, regular practice times all groups.

Thursday November 22nd: special fun Thanksgiving morning practice, all groups, 8:00 – 9:30 am. **Don't miss this fun practice if you are in town!**

Friday November 23rd: school-out practice times, all groups (Family Day).

Any further changes will be posted at www.ddst.org – stay tuned!



Important Meet Schedule Change

Our December Candy Cane Sprint Meet in Minden has been moved one week later, to December 8-9. Mark your calendar!



Halloween Party October 30th!

The Dolphins will have their annual Halloween party on **Wednesday October 31st, 4:15 – 5:30 pm at the Swim Center**. We will be having pumpkin relays and bobbing for apples along with new surprises. So don't miss this annual event! **Please bring a healthy snack to share after the water fun.**



State Pep Rally & Pasta Feed Wednesday 11/7!

For the past 14 years Dolphins and family members have been coming together the Wednesday before State Championships to show support for our state swimmers. **Every team member is invited to join us in the mezzanine from 4:30 to 5:30 pm.** Everyone should bring either a healthy dish, rich in carbohydrates, or drinks to share. Please, no deserts or high sugar foods.

In past years we spent the time carbohydrate loading, cheering, handing out State shirts, and shaving heads in order to swim fast. This year will be no different. Please join us to rally the team together, and send them to State pumped up and ready to break some records!



Check Your File Folder Often!

Just a reminder to all DDST members to check your family's file folder at least weekly for information. This is located in the file box on the table next to the trophy case in the pool lobby.



Swimmers of the Month

Our October Swimmers of the Month are **Michelle Forman, Kira Sikora, and Adam Dack**.

Pre-senior **Michelle Forman** has blossomed since joining the team in September. She has mastered all four strokes beautifully. Michelle comes to practice with a great attitude and is pleasure to work with.

Kira Sikora has just moved into Blue Dolphins, joining us from the summer team. Kira comes to practice always working hard and never complains, even when it's cold outside.

Adam Dack has just moved to Red Dolphins, and is working hard and looking great in the water. Adam just competed in his first meet and swam very well in his 4 events.

Congratulations Michelle, Kira, and Adam! Keep up the great work!



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COACH

Sarah's Corner

(sgovanswm @ aol.com; 775-287-1035)

I am proud to say that the Dolphins membership is now over 70, with new swimmers trying out weekly. I am very excited with the way the team is moving. I would like to thank my staff as well as the three swimmers that have been volunteering their time. Alternating weeks, **Anna Jackson** and **Erica Chappell** help coach Pre-competition Group. They get in the water and assist coach Stefanie with correcting swimmers' strokes. Also **Chandra Matheson** helps with Red Group on days she is available.

Patience with construction at our pool – the Carson Valley Swim Center is adding to their solar panels and will have various pools closed while working on the project. Also, while the outdoor pool stays open, we have limited space in the indoor pool (2 lanes). After this pool project is over, they will start the working on the new filtration system. This also will leave us out of the pool for a day or more. They will be draining the main pool down several feet. None of these projects have exact dates of closure. **The Dolphins will not be canceling any practices**; alternatives will be used.



Welcome Back Coach Susan!

Coach Susan Govan is back and coaching Wednesdays and Fridays with the White Dolphins. Susan started coaching the Douglas Dolphins in 1994, with Head Coach Don Lukart. Don needed an assistant coach and asked Susan because of her background in the sport. Susan has been teaching swimming for 20 years, and swam competitively in her early youth. Susan has three daughters that all swam for the Douglas Dolphins. She coached the Dolphins for 11 years before taking leave for medical reasons. Let's welcome her back to the team!!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

For the month of October, Blue Group has opened an **invitation to any Red groupers who would like to do a distance workout with us on Mystery Fridays, 4:15-5:30**. As it is the beginning of the season most of our groups are really concentrating on proper technique. Many of the Red and Blue groupers are doing some 200s at the Reno meet. **This is an opportunity to practice some distance swimming**, like 500s or other long sets. These will be non-stop sets so be sure to leave the "leaky goggles," "I'm just resting" excuses in the locker room. I call them "RED HOT LAVA DAYS;" anyone who touches the bottom of the pool gets their feet burned off. The good news is this workout is on our Mystery day. You never know what will happen on that day?????



DDST Key Contacts

Board President: David Kessler
c_kessler @ charter.net; 775-267-9645

Head Coach: Sarah Davenport
sgovanswm @ aol.com; 775-287-1035

Coach Kat: coachkat0809 @ hotmail.com

Coach Stefanie: ssignorella @ charter.net;
775-901-6747

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

Billing & Treasurer: Joe Stubnar
billing @ ddst.org; 775-720-6703

New Parent Liaison: Christine Kessler
c_kessler @ charter.net; 775-267-9645

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



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

YOUR FREE AD HERE FOR 3 MONTHS, any swimming-related goods or services wanted, offered, or for sale, used or new. It really works! Contact the Newsletter Editor, jdmore @ charter.net, 775-782-4360 (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.



COACH

Stefanie's Corner

(ssignorella @ charter.net; 775-901-6747)

First, I'd like to thank all you parents who worked so hard to get your swimmer(s) to the Autumn Freeze Swim Meet. The swimmers couldn't have shown off their hard work and improvement if their parents hadn't done their part in getting them to the meet and helping the meet run smoothly.

Second, I congratulate and thank all my swimmers and their parents for acquiring and maintaining comfortable, well-fitting goggles. This helps make our water time much more efficient!

Finally, I'd like to remind all swimmers in all groups to be respectful and encouraging of one another, remembering we are all members of the same team. We are a team not only while in the water, but also on deck, in the locker rooms – at all times. Remember: "The Douglas Dolphins will be strong, when we think of others and get along!" On that note: we've had more than a handful of new families join the team recently. Let's remember to make them all feel welcome when we have the chance. Thanks.



Team Store

www.ddst.org/store.htm

Store Manager: Linda Koontz, 775-782-7806, blkoontz92 @ yahoo.com

Currently in stock (selected sizes): team suits, girls shorts, sweat jackets, and T-shirts. Hand paddles are gone.

Equipment orders (for Blue Group and higher – see coach for required items): **Catalog and order forms** are available in the team file box in the Swim Center lobby or on the above web page. **The NorCal equipment form should be sent or phoned directly to NorCal, or orders can be placed online.** (Tip: team up with other parents to share shipping costs). **The smaller form for suits & caps should be turned in to the Store Manager.**



State Championship Entries Due 10/31

Entries for State Championships, in Carson City November 9-12, are **due post-marked by Monday October 29th, or online or by hand delivery Wednesday October 31st.** Information sheets are in the team file box at the pool lobby, or at www.ddst.org/meets2007.htm.



Important Info for State Swimmers

Please make sure that all athletes swimming at State Championships attend each practice and make it count! This meet is coming very fast, and is one of our most successful meets of the year. This is the venue where swimmers achieve their time standards for other championship meets, like JOs and Far Westerns. The swimmers have been training hard, and the coaches just want to stress to all parents that this is a very important meet, and to respect your athletes by making sure they are as prepared as possible to swim fast!

At the meet, please prepare to be there early. Warm ups for 11-up swimmers start at 7:00 am (except Friday at 2:30 pm), and they need to **arrive 15 minutes early to check in with the coaches.** This meet is large and the pool area gets very crowded; by arriving early we get a chance to pick out a good spot for the weekend. Coach Sarah will be at the pool around noon on Friday to set a spot for the coaches, and **parents who can help set a spot for the swimmers please let Sarah know before the first night.**

This is a long weekend, with Trials in the morning (6:45 arrival), and Finals starting no earlier than 4 pm and ending around 8:00-9:00 pm. **Relays are swum at the end of Finals Saturday and Sunday; please expect all your swimmers to be back each evening!** Rest is imperative for success. **Please plan on a place to let your swimmer rest between Trials and Finals.**



Officials Corner

www.ddst.org/officials.htm

DDST Officials Contact: Jim Morefield
[jdmore @ charter.net](mailto:jdmore@charter.net), 775-782-4360.

Q: Why did some swimmers seem to "get away with" a false start at our last meet? (*anonymous*)

A: **There are several factors that determine whether a false start is charged.** The basic false start rule, from the USA Swimming rule book, is "*When all swimmers are stationary, the starter shall give the starting signal. Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms Starter's observation that a violation occurred.*" The following factors are considered:

1. Dual Confirmation. As the rules say, The Starter and Referee must independently observe and agree that a particular lane or lanes false started. The Starter and Referee do their best to observe the entire field at the start. If the starting motion was so slight that both could not clearly see it, or if there were sufficient distractions on the pool deck at the time, then the swimmer must be given benefit of the doubt.

2. Was the swimmer starting? Sometimes swimmers are young and unsteady, or jittery with nerves, or just cold and shivering. That kind of motion prior to the start is considered "non-disqualifiable." There is a big difference between being stationary on the blocks and being motionless. The rules only require stationary. But "non-disqualifiable motion" can still cause other swimmers to false start, or can cause the unsteady swimmer to slip or lose their balance. A good Starter will stand up a jittery or uneven heat, and try again for the fairest possible start. Swimmers who simply lose their balance and fall in the water, through no fault of their own, are not charged with false starts. Sometimes motion at the start can be the Starter's fault too, if s/he was impatient and started the heat while some swimmers were still becoming set.

3. Extenuating circumstances. Sometimes a camera flash, the motion of

other swimmers, or a loud yell or other noise while the swimmers are at their marks will cause a swimmer to react instinctively as if the starting signal had been given. Starters and Referees are trained to be alert for such distractions, and will try to stand up a heat until fair starting conditions can be achieved. Swimmers simply reacting to the "stand up" command will not be charged with a false start. Sometimes distractions will occur right at the starting signal, though, and then the swimmers must again be given the benefit of the doubt. If the problem was slight, the heat may just be allowed to continue. Otherwise, the heat will be recalled and re-swum under fairer conditions.

4. No recall rule. Several years ago the starting rules were changed so that heats are no longer recalled for false starts declared after the starting signal has been given. This makes it fairer for all the other swimmers in the heat, since a swimmer's first start is usually their best. Once a heat has been started, it will not be recalled unless there were major extenuating circumstances resulting in an unfair start for the entire heat. Otherwise, any swimmer who false started will be disqualified at the end of the race. So, when you see a false start apparently go unnoticed, it may just be that the Referee is waiting for the end of the race first.

5. Recalled heat. If a heat is recalled for any reason, even by mistake, the rules say that no swimmer can be charged with a false start. So if the Starter, say in reaction to a blatant false start, accidentally recalls the heat, that is the Starter's fault, and all the swimmers must be given another chance to swim.

6. Officials are human! Starters and Referees do their best, but are human too. So like always, if you believe a false start call, or any other disqualification, was incorrect or unfair under the rules, **inform your coach immediately**, so that the call can be reconsidered by the Referee.

Submit questions to this column any time! Just leave your question in my folder in the team file box at the pool lobby, or call or email (see above).



Autumn Freeze Meet Results

Can you say 51? Yes, 51 Dolphins competed at our Autumn Freeze Meet, and as the name said, it was freezing!

Amongst the 51 were 12 new Dolphins competing for the first time.

The new swimmers included **Cade Ball** (6) who swam 50 freestyle and 25 backstroke. **Jason Gray** (6) swam 25 & 50 freestyle, and 25 & 50 backstroke. **Matthew Shick** (6) swam 50 freestyle. **Kira Costarella** (7) swam a huge 5 events looking strong. **Emily Dack** (8), new to White Group, swam 25s of freestyle, backstroke, and breaststroke. **Aaron Mayer** (8) swam strong in his huge 5 events. **Stephanie Gray** (9) swam 50 & 100 freestyle, and 50 & 100 backstroke. **Kira Sikora** (9) swam a whopping 8 new events, all with grace. **Taylor Harker** (10) swam a 50 of all 4 strokes. **Adam Dack** (10) also swam 50s of each stroke, with a strong backstroke. **Darby Mattinson** (12) swam well in all 4 of her events, including a strong 50 backstroke. **Garrett Dressler** (12) tried 6 events and swam great for only starting less than a month ago.

Eleven veteran swimmers had perfect meets with 100% improvement! **Nicole Jackson** (5) swam 5+ sec faster in 25 backstroke and faster in freestyle. **Grace Fischmann** (6) swam 11 sec faster in 25 breaststroke, and looked great over all. **Taylor Sullivan** (7) had a great meet, swimming her way to state qualifying times and 6 new B times. **Josh Smithen** (8) swam 3 new B times and new state times, dropping 7 sec in 50 freestyle. **Kevin Smithen** (10) also swam 3 new B times and State times, improving 11+ sec in 200 freestyle. **Marcus Reyes** (11) swam 24+ sec faster in 50 freestyle and 13 sec faster in 50 breaststroke. **Jacob VanBeuge** (11) swam 11 sec faster in 50 freestyle. **TJ Smithen** (12) swam a great meet, with new state times and 3 new B times. **Taylor Chandler** (13), just back with the team, swam beauti-

fully in all 4 events. **Shawn Stubnar** swam awesome with the team's biggest drop, 42 sec in 200 IM, and 5 new B times. **Chandra Matheson** (16) swam very well in her 4 events, trying her first 500 freestyle.

For the rest of our 8 and under veterans, **Julia Chappell** (6) swam a great 50 backstroke, improving by 11+ sec. **Paolo Burns** (7) swam 17+ sec faster in 50 backstroke, with a new B time in 25 backstroke. **Allie Jezek** (8) also swam a great 50 backstroke, dropping 16+ sec, and was faster in 25 butterfly and 50 freestyle.

In the 9-10 group **Savannah Chappell** dropped an incredible 21+ sec in 50 butterfly, and 18 sec in 100 IM. **Lindsey Johnston** swam 2 new B times in 100 freestyle and 50 backstroke, and dropped 7 sec in 100 breaststroke. **Shelby Koontz** had a great meet, swimming new JO cuts and A times in 100 & 200 IM. **Annika Sikora** swam faster in 5 events, tried 4 new events, and achieved her first BB time in 100 IM. **Seth Jezek** swam 4+ sec faster in both 50 & 100 freestyle. **Josh Kessler** swam 4 sec faster in 50 breaststroke and tried 4 new events.

For the 11-12s, what a meet **Brianna Burns** had! She swam 8 huge best times, including 13 sec off in 200 freestyle, 11+ sec in 100 breaststroke, 10 sec in 100 IM, and 7 sec in 100 freestyle. **Erica Chappell** swam strong in all her events. **Shaelin Morefield** swam awesome while tired from training very hard for State and JOs, and Coach Sarah was very pleased to see 3 best times, including 2 new A times and a new JO cut in 200 IM. **Meagan Skilling** had some very fast IMs, dropping 3 sec in an awesome 200 race for a new A time and JO cut, and dropping 1 sec in the 100. **Kyle Johnston** had another incredible meet, improving 9 events and missing a perfect 10 by 0.01 sec! Kyle dropped 11 sec in 200 IM, and swam 2 new JO cuts and A times in 100 freestyle and 50 backstroke. **Shawn Kessler** swam 1.34 sec faster in 50 breaststroke for a 45.86, and was strong in freestyle.

In the 13-14 group, **Yuchen Jin** had a great 200 freestyle, and swam 5 sec faster in 100 backstroke for a 1:12.40. **Taylor Killion** had an outstanding meet, improving in 8 of 9 events, including 27 sec faster in 500 freestyle and 13 sec in 200 IM. **Mary Smithen** had a great distance meet, dropping 12+ sec in 500 freestyle and 1.2 sec in 200 backstroke, and showing her coach that the endurance training is paying off. **Haley Von Schottenstein** had a strong meet with a new A time of 1:17.70 in 100 breaststroke. **Cameron Morefield** swam 6 best times, dropping 5 sec in 200 breaststroke, and a new BB time of 12:25.49 in his first 1000 freestyle.

For the 15 and older group, **Becca Chappell** broke through barriers with a fast butterfly meet, swimming fast to the finish in 200 butterfly for a new State time, and breaking 1:18 in 100 butterfly. **Anna Jackson** swam a strong 200 backstroke, dropping 5 sec for a new B time. **Cassie Parr** looked very good to Coach Sarah, getting her breaststroke back and swimming fast in her sprint freestyle. **Paula Sigala** dropped a huge 14 sec in 200 freestyle, and 9 sec in 200 butterfly. **Chris Bergstrom** dropped 5 sec in 200 freestyle, 7 sec in 200 breaststroke, and 11 sec for a great looking 400 IM. **Ryan Dykes** had a great looking 200 freestyle, dropping 4.6 sec, and a fast 100 freestyle at 58.35. **Marco Hyman** looked very competitive this early in the season with 4 best times, dropping 2 sec in 500 freestyle, 1 sec in 200 IM, and improving in 100 freestyle. **Eric VanBeuge**, just back from a summer break, was close to best in 50 freestyle.

The Autumn Freeze started and ended with an Autumn breeze, and all in all was a huge success. All the swimmers looked great and we had a huge percentage of improvement as well as a ton of new swimmers competing for the first time. Our team is growing in a very successful way and the next year will be very exciting.



Upcoming Meets

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

Paper meet sheet copies: front of team file box by trophy case at pool lobby.

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

October 20-21, Ted Dorsey Fall Classic, Reno, meet sheet www.pacswim.org/1007reno.pdf.

November 9-12, Nevada State Championships, Carson City, meet sheet www.pacswim.org/1107cars.pdf (entries due postmarked Mon. Oct. 29th, or online Wed. Oct. 31st).

November 30 - December 2, Pacifica CA, Pacific Swimming 14/under Junior Olympics Championships, meet sheet www.pacswim.org/1207psl_jo.pdf (entries due postmarked Mon. Nov. 19th, or online Wed. Nov. 21st by 6:00 pm).

HOME MEET: December 8-9, Douglas Dolphins Candy Cane Sprint Meet, meet sheet www.pacswim.org/1207ddst.pdf (entries due postmarked Mon. Nov. 26th, or online Wed. Nov. 28th).
All parents please be prepared to help out!



From the Hospitality Coordinator

Many thanks to our wonderful Hospitality Volunteers! Everyone did such a great job, working together and providing much needed refreshments to the Officials, Coaches, Timers, and our DDST parent volunteers. Hospitality is such an important part of swim meet success. We were able make our visitors feel welcomed, comfortable, and appreciated. The visiting teams have always been very complimentary of our good food, welcoming attitudes, and desire to meet their needs; many coaches, officials, and visiting parents said that DDST swim meets are their favorite meets to come to. This is the result of many wonderful parents coming together to make this meet a success. Thank you all so much. I look forward to working with you again at the December Candy Cane Sprint Meet!

—Syndi Skilling, Hospitality Coordinator



From the Meet Directors

Lorna Johnston 782-2382, Linda Koontz 782-7806, [meets @ ddst.org](mailto:meets@ddst.org)

We would like to thank all of the parents and swimmers who helped out at our Autumn Freeze meet. This was the best meet we've ever had in terms of parent volunteer support! Thank you!!! We had some brand new parents, experienced parents, and some very responsible older swimmers who volunteered their time to work at the meet:

Computer Joe Stubnar, Lane Killion, Dave Kessler; **Head Marshal/Official** Brendon VanBeuge, Darin Skilling, Paul Johnston; **Marshal** Todd Jezek, Steve Chappell; **Colorado Timing System** Linda Koontz, Josefina Solano, Stacey Von Schottenstein, Barbara Sikora, Lorna Johnston; **Clerk of Course** Margaret Jackson, Dana Killion, Elizabeth Bergstrom, Ana Burns, Chris Smithen.

Runner Kathy Chappell, John Chandler, Karen Sullivan, Callie Parr, Chris Smithen; **Head Timer** Devere Dressler, Mark Bergstrom, David Kessler; **Snack Bar** Christine Kessler (Coordinator), Sean & Dave Kessler, Avelino & Sara Sigala, Donna Dykes, Dave Hyman, Michelle Costarella, Becky Gray; **Hospitality** Syndi Skilling (Coordinator), Jackie Reyes, Jennifer VanBeuge, Ken Parr, Karen Sullivan, Diana Fischmann, Patty Dack, Donna Dykes, Tricia Smithen.

Set Up Joe Stubnar, Jim & Leslie Morefield, Linda Koontz, Clayton Chappell, John Burns, Lorna Johnston, Coach Sarah, Senior & Pre-senior swimmers, and CVSC Staff.

Mentors to Younger Swimmers Chris Bergstrom, Taylor Chandler, Becca Chappell, Ryan Dykes, Brandon Fischmann, Marco Hyman, Anna Jackson, Yuchen Jin, Kyle Johnston, Sean Kessler, Taylor Killion, Sarah Koontz, Chandra Matheson, Cameron & Shaelin Morefield, Cassie Parr, Paula Sigala, Meagan Skilling, Mary & TJ Smithen, Shawn Stubnar, Eric VanBeuge, Haley Von Schottenstein.

Our next home swim meet will be the Candy Cane Sprint Meet December 8-9th. This will be a fun and festive meet, with the practice groups putting together baskets with different themes, to be sold in a silent auction. You can ei-

ther buy an item or get a donation from a local business to put in the basket. See Linda or Lorna for donation forms. Basket themes will be decided and announced soon. We look forward to your help and support!



From the Bulletin Board Editor

Leslie Morefield, [jdmore @ charter.net](mailto:jdmore@charter.net)

ZOOM! ZOOM! ZOOM!

Thank you to **Lorna Johnston, Barbara Sikora, Linda Koontz,** and Reno parent **Lars Perry** for your recent photo contributions to the bulletin board!

You will notice that many of the subjects in the new Autumn Freeze photos are pretty tiny. Our little Kodak Easyshare camera doesn't have much of a zoom lens on it. It would be great to find somebody who has a better (>150 mm) camera for taking photos at swim meets. Anybody have such a camera that can snap a few pictures?

Also, we are heading into indoor meets which means no flash photos around the competition pool. Once again, our little camera doesn't handle indoor photography too well, so anybody with a fancier camera that can handle motion (quick shutter speeds) with low light conditions, who can take a few pictures for the bulletin board, would be greatly appreciated.

As always, you can send your digital photos to the email address above or leave prints or photo CDs in the Morefield folder. Thanks!



Next Board Meeting

The next DDST Board of Directors meeting will be **Tuesday, November 6th, 2007, 6:00-8:00 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 the **first 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 at www.ddst.org/boardmembers.htm.



Transitions

(some belated!) **Welcome new swimmers** Alexandra Fagan, Kaela Forvilly, Torie Gleason, Jessie Jin, Alex Mayer, Daniel Palmer, and **returning swimmers** Everett Bertolone-Smith and Marcus Reyes. **Moving up: congratulations** to new White Group members Cade Ball and Nicole Jackson, new Red Group members Adam Dack and Taylor Sullivan, and new Blue Group members Kevin Smithen and Kira Sikora. **Farewells** to Alisha Ross and Whitney Simpson – we miss you! **Happy October Birthdays** to Haley Von Schottenstein (10/11), Cade Ball (10/12), Nicole Jackson (10/20), 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

See page 1 for important info about upcoming special practice days. See below for recent schedule changes.

Check www.ddst.org for updates!

ANY Public School(s) IN Session (after ALL schools have started)

Seniors: M-Th 2:45-5:30, F 2:45-4:30

Pre-seniors: M-Th 2:45-4:45, F -4:30

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

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

White: M & W 4:00-4:45, F 4:00-5:00

Pre-competition: T & Th 4:00-4:45

ALL Public Schools OUT of Session (during regular school year)

(common break days; public holidays
except Christmas & New Year days)

Blue, Pre-seniors, & Seniors:

M-F 7:00-9:00 am

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

White: M & W 4:00-4:45, F 4:00-5:00

Pre-competition: T & Th 4:00-4:45



Next Newsletter

The next *Monthly* will appear about November 19th. **All submissions should be received by Thursday, November 15th.** 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 team file box by the trophy case at the pool lobby.

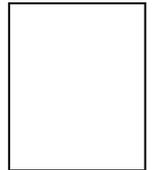
A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, and Stefanie Signorella; Lorna Johnston, Linda Koontz, Leslie Morefield, and Syndi Skilling; Joe Stubnar for mailing data, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).

Latest news online: www.ddst.org.



Douglas Dolphins Swim Team
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www.ddst.org 



Time-sensitive Swim Team news enclosed!