

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(est. 1964)

www.ddst.org

December 2007

Thank You Big George Ventures!

On behalf of the entire team, the DDST Board of Directors express their deep gratitude to Big George Ventures for their generous donation to the Douglas Dolphins. As one of the first results, we will be seeing big changes around the pool in the new year. Besides a new full-size scoreboard (with thanks to Carson Valley Swim Center for helping with installation), the team plans to have all-new automatic timing equipment, including touchpads, up and running for our next meet February 8-10. The donation will also allow DDST to offer more scholarships to athletes in need, and to provide for other program needs while staying on firmer financial footing going forward.

Stay tuned to upcoming newsletters for more details.



February Meet Last Chance For Volunteer Hours

Families of competition-level swimmers (White Group and up), our home meet February 8-10 will be your last chance this meet season to accumulate your required minimum of 30 meet volunteer hours per family, per year. (This amount is prorated 10 hours per meet for families who joined mid-season.) Contact Meet Director Lorna Johnston (782-2382, ldjohnston@clearwire.net) to sign up early and reserve your time!



Swimmers of the Month

Our December Swimmers of the Month are **Shaelin Morefield, Briana Burns, and Taylor Harker.**

Shaelin Morefield was chosen for her outstanding performances at her past three meets, and her work habits at practice. Shaelin always comes to practice to train hard, with great goals in mind. She is one of our hardest workers on the team and out-swims everyone on our distance butterfly sets. She is a pleasure to work with, and the coaches commend her for it.

Briana Burns was chosen for her dedication to swimming and for her outstanding performance at the Candy Cane meet. Her attendance, energy, and focus at practices has been exemplary, while still balancing swimming, school, church, family, and all the activities the Christmas season brings. On top of all that, the Burns family will be moving to Texas in the next few weeks. Briana has been a fine example of dedication to the sport of swimming this month, and we will all miss her.

Taylor Harker was chosen for her excellent attendance and attitude at practices. She always has a smile for her coach, is always respectful, and doesn't complain. Taylor's move to Red group has done wonders. She gets excited about doing hard sets, wants to learn, and has discovered that swimming is fun!

Congratulations Shaelin, Briana, and Taylor! Keep up the great work!



Holiday Activities Planned

December 17-21 the Seniors and Pre-seniors will be doing a Secret Santa the last week before Winter Break.

Friday December 21st at 5:00 pm we will be caroling through the local neighborhood, and ending up at the **Pizza Factory for a going away party for the Burns family at 6:00pm.**



Hospitality Assistant Needed

Hospitality coordinator **Syndi Skillington** is looking for a Hospitality Assistant to help her shop and organize for our next meet in February.

Please contact the Meet Directors (see page 2) or **Syndi** to volunteer or to get more information.



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COACH

Sarah's Corner

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

Enjoy the team break, and have merry Christmas and a happy New Year.

Starting January 7 we will be swimming hard and training for Spring JO's and Far Westerns. For Spring JO's, if you do not have your cuts, you will have only one meet to achieve these times, at our February meet. That will give you one month after break. We will be goal-setting at the beginning of the year. Please start to think about your goals – what do you want to achieve in 2008?

HAVE A NICE BREAK, AND SEE YOU IN 2008!!!!



Team Store

www.ddst.org/store.htm

Store Manager: Linda Koontz, 775-782-7806, [blkooontz92 @ yahoo.com](mailto:blkooontz92@yahoo.com)

Currently in stock (selected sizes):

team suits, Makin' a Splash T-shirts (M-AL), girls' shorts (M), and zip-up sweat jackets (S-M) if you would like to get your swimmer one for Christmas.

In January I would like to see who would be interested in ordering team T-shirts, sweatpants, and sweatshirts for parents or swimmers. I will draw up a design and put up sign-up sheets after the first of the year. The T-shirts will be just like the State T-shirts.

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.**



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

Blue Group had all of its swimmers participate in our Candy Cane Sprint Meet December 8-9. The group turned in a **total of 36 lifetime best times.** Savanna Chappell had a 100% improvement in all events entered. Lindsey Johnston got a new BB time in 100 freestyle. Shelby Koontz got a new AA time in 50 freestyle. Annika Sikora attained new BB times in 50 freestyle, 50 backstroke, and 50 butterfly. Brianna Burns got new B times in 50 freestyle and 100 IM. Erica Chappell got a new B time in the 100 IM. **Every swimmer in Blue Group improved their times and I am really proud of their hard work.**



DDST Key Contacts

Board President: David Kessler
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Lorna Johnston, 775-782-2382
Linda Koontz, 775-782-7806

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[billing @ ddst.org](mailto:billing@ddst.org); 775-720-6703

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Newsletter, Web, Officials: Jim Morefield
[jdmore @ charter.net](mailto: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](mailto: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.



Check Your File Folder Often!

Just a reminder to all DDST members to check your family's file folder weekly for information. This is located in the file box on the table next to the trophy case in the pool lobby. If you are wondering where the team roster is that you requested last fall, it is waiting in your folder!



Parents Corner

The following is from the Swim Parent Tip of the Month feature at www.usaswimming.org:

Help Your Child Set Performance Goals

Goal setting, especially with older swimmers, is mainly the domain of the coach and swimmer. This is another example of the need to "let go" and trust the coach! Younger swimmers may want your guidance in setting goals. (Then again, they may not!)

First make sure that the goals are the swimmer's goals, not your personal goals. Avoid statements like "I want you to do this," or "I think you can do that." Second, make sure that the goals are compatible with instruction given by the coach. For example, if the coach is working on long term growth and encouraging your child to complete IMX events, you should not be talking about getting an "A" time in the 50 breaststroke!

Finally, focus on performance rather than outcome goals. Performance goals emphasize skill improvement. Outcome goals emphasize winning or time achievement and place undue pressure on the athlete. Examples of performance goals are completing each race legally or maintaining a breathing pattern. Achieving performance goals is one sure way to measure skill improvement.



Pacifica Junior Olympics

Over 800 athletes competed at the winter Junior Olympic Championships November 30 through December 2 in Pacifica, California. Four of our own Dolphins swam at this 14-under meet, just 3 weeks after the Nevada State Championships. Three of the four athletes were new to the JO experience.

Shelby Koontz, 9, swam 8 events at her first JO's. She swam 2 sec faster in 100 breaststroke for a new A time of 1:32.34. Shelby also swam a new best time in her 50 backstroke at 38.72, and dropped 1.5 sec in 100 IM to go 1:21.02. Shelby did a great job for her first Pacific Swimming Championship meet.

Shaelin Morefield, 11, swam this meet a year ago as a 10 year old. Shaelin swam a strong meet, just off her best times achieved less than 3 weeks prior at State Championships. Her best event was 1650 freestyle at the very end of the meet, where she improved by over a minute. Her new A time of 20:54.30 was fast enough for a 7th place finish among the 11-12 girls.

Meagan Skilling, 12, swam 8 events, qualifying in at least one event for each stroke and in two IMs. Meagan came in very strong in her first event, the 200 IM, swimming 4 sec faster and qualifying for Far Western Championships at 2:27.68. She swam her 100 breaststroke 2 sec faster for a new A time of 1:20.67. Meagan also wowed Coach Sarah by swimming right on her State time in 100 backstroke.

Kyle Johnston, 12, swam a great first JO meet, competing in 5 events. In 100 freestyle Kyle dropped more time from his State swim to go 1:00.29. He also dropped more time in his 100 IM for a 1:12.96. Kyle swam right on his amazing State time in 200 freestyle, and was also on best in 50 backstroke and 50 butterfly.

This was a great experience for all the swimmers. It is always fun to swim with the best swimmers in your age group.



From the Meet Director

Linda Koontz 782-7806
[meets @ ddst.org](http://meets@ddst.org)

I would like to thank all of the families that volunteered their time to help with the December Candy Cane Sprint Meet. We received many compliments about how well our meet was run, and it ran so smoothly because of all of the volunteers. Thanks also to those who contributed items to the auction baskets; they turned out really well.

I would like to thank **Chris Kessler** and **Josefina Sigala** for shopping for and organizing the Snack Bar. It is a big job and they do such a great job with it. **Syndi Skilling** is our Hospitality Coordinator, and I want to thank her for doing a great job with it. Many people commented that the food was wonderful!! And I would like to thank co-Meet Director **Lorna Johnston** for keeping me sane for the last month while we were planning this meet. And a special thank you to **Crystal Vargas**, the young lady who sang the National Anthem so beautifully for us Saturday and Sunday. And to all our wonderful volunteers:

Computer Joe Stubnar, Dave Kessler, Lane Killion; **Head Marshal** Brendon VanBeuge; **Marshals** Steve Chappell, Chris Dack, Jean Van Den Berg, Todd Jezek, Greg Von Schottenstein, Chris Forman, Darin Skilling, Jerry Palmer; **Clerks of Course** Dana Killion, Shawn Shick, Jennifer VanBeuge, Christy Mayer; **Snack Bar** Chris Kessler, Josefina & Avelino Sigala, Mark Jackson, Bill Harvey, Jackie Reyes; **Hospitality** Syndi Skilling, Hollie Harvey, Becky Gray, Karen Brockhage, Claudia Bertolone-Smith;

Colorado Timing System Barbara Sikora, Stacey Von Schottenstein, Mary Jo Palmer, Karen Sullivan; **Runners** Callie Parr, Karen Sullivan, John Chandler, Donna Harker; **Awards** Shan & Penny Santhanam, Pattie Dack, Laurie Thornton, Sabrina Ball; **Announcer** Shari Chappell, John Burns; **Head Timer** Kathy Chappell, Robert Koontz; **Heat Winners** Chris Forvilly, Susan Forman, Christy Mayer; **Programs**

Xiaojun Jin, Sabrina Ball; **Officials** Jim & Leslie Morefield, Steve Sikora, Ana Burns, Paul Johnston; **Basket Organizer** Sabrina Ball.

Mentors to Younger Swimmers, who had the difficult task of keeping up with their own events as well as their young buddies, were: Becca Chappell, Taylor Chandler, Michelle Forman, Anna Jackson, Yuchen Jin, Kyle Johnston, Taylor Killion, Cameron Morefield, Shaelin Morefield, Dan Palmer, Sarah Koontz, Chandra Matheson, Cassie Parr, Paula Sigala, Sara Sigala, Meagan Skilling, Shawn Stubnar, Eric VanBeuge, and Haley von Schottenstein.

Visiting officials from nearly every team in attendance stepped up to help, and made the meet run much more smoothly; we appreciate their service. We especially thank **Van Fortier** from Reno, who stepped into the Meet Referee position on short notice Saturday, and **Bob Albrecht** from Tahoe, who very ably stepped up to train as Starter and Deck Referee both days, and thereby saved us from a shortage that would have slowed down the meet considerably! And of course to **Valerie & Jerry Rudd** of Tahoe for their cheerful leadership and long dedication to all the swimmers.



From the Bulletin Board Editor

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

Thank you to **the Sullivans** for your recent photo contributions to the bulletin board!

NOTE TO FAMILIES OF SWIMMERS OF THE MONTH: the coaches cameras are currently out of commission. So that your swimmer of the month can be pictured on the bulletin board display, I would appreciate your help in e-mailing a picture of his/her face (or something that can be cropped) to the above address ASAP after you receive your newsletter (or *expendable* prints can be placed in our file folder). Pictures will be used **only** for the bulletin board for about a month, and will be returned if requested. Thanks!



Candy Cane Sprint Meet Results

Fifty-four Dolphins swam at our Candy Cane Sprint Meet December 8-9. This was a great meet for new swimmers, and fun for our experienced swimmers with short races many had not swum in years. We had 6 new swimmers competing for the first time: **Alex Mayer, Ambrish Santhanam, Kaela Forvilly, Madison Harvey, Andrew Brockhage, and Aditya Santhanam**. All the Senior and Pre-senior swimmers came together to help the new and younger swimmers by buddying up. This was a great way to blend the team and bond together. At the end we had 12 swimmers with 100% improvement, meaning they improved in every race for which they had a previous time.

Our 6-year-olds showed off all they've been learning in practices. **Grace Fischmann** swam 3 events, dropping 7 sec in 50 freestyle to break the 1:00 barrier. While many Red group swimmers used open turns in their freestyle swims, **Nicki Jackson** showed lots of guts with a good try for a flip turn in 50 freestyle! She also swam fast in all of her 4 events. **Jason Gray** dropped over 30 sec in 3 events, and swam his first 50 backstroke. Hopefully this improvement will encourage Jason to fight the cold water for more practice time. **Alex Mayer** and **Ambrish Santhanam** swam in their first meet ever. They both swam great races with no DQs, giving themselves times to beat when they compete again. Congratulations boys – way to go! **Matthew Shick** swam in his second meet, looking like a pro. He not only took 18 sec off his 50 freestyle, he dove off the blocks and had no DQs.

The 7-8-year-olds shone in their races, too. **Emily Dack** showed off all her hard work, dropping almost 5 sec in 25 freestyle, and swimming her first 50 backstroke. **Kaela Forvilly** swam in her first meet ever, shining with a State-qualifying B time in 25 backstroke, and a speedy 25 freestyle. With

those results, maybe she'll enter more events at the next meet. **Allie Jezek** improved in 3 out of 5 events, including a new B time in 50 freestyle, and swam 25 breaststroke for the first time. Her dives are looking great and she had no DQs. **Taylor Sullivan**, having just swum at State Championships, still improved in 6 of 8 events. She had great swims, dropping over 13 sec in 100 freestyle for a new B time, 8 sec in 50 freestyle, and 5+ sec in 25 butterfly. **Cade Ball** showed off his muscles swimming fast and strong in 100 freestyle and 50 backstroke. **Evy Bertolone-Smith** was strong and impressive in both his races as well, swimming his first 25 backstroke, and dropping 13+ sec in 25 freestyle for a new B time. **Paolo Burns** also just swam at State Championships, and still dropped time in half of his events, including almost 7 sec in 100 IM, and 2 sec in 25 freestyle for a new B time. **Aaron Mayer** had a great meet with 100% improvement, dropping over 20 sec in 3 races, and swimming 50 backstroke and 25 breaststroke for the first time.

In the 9-10 girls group **Savanna Chappell** had 100% improvement, dropping 5+ sec in 50 freestyle and almost 7 sec in 100 IM for two new B times. **Stephanie Gray** swam 4 events, one of them a surprise to her coach and herself – the 200 IM! She swam strong and fast, impressing everyone with her positive attitude and fortitude. **Taylor Harker** came for only one day of the meet, which was unfortunate because the 2 events she did swim showed all the hard work she's been doing in practice. She had fun swimming her first 50 butterfly in a fast 50.57 sec. **Madison Harvey** swam in her first meet (not counting the twilight practice meets last summer), and took on a full slate of 8 events. She had no times to beat, but now she does. She jammed (went fast) in 3 freestyle events including the 100. **Lindsey Johnston** improved in 5 of 8 events, dropping almost 3 sec in 50 backstroke, and over 9 sec in a fast 100 freestyle for a new BB time of 1:20.61.

Shelby Koontz, having just swum full slates of events at State Championships and Junior Olympics, still torpedoed her old times in 5 of 6 events, dropping 1 sec in 50 butterfly, breaking 1:10 in 100 freestyle, and racing to a new AA time in 50 freestyle. **Annika Sikora** swam a very strong meet, improving in 6 of 10 events, including drops of 3-4 sec each in 50 freestyle, 50 backstroke, and 50 butterfly for three new BB times. **Kira Sikora** also had a strong meet, swimming faster in 3 of 5 events, with drops of almost 2 sec in 25 butterfly and 6 sec in 50 freestyle.

For the 9-10 boys, **Andrew Brockhage** and **Aditya Santhanam** swam excellently for their first meet. Aditya swam 2 events, and Andrew 5, for times to beat at their next meet. **Adam Dack** had a great meet, swimming in a full 10 events, 7 of them for the first time, and dropping 2+ sec each in 50 freestyle and 50 backstroke. **Seth Jezek** had a fast meet, improving by over 8 sec in 50 backstroke and almost 6 sec in 50 breaststroke. **Josh Kessler** also took on the maximum 10 events and improved in 4 of them, dropping a huge 8+ sec in 100 freestyle.

In the 11-12 girls group **Brianna Burns** improved in 5 of 10 events, with a huge 15 sec drop in 200 freestyle, almost 5 sec off in 100 backstroke, and new B times in 50 freestyle and 100 IM. **Erica Chappell** swam 5 strong events, swimming 4 sec faster in 200 freestyle, and almost 3 sec faster in 100 IM for a new B time. **Shaelin Morefield**, just back from Junior Olympics and State Championships, swam 7 events with 100% improvement, dropping a huge 6.6 sec in 100 backstroke for a new AA and JO time of 1:11.29. She also swam a 30.93 in 50 butterfly, 29.15 in 50 freestyle, and 34.33 in 50 backstroke for a new JO time. **Meagan Skilling** also swam a great meet just back from Junior Olympics, dropping another 2 sec in 100 breaststroke to 1:18.98. She also had a speedy 100 freestyle at 1:01.76, and dropped 7.6 sec in 200 freestyle and 0.6 sec in 50 freestyle for two new A times.

Marina Villarreal swam strong in all 7 of her events, dropping 11 sec in 50 freestyle for a fast 37.54, improving 20 sec in 100 freestyle and 2 sec in 50 backstroke, and swimming beautifully in 4 new events.

For the 11-12 boys, **Garrett Dressler** also swam 7 events, especially shining in his breaststroke and backstroke swims. The coaches look forward to seeing how he does at his next meet, after moving up to Blue Dolphins. **Kyle Johnston**, also just back from Junior Olympics, swam a great 100 backstroke, dropping 2.8 sec for a new A and JO time of 1:11.23, and looked very strong in all his events. **Shawn Kessler** swam 10 events with new best times in 50 freestyle, 100 IM, and 200 IM, and was right on best in 100 backstroke. **Marcus Reyes** swam 5.7 sec faster in 50 freestyle, and also swam 50 breaststroke and 100 IM. **Tyler Van Den Berg** improved a huge 46 sec in 50 freestyle, and swam his first 50 breaststroke and 100 IM with great success. **Jacob VanBeuge** swam almost 3 sec faster in 25 freestyle, and tried his first 50 backstroke, 50 breaststroke, and 100 IM.

In the 13-14 group, **Taylor Chandler** swam her first meet in quite a long time with huge drops, improving by 12+ sec in 200 freestyle and 3.5 sec in 100 freestyle. **Yuchen Jin** swam a great 100 backstroke in 1:10.87, inching closer to her 1:09 JO cut, dropped 3 sec for a great 100 butterfly, and smashed 30 sec in 50 freestyle with a 29.09. **Taylor Killion** also broke 30 sec in 50 freestyle with a 29.89, and swam more best times in 200 freestyle, 50 butterfly, and 100 IM. **Sarah Koontz** swam a beautiful 100 butterfly in 1:13.79, and dropped 4+ sec to 1:13.52 in 100 backstroke, for two new BB times. **Cameron Morefield** swam a great meet with 6 new best times, including a great 100 butterfly in 1:11.25, a huge 8.6 sec drop in 200 freestyle for a 2:12.16, and a close encounter with the 1 minute mark (1:00.86) in 100 freestyle. **Dan Palmer** is back to competition and

looking great, with 100% huge improvement in every event. Dan swam 8 sec faster in 100 freestyle at 1:06.57, and improved almost 4 sec to 29.65 in 50 freestyle, for two new B times.

Shawn Stubnar had a great 50 freestyle, dropping 2 sec to break the 30 sec barrier with a 29.12, and improving 6 sec in 200 freestyle for a new B time of 2:21.13.

For the 15-18 group, **Becca Chappell** swam a great 100 butterfly, dropping 1.2 sec despite swimming with walking phenomena and brachiates.

Michelle Forman had a great 100 freestyle, dropping 2.2 sec to 1:03.91, and swam 4 new events. **Anna Jackson** swam a strong 50 butterfly with great technique. She also swam fast new best times in 100 freestyle, 100 backstroke, and 50 backstroke.

Chandra Matheson WOWED Coach Sarah with her great swimming and 100% improvement. Chandra swam a new BB time in 50 freestyle, and dropped 4 sec each in 100 freestyle, 100 backstroke, and 100 breaststroke. **Cassie Parr** swam very well for her swimming schedule, with best times in 50 backstroke and 50 breaststroke.

Paula Sigala had great freestyle meet, swimming 1:03.39 in the 100 and 2:18.50 in the 200, and also improving in the 50 and 25. **Sara Sigala** swam a strong meet with a best time in 25 freestyle, and was a great addition to our relays. **Haley Von Schottenstein** is a great sprinter and swam very well. Haley swam an incredible 50 breaststroke in 32.87, and swam a new Far Westerns cut in 100 breaststroke with a 1:13.37. Haley also look great in 100 IM, winning the event in 1:05.69. **Eric VanBeuge** swam great meet, dropping 27 sec in 100 backstroke, and trying 100 butterfly (1:10.12) and 100 breaststroke (1:22.98) for the first time.

As you can see this was a successful meet and all the swimmers did well. Our next meet in February will be just as successful with hard work from the swimmers and encouragement from their parents.

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!

HOME MEET: February 8-10, Douglas Dolphins St. Valentines Meet, meet sheet pending (entries due postmarked Mon. Jan. 28th, or online Wed. Jan. 30th). **All parents please be prepared to help out!**

March 2, Reno or Carson City, Pacific Swimming Zone All-star Developmental Meet, applications due at Dolphins St. Valentines meet in February, selection based on overall times (see coach for details).

March 15-16, Spring Fling Invitational, Reno, meet sheet pending (entries due postmarked Mon. March 3rd, or online or hand-delivered Wed. March 5th).

March 14-16, San Ramon CA, Pacific Swimming Junior Olympics Championships, meet sheet pending (qualifying times apply, see coach for details, entries due postmarked Mon. March 3rd, or online or hand-delivered Wed. March 5th).

April 3-6, Pleasanton CA, Far Western Short-course Championships (information pending, qualifying times apply, see coach for details).

TEAM TRAVEL MEET: April 19-20, Santa Cruz CA, C/B/A+ long-course meet (information pending).

Next Board Meeting

Due to holiday schedules, the next DDST Board of Directors meeting has been **rescheduled to Monday, January 7th, 2008, 5:30-7:00 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

Welcome new swimmers Andrew Brockhage, Alex Mayer, Annalisa Neal, Aditya Santhanam, Ambrish Santhanam, and Alicia Thomas, and **returning swimmer** Kira Costarella.

Moving up: congratulations to new Red Group member Taylor Harker.

Farewells to Sam Ansel, Allison Ansel, Taryn Baker-Hewitt, Briana Burns, Paolo Burns, Logan Killion, Hailee Porras, and Michelle Schilling – we will miss you! **Happy December Birthdays** to Emma Gray (12/16), Aaron Mayer (12/16), Garrett Dressler (12/17), Adam Dack (12/20), Jason Gray (12/21), and Shawn Stubnar (12/26).

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



Practice Schedules

NO PRACTICES WINTER BREAK, DEC. 22 to JAN. 6.

SCHOOL OUT MON. JAN. 21.

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 January 16th. **All submissions should be received by Thursday, January 10th.** 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.

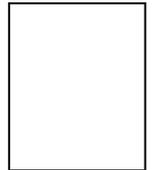
A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, and Stefanie Signorella; Linda Koontz; Joe Stubnar for mailing data, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).

Latest news online: www.ddst.org.



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Time-sensitive Swim Team news enclosed!