

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(est. 1964)

[www.ddst.org](http://www.ddst.org)

February 2008

## Enter Reno Meet ASAP!

The Reno Spring Fling meet often fills up BEFORE the entry deadline, at least for the younger (morning) sessions. Don't let your swimmer be left out! Even though the meet has been moved to March 29-30, and entries are not due online until March 19<sup>th</sup> (or postmarked March 17<sup>th</sup>), you are still urged to **submit entries as soon as possible to reserve your place!** All DDST competition groups will be attending this meet.



## White Group Practice Times

High School swimming season is here and that means that Dolphins will be sharing the pool from 2:30-4:30. Seniors and Pre-seniors will be reduced to 3 lanes, and **White Group times will change to 4:15-5:00 pm M-W-F.**



**SAVE THE DATE!**

## Awards Banquet May 18<sup>th</sup>

The annual DDST Awards Banquet has been re-scheduled for **Sunday evening, May 18<sup>th</sup>, 3:00-5:00 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; watch your mail for an invitation and details. Please don't let your swimmer(s) miss this fun-filled and rewarding evening!



## Swimmers of the Month

**Kaela Forvilly, Erica Chappell, Taylor Killion, and Kyle Johnston** are our February Swimmers of the Month.

**Kaela Forvilly** listens to her coach, wants to learn, and even takes her swimming home with her. This 8-year-old reviews what she learns at practice with her parents, which is a great strategy for learning. She takes swimming seriously, but has fun at the same time. She likes to race, shining especially in backstroke in which she earned two A times at the Valentine Meet. She is very respectful of her coach and teammates. She encourages her teammates, and was heard saying only kind things to them and about them at the meet.

**Erica Chappell** has been amazing at practice. Despite suffering from the higher winter pool temperature (she is one of the few younger swimmers who would prefer to swim outdoors year round!), Erica has been swimming with drive and determination. Erica's practice habits were rewarded with an incredible 100% time improvement at the Valentine Meet.

**Taylor Killion** has been working very hard in practice and had a great Valentine meet. Taylor has her heart set on making JO cuts and is now just inches away. Keep your eyes on her; she is going to be a tough distance swimmer and fast backstroker.

**Kyle Johnston** deserves a shout for his hard work at practice and his outstanding Valentine meet. In practice Kyle tested 20 100-freestyles on the 1:20, then moved to a backstroke lane for another 20 100-backstrokes on the 1:30, finishing like a champ. Kyle is one of the toughest swimmers his coach has been around, and this is why he

achieved his first Far Western time standards at the Valentine meet. All the younger swimmers can look up to Kyle.

Congratulations Kaela, Erica, Taylor, and Kyle! Keep up the great work!



## Emergency Info Update Forms!

**All DDST Members please update your medical and contact information whenever any of it changes!**

This is necessary to maintain a safe environment for the swimmers, and is the **parents' responsibility.** Just turn in the yellow form accompanying this newsletter to any of the positions listed at the bottom. The same form may also be used to request temporary inactive status for billing, change email preferences, or other changes. More copies are available in the team file box, from the coaches, or at [www.ddst.org](http://www.ddst.org).



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COACH

## Sarah's Corner

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

**Exciting new research shows that eating extra protein before a hard workout helps you to recover faster afterward.**

Training for sports is done by taking a hard workout and then having sore muscles the next day. Then you take a moderate workout the next day. Your muscles grow and heal while you recover. Of course, if you could recover faster from a hard workout, you could do more work and be a better athlete.

Scientists have known for years that you will recover faster by eating carbohydrates after you finish your hard workout, and the sooner you eat, the quicker you will recover. Eating extra protein on the days that you take hard workouts helps you recover even faster. Chronic muscle fatigue in athletes is associated with low blood levels of amino acids, the building blocks of proteins. To summarize:

- **1.** Eating extra protein reduces muscle damage during hard exercise
- **2.** Eating carbohydrates along with a protein building block called leucine helps you to recover even faster
- **3.** Eat lots of fruits, vegetables, whole grains and beans and meat or vegetarian protein foods immediately after a hard workout.

The so-called branched chain amino acids can be converted to sugar and also help to form and rebuild muscle after a hard workout.



## Payment Box Reminder!

Just a reminder to DDST members that **all DDST payments should be placed in the gray metal box next to the team file folders.** Payments placed in your family folder **will not** get to the Treasurer, as these folders are only for exchange of team information.



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

Since the reopening of the pool **the water temperature is warmer.** According to the pool staff the general public has made many positive remarks about the higher temperature. It sounds as if they will continue to keep the pool at the warmer temperature.

Our athletes have been experiencing some problems with this heat level at practice. Mainly discomfort, increased cramping, and exhaustion. **I cannot tell you enough how important it is for our swimmers to have water during practice.** This will help alleviate most of the issues we're having. Keep a bottle in your equipment bag and refill it. Washing it occasionally is a good idea also (you don't even want to know what we saw growing in Meagan's bottle she had left in her gear bag for two months!). Glug, glug, glug.



COACH

## Stefanie's Corner

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

With the new skills testing we started last month, there are changes going on within the practice groups. Many swimmers are, or will be, advancing into new groups. Because of these changes and what I observed at our Valentine Swim Meet, I wanted to discuss the **team aspect** of belonging to a swim team.

Although swimming is generally considered an *individual* sport, meaning your success depends on Yours Truly, there are many positive lessons swimmers can learn from being on a swim team.

### Can YOU think of anything you learn on your swim team?

Our teammates motivate us, challenge us, laugh with us, groan with us. With all the time we spend at the pool to become better swimmers, we develop strong bonds and friendships with our teammates. This includes our whole team from Pre-competition through Seniors. We learn by watching the more senior swimmers how to cooperate in a lane, how fast we can swim with lots of hard work, and how to get around at a

swim meet. Believe it or not, older swimmers even learn from the newer swimmers. When they watch those swimmers who are still learning the strokes, the more senior swimmers see how far they've come, and that yes, hard work and doing all those drills really does pay off! So you're helping motivate them to keep up their hard work.

Being on a team works best when we work **with** each other, giving back to our teammates. As we work together in small spaces, confined by lane lines and intervals, and as we find new swimmers in our groups, I hope we all remember to be the kind of teammate we expect others to be. The effort of swimming is individual, but the experience is... **together.**

Some key ideas to being a better teammate might include:

- being positive about a set, motivating others to do the same
- moving over to the side of the lane when finished with a set
- sharing the lead-off in a lane
- listening when the coach is talking so everyone can hear instructions
- encouraging our teammates to make an interval, or to try a skill one more time until they 'get it'
- cooperating to share lanes with anyone the coach puts with you

If you think of more ways we can be positive, enjoyable teammates, let me know. I think you're all great teammates, but we can always be better ones! Being on a team in an individual sport adds a lot to the fun!



## DDST Key Contacts

**Board President:** David Kessler

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Lorna Johnston, 775-782-2382

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## St. Valentine Meet Results

51 Dolphins swam fast at the DDST St. Valentine meet February 8-10. The meet attracted over 350 swimmers from California and western Nevada, and was a great success with some very fast times. This was a perfect icebreaker for 13 new DDST swimmers, some of whom had only been with the team for a few weeks. The meet brought out 6 new JO cuts and 4 new Far Western times.

At the beginning of the Friday evening session, all the Dolphins gathered under our new scoreboard with **Ray Sidney and Robbe Lehman of Big George Ventures**, and the meet participants joined us in a big thank you and round of applause for the scoreboard and new timing equipment made possible by their generous donation. Then everyone got to see it in action for the first time!

The Friday evening distance events started with **Meagan Skilling** and **Shaelin Morefield** swimming super fast 400 IMs, dropping their best times by 30 sec for new JO cuts. **Annika Sikora** and **Shelby Koontz** swam the 200 IM very strong, Annika dropping 2 sec. Finishing with the 500 freestyle were 14 Dolphins, 3 for the first time, and 7 with best times. **Erica Chappell** swam a best time by 18 sec, **Taylor Killion** crushed her time by 10 sec, **Sarah Koontz** swam strong and dropped 1 sec, **Shawn Kessler** swam almost one minute faster at 7:08, **Dan Palmer** swam over a minute faster, **Kyle Johnston** swam 21 sec faster for a new A time and JO cut, and **Cameron Morefield** swam 11 sec faster at 5:40. **Yuchen Jin, Michelle Forman**, and **Eric VanBeuge** each swam their first 500 and looked strong.

For the rest of the weekend, the 6-under boys started off great with 100% improvement and no DQs! **Alex Mayer** improved in his 2 events even after a fun week off at Mardi Gras, showing his improved stroke technique. **Matthew Shick's** coach was proud to see him stay

on his back for 2 laps of backstroke to claim the 10 sec drop without a DQ!

Six 8-under Dolphins swam in their first meet. **Jessie Jin, Annalisa Neal, Scout Pope, Andrew Browning, Cameron Hinchey**, and **Dylon Hinchey** got to show off the beautiful swimming they've been working on so hard since joining the team, while learning how swim meets work. They proved that swimming with good strokes in practice does pay off when it comes to racing. Jessie wasn't afraid to try her flip turn in 50 freestyle and finished in under a minute! Everyone surprised Coach Stefanie with some FAST swims.

The 8-under boys who've "been-there-done-that" were busy swimming a lot of best times. **Cade Ball** surprised everyone, even himself, by skimming off 9 sec in 2 short events for new B times, after being out of the water for 6 weeks. Now we look forward to seeing what he'll do with more time in the water! **Jason Gray** swam a great 50 backstroke, dropping 7 sec. **Kira Costarella** dropped 3 sec in 25 freestyle to break the 30 sec barrier, and did great in her first 50 backstroke. **Emily Dack** had 100% improvement, and swam her first 50 freestyle, 25 breaststroke, and 25 butterfly. **Grace Fischmann** swam like a fish, dropping 5+ sec in 50 breaststroke even with recent time off due to illness and a new baby brother. **Kaela Forvilly**, in just her 2nd meet, improved both her previous events and swam 4 new ones. Kaela showed us how to swim backstroke fast, with new A times in 25 and 50 backstroke! Good work, Kaela! **Allie Jezek** improved in 3 of 4 events, dropping 2 sec in 25 breaststroke for a new B time, and laughing all the way in 25 butterfly. Swimming is so much fun! **Taylor Sullivan** swam 8 strong events, dropping about a half sec in 25 breaststroke despite fighting a virus.

Four 9-10 Dolphins swam in their first meet. **Kaitlyn Browning** was a star in her coach's eyes because of her positive attitude. She showed off her newly mastered dive and swam strong. **Emma Gray** found her courage and swam beautiful and fast. Coach Stefanie is

looking forward to seeing her swim more events at her next meet! **Kai Stoll's** hard work in practices showed in her races. She swam 4 events looking like a pro, with no DQs and a great flip turn in 50 freestyle! **Riley Hollis** tried 3 events for his 10<sup>th</sup> birthday, and showed his coach he is a competitor. Coach Stefanie knows that with his positive attitude and listening skills, he'll reach his goals this year.

For the veteran 9-10s, **Madison Harvey** swam strong and fast, improving 2 sec in 100 freestyle, and swimming 50 backstroke and 100 IM for the first time. **Stephanie Gray** was fighting a virus but still intent on swimming her hardest, and didn't complain through 3 events, including her first 50 butterfly and 100 IM. **Shelby Koontz** swam her 7 events near best time, and had great beginners luck in her first 100 backstroke with a new A time. **Annika Sikora** moved to the next level of swimming with her first JO cut in 50 backstroke, and two new BB times in 100 backstroke and 100 breaststroke. Good job Annika! **Andrew Brockhage** set an example for all swimmers with his listening skills. He asked his coach how to swim each of his 5 races, followed instructions exactly, swam well, and talked with his coach again after each race! **Seth Jezek** swam 5 events, with strong 200 and 100 freestyle races, and a 1.6 sec improvement in 50 freestyle. **Aaron Mayer** had a huge 27 sec improvement in 50 backstroke, and swam strong to the finish in 100 freestyle.

For the 11-12 group **Erica Chappell** had a fantastic meet, with 100% improvement, two new "BB" times in 50 and 200 freestyle, and 6 sec drops in 100 butterfly and IM. **Clara Gray** swam her first meet like a pro, stoic and without emotion (until it was over, when she smiled). She surprised Coach Stefanie with some fast swimming, and herself with a beautiful backstroke flip turn. **Darby Mattinson** was back for her 2nd meet, swimming 4 new events in one day and looking strong, with some fast times to beat at the next meet. Welcome back, Darby! **Shaelin Morefield** had 3 best times, with a new AA and JO time

in 400 IM, and dropping 22 sec for a new A time in 1000 freestyle. **Meagan Skilling** swam a new A time for her first 200 breaststroke, plus 5 other best times, including JO in 200 freestyle, AA and JO in 400 IM, AA and Far Western in 200 backstroke, and AAA and Far Western in 100 IM!. **Adam Dack** packed in 8 events, 3 of them new, including a strong finish and no DQs in 200 IM, which he practiced hard for, and a 7 sec drop to 59.68 in 50 butterfly. Great job, Adam! **Kyle Johnston** had a huge meet, with 100% improvement, an A time for his first 200 backstroke, A and JO time in 500 freestyle, and 3 new AA times including Far Western cuts in 200 freestyle and 100 butterfly. **Shawn Kessler** took off an extraordinary amount of time, over a minute across 3 events, and achieved a new B time in 100 freestyle.

In the 13-14 group, **Yuchen Jin** swam all best times, including a new BB in 100 freestyle and her first 500 freestyle. **Taylor Killion** improved in 7 of 8 events, swimming 1:19 faster in 1650 freestyle for the largest time drop of the meet, and 10 sec faster in 1000 free. **Sarah Koontz** did very well in her distance events, swimming 5.5 sec faster in 1000 freestyle, 1 sec faster in 500 freestyle, and looking strong in her first 200 butterfly. **Mary Smithen** in her first meet since State swam faster in 200 freestyle and 200 backstroke. **Alicia Thomas** swam in her first meet and showed how much she likes breaststroke, with a 1:49.06 in the 100. The coaches are excited to watch her improve this next year. **Cameron Morefield** swam an impressive meet with 100% improvement in 8 events, dropping 18 sec in 1000 freestyle, and shedding 4 sec in 100 backstroke with a new BB time of 1:07.64 and almost a JO cut. **Dan Palmer** had 100% improvement also, dropping a combined 2:35 across 6 events, including 1:15 off 500 freestyle for the second largest drop of the meet, 23 sec in 200 freestyle, and 35 sec in 200 IM.

For the 15-18 swimmers, **Becca Chappell** swam her first 200 IM since her knee surgeries and swam it beauti-

fully, improving by 3 sec. **Michelle Forman** swam 500 freestyle, 100 breaststroke, and 100 butterfly for the first time, and had 100% improvement in 4 more events, including her first A time in 50 freestyle. **Anna Jackson** had a sweet-16 birthday meet, swimming 4 sec faster in 200 freestyle. **Chandra Matheson** swam 8 sec faster in 200 IM, 2 sec faster in 100 breaststroke, and 3.6 faster in 200 freestyle for a new B time. **Cassie Parr** looked great on her 100 freestyle. **Paula Sigala** had a rough meet swimming sick, but still looked strong in 200 freestyle. **Haley Von Schottenstein** coming back from a 3-week break swam great in the first half of her races. **Shawn Stubnar** swam 1650 freestyle and 200 butterfly for the first time, and improved in 4 more events, swimming very well in 100 and 200 backstroke for which he has been training hard. **Eric VanBeuge** swam some longer events, 500 freestyle, 200 freestyle, and 200 IM for the first time and looked very strong, and also swam a great 100 butterfly.



## Team Store

[www.ddst.org/store.htm](http://www.ddst.org/store.htm)

Store Manager: Linda Koontz, 775-782-7806, [bobliskoontz@verizon.net](mailto:bobliskoontz@verizon.net)

**Currently in stock (selected sizes):** team suits, T-shirts, girls' shorts (M), and zip-up sweat jackets, and **new team shirts and sweat pants!** Contact me to check on sizes. **Check with your coach about optimal racing suit sizes.**

**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.**



## January Practice Meet

Wednesday January 30<sup>th</sup> the Dolphins came together to put our new timing equipment to the test. About 50 Dolphins practiced using the new touch pads and timing equipment, and many of them were new to swim meets. This was a great experience for our newer swimmers, giving them a chance to see what a meet is like before diving into our Valentine meet. For our older swimmers it gave them a chance to get some race pace work in, and help the newer swimmers find their heat and lane assignments.



## Upcoming Meets

**Online entries, meet sheets, updates:** [www.ddst.org/meets2008.htm](http://www.ddst.org/meets2008.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!**

**March 2, Carson City, Pacific Swimming Zone All-star Developmental Meet,** meet sheet [www.pacswim.org/0308zoneallstar.pdf](http://www.pacswim.org/0308zoneallstar.pdf) (see coach for details).

**March 14-16, San Ramon CA, Pacific Swimming Junior Olympics Championships,** meet sheet [www.pacswim.org/0308srjl\\_jo.pdf](http://www.pacswim.org/0308srjl_jo.pdf) (qualifying times apply, see coach for details, entries due postmarked Mon. March 3<sup>rd</sup>, or online or hand-delivered Wed. March 5<sup>th</sup>).

**March 29-30 (NEW DATES!), Spring Fling Invitational, Reno,** meet sheet [www.pacswim.org/0308reno.pdf](http://www.pacswim.org/0308reno.pdf) (entries due postmarked Mon. March 17<sup>th</sup>, or online or hand-delivered Wed. March 19<sup>th</sup>).

**April 3-6, Pleasanton CA, Far Western Short-course Championships,** meet sheet [www.pacswim.org/0408plsfw.pdf](http://www.pacswim.org/0408plsfw.pdf) (qualifying times apply, entries due online or postmarked by Wed. March 26<sup>th</sup>).

**TEAM TRAVEL MEET: April 19-20, long-course meet (location TBD),** see coaches for details.



## Team Travel Meet April 19-20

The team travel meet April 19-20 will probably be changing to a different location, since Santa Cruz decided to move their meet to Prom weekend! Stay tuned to the coaches and [www.ddst.org](http://www.ddst.org) for details as soon as they are decided. Training for the meet will follow the Team Travel Policy below and will begin March 3<sup>rd</sup>.

**Coach Sarah still needs a Chaperone for this meet.** If you are interested please contact her ASAP.



## Team Travel Policy

The Douglas Dolphins feel it is important to provide each member with at least one team travel opportunity per year. As swimmers progress these opportunities become more frequent with competitions and training throughout the US and beyond.

In order to travel, swimmers must meet the following criteria:

- 11 years of age or older or at coaches discretion
- Meet the qualifying standards of the competition
- Demonstrate maturity and show responsibility in training, and at competitions
- Have 100% attendance record for Pre-seniors and Seniors. Blue Group must have a 92% attendance, and Red Group must have 85% attendance. All percentages are based from a designated time frame decided by the coaches.
- When the team travel includes 10 and under swimmers, a parent or designated guardian must accompany the child.

Team travel is always done as a team. It is not normally permitted to travel on your own unless special circumstances arise. Family members are welcome and encouraged to attend the competition but are responsible for the travel arrangements and cost.

All team trips will have a Team Chaperone/Manager assigned. All participating athletes will share the cost of the chaperones. The Chaperone/Manager will be responsible for meals, travel/transport arrangements and the general care and welfare of the athletes. This person will work closely with the head coach of the trip to coordinate the itinerary.



## From the Meet Directors

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

We want to thank everyone who helped out with our February meet. There were many people who volunteered their time even though they already had earned more than 30 hours at the last two meets. We especially want to recognize **Chris Kessler** who coordinated our Snack Bar, **Syndi Skilling** who coordinated the Hospitality for coaches and officials, and **Shawn Shick** who collected donations from the community and put together our raffle baskets.

**Computer** Joe Stubnar, Dave Kessler, Lane Killion; **Colorado Timing System** Linda Koontz, Leslie Morefield, Barb Sikora, Mary Jo Palmer, Josefina Sigala, Stacey Von Schottenstein; **Clerk of Course** Dana Killion, Jennifer VanBeuge, Shawn Shick, Christy Mayer, Margaret Jackson; **Marshall** Todd Jezek, Brendon VanBeuge, Barry Hollis, Jerry Palmer, Mitch Fischmann, Steve Chappell; **Runner** Jerry Palmer, Karen Sullivan, Chris Forvilly, Callie Parr; **Announcer** Kathy Chappell, Dave Kessler, Greg Von Schottenstein, Katie Palmer; **Head Timer** Brendon VanBeuge, Chris Dack, Don Brockhage, Darin Skilling, Chris Jezek, Susan Forman.

**Awards/Programs** Lori Browning, Sabrina Ball, Shawn Shick, Diana Fischmann, Xiaojun Jin; **Hospitality** Syndi Skilling, M.J. Hollis, Kathy Chappell, Hollie Harvey, Michelle Costarella, Margaret Jackson, Karen Brockhage, Pattie Dack, Shawn Shick; **Snack Bar** Chris Kessler, Josh Kessler,

Kerry Pope, Mary Stoll, Ginny Thomas, Avelino Sigala, Julie Gray; **Officials** Jim Morefield, Leslie Morefield, Steve Sikora; **National Anthem** Mary Smithen.

Thank you also to our Senior and Pre-Senior swimmers who helped with set-up on Thursday and Friday, and gave up precious "sleeping in" time to mentor younger swimmers at the meet: Becca Chappell, Michelle Forman, Anna Jackson, Yuchen Jin, Kyle Johnston, Chandra Matheson, Dan Palmer, Cassie Parr, Paula Sigala, Mary Smithen, and Shawn Stubnar.

**Visiting officials** from Tahoe, Reno, Sparks, and Truckee stepped up to help, and made the meet run much more smoothly; we appreciate their service. We especially thank **George Burke** of Reno who stepped in as Meet Referee Sunday afternoon, and **Valerie & Jerry Rudd** of Tahoe for their cheerful leadership and long dedication to all the swimmers.

Our 2007/08 meet season is now over and we will not host another meet until Zone 4 Championships August 8-10. We hope you got to know some of the other swim families on the team and find out what it takes to put on a successful meet! (Families who did not meet the 10 hour volunteer requirement per meet will be billed in March/April per the DDST Family Meet Management Policy).



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, March 4<sup>th</sup>, 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 at 5:30 pm** (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](http://www.ddst.org/boardmembers.htm)



## Transitions

Welcome new swimmer Sarah Hyatt and returning Dolphin Colby Cain. **Moving up: congratulations** to new White Group member Cameron Hinchey, and new Red Group members Andrew Brockhage, Kai Stoll, and Kaela Forvilly. **Farewell** to Torie Gleason. **Happy February Birthdays** to Anna Jackson (2/2), Shaelin Morefield (2/4), Riley Hollis (2/10), Marco Hyman (2/12), Cassie Parr (2/16), Eric VanBeuge (2/16), Taylor Brockway (2/25), and Becca Chappell (2/25).

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



## Practice Schedules

### SPRING BREAK PRACTICES FOLLOW SCHOOL OUT TIMES BELOW.

Check [www.ddst.org](http://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, F 4:15-5:00

**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

Due to meet and vacation schedules, the next *Monthly* will be a combined March-April edition, and will appear about March 31<sup>st</sup>. **All submissions should be received by Monday, March 24<sup>th</sup>.** 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](mailto: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.

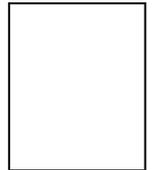
*A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, and Stefanie Signorella; Lorna Johnston, Linda Koontz, Joe Stubnar for mailing data, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).*

**Latest news online: [www.ddst.org](http://www.ddst.org).**



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**Time-sensitive Swim Team news enclosed!**