

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(est. 1964)

www.ddst.org

March-April 2008

June Tahoe Meet entries due soon!

What, June? Yes! This meet is very popular throughout northern California and Nevada, and fills up long before the entry deadline. **Many Dolphins have missed out in the past by waiting too long to enter.**

This year the meet is **June 7-8**, and you can either enter individually, or join in DDST's team entries. The meet entry information was not yet available for this newsletter, but you should **plan to enter as soon as it is** – stay tuned to your Coach and www.ddst.org.



Pre-Competition Practice Times

Until further notice, practices for the **Pre-competition Group will be starting at 4:30 instead of 4:00 Tuesdays and Thursdays.** Check with your coach if you have any questions.



Mystery Fridays for Red Group!

For Red Group members interested in an extra practice and fun new challenges, Blue Group extends a special invitation to join them on Mystery Fridays! Practice time is 4:15-5:30 every (you guessed it) Friday. Come find out what all the mystery is about, and what fun thing are waiting for you in your next practice group!



Swimmers of the Month

Adam Dack, Shawn Kessler, Marco Hyman, and Shaelin Morefield are our March Swimmers of the Month.

Adam Dack was chosen by Coach Stefanie for his great sportsmanship, hard work, and persistence during February. Adam recently moved up to Blue Group by sheer will power and determination. When he faced an obstacle he worked on it, didn't give up, and conquered it. Adam attended most of the Mystery Fridays with Blue Group to gain more yardage and experience. You will also see him at most meets for which he qualifies, swimming as many events as possible and trying new events with an I'm-gonna-go-for-it attitude. Adam is fun to coach and to swim with, respectful while his wit and personality still come through. Adam will go far with his desire to be the best he can be and his great attitude.

Shawn Kessler was chosen by Coach Kat because setting a goal and working hard for it is what great athletes are all about.. Shawn has been a completely goal driven swimmer. He has been working on technique diligently. He also doubled up his practices to get ready for the Vacaville meet. We wish Shawn great success on his new team. It has been a pleasure coaching him.

Marco Hyman was chosen by Coach Sarah for his perfect attendance and double workouts. He is swimming with a great goal in mind: his last chance to make High School State Championships. He is going to have a great season, and is hoping to be a part

of the Santa Rosa Junior College team in the fall. Marco is a hard worker in the pool, and is a pleasure to coach.

Shaelin Morefield was chosen by Coach Sarah for her outstanding performance at JOs. Shaelin improved in 5 of 6 events. It was so great to see her light up after she swam and to see that excitement back. She has come back to practice with some new spunk, and has been working super hard toward Far Westerns.

Congratulations Adam, Shawn, Marco, and Shaelin! Keep up the great work!



INSIDE THIS ISSUE:

<i>Swimmers of the Month</i>	1
<i>Coaches' Corners</i>	2
<i>Awards Banquet May 18th</i>	2
<i>Bring a Buddy May 16th!</i>	2
<i>Lake Berryessa Swim June 7th</i>	2
<i>Folsom Meet Entries Due!</i>	2
<i>New Team Fins!</i>	2
<i>Vacaville Meet Results</i>	3
<i>Zone All-star Meet Results</i>	3
<i>Upcoming Meets</i>	3
<i>DDST Key Contacts</i>	3
<i>Junior Olympics Results</i>	4
<i>Team Store</i>	4
<i>Sponsorship Ad Campaign!</i>	4
<i>Officials Corner</i>	5
<i>Parents Corner</i>	5
<i>Snack Bar Coordinators Needed!</i>	5
<i>Next Board Meeting May 6th</i>	5
<i>Welcome New Swimmers!</i>	6
<i>Practice Schedules</i>	6



COACH

Sarah's Corner

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

Learning about oneself while enjoying the sport is one of the most important aspects of swimming. The swimming environment encourages learning and fun, helping your child to develop a positive self-image. Athletes who find their self-worth through winning will go through tough times when they lose, and everyone, even Michael Phelps, will lose sometime!

It is not healthy for your child to compete only in those events where she can "win." When the coach enters your child in new events, encourage her. She needs the experience of trying (and perhaps failing) so that she can learn how to handle defeat and develop improvement goals. She will learn that losing does not make her a failure as a person, a big step in building self-esteem.

It takes more than just encouragement on your part. When your child fails, you must show the same unconditional love and approval as when he succeeds. Don't praise dishonestly. Children see through that. Just show love and approval for the child, not for his performance. Continue to encourage your child to take on new challenges.



SAVE THE DATE!

Awards Banquet May 18th

The annual DDST Awards Banquet will be **Sunday evening, May 18th, 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!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

Since the numbers in Blue Group are down, we have extended the invitation to any Dolphins from Red Group, who want to do an extra practice that is challenging, to join us on Mystery Fridays. That practice is from 4:15-5:30



Bring a Summer Buddy May 16th!

Bring a Buddy is our way to recruit from within for our 2008 Summer Swim Team Program. **All White, Red, and Blue Dolphins are encouraged to bring a friend or relative (or both!) to practice Friday May 16th** from 4:30-5:30. Sign ups for interested families will run May 19th – May 23rd.

Summer Swim Team will run for 10 weeks starting on June 9th. The coaches have a goal of 30 swimmers for our 2008 program. Please help us achieve that goal and keep the Douglas Dolphins the **second largest team in northern Nevada.**



Lake Berryessa Swim June 7th

Lake Berryessa entry forms are out. This is a sanctioned 1-mile lake swim (or 500 yards for 8-10 year olds) in a beautiful, warm (65-70°) lake in the hills outside of Napa, CA. Coach Sarah has swum this on 3 separate occasions, and each one was a blast! Following the swim there is a huge picnic area where all pre-entries are entered in a huge raffle. Swimmers must check in by 8:55 am on Saturday for the 500 yard swim, or by 10:00 am for the mile swim. The swims will be over by about noon, leaving plenty of time to get back and swim at the Tahoe meet on Sunday! Each swimmer receives a cap, glass mug, and refreshments. This is a fun experience not to miss!



COACH

Stefanie's Corner

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

To all of the swimmers in Red, White and Pre-competition groups who have shown excellence in their **1.) attendance, 2.) listening** and following directions, and **3.) effort** at practices this last month, **I am proud of you**, and encourage you to continue. It will pay off.

Some days it may seem like no one notices your hard work, but you love it, and it will pay off. You're going to feel good swimming through the water like a fish. And when you swim in your next swim meet, your fast times will prove to everyone the effort you've put in. Great job, keep it up! See you at practice!



Folsom Team Travel Meet April 18-20

Completed entry packets are due to Coach Sarah ASAP! Don't forget a copy of your **2008 USA Swimming registration card, Insurance information, and co-pay check** payable to Douglas Dolphins Swim Team. Practice attendance requirements for this meet are in effect March 3rd – April 18th.

Entries for 10-under swimmers being accompanied by a parent should be submitted ASAP per the entry information at www.ddst.org, or see Coach Sarah. Entries are due postmarked April 7th or online April 11th, but don't wait, the meet may fill up first!

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



New Team Fins!

The team has purchased new fins for the younger groups to use during practices. **Swimmers and parents are reminded to return all fins marked DDST to the fin room immediately after practices.** Our thanks to parent Lori Browning for marking all the fins!



Vacaville Meet Results

Eight Dolphins traveled to Vacaville, CA on February 29th to March 2nd for a last-chance JO qualifier. Friday evening we had 2 outstanding 1650 free-style swims. One was from **Sarah Koontz** who swam 37 sec faster at 20:36.95, and **Taylor Killion** who swam 46 sec faster with a new A time of 20:07.33.

Saturday and Sunday morning sisters **Kira & Annika Sikora** swam. **Annika** swam a great first event taking 6.6 sec off her 200 freestyle, then just off best times in her other events, while sister **Kira** swam best swam best time in all her events.

In the afternoon sessions, **Shawn Kessler** swam a great 200 freestyle dropping 11 sec, swam 1.6 sec faster in 100 backstroke, and looked strong in his other events. **Taylor Killion** swam a great meet, reaching her goal of Junior Olympic times in her 100 and 200 backstroke. Taylor dropped 2.5 sec to 1:07.85 in 100 backstroke, and swam 2.5 sec faster in 200 backstroke at 2:26.80, both new A times. She also improved in 100 and 200 freestyle. **Sarah Koontz** had a great mile and is looking great in her distance freestyle and butterfly and in 200 backstroke. **Colby Cain** is back and stronger than ever. Colby had a great meet, swimming unofficially 58 sec in 100 freestyle and an official 26.00 in 50 freestyle. He swam 16 sec faster in 200 freestyle and swam strong in 100 backstroke. **Becca Chappell** was great fun like always, and swam great in 500 freestyle, crushing her previous time by 10 sec for a 6:28.83. **Marco Hyman**, at his first meet since State in November, swam and just off best times, and swam his first ever 200 butterfly perfectly with a new Junior Olympic qualifying time of 2:15.76, and missing Far Western time by less than 2 sec.



Zone All-star Meet

The 2008 Pacific Swimming Zone All-star meet was hosted by our own Zone-4 at the Carson City pool on March 2nd, and 10 Dolphins joined the Zone-4 team.

For the 8-under team **Kaela Forvilly** had a great meet, swimming best times in both her events, with 21.66 in 25 backstroke and 26.71 in 25 breaststroke. **Ali Jezek** swam a strong 25 freestyle and 25 backstroke. **Evy Bertolone-Smith** also swam best times in both his events, 21.07 in 25 freestyle and 23.44 in 25 backstroke.

On the 9-10 team **Savannah Chappell** swam very fast, with best times in both her events, 39.10 in 50 freestyle and a new B time of 48.55 in 50 backstroke. **Shelby Koontz** also swam well, with 1:09.74 in 100 freestyle, 42.51 in 50 breaststroke, and 35.57 in 50 butterfly.

For the 11-12 team **Erica Chappell** swam well, with 32.64 in 50 freestyle and 1:34.09 in 100 butterfly. **Shaelin Morefield** swam strong with 1:05.36 in 100 freestyle, 1:11.42 in 100 butterfly, and 2:34.27 in 200 IM. **Kyle Johnston** swam well in his 3 events, with 1:00.09 in 100 freestyle, 1:10.58 in 100 backstroke, and 1:08.47 in 100 butterfly.

On the 13-14 team, coached by our own Coach Kat, **Mary Smithen** swam 100 backstroke in 1:14.64 and 100 butterfly in 1:13.52. **Cameron Morefield** had an awesome meet, swimming best times in all 3 events. Cameron dropped 4.4 sec to 2:07.75 in 200 freestyle, 3 sec to a new BB time of 1:07.76 in 100 butterfly, and 3 sec to 2:24.79 in 200 IM.

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



Upcoming Meets

Online entries, meet sheets, updates: 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!

April 3-6, Pleasanton CA, Far Western Short-course Championships, meet sheet www.pacswim.org/0408plsfw.pdf (qualifying times apply).

TEAM TRAVEL MEET: April 18-20, Sierra Marlins B/BB+ long-course, Folsom CA, meet and entry info at www.ddst.org (entry packets due to Coach Sarah ASAP; entries for 10-unders accompanied by parents due postmarked April 7th or online April 11th.)

May 23-25, Carson Tigersharks Intermountain Classic, meet sheet www.pacswim.org/0508cars.pdf (enter online or hand deliver by May 14th, or mail by May 12th). **Inform your coach if you plan to attend this meet.**

June 7, Lake Berryessa, CA, open water meet, meet sheet www.pacswim.org/0806dam.htm (enter online or mail by about May 11th to avoid surcharge. **USA Swimming registration card must be presented day of swim.**)

June 7-8, Tahoe Swim Club, meet sheet www.pacswim.org/0608taho.pdf (team entries to Coach Sarah ASAP, or enter online or by mail ASAP). **This meet will fill up early!**



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;
Linda Koontz, 775-782-7806
Lorna Johnston, 775-782-2382

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



Spring Junior Olympics Championships

The Pacific Swimming Junior Olympic Championships were held in San Ramon, CA, March 14-16, and drew over 1100 athletes from all over Pacific Swimming, including 8 Douglas Dolphins. The Dolphins had the biggest team from northern Nevada!

The meet started Friday evening with our three 400 IM swimmers. **Meagan Skilling** and **Shaelin Morefield**, both 12, swam side by side racing their hardest, and both finished with huge improvements, **Shaelin** 6.6 sec faster at 5:16.15, and **Meagan** 4.3 sec faster at 5:17.18, both just missing Far Western cuts. **Marco Hyman**, 18, got up on the cold blocks after 8:00 pm and swam a strong race.

Saturday morning **Kyle Johnston**, 12, started things off right with a 3 sec drop to a new A time of 1:09.94 in 100 IM. **Haley Von Schottenstein**, 15, was next in the 100 butterfly with a 1:05.86, followed by **Marco Hyman** in 1:00.17. **Shelby Koontz**, 9, swam 50 butterfly next in 35.92. On the way to the blocks for 200 breaststroke **Haley** was tripped and pulled her hip (a previous injury of hers) and it affected the rest of her swims for the day.

The 13-14 50 freestyle was the Dolphins' next event, and **Mary Smithen**, 13, went out like a crazy for a new AA time of 27.03 and won her heat. **Shelby** swam her 50 freestyle very strong in 31.34. 11-12 100 backstroke was next, where **Shaelin** swam right on best at 1:11.83, and **Meagan** fought through her race and achieved a new Far Western time of 1:08.36. **Kyle** swam a strong race swimming in 1:10.27. **Taylor Killion**, 13, dropped another sec to 2:25.7 in 200 backstroke, just 2 weeks after her last meet.

Marco's best race of the weekend was in 200 backstroke, which he swam 1 sec faster at 2:16.59. Next **Shaelin** ripped it up in 50 butterfly for her sec-

ond Far Western time of 30.29. **Meagan** was just behind her at 31.75.

Shelby swam her best event of the weekend next, dropping 1 sec in 100 backstroke to 1:20.42 with a very strong finish. The 200 freestyle was the last event of Saturday and **Meagan** swam an incredible race, dropping 2.5 sec for a new AA time of 2:12.72.

Kyle swam a strong race just off best with a 2:10.13.

Sunday Morning we all flew in with the wind, and **Marco** started us off swimming 200 IM very well in 2:15.51. **Shelby** swam 50 breaststroke next in 42.37, right on best. **Haley** was back in form and swam 100 breaststroke in 1:13.60 to qualify 12th for finals that evening. In 100 freestyle **Shaelin** swam super fast for a best time of 1:01.48, and **Meagan** swam a great race and finished with a best time of 1:00.28. **Kyle's** 100 freestyle was an explosive swim and a huge best time. His first 50 was a best time, and he finished in a new Far Western time of 57.87. **Shelby** swam a very strong 100 freestyle in 1:11.54.

Next was 50 backstroke where **Meagan** swam just .01 sec off Far Western time for a best time of 32.00. **Shaelin** continued her very fast meet with a best time of 33.83, and **Shelby** had a great backstroke meet, finishing the 50 with a best time of 38.68. Not even 15 minutes after her previous race, **Shaelin** swam 200 backstroke 2 sec faster at 2:31.14. **Kyle** finished his second ever 200 backstroke with a strong 2:28.47. **Mary** and **Taylor** swam 100 backstroke in the same heat, **Mary** with a best time of 1:06.79 and **Taylor** with a great 1:07.96. **Marco** finished 100 backstroke with a season best 1:02.55. The 100 butterfly was the last event of Sunday's prelims, and **Meagan** (1:09.55) and **Kyle** (1:09.43) both finished strong.

That evening **Haley Von Schottenstein** came back to swim 100 breaststroke in finals. From her start you could see the determination she had. She swam the first 50 just behind the first place swimmer and by the 75 she was holding on to 3rd. She fought for

the finish and hit the wall with the 5th fastest 15-18 time of 1:12.82, a new AA time. **Haley** will just get stronger this season and we hope to see her place high in 100 breaststroke at high school regionals.



Team Store

www.ddst.org/store.htm

Store Manager: **Linda Koontz**, 775-782-7806, boblinkoontz@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.**



Sponsorship Ad Campaign!

Beginning in May the Dolphins will be asking each family to help raise at least \$100 for the team via **sponsorships from local businesses.** You will be receiving packets with forms detailing the different sponsorship levels and benefits. **Please start talking to friends and neighbors** who may be business owners, and others who might like to support our team and have their business **advertised to over 1200 swimmers and their families during the next 12 months.** Our goal is to have the campaign become easier each year as most sponsors decide to renew. There will be competitions and prizes for the top fundraising families!



Officials Corner

(Questions on officiating or rules may be submitted to Jim Morefield at 775-782-4360 or jdmore@charter.net.)

Q: My swimmer was disqualified when he turned over and did a flip turn in a backstroke event. Isn't this kind of turn legal in backstroke?

A: The forward flip is legal as a backstroke turn, but must meet certain requirements. Disqualification on a backstroke turn commonly occurs when the swimmer turns over too early, and must glide or use extra pulls to get close enough to the wall for a flip turn.

USA Swimming rules state that *"Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull [as in butterfly] may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall."*

This means that once the swimmer has turned over, if at any time s/he is not continuously pulling, turning, or touching the wall, s/he will likely be disqualified. Backstroke is, after all, swimming on the back, except optionally during the turns. The swimmer also may not take more than one arm pull while on the breast.

When finishing backstroke, whether in a regular event or an Individual Medley (IM) event, the swimmer must remain on the back until the touch. Forward flip turns are not allowed when changing from backstroke to breaststroke in an IM race.

As always, any swimmer or parent who disagrees with a disqualification should discuss it with their coach, who may ask the Deck Referee to review the call. The Deck Referee may overturn a judge's call with sufficient cause.

Visit www.ddst.org/officials.htm for more information on swimming rules and officiating.



Parents Corner

The following is from the FAQ (frequently asked questions) in the Parents section of www.usaswimming.org:

Q: My child gets so nervous before a competition. Is this natural? What can I do to help her to reduce this competitive pressure/stress?

A: To a degree, nervousness is part of the competitive experience and can be used as an opportunity to teach the young athlete specific strategies or skills to help her manage this nervousness.

A simple skill that young athletes can learn to help manage the "butterflies in their stomachs" is belly breathing. The athlete is taught to take slow, deep breaths into her belly, hold it briefly, and then exhale slowly. Words can be included to help the athlete focus her thoughts on something besides worry. This is a quick strategy that helps calm the body and mind and only takes a few seconds to do.

Another skill to help the athlete deal with muscular tightness brought on by nervousness is progressive muscle relaxation. In this procedure, the athlete goes through the major muscles in her body and first tenses and then relaxes each muscle. This teaches athletes to learn the difference between a tense and relaxed muscle, to learn where different muscles are located, and to eventually be able to relax specific muscles as necessary. Remember that these skills must be taught and practiced before the athlete will be able to use them effectively.

We also know that excessive anxiety can be damaging to both performance and to the athlete's desire to enter such situations in the future. Two factors which have been found to play a role in the level of anxiety experienced are the **importance of the event and the uncertainty of the outcome.**

Greater importance and greater uncertainty lead to increased anxiety. Parents, this suggests that you can play an active role in reducing competition anxiety by **de-valuing the outcome of**

the event and by **focusing on the individual performance** over which the swimmers have control.

Symptoms of anxiety: increased heart rate, rapid breathing, sweating, negativity, jittery, frequent 'pit stops,' excessive worry, doubts, talk of failure, low confidence.

Strategies to manage: deep belly breathing, positive self-talk, relaxation exercises, think of successes, stretching, visualize race, listen to music, focus on goals, light massage, distract by talking with friends, family.



Snack Bar Coordinators Needed in August!

The Douglas Dolphins will be hosting the Zone-4 Championships (trials & finals) August 8-10, and **we need two parent volunteers to share coordination of Snack Bar** stocking and operation. Additional volunteers will be helping to staff the snack bar during the meet, giving everyone the opportunity to watch their swimmers and take breaks. **Please contact Meet Director Linda Koontz if you can help in any way, 782-7806, meets@ddst.org or blkootz92@yahoo.com.** This will be a great opportunity to get a head start on your meet management hours for the coming season!



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, May 6th, 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.



Transitions

Welcome new swimmers Avi Buttar, Jake Forvilly, and Dylan Matheson.

Moving up: congratulations to new White Group members Andrew Browning, Vincent Gonzales, Camron Hinchey, Dylan Hinchey, Aditya Santhanam, and Ambrish Santhanam; **new Blue Group members** Adam Dack and Marcus Reyes, and **new Seniors** Kyle Johnston, Taylor Killion, Cameron Morefield, Meagan Skilling, and Eric VanBeuge. **Farewell** to Kira Sikora – we will miss you! **Happy March and April Birthdays** to Clara Gray (3/12), Vincent Gonzales (3/22), Mary Smithen (3/26), Erica Chappell & Joshua Smithen (4/3), Katie Patrick (4/5), Brandon Cypert (4/8), Annika Sikora (4/9), Kaitlyn Browning (4/18), Annalisa Neal (4/20), and Evy Bertolone-Smith (4/21).

(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 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 4:30-5:15

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 May 15th. **All submissions should be received by Thursday, May 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 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, and Kathy Chappell.

Latest news online: www.ddst.org.

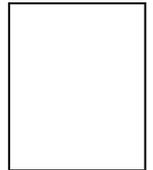


Douglas Dolphins Swim Team

P.O. Box 44

Minden NV 89423

www.ddst.org 



Time-sensitive Swim Team news enclosed!