

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(est. 1964)

www.ddst.org

July 2008

August Meet Entries Due 7/28!

Entry forms for the High Country Championship meet will be handed out during our **Twilight Meet and Team Potluck on Thursday, July 24th**. Please have them signed (by a parent) and returned to your coach by Monday July 28th



Team Pictures Thurs. Aug. 7th!

DDST team and individual pictures will be taken by InstaImage on Thursday August 7th (while all parents are helping with meet set-up!) **starting at 4:00 pm. All swimmers please wear your team apparel (suit, T-shirt, shorts, etc.).** Payment envelopes (checks or cash only) with package options will be available starting Monday the 4th, and on picture day. **Please participate in the team picture even if you don't plan to purchase photos** – otherwise your teammates will miss you! Prints ordered by picture day should be ready during the swim meet. Prints can also be ordered on-line at www.instainage.com, where **photos from our Twilight Practice Meets are also available.**



Sponsorship Drive Ends 7/25

Please turn in all fundraising for our sponsorship drive to Karen Sullivan's folder (267-4035) by this Friday, July 25th! This will allow enough time to incorporate sponsors into our meet program, T-shirts, etc., for August. Sponsorship packets are still available in our file box at the pool, or at www.ddst.org.

All Hands on Deck for August Meet!

BBQ Needed!

The **High Country Championships** we are hosting **August 8-10** will have a longer morning / early afternoon session each day, followed by a break, and then shorter late afternoon / early evening finals for the 11-up swimmers. With this extended format, **we will need each and every DDST parent to help, especially on Friday!** New to DDST? Great! Most meet jobs are easy to learn, and seasoned parents will be there to help. Please **contact meet director Linda Koontz** (782-7806 or blkooontz92@yahoo.com) to sign up or request a specific job.

If you have a BBQ grill we can borrow to supply the snack bar with hamburgers and hot dogs, please let me know!



August Fun Week

August 12 (Tuesday): team beach day at Sand Harbor (Lake Tahoe) until 4:00 pm. **Drivers/chaperones needed!** Meet at the Swim Center at 10:00 am. Bring beach/water toys, hat, water, lunch, and tons of sunscreen!

August 14 (Thursday): Wild Island Park (Sparks). Meet at the pool at 8:30 am. **Drivers/chaperones needed!** Remember your Sparkletts water, money for lunch, and lots of sunscreen.

August 11-15: no practices!



WANTED: a few new Board Members!

Nominations Due Aug. 10

Please consider adding your voice! Details inside on page 6.

Swimmers of the Month

Our June Swimmers of the Month are:

Clara Gray has caught the "swimming bug," which means she's been attending practices consistently, feeling good in the water, and improving her times at swim meets. She has been going to all the meets she can, and swimming strong and fast with good technique. Clara has moved up to Purple Group, and will be swimming with Blue Group this fall. She also listens and follows directions well, and has great sportsmanship and attitude for her teammates and coach.

Shawn Stubnar exemplifies a great group of hard-working Seniors and Pre-seniors who have had outstanding attendance at double practices this summer. When he got the opportunity to swim this summer, Shawn stepped up his training and will be one to watch at the Championship meet in August. Shawn and the other boys in this group enjoy being together, pushing each other, and swimming fast every day.

Chandra Matheson is consistent in her own training and in being a great mentor to the younger swimmers. She has been training hard at each practice, and is starting to lead in faster lanes. Chandra also helps the younger swimmers at practices and comes to cheer them on at meets. Chandra is a great leader on the team by her examples of hard work and commitment.

Congratulations Clara, Shawn, and Chandra! Keep up the great work!



COACH

Sarah's Corner

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

Swimming is about much **more than trying to be faster than your peers.** It's also about developing commitment, learning how to set goals and sacrifice for what's important to you, seeing how hard you can push yourself, and making lifelong friendships. Of course everybody wants to win, but comparisons with your peers are really only helpful if you compare apples to apples.

Most young swimmers go through a series of growth spurts at different times, with several years of development still ahead, physically, mentally, and socially. You can never know at age 13 how fast you may be at age 20. **So if swimming really is important to you, I encourage you to set personal goals for yourself season-by-season that are *not* based on how fast your friends are swimming.** Always remember that it is more important to be dedicated, and to learn how hard you can work, than it is to be faster than your friends right now.

Parents, please keep your contact information updated. Important information is emailed throughout each month. To keep up with your swimmers, please send new or changed email addresses to jdmore @ charter.net

Senior and Pre-senior swimmers, please check your email also for coach bulletins, and send your email address to me at sgovanswm @ aol.com.

**DDST Key Contacts**

Board President: Kathy Chappell
kchappell @ clearwire.net; 775-267-5284

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

Parent Liaison: Karen Sullivan
ksulliva @ dcsd.k12.nv.us; 775-267-4035

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



COACH

Stefanie's Corner

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

This month I want to suggest that swimmers and parents **take time to visit a website: www.usaswimming.org.** On USA Swimming's homepage, there are separate tabs for "Swimmers" and "Parents". Following these links, **swimmers** will find great information and resources to improve their swimming and keep them motivated. The website has lots of interesting facts to learn about the sport. **For parents** the site is very informative too. There are articles written exclusively for swimming parents, and you'll find information and answers to questions about the sport of competitive swimming (see samples on page 7!). Whether your swimmer is new to the sport, or has been in the water a while, parents will benefit from visiting the USA Swimming website.

Especially during an Olympic year, this website will keep you in the know. I recommend having your swimmer take a peek at the photos from the Olympic trials. These pictures will reinforce stroke technique we work on in practice, and add excitement and motivation to their dedicated hard work. **Don't forget to watch swimming at the Olympics August 9th-16th.**

Also, I'd like to encourage swimmers and parents to **keep track of your swim meet times.** You can get past times from www.swimconnection.com. You can keep a log book of your times and see how you're improving (there is a blank log sheet on our website, on the home page under "General Information" near the bottom). This will make practices more motivating and have more purpose. Before each meet, take a look at your log, and compare your times to the times in the Pacific Swimming standards book (if you don't have one, ask your coach for one). Then you can set goals for yourself to achieve at the swim meet. Tell your coach your goals and listen to the coach's ideas on how to swim the race you want to swim.

Remember to plan for and sign up for swim meets! Check www.ddst.org and this newsletter for upcoming meets.

For swimmers who want to do **exercises at home to improve your swimming**, let your coach know and we can give you exercises that will increase your strength and flexibility in the pool.

Have fun both in and out of the pool!

**Help For New Parents**

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and our Parent Liaison is available to answer all your questions and show you the ropes.

Contact Karen Sullivan (ksulliva @ dcsd.k12.nv.us, 775-267-4035) or another key contact (see p. 2) to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.

**INSIDE THIS ISSUE:**

<i>Meet Entries Due 7/28!</i>	<i>1</i>
<i>Team Photos Aug. 7th!</i>	<i>1</i>
<i>August Meet Workers Needed!</i>	<i>1</i>
<i>August Fun Week Plans</i>	<i>1</i>
<i>Swimmers of the Month</i>	<i>1</i>
<i>Coaches' Corners</i>	<i>2</i>
<i>Bishop Meet</i>	<i>3</i>
<i>Junior Olympics</i>	<i>4</i>
<i>Dolphins Work Death Ride</i>	<i>4</i>
<i>July Tahoe Meet</i>	<i>4</i>
<i>Upcoming Meets</i>	<i>4</i>
<i>Thank You Sponsors!</i>	<i>5</i>
<i>Board Nominations Due 8/10!</i>	<i>6</i>
<i>Next Board Meeting Aug. 5th</i>	<i>6</i>
<i>Parents Corner</i>	<i>7</i>
<i>Welcome New Swimmers!</i>	<i>8</i>
<i>Practice Schedules</i>	<i>8</i>



Bishop Meet

This year the Dolphins brought 29 swimmers to Bishop June 20-22, down a little from last year, but we still had as much fun as ever, with lots of great swims too. Eleven Dolphins took home high-point horseshoes, with our girls placing first overall, and the boys third. Congratulations Dolphins!

Six-year-old **Hayley Killion**, future butterflyer, swam an outstanding first meet, trying 25s of all the strokes plus 50 freestyle, and racing to a 1st-place time of 27.02 in 25 butterfly. **Julia Chappell**, 7, swam 4 events, improving by a huge 12 sec in 50 freestyle for 2nd place, and trying 25 breaststroke and 25 butterfly for the first time. **Andrew Browning**, also 7, improved in all his events, dropping 27 sec in 50 backstroke for 1st place, also taking 1st in 25 freestyle, and trying his first 25 backstroke. **Taylor Sullivan** swam a full slate of 10 events with some great races, including 1st place in 25 breaststroke, and new A times of 53.72 in 50 breaststroke and 1:48.71 in 100 IM.

For the 9-year-olds, **Savannah Chappell** dropped tons of time in most of her events, like 17 sec in 100 freestyle and 10 sec in 100 IM for two new BB times, and 20+ sec in 50 butterfly, and swam strong in her first 500 freestyle and 100 backstroke. **Emily Dack** swam 1 sec faster in 50 freestyle, and looked great in her first 50 breaststroke and 50 butterfly. **Shelby Koontz** had a fast meet, dropping 18 sec in 500 freestyle for a new A time and JO cut of 6:39.48, swimming 2:33.82 in 200 freestyle for another new A time, and 1:16.88 in 100 backstroke for a new AA time and Far Western cut. **Eric Jacobs** showed off big improvements, racing 8 sec faster in 100 freestyle and 16 sec faster in 100 IM and looking great.

The 10-year-olds included **Kaitlyn Browning** trying 2 new events in her second meet ever, and swimming well in both 50 freestyle and 50 backstroke. **Emma Gray** improved 1 sec in 50 breaststroke, and swam 2 new events,

achieving new B times in 50 butterfly (3rd place) and 100 IM. **Dylan Mathe-son** swam 2 events in his first ever meet, looking good in both 50 freestyle and 50 breaststroke.

Two boys represented us in the 11-year-olds. **Adam Dack** had a great meet, improved most of his times with some huge drops, like 9 sec in 100 IM, 7 sec in 100 freestyle, and 6 sec in 100 backstroke for 3rd place, and swam strong in his first 500 freestyle. **Logan Killion** had a huge meet, swimming 10 events with 100% improvement, dropping 23 sec in 200 freestyle, 21 sec in 100 breaststroke, and swimming his first 500 freestyle in 7:31.51 for 2nd place.

Our four 12-year-old girls swept the high-point awards and turned in some great performances. **Erica Chappell** improved in most of her events, dropping 15.5 sec in 500 freestyle (3rd place) and 6 sec in 100 backstroke for two new BB times, and swimming 11.5 sec faster in 50 butterfly. **Clara Gray** improved a huge 14 sec in 100 freestyle, swam strong in her first 100 backstroke and 50 breaststroke, and helped the 11-12 200 freestyle relay to a big 13-sec win. **Shaelin Morefield** took 12-year runner-up high-point in 10 events, with a new A time in 50 breaststroke, a new JO time in 100 IM, and dropping $\frac{3}{4}$ sec in 50 freestyle for a new JO and AA time of 28.42. **Meagan Skilling** earned 12-year high-point with her 10 events, swimming $\frac{1}{3}$ sec faster in 50 breaststroke, and ripping up the water with a new AAA time of 30.89 in 50 backstroke.

All of our 13-year-olds took high-point awards, including **Taylor Killion**, who swam 3 sec faster in 200 freestyle and 1 sec faster in 50 freestyle for new A times of 2:12.97 and 28.58, and also dropped 3 sec in 200 IM, taking runner-up 13-year high-point. **Kyle Johnston** swam a very strong meet for runner-up 13-year high-point, dropping 16 sec in 100 breaststroke, 12 sec in 200 IM, and $\frac{3}{4}$ sec in 50 freestyle for a time of 27.43. **Cameron Morefield** won the 13-year high-point with some great swims, including new A times of 11:41.10 and 26.21 in 1000 and 50

freestyle, and a new JO time of 1:06.60 in 100 backstroke.

Sarah Koontz, our only 14-year-old, earned runner-up high-point with some big improvements, swimming 19 sec faster in 400 IM at 5:22.66, 7 sec faster in 200 backstroke, and 2 sec faster in 200 butterfly.

For the 15-year-olds, **Paula Sigala** had a great freestyle meet, improving her times in both the 50 and 100, and swimming her first 1000 freestyle in 12:47.41. **Haley Von Schottenstein** was right at best time in 100 butterfly, and shaved 0.3 sec off her 50 freestyle for a AA time of 26.22. **Shawn Stubnar** took 15-year high-point with 10 strong swims, dropping 19 sec in 100 butterfly, 5 sec in 400 IM, and 1 sec in 200 butterfly.

Our 16-year-olds swept the girls high-point awards. **Michelle Forman** took top high-point with 10 strong events, improving 7 sec each in 100 butterfly and 200 IM for two new BB times, dropping 12 sec in 200 breaststroke, and swimming 200 backstroke and 1000 freestyle for the first time. **Chandra Matheson** was runner-up high-point, swimming 11 sec faster in 500 freestyle for a new B time, improving also in 100 freestyle, and trying 200 backstroke for the first time. **Chris Bergstrom** competed in 6 events, swimming and new A time of 25.38 in 50 freestyle, and near best in 200 IM and 100 freestyle.

Virginia Evans and **Marco Hyman** took home high-point awards as the only 18-year-olds in the meet. **Virginia's** strongest events were 100 breaststroke and 100 freestyle, and **Marco** swam a very strong 50 freestyle.

After the meet on Saturday was our annual team BBQ and water fight in the park, which is always a not-to-miss event. Our Tahoe rivals were sneakier than ever this year, stealing water guns and food, but our defenses pulled together and ultimately repelled the invaders. A few turncoats from within our own ranks ended up getting dunked in the lake too!



Summer Twilight Practice Meets

Our 2008 Twilight Practice Meet series has been lots of fun and very successful. It gives new swimmers a chance to get their feet wet and get a good feel for competition, and their more experienced team-mates get to practice racing in a low-key environment. Fifteen Dolphins participated in the Reno meet on June 27th, and 6 came to the Carson meet on July 1st, where Sasha Littrell swam her first meet. At our first home meet July 9th, we had a ton of fun and too many swimmers to count, including 3 from Tahoe. July 16th was much the same except with all Dolphins. July 24th will be our last practice meet of the summer, with the Carson City team joining us, and a team pot-luck right afterward. A big thank you to all the parents who have helped make these events so much fun for the swimmers!



Junior Olympics

Two veteran Junior Olympians, **Taylor Killion** and **Shelby Koontz**, represented the Dolphins at Long Course Junior Olympics in Concord, California, July 10-13. Taylor swam two backstroke events and Shelby swam nine events starting Thursday and ending Sunday. To make a long story short our girls did FANTASTICO!

Taylor Killion, 13, took 4 sec off of her 100m backstroke and 11 sec off of her 200m back. Two events and 100% improvement, YAY!!

Shelby Koontz, just 10, had a great meet also. How about a whopping 52 seconds off total? Amazing! The highlight of the meet was Shelby making it to finals for the first time in her swimming career, with a new AAA time of 1:25.76 in 100m backstroke. This is a "Benchmark Achievement" for all athletes. So next time you see Shelby, congrats are in order for her fine performance.



Thank You Death-Ride Helpers!

Thank you to some of our older swimmers and parents who volunteered to help out with information at registration for the Alpine County Death Ride on July 11th. Thank you to Brendon, Jennifer, Eric, and Jake VanBeuge, Joe and Shawn Stubnar, Lorna and Kyle Johnston, Sarah Koontz, Cassie Parr, Anna Jackson, and Paula Sigala. It was a long day in the heat and smoke, but interesting to see the 3000 bikers who rode the 129 mile, 5 pass ride on Saturday, July 12th! The most popular question we were asked was whether we would be willing to sell our bright orange Death Ride volunteer T-shirt!!!



Team Store

www.ddst.org/store.htm

Store Manager: **Linda Koontz**
775-782-7806, [blkootz92 @ yahoo.com](mailto:blkootz92@yahoo.com)

New Team Suit Vendor:

Orders for DDST team suits should now be placed directly with NorCal, using the updated form now posted on our web site (above). Orders should arrive much faster than they have been, and will be shipped directly to your address. **Check with your coach about optimal racing suit size**, or try on one of our samples.

Currently in stock (selected sizes): team suits, T-shirts, girls' shorts (M), and zip-up sweat jackets, team shirts, sweat pants. Contact me to check 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.**



July Tahoe Meet

Dolphin **Shelby Koontz** was right back in competition July 20th at Lake Tahoe, with three strong races on Sunday morning, including a 1/3 sec improvement in 100 breaststroke for 4th place.



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!

HOME: July 24 (Thurs.), final Twilight Practice Meet, 2:45-5:30, followed by team pot-luck. **All parents needed as helpers and timers!**

July 30-August 3, San Jose CA, Far Western Long-course Championships, meet sheet www.pacswim.org/0708westfw.pdf (qualifying times apply, see coach for details, enter online or deliver by July 23rd, or mail by July 21st).

HOME MEET: August 8-10, High Country League Championships (trials & finals), meet sheet www.pacswim.org/0808ddst.pdf (entries due Wednesday July 30th!). **All parents please be prepared to help out!**

HOME MEET: September 26-28, Autumn Freeze Invitational, meet sheet www.pacswim.org/0908ddst.pdf (pending; entries due Wednesday Sept. 17th!). **All parents please be prepared to help out!**

October 31-November 2, Reno, Ted Dorsey Fall Classic, meet sheet pending at www.pacswim.org/1008reno.pdf (entries due online Wed. October 22 or postmarked Mon. October 20).

November 14-18, Las Vegas area, Nevada State Championships. Stay tuned for this year's qualifying times, entry information, and travel plans.



Thank You Sponsors!

The Douglas Dolphins Swim Team is deeply grateful for the broad outpouring of community support in response to our 2008 Sponsorship Drive. Thanks to all of you, the Douglas Dolphins can continue to maintain a full range of high-quality competitive swimming programs and activities, while keeping these activities as accessible as possible to all the youth of our communities.

This year's sponsorship drive is not over yet, and we look forward to welcoming even more supporters next month. New sponsors are welcome at any time, of course, and information on becoming a DDST sponsor can always be found on our web site at www.ddst.org.

DDST members, please join in thanking all of the new and renewing sponsors shown on the next two pages!



Welcome and Thank You to our new and returning 2008 – 2009 SPONSORS:



Lifetime Sponsor



Platinum Medal Sponsor



Platinum Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



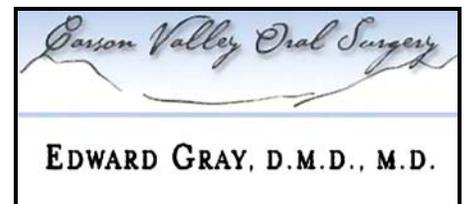
Silver Medal Sponsor



Silver Medal Sponsor



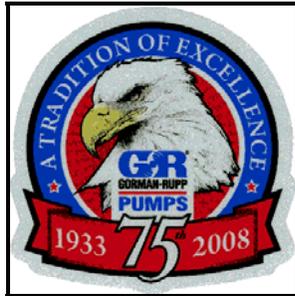
Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor

**THANK YOU 2008-2009
Bronze Medal Sponsors:**

- A.B.E. Printing & Copy Center
- Peter & Denise Axelson
- Builders Wholesale, LLC
- Curtis & Sons Construction Inc.
- Ray & Brenda Robertson
- Linda Koontz Tupperware
- Norris Auto Body
- Simply Stella!
- Taildragger Cafe



**WANTED: a few new
Board Members!**

Nominations Due Aug. 10

The Douglas Dolphins Swim Team is overseen by an all-volunteer Board of parent members elected each year in August by the membership. Two seats are being added to support the needs of our growing membership. **Please consider adding your voice to planning and directing our team's activities for the coming year!**

Please call current Board President Kathy Chappell (see contacts on page 2) if you are willing to serve, or to nominate someone who is. **Not sure if it's for you?** Come see for yourself at the next monthly Board meeting August 5th (see page 6 for details). **Nominees, please also submit a sentence or three about yourself** (any current team involvement, past swim team and/or board experience, other relevant background, etc. – **no previous experience required!**) to the Newsletter Editor (see contacts on page 2) to include on the ballot.



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, August 5th, 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: www.ddst.org/boardmembers.htm.



Parents Corner

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

A Rules Primer (from the Parents section of the USA Swimming web site):

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules that is observed by an official, a disqualification (DQ) will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. A disqualification may result from actions such as not getting to the starting blocks on time, false starting, performing strokes in an illegal manner, or unsportsman-like conduct.

DQs are also a result of technical rules violations. They include but are not limited to:

Freestyle: Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.

Backstroke: Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.

Breaststroke: An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

Butterfly: Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a

breaststroke style of kick; touching with only one hand at the turns or finish.

For specific language on any technical rules consult the USA Swimming Rules and Regulations book. Violations of the rules are reported to the Referee. The rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification.

If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience; it is never punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork – they point out areas that need further practice. Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach, and parent can make a positive situation out of the disqualification.

Parents Corner

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

Q: Some days he likes to just play with his friends. Should I force him to go to practice?

A: You should not force your child; you want his participation to be his decision. **Reinforce the choices and decisions he has made to start swimming.** For example, your son chose to go to practice on Tuesday and Thursdays, on other days he has the freedom to do other activities. As a parent, explain your expectation that he fulfill the commitment he made by joining the team. You don't want to force your child into a sport that he does not enjoy, yet you want your child to be involved in a 'lifetime sport', to learn about making and keeping a commitment and to interact with peers. So, what are you to do?

Instead of allowing your child to make a daily decision about going to practice, allow him to decide whether or not he wants to swim for the season. Once the decision is made to swim, he is making a commitment to the team and needs to follow through on it by attending practice on a regular basis. A haphazard schedule is detrimental to the swimmer's overall development.

Interestingly, when asked to reflect on the role of their parents in their swimming, athletes from the World Championship team talked about being pushed to swim by their parents on a weekly basis but knowing they could quit if they stopped having fun.

Parents Corner

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

Q: Should my child begin setting goals?

A: Of course! Everyone should set goals. In fact, most kids have already set goals. As adults, however, we must remember that **kids are not simply little versions of us and are not going to set the same types of goals as adults.** One developmental difference is that children lack the cognitive ability to distinguish time and are also very concrete thinkers. Therefore, setting long-term goals often doesn't provide the motivation for kids that it does for adults. Kids want results today. With younger swimmers, it is appropriate to talk about short-term goals -- what they need to work on today. Most coaches will emphasize goals that reinforce skill development and the process of swim performance. Additionally, based on cognitive development research, we know that around the age of 6 or 7, kids enter the stage of social comparison. In this stage, they begin to evaluate their own performance by comparing it to others. So as the parent, reinforce what the coach has emphasized and help her focus on individual improvement.

Transitions

Welcome new swimmers Ethan Liddell and Sam Taylor, and **welcome back** to Katie Palmer and Alisha Ross. **Moving up: congratulations to new Red Dolphins** Christopher Bleyer, Emily Dack, and Jessie Jin. **Happy July Birthdays** to Savannah Chappell (7/2), Molly Lahlum (7/4), Shelby Koontz (7/6), Andrew Brockhage (7/7), Meagan Skilling (7/11), Taylor Killion (7/20), Kai Stoll (7/21), and Taylor Harker (7/23).

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



Practice Schedules

NO PRACTICES August 11-15 (Fun-Week activities August 12 and 14).

Check www.ddst.org for updates.

Summer Break (starting 6/09/2008)

Seniors & Pre-seniors: M-F 7:00-9:00 am + M, W 3:00-4:30 pm

Blue: M-Th 3:45-5:00 pm, F 7-9 am

Red: M-Th 3:45-5:00 pm

White & Pre-Comp: M, W, F 4:00-4:45 pm

Summer Program: M-Th 3:00-4:00

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



Next Newsletter

The next *Monthly* will appear about August 20th. **All submissions should be received by Wednesday, August 13th.** Questions, content requests, items of interest to the DDST membership, address changes, and requests for **email 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.

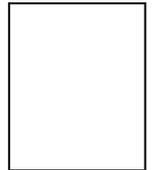
A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, and Stefanie Signorella; Lorna Johnston, Linda Koontz, and Kathy Chappell; and Joe Stubnar for membership data..

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!