

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(est. 1964)

www.ddst.org

October 2008

Travel Assistance for State Swimmers!

Families with swimmers attending State Championships in Las Vegas may **submit transportation and lodging receipts to the DDST Billing Coordinator for a credit of up to \$150 per swimmer toward their account.**

Those with airfare or lodging already paid by the Team will only owe for amounts above the first \$150. The DDST Board decided to offer this assistance in anticipation of upcoming Swim-a-Thon fundraising (see below), to encourage all qualified Dolphins to help bring the largest possible team to State Championships. Go Dolphins!



Officials Clinic Saturday Nov. 15th

New or re-certifying officials, and **any parents interested in learning more** about the rules of swimming and the roles of officials, are invited to attend an educational & training clinic in **Carson City from 10:00 am to about 1:00 pm.** Several area officials will give short presentations, show training videos, and lead discussion. **Location will be the Firkin & Fox restaurant, 310 S. Carson Street,** suite 100 (downtown across from the Legislature, parking on the north side west of Carson Street or behind off Curry St.).

A second training clinic is planned for Saturday, Jan. 17th at the Carson meet. Contact Jim Morefield (jdmore@charter.net, 782-4360) for more info.



Halloween Party October 30th!

The Dolphins' Halloween party will be **Thursday October 30th from 4:30-5:30 pm at the Swim Center,** and is for **all groups.** This annual event is one not to miss, with tombstone relays, pumpkin swims, bobbing for apples, and lots more fun.



State Pep Rally & Pasta Feed Thursday 11/6!

Please join us in the **mezzanine Thursday November 6th, 5:30-7:00 pm,** for the Dolphins' 15th annual State Pep Rally & Pasta Feed! This is for everyone and is the Dolphins' way to get pumped up for STATE CHAMPIONSHIPS. This party has been a tradition since 1994, and used to involve swimmers getting their heads shaved. So bring your favorite healthy pasta dish to share with everyone, and help send our State swimmers to Las Vegas the right way!



Swim-a-Thon[®]!

The Douglas Dolphins will be conducting a team-wide USA Swimming **Swim-a-Thon[®] fundraiser** over the next three months. Swimmers earn money for the team by swimming lengths of the pool. Swimmers get pledges from businesses, family, neighbors, etc., and then will have a two-hour period to swim a maximum of 200 lengths on Saturday morning, January 31st. Be watching for your Swim-a-Thon[®] packet and more details soon, and **get ready to put in some miles for your team!**

Sept. Swimmers of the Month

Mychael Bellik (White Group) is "Cuddlie Mychael" to her coach out of the water, but very focused and competitive in the pool. She is a hard worker and always willing to try new drills. Mychael makes practices fun and is a pleasure to work with!

Jordan Knowles (Red Group) is a great listener in practice, always focusing on the drills and sets and doing them correctly. She is always at practices on time. The Autumn Freeze was Jordan's first meet, and her swims showed that she has what it takes.

Amanda Castro (Red Group) has also been at practices consistently and on time, and models great listening and focus to her teammates in the water. Amanda had big improvements at Autumn Freeze, with a new B time in 50 backstroke.

Savannah Chappell's great attendance and constantly pushing herself at Blue Group practice paid off with a great Autumn Freeze meet. Her goal was more State times, and she achieved 3 new ones! Savannah is a fantastic athlete and a great example.

Eric VanBeuge (Seniors) comes with a great attitude, never complains, and is a pleasure to work with. He trains very hard, and had a great Autumn Freeze meet, with best times in every event and a new JO time.

Shaelin Morefield (Seniors) has been breaking new ground in practice, and the pay off at the Autumn Freeze was 9 of 9 best times, 2 new AAA times, and 4 new Far Western Times. Shaelin has her eyes on finals at State, and with the consistent hard work she will have an awesome meet.



COACH

Sarah's Corner

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

Some tips for swimmers eating many of their meals on the road:

As a competitive swimmer, many of your meals will be eaten on the road. Plan ahead and make good choices, so you stay well fueled away from home.

Plan Ahead: Bring food with you in your suitcase. Pack healthy snacks that are easily transported and don't need refrigeration. Good choices include sports bars, dried fruits, pretzels, crackers, breakfast cereals, and canned fruits. By bringing your own food, you ensure that you are eating familiar items. If your hotel room has a refrigerator, purchase low fat milk, yogurt, cheese, and fresh fruit to eat between meals. Because the risk of dehydration increases while on the road, bring water and commercial sports beverages with you.

Choose Wisely: Although restaurant choices are not always the most healthful, you can make good choices to ensure you are ready for competition. Avoid foods high in fats, which may lead to stomach upset. Ask your server how foods are prepared and choose steamed, baked, boiled, grilled, or broiled selections. Request extra servings of potatoes, rice, and bread to provide your body with additional carbs. Mayonnaise, butter, cream-based sauces, and salad dressings should be ordered "on the side" so that you can control the amount added to your food.

Because fast food restaurants are convenient and affordable, many teams make pit stops here. Fast food is typically higher in fat and calories, and better choices are available. Fortunately, most menus now include healthier options beyond a burger, shake, and fries. Grilled chicken sandwiches, side salads, and low fat milk are much better choices. Another idea is to select from the children's menu, which often offers fresh fruits and/or vegetables and smaller portion sizes.

As an athlete, you should eat three healthy meals a day plus snacks to ensure you have the fuel for your sport. Follow your regular eating schedule and

make good choices on the road so you are ready for practice and competition.

Breakfast Ideas: Cereal with low fat milk and fruit • Bagel or toast with peanut butter • Juice, low fat milk.

Lunch Ideas: Turkey or chicken sandwich • Soup and crackers • Fruit, vegetables • Water, low fat milk.

Dinner Ideas: Spaghetti with marinara sauce • Side salad with low fat dressing • Fruit, vegetables • Whole grain bread or roll • Water, low fat milk.



Important Info for State Swimmers

Please make sure that all athletes swimming at State Championships attend each practice and make it count!

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

At the meet, please prepare to be there early. All 11-up swimmers need to be at the pool every morning at 6:45 am (except Saturday at 10:45 am), and checked in, and with the coaches. This meet is large and the pool area gets very crowded; by arriving early we get a chance to pick out a good spot for the weekend. **After prelims your swimmer should have a place to rest for a few hours,** please respect this and plan for it. Rest is imperative for success!

Las Vegas can be a lot of fun, but **we have to remember that we came here to swim.** This is a long weekend, with prelims in the morning (6:45 arrival), and Finals starting no earlier than 4 pm and ending around 8:00-9:00 pm. **Relays are swum at the end of Finals Sunday and Monday; please expect all your swimmers to be back each evening!**



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

I just want say what a great group of kids I coach. While Coach Sarah and I were gone for the World Coaches Clinic we had substitute coaches. Upon my return the coaches said that "Blue group was the most respectful and fun group to coach." Their behavior was exemplary. Thank you to the DDST Board for allowing Sarah and I the opportunity to advance our education, to all the coaches who stood in so practice could continue, and to my swimmers for such a great report.

Blue Group had an awesome Autumn Freeze meet. Two swimmers, Emma Gray and Clara Gray, had a 100% improvement meet! Many of our swimmers were working for new Nevada State Time Standards and their goals were met. Kaela Forvilly, Savannah Chappell, Emma Gray and Adam Dack are Las Vegas bound with their new "cuts." With one more meet before our State championships, training is focused and hopes are high. Las Vegas here we come!



COACH

Susan's Corner

(jgovan1111 @ aol.com; 775-265-4703)

September was another big month for White Group. Almost all of our swimmers were able to compete at our home meet, many for the first time. I was quite impressed and very proud of the skill and ability they showed. It just proves that hard work and consistency at practice pays off!

To prove this point, three of our swimmers, Julia Chappell, Cade Ball, and Sage McCaslin (just started in September!) made State cuts, with several more swimmers just seconds away. Even more success came to five of our swimmers (3 who started in Sept. also) who moved up to Red Group at the end of the month and are thriving in their environment. Congratulations to Dylan Matheson, Julia Chappell, Amanda Castro, Jordan Knowles, and Megan Slobogin. Job well done White group!



COACH

Stefanie's Corner

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

As I write this, I'm looking back at the work Red Group did this last week in practice. With so many things to think about during the day (like school, homework, family, and fun), I know it's easy to forget the little details of what we are trying to learn in swim practices. I decided to try reviewing in writing what we've been focusing on, in case it helps some swimmers cement these ideas in their heads and in their swimming. If you come to practice and mention this article, I'll know you are at least reading the newsletter. Watch out, I just might throw a pop quiz at you! So let's review what we practiced for **breaststroke**:

1. Catch the water: instead of letting your hands just slip through the water, catch it with high elbows like we did over the lane line. Remind yourself how we practiced next to the lane lines, trying to touch them with our triceps (back of arm).

2. Head-Butt: add this into your breaststroke. Using your body, specifically your hips, to push you forward and to stay at the surface of the water (not letting your legs and hips sink). Reach forward with your arms on the glide, pushing your chest down to the bottom of the pool.

3. Turns: say to yourself: "Jab, knees, throw and GO!" Eyes/head stays forward, with chin to chest for a tight streamline.

4. Pull-downs: every start and wall push off needs a pull down in breaststroke. Streamline - Pull Through - Sneak and KICK (arms return to reaching position). The whole pull down is under water, so get a good depth on your push off the wall.

I'm looking forward to seeing you put your breaststroke together at your next meet, and show off all you've learned with a new best time!

Just a reminder: remember to think about what your goals in swimming are. Write them down. Record your times and compare them to the next time you want to achieve. When you're at prac-

tice, ask questions and swim smart. Don't swim to beat your lane mate, swim to beat your goal time. How? Swim smart with good technique. Perfection first, then comes speed. Got it?



Special Practice Schedule Changes

PLEASE NOTE THE FOLLOWING special practice days coming up:

Friday October 31st: MORNING PRACTICE ALL GROUPS, 8:00-10:00 am for Blue, Pre-senior, and Senior; **9:00-10:00 am for Red and White.**

Friday November 7th: regular practice schedules all groups.

Monday November 10th: regular practice schedules all groups.

Tuesday November 11th: regular SCHOOL-IN practice times ALL GROUPS (yes, even though this is a holiday).

Wednesday November 12th: regular practices for **Red and White groups ONLY** (Blue can join Red). Day off for State swimmers & coaches.

Thursday November 27th: special fun Thanksgiving morning practice all groups, time TBA, check with coach. Don't miss this fun practice if you are in town!

Friday November 28th: school-out practice times, all groups (Family Day).

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



Bulletin Board Photos Needed!

We are still looking for recent photographs of fun activities, at meets and other DDST events, to add to the team bulletin board. **Please contribute your recent and future pictures!** Prints or CDs can be left in the Morefield's file folder at the pool lobby (put your name on back if you want them returned). Digital files (no more than 5 MB at a time) may be emailed to jdmore@charter.net.



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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!

October 25-26, Reno, Ted Dorsey Fall Classic, meet sheet www.pacswim.org/1008reno.pdf.

November 8-11, west Las Vegas (Desert Breeze), Nevada State Championships, meet sheet posted www.ddst.org.

December 5-7, Pacifica CA, Pacific Swimming 14/under Junior Olympics Championships, meet sheet pending, visit www.ddst.org/meets2008.htm or contact coaches for qualifying times and updates.

January 17-18, Carson Tigersharks Polyathlon, meet sheet pending, stay tuned for further information.

HOME MEET: February 13-15, St. Valentine's Day Invitational, meet sheet pending. **All parents please be prepared to help out!**



Autumn Freeze Meet Results

A huge Dolphins team of 62 swimmers – 11 more than last year – turned out to race at one of our warmer Autumn Freeze meets in recent memory, and surprised their coaches with some super fast times for the middle of a hard training season. We had lots of new State, Junior Olympic (JO), and Far Western times, and 10 swimmers competed in their very first meet. Our team continues to grow in a very successful way and the coming year will be even more exciting than last.

For the 7-8 girls, **Mychael Bellik** swam a great 2nd meet, improving 5+ sec each in 25 freestyle and 25 backstroke, looking strong in her first 50s freestyle and backstroke and 25 butterfly. **Julia Chappell** improved 3 sec in 50 backstroke for her first State Championship qualifying time of 58.59, and dropped 1 sec in 25 freestyle just missing another State cut. **Kira Costarella** swam 11+ sec faster in 50 freestyle, improved 3+ sec in 25 freestyle, and swam 4 new events including a new B time in 25 backstroke. **Kaela Forvilly** swam fast and improved in 7 of 10 events, dropping 3 sec in 25 butterfly, 8 sec in 100 freestyle for a new A time, and 2 sec in 50 backstroke for 2nd place and her first 9-10 State cut, just in time to age up!

Jessie Jin swam faster in 3 of 4 events, improving 1 sec in 25 freestyle, 4 sec in 50 backstroke, and 9 sec in 100 IM for a new A time of 1:46.79. **Hayley Killion** showed huge improvement in her freestyle events, dropping 6 sec in the 25 and 9 sec in the 50, and also tried 100 freestyle and 50 breaststroke for the first time and looked strong. **Taylor Sullivan** had a super meet, winning runner-up high-point and improving in 7 of 10 events including new A times in 25 butterfly, 50 freestyle, and 100 freestyle, a new State cut in 50 butterfly, and dropping 8 sec in 100 IM.

In the 7-8 boys group, **Cade Ball** swam two strong events, improving by 4.5 sec in 50 backstroke, and earning a new State time in his first 25 freestyle. **Andrew Browning** had a very strong meet, trying 4 new events including 100 freestyle, and improving 100% in 4 old

events, dropping 2 sec each in 50 & 25 backstroke, and 1 sec in 25 & 50 freestyle. **Sage McCaslin** had an excellent first meet, swimming 50 freestyle and 25 backstroke with new B times in both, and a new State time of 25.56 in 25 backstroke. Watch out for Sage in his next meet! **Ambrish Santhanam** swam a great backstroke meet, improving 4 sec in the 50 and also swimming faster in the 25. He also swam 3 freestyle events and tried his first 100 freestyle. **Matthew Shick** showed us his improvements in 3 events, dropping 1 sec in 25 freestyle, 2 sec in 25 backstroke, and a huge 29 sec in 50 freestyle.

For the 9-10 girls, **Kaylie Altringer** improved by 6 sec in 50 breaststroke, 5 sec in 100 freestyle, and 2 sec in 50 freestyle, and looked strong in her first 50 butterfly and 100 IM. **Kaitlyn Browning** also showed great improvement, dropping 29 sec in 100 freestyle, 6 sec in 50 backstroke, and successfully trying her first 50 butterfly. **Amanda Castro** improved by huge amounts in 50 freestyle (17 sec), and in 50 backstroke (13 sec) for a new B time, and also tried her first 50s breaststroke and butterfly. **Savannah Chappell** had a great meet, racing to 3 new BB times and 3 State cuts while dropping 4.5 sec in 100 breaststroke, 3 sec in 50 backstroke, swimming her first 200 freestyle, and improving 28 sec in 500 freestyle. **Madison Cote** tried 3 events in her very first meet, trying 50s of butterfly and freestyle, and bringing her 50 backstroke home in under a minute. **Emily Dack** was dropping time everywhere, improving 8 sec in 50 freestyle, 6 sec in 50 backstroke and 50 breaststroke, and looked strong in her first 100 freestyle. **Emma Gray** swam a superb meet with 100% improvement, dropping 2 sec in 50 butterfly for a new BB time, 5 sec in 50 backstroke for a new B time, and 2 sec in 50 freestyle for a new State time of 36.20. **Sabrina Kluevers** looked strong swimming 50 freestyle and 50 backstroke in her very first meet. **Shelby Koontz** had a dazzling meet, improving in 8 of 9 events to take runner-up high-point, including six 1st-place finishes, 4 new AA times, 3 new Far Western cuts in 200 freestyle, 100 breaststroke, and 50 butterfly, and new AAA times of 1:15.54 in 100 IM, and 34.43 in 50 backstroke for a new 11-12

JO cut. **Sasha Littrell** showed great improvements in her 2nd meet, faster by 11 sec in 100 IM, 8 sec in 50 butterfly, 3 sec in 50 freestyle, and looking strong in her first 100 & 200 freestyle and 50 breaststroke. **Zoe Maalouf** swam a great meet, improving 8 sec in 50 breaststroke, swimming faster in 50 backstroke, and trying her first 100 freestyle and 100 breaststroke. **Annalisa Neal** had a huge meet with 100% improvement, dropping 12 sec in 100 IM, 10 sec in 100 breaststroke for a new B time just missing a State cut, and 3 sec in 50 breaststroke for another B time.

In the 9-10 boys group, **Matthew Goode** just joined the team from Tahoe and swam 5 events, 3 in lifetime best times, including almost 15 sec faster in 50 breaststroke, and a new B time of 49.15 in 50 backstroke. **Eric Jacobs** had a super meet, improving 100% in 3 events including 14 sec faster in 100 IM, 5 sec faster in 50 freestyle, and 3 sec faster in 50 breaststroke for a new B time and State cut of 51.56. **Caleb Klubben** looked strong in his first meet, racing to a time of 52.50 in 50 freestyle. **Dylan Matheson** swam 6 events, improving by a huge 12 sec in 50 backstroke, and swimming his first 100 breaststroke and 100 IM. **Aditya Santhanam** swam 3 events, improving in 50 backstroke and completing his first 50 breaststroke.

For the 11-12 girls, **Erica Chappell** had a fantastic meet with 100% improvement, 2 new BB times including her first 1000 freestyle, and 3 new State times in 50 freestyle, 100 butterfly, and 100 IM. **Clara Gray** also had 100% improvement for an outstanding meet, with 3 new B times in 50 freestyle and 50 & 100 backstroke to prove her favorite Coach Kat quote from practice: "I CAN AND I WILL!" **Taylor Harker** swam 3 events looking strong, improving a huge 12 sec in 50 freestyle, swimming a faster 50 breaststroke, and finishing successfully her first 100 IM. **Jordan Knowles** swam 100 freestyle, 50 breaststroke, and a strong 50 freestyle in her very first meet, setting new times to measure her next meet by – way to go Jordan! **Shaelin Morefield** had a huge meet with 100% improvement in 9 events, including 4 new AA times, 4 new Far Western cuts, 4 new 13-14 JO times in 50 freestyle, 100 breaststroke, 200 &

400 IM, and new AAA times of 1:07.20 in 100 IM and a winning 27.39 in 50 freestyle. **Megan Slobogin** did very well in her first meet, setting strong times in 50 freestyle and 50 backstroke, and trying 50 & 100 breaststroke. **Kai Stoll** showed huge improvements in her 2nd meet, dropping 14 sec in 100 breaststroke, 8 sec in 50 freestyle, and 5 sec in 50 breaststroke, and trying 4 new events including 200 & 100 freestyle. **Whitney Weaver** did very well in her first meet and had lots of fun trying 7 different events, including 50s & 100s of freestyle, backstroke, and breaststroke, and good entry times for her next meet.

In the 11-12 boys group, **Andrew Brockhage** swam strong in 3 events, taking 6 sec off his 100 freestyle time, and getting his first time in 100 breaststroke. **Adam Dack** swam the maximum 10 events including his first 200 freestyle, and new lifetime best times by 8.5 sec in 100 IM, 1 sec in 50 freestyle, and 1 sec in 100 backstroke for a faster State cut. **Austin Dickey** swam 3 events in his first meet and looked great, setting new times in 50 freestyle and 50 backstroke to start from in his next meet – way to go Austin! **Logan Killion** swam a full slate of 10 events, setting 3 new lifetime best times by 6.5 sec in 200 IM, 2 sec in 50 breaststroke, and 1.5 sec in 50 butterfly, and taking 1st place in his first 1000 freestyle in 15:27.86. **Jake VanBeuge** looked strong in his 8 events, improving by 10 sec in 100 IM, 5 sec in 50 backstroke, 3 sec in 50 freestyle, and setting his first times in 100 breaststroke, 500 freestyle, and 1000 freestyle.

For the 13-14 girls, **Yuchen Jin** swam 3 events and looked strong, finishing near best times in 50 freestyle, 100 backstroke, and 100 butterfly. **Taylor Killion** swam a full slate of 10 events with 2 new A times and some big improvements, like 10 sec in 200 breaststroke, 3 sec in 100 freestyle, 1 sec in 200 freestyle for 1st place, and 10 sec in 400 IM for a new JO cut of 5:14.22. **Sarah Koontz** had a great meet with new lifetime best times in 4 of 7 events, dropping 10 sec in 1000 freestyle, 3 sec in 200 IM, and 7 sec in 200 breaststroke for a new BB time of 2:55.99. **Darby Mattinson** looked very strong in her 3 events, improving by a huge 9 sec in 100 freestyle, and setting her first times for

100 breaststroke and 200 IM. **Meagan Skilling** swam 9 events looking strong, improving in 100 backstroke, and near best times in 200 butterfly, 100 breaststroke, 200 freestyle, and 50 freestyle.

In the 13-14 boys group, **Garrett Dressler** swam 7 events with 2 new life time best times, dropping a huge 33 sec in 200 freestyle and 12 sec in 200 breaststroke, and trying the 200 IM. **Kyle Johnston** had a great meet and improved in 5 of 7 events, dropping 4 sec in 500 freestyle, 2 sec in 200 butterfly, and 2 sec in 100 breaststroke. **Dane Lutz** had a super 2nd meet, improving 2+ sec in 50 freestyle for his first B time of 30.67, and setting his first times in 100 backstroke and 200 breaststroke. **Cameron Morefield** took runner-up high-point and improved in 8 of 9 events, with 4 new A times, huge drops of 20 sec to 4:54.82 in 400 IM, and 12 sec in 200 butterfly for 1st place, new JO cuts in 100 butterfly, 200 & 400 IM, and his first 15-16 JO time of 2:34.01 in 200 breaststroke.

Robbie Resnik swam 50 freestyle in his first ever meet, setting a time of 43.68 to go for in his next meet.

For the 15-18 girls, **Michelle Forman** had an outstanding meet with 100% improvement in 8 events, a new A time in 200 IM, dropping 60 sec in 1000 freestyle, 27 sec in 500 freestyle, 17 sec in 400 IM, 8 sec in 200 backstroke, and swimming five 17-18 JO times. **Anna Jackson** swam 2 events, 100 butterfly and a strong 50 freestyle near best time. **Molly Lahlum** swam 4 events and had a super backstroke meet, improving by 4 sec in 200 backstroke and by 1 sec in 100 backstroke. **Cassie Parr** swam the 200 freestyle, 100 backstroke, 200 breaststroke, and was strongest in the 50 freestyle. **Paula Sigala** had an excellent meet, improving in 4 of 6 events, including 2 sec off in 100 breaststroke, 5 sec off in 100 butterfly for a new BB time of 1:12.17, and 1 sec off in 500 freestyle to go under 6 min. **Haley Von Schottenstein** also improved 4 of 6 events for an outstanding meet, dropping 1 sec in 200 IM, 100 freestyle, and 100 backstroke, & 2 sec in 100 butterfly for 1st place & new AA and Far Western time of 1:02.16.

In the 15-18 boys group, **Chris Bergstrom** had a great meet with 8 of 10 times improved, swimming his first 200 butterfly time, 3 sec faster in 400 IM, 2

sec faster in 200s IM, breaststroke, and freestyle, and 1 sec faster in 100 freestyle for a new A time of 54.73. **Richard Miller** swam well in his first meet with a strong 50 freestyle, and should have some fast races to look forward to in his next meet. **Shawn Stubnar** had in incredible meet with 100% huge improvements in 9 events, dropping 17 sec in 200 butterfly, 10 sec in 100 butterfly & 200 freestyle, 16 sec to 4:59.11 and 1st place in 400 IM, 13 sec in 200 breaststroke, 12 sec in 200 IM, and setting 4 new BB times including 59.14 in 100 freestyle. **Eric VanBeuge** also had a fantastic meet with 100% improvement in 7 long events, setting new BB times in 4 events including his first 400 IM, dropping 53 sec in 500 freestyle, 18 sec in 200 IM, & 8 sec in 200 backstroke for 1st place and a new JO time of 2:16.69.



Locker Room Etiquette

Parents and swimmers, the Swim Center staff asks that you please remember to **bring all belongings out onto the deck or leave them inside a locker** while at swim practice. Several swimmers have been leaving items on benches meant for people to sit on, or designated for handicapped patrons. **All benches must be kept clear of personal items!** Also you should know that some swimmers have had items stolen from the locker rooms, so it would be safer to have their belongings with them out on deck.



DDST Key Contacts

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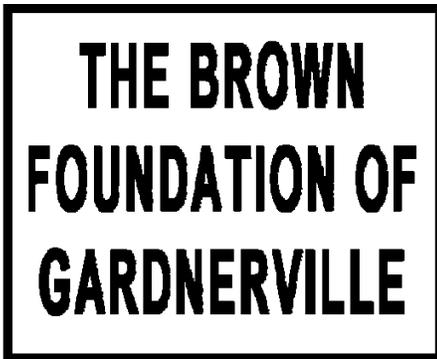
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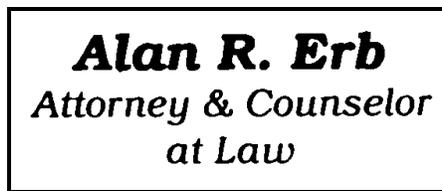
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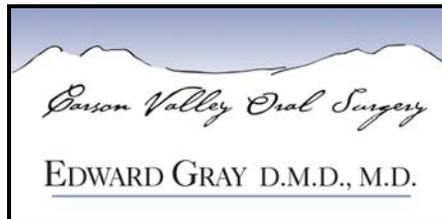
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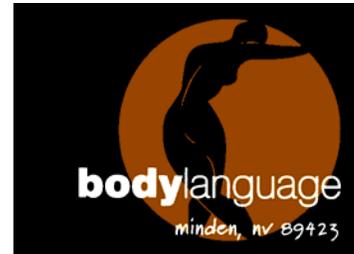
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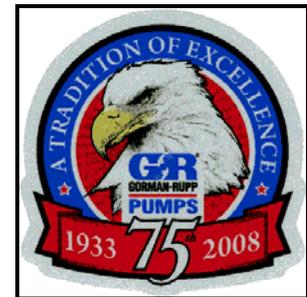
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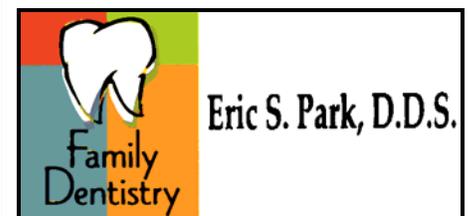
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From the Meet Directors

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

We would like to thank all the parents who worked at our Autumn Freeze Meet September 26th-28th. The following parents and swimmers made the meet a big success!

Computer Joe Stubnar, Lane Killion; **Officials** Jim & Leslie Morefield, Lane Killion, Darin Skilling; **Marshalls** Brendon VanBeuge, Philip Slobogin, John Knowles, Steve Altringer, Chris Forman; **Clerk of Course** Jennifer VanBeuge, Dana Killion, Margaret Jackson, Elizabeth Bergstrom; **Colorado** Dana Killion, Linda Koontz, Chris & Pattie Dack, Susan Forman; **Runners** Kathy Chappell, Laurie Thornton, Karen Sullivan, Ed Gray, Don Brockhage,; **Head Timers** Mark Bergstrom, Randy Jacobs, Shan Santhanam, Xiojun Jin; **Announcers** Kathy Chappell, Greg Von Schottenstein, Susan Forman.

Awards Laurie Thornton, April Slobogin, Sabrina Ball, Barbara Resnik, Dennis Cote; **Hospitality** Syndi Skilling, Shawn Shick, Connie Mordele, Nichole Knowles, Chang Qing Jin, Carol Kluvers, Mary Stoll, Chris Forvilly, Kai Weaver, Hillary Maalouf, Kelli McCaslin; **Snack Bar** Jared Hyatt, Lori Browning, Josefina &

Avelino Sigala, Mary Stoll, Donna Harker, Loran Neal, Mike Bellik, Sara Sigala, Mary Lahlum, Mark Weaver, Michelle Costarella, Carrie Klubben; **Young Swimmer Organizers** Lori Browning, Vanessa Littrell; **Set Up & Clean Up** all DDST parents & swimmers who helped!

We want to thank all the parents and swimmers, above or otherwise, who helped wherever needed with set up, clean up, purchasing snack bar items, etc. We apologize if we left anyone out! All of you played an important role in helping the swim meet function smoothly! We also thank the many excellent meet officials and timers who volunteered from our team and other visiting teams.

The next swim meet that we host will be the **St. Valentine Meet February 13th-15th**. We'll provide more information soon as to positions we will need help with for that meet!



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.



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, November 4th, 2008, 6:00-7:30 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 6:00 pm**, in the Multipurpose Room of the swim center). **Contact information** for all Board Members:

www.ddst.org/boardmembers.htm



Transitions

Welcome new swimmers Claire Christopher, Reese Resnik, Robbie Resnik, and Zoe Tkaczyk. **Moving up: congratulations to new Red Dolphins** Amanda Castro, Julia Chap-pell, Jordan Knowles, Dylan Mathe-son, and Megan Slobogin, and **new Blue Dolphin** Whitney Weaver.

Farewell & good luck (some be-lated) to Lea Gifford, Camron Hin-chey, Dylan Hinchey, and Ally Row-den – we'll miss you! **Happy No- vember Birthdays** to Kaela Forvilly (11/02), Jessie Jin (11/05), Daniel Palmer (11/12), Madison Cote (11/19), Jake Forvilly (11/27), and Michelle Forman (11/28).

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



Practice Schedules

See page 3 for important info about upcoming special practice days.

Check www.ddst.org for updates.

ANY Public School(s) IN Session

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

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

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

Red: M-Th 5:10-6:10 pm

White: M-Th 4:15-5:00

Pre-competition: T & Th 4:30-5:00

ALL Public Schools OUT of Session

(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-Th 4:15-5:00

Pre-competition: T & Th 4:30-5:00



Next Newsletter

The next *Monthly* will appear about November 21st. **All submissions should be received by Monday, November 17th.** Questions, content re-quests, items of interest to the DDST membership, address changes, and re-quests for **email subscriptions** are al-ways 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 tro-phy case at the pool lobby.

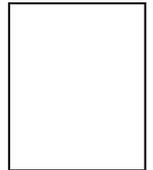
A big thank you to this month's contributors, coaches Sarah Daven- port, Kat Matheson, Stefanie Si- gnorella, and Susan Govan; Lorna Johnston and Linda Koontz; and Joe Stubnar for membership data.

Latest news online: www.ddst.org.



Douglas Dolphins Swim Team
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www.ddst.org 



Time-sensitive Swim Team news enclosed!