

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 46th year!)

www.ddst.org

Feb.-March 2010

Enter Folsom LC Meet ASAP!

Entries are open for the Folsom long-course meet April 23-25, and the meet could fill fast. Each session has a limit on the number of swimmers. If you will be going to this meet, you are encouraged to enter online **now!** Otherwise you could find your swimmer(s) shut out of a session or the whole meet. Entries are due online Monday April 12th, or postmarked Wed. April 7th. Links are posted on www.ddst.org.



Twilight Practice Meet April 15th

Come join in this fun opportunity for some practice racing in Carson City with members of the Carson Tigersharks team. Meet information is available from your coach, and the total cost is \$10. Please be at the Carson pool by 3:30 pm for 3:45 warm-ups. The races begin at 4:15, and should last for 2-2.5 hours. **Parents are needed** to help time races and transport swimmers.



May Reno Meet Canceled

The Reno long-course scheduled for May has been canceled. The Carson Memorial Day meet in May, and the June Reno Gamble meet, **are still happening as scheduled**, and entries are now open for both. Stay tuned to www.ddst.org/meets2010.htm for the latest updates.



Swimmers of the Month(s!)

Leah Frankiewich was chosen for her incredible performance at the Valentine meet. Leah swam exceptionally well in each event and amazed us all with her talent. She has only been swimming with the Douglas Dolphins for a short time, but has already made huge progress. She is determined to learn the task at hand, and always finds a way to have fun too. We are so proud of you, Leah!

Aditya Santhanam had a super performance at the Valentine meet, with 100% improvement in 9 events. Aditya swam and conquered his first 500 freestyle, and dropped a total of 114 seconds in the rest of his events. He has had excellent attendance at practices, with good focus and a positive attitude. At the meet, Aditya checked in with his coach before and after his races for guidance, demonstrating maturity and a desire for excellence. This kind of hard work and preparation will keep paying off big – keep it up Aditya!

Mychael Bellik swam an excellent Valentine meet, completing her first 100 breaststroke and improving a total of 41 seconds in her remaining events, including a new “B” time in 50 backstroke. It is easy to see how Mychael did this, with her focus, positive approach, and great attendance at practices. She brings this same focus to swim meets, talking with her coach about each race and then trying her very best. Great job Mychael!

Zoe Maalouf has some definite goals in mind, and when planning with her coach it was clear to Zoe the work that would be required to achieve her desires. She did not disappoint. Her performance at the Swim-a-Thon was strong. She went on to train with focus for the Valen-

tine meet. Zoe obtained two new “B” times and swam two brand new events. She dropped a total of 43 seconds off her previous best times. What’s next Zoe?

Jessie Jin showed that there is something to be said for genetics, because the Jin family has produced another backstroker. Jessie earned two new Junior Olympic qualifying times in her 50 & 100 backstroke at the Valentine meet, along with an “A” time in her 100 freestyle. At practice Jessie has been working on “the Olympian” inside of her. She is capable of greatness, and her 100% improvement at the Valentine meet proved it. Jessie was also selected to represent Zone 4 at the Pacific Swimming Zone All-star meet. Go Jessie!

Logan Killion had one of the Valentine meet’s most spectacular performances. Logan recently moved up to the Pre-senior group of the Dolphins. He has been diligent at practice and making up missed time by practicing with other groups. This increase in workload and dedication paid off with 100% improvement, including an unheard-of 5 new “A” times. WOW! Many other coaches asked who is that swimmer and where did he come from. Watch out swimming world, Logan’s future is bright.

Kyle Johnston had a chance to swim some different events at the Valentine meet. All those long sets that Kyle persevered through at practice paid off. Kyle had a great “distance event” meet. He swam the 400 IM, and the 500, 1000, & 1650 freestyle. In the 400 IM he got a new Far Western cut. In the 1000 & 1650 he swam a new JO cut, a new Far Western cut, and 2 new team records. Kyle dropped a total of 130 seconds in these three events. To top it all off, he and teammate Shaelin Morefield swam the 500 freestyle all BUTTERFLY. Great job Kyle!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

Our first long-course meet of the season is Sierra Marlins meet in Folsom, CA, April 23-25, and is now open for registration (see www.ddst.org). I would like full team participation from White Group through Seniors. Traditionally this meet has filled up very quickly. **I suggest you sign up ASAP to reserve your part in the fun.** This is a Sierra Nevada LSC meet, so when you look for it on SwimConnection, look under the Sierra Nevada meets.

New Coaching Staff? If you saw our Web site recently you may have noticed an ad for new coaches. I thought I'd briefly explain what is going on. Both Whitney and Stephanie are currently enrolled in school. Their schedules are very hectic and changing. For now they have been able to juggle school and coaching time, with Coach Sarah sometimes filling in when needed. We were looking to bring on one or two assistant coaches to train with them and help maintain consistency within the groups. Rest assured that the Board of Directors and I have our swimmers' best interests in mind.



SAVE THE DATE!

Next Home Meet August 6-8

The next Dolphins home meet is a big one – the High Country League Championships August 6-8, 2009. **Please mark you calendars now!** We will need the help of all Dolphins parents to make this a successful experience for the athletes. High Country Championships is a fun, inclusive, summer-ending meet for all the teams of our region. Newer and seasonal swimmers may enter without qualifying times, and the 11-up age groups have an opportunity (often the first) to experience a Trials & Finals format.



From the Lahlums

To all of our dear Douglas Dolphins friends:

We apologize for the amount of time it has taken to express our gratitude to all of you. The days and months since all of this happened last April have been so very surreal. We miss Molly more than ever.

For many years, we have volunteered along side of you, gotten to know your children and watch as they have grown into wonderful swimmers and teammates. DDST Coaches, Lifeguards and Pool Personnel have all played a part in their development. We have always felt comfortable with our Molly being “at the pool” ~ whether it was for Dolphins practice or meets, coaching the White group, working as a Lifeguard or just “hanging out” with the team. Bottom line....we knew she was safe there!

Thank you for all of your support - the BBQ, Autumn Freeze tee-shirts, lobby shadow-box, and all the other countless efforts on your part, are so greatly appreciated. The dedication of the starting block and re-naming of the Autumn Freeze meet are such wonderful tributes to Molly. Can't you just see her “beaming” at the very idea?

All of you have embraced our family ~ because of Molly. For that, we say thanks, we love you and you will all be forever in our hearts!

SMILE TO REMEMBER MOLLY!

With much gratitude,

—Mary, Ray and Pat Lahlum



SAVE THE DATE!

Awards Banquet May 16th

The **annual DDST Awards Banquet** is scheduled for Sunday afternoon-evening, **May 16th, location to be announced soon.** This is the time we celebrate our past successes, and get to brag about each swimmer! The theme this year: 007. Watch your mail for an invitation and details. Please don't let your swimmer(s) miss this fun-filled and rewarding evening!

COACH

Stefanie's Corner

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

Parents, a reminder to **purchase fins** for your swimmer if you have not already done so. Please check with me if you need help choosing the best size and style. Also, only a few Red group families have purchased **hand paddles** for their swimmer(s) so far. This is important stroke training equipment for all swimmers in this group. Again please check with me for guidance on the most appropriate kind of paddles.



COACH

Andrea's Corner

(andrealindsey03 @ charter.net)

Our focus in dryland training recently has been working on quickness. By reconditioning an athlete's fast twitch muscles strength, speed and power are all improved. For a swimmer, specific improvements include increase of arm speed in strokes, quickness in turns, and faster starts off the blocks. With proper conditioning and hydration the results in faster race times can be significant.

Parents, dehydration is a big concern for athletes. Make sure your athlete is drinking enough non-caffeinated beverages each day and during workouts. Try to drink 6-8 ounces of fluid every 20-30 minutes during activity. Also, depending on the intensity and duration of workouts, the daily water requirement for these athletes ranges from two to six liters per day. The easiest way to check your hydration status is to monitor your urine color. In a well-hydrated state, it should appear pale yellow or almost clear. Darker gold or brownish color typically indicates dehydration. Other signs of dehydration are headaches, fatigue, dry mouth, low blood pressure, dizziness, constipation, dry skin, nausea, shortness of breath, rapid heart rate, and hot flashes. The human body's composition is 70% water...so drink up!



Swim-a-Thon[®] Results

The Dolphins' 2nd annual USA Swimming Swim-a-Thon[®] on January 30th was more successful than ever, thanks to our hard-working swimmers, the support of all the parents and coaches, and of course to the many sponsors! Many records from last year were broken, both in the water and in sponsor support.

Many of our newer swimmers learned a great deal about themselves athletically. It's an exciting moment to share when a swimmer does more than they ever thought they were capable of.

We also exceeded last year's fundraising by over 20%, which will help to ensure a healthy, stable, and vibrant swim team for the coming year. Special thanks to Greg Taylor, and again this year to Pattie Dack and Chris Dack, for all their extra work in organizing this year's event.

Speaking of swimming far, how about our youngest Swim-a-Thoners, 5-year-old **Kayce Johnston** who completed 44 lengths (about 2/3 of a mile!) in just under 1 hour, and 6-year-old **Connor Taylor**, who wanted to "just keep swimming" with his brother, **Daniel Taylor**, until both had finished 122 lengths (nearly 2 miles!). Amazing!

Other top finishers: for the 8-unders, **Ambrish Santhanam**, broke two **team records** in one at 188 lengths, smashing the old **8-under record** and adding 72 lengths (1 mile!) to the **10-under record**. **Sarah Hyatt** went farthest for the girls with 170 lengths.

Top finishers in the 9-10 group were **Kaela Forvilly** who finished 200 lengths in 87:46, and **Taylor Knowles** who completed 128 lengths (almost 2 miles).

Logan Killion broke his own 11-12 **team record** by almost 13 min at 73:30, and **Savannah Chappell** finished first for the 11-12 girls at 73:49.

Shaelin Morefield improved by 2 min from last year to break the 13-14 girls **team record**, finishing 2nd overall this year at 61:12. **Kyle Johnston** broke the previous 13-14 boys **team record** by over 2 min to finish 3rd overall at 63:34.

Sarah Koontz dropped 1:39 to better her own 15-16 **team record** to 67:13,

and **Cameron Morefield** finished first for the 15-16 boys at 67:52.

Michelle Forman improved her own 17-18 **team record** by over 5 min to become the first Dolphin to finish 200 lengths in under 1 hour at 59:36. **Eric VanBeuge** finished first for the 17-18 boys at 65:40. (Times are minutes and seconds for 200 lengths.)

Our top fundraiser was **Michelle Forman** for the 2nd year in a row – great job Michelle! – and **Taylor Sullivan**, **Kaela Forvilly**, and **Whitney Weaver** were close on her heels. The incentive prizes are still on their way. Great work swimmers, and all who sponsored them!



Upcoming Meets

Online entries, meet sheets, updates:
www.ddst.org/meets2010.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 8-11, Morgan Hill CA, Far Western Short-course Championships, meet sheet www.pacswim.org/0410alma.pdf (qualifying times apply, see coach for details, entries due postmarked March 29th, or online March 31st).

April 23-25, Folsom CA long-course meet, meet sheet www.ddst.org/0410smst.pdf (enter online by April 12th, or mail by April 7th).

May 28-30, Carson Tigersharks Intermountain Classic (long course), meet sheet www.pacswim.org/0510cars.pdf (enter online or hand deliver by May 19th, or mail by May 17th).

June 4-6, Pleasanton CA, Pacific Swimming Junior+ (long course), meet sheet pending (qualifying times apply, see Coach Kat for details).

June 18-20, Reno Gamble Invitational (long course), meet sheet www.pacswim.org/0610reno.pdf (enter online or deliver by June 9th, or mail by June 7th).

June 25-27, Bishop Swim Team, meet sheet www.pacswim.org/0610bst.pdf (pending; enter ASAP after posting). **This is a fun travel meet in the Bishop city park! This meet will fill up early!**



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Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, April 6th 2010, 7:00 pm**. 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 7:00 pm at Arrowhead Dental Center**, in Minden Medical Center, 925 Ironwood Drive, suite 1103 (across highway 395 from Danny's Restaurant).
Board Contact information:
www.ddst.org/boardmembers.htm.



St. Valentine Meet

Among a record 373 athletes who turned out for our 2010 St. Valentine Meet February 12-14 were 52 Dolphins, who showed their stuff with tons of new best times, time standards, and even team records! With the help of the pool staff and our amazing volunteer parents, it was another successful home meet for all the athletes & 23 teams who participated.

Abbreviations: IM=Individual Medley; **Times:** PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Western, PRT=Pacific Recognition Time.

For the 6-under group, **Kayce Johnston** swam a perfect meet with all new best times including her first 50 freestyle, a 5 sec improvement in 25 freestyle, and 2 sec faster in 25 backstroke. **Connor Taylor** also swam all best times in 8 events, improving 2 sec in 25 backstroke for a new **PC-B** time, 7 sec in 25 breaststroke and 4 sec in 50 freestyle for two 1st place finishes, and setting his first 100 freestyle and 50 backstroke times.

The 7-8 girls included **Julia Chappell** making a comeback in 3 events after a recent injury, and looking strong in 50 backstroke. **Sophia Cruz** swam 4 new best times in 6 events, dropping 4 sec in 25 backstroke for a new **PC-B** time, swimming 11 sec faster in 25 breaststroke, and setting her first 25 butterfly time. **Nikki Jackson** had a perfect meet in 3 events, dropping 5+ sec in 50 backstroke for a new **PC-B** time, improving in 25 freestyle, and setting her first 25 butterfly time. **Hayley Killion** swam 5 events, improving 9 sec in 100 freestyle for a new **PC-B** time, dropping 1 sec in 50 freestyle, and looking strong in 50 breaststroke. **Angel Neal** set new times in 50 breaststroke and 50 butterfly among a full schedule of 10 events, also dropping 5 sec in 100 freestyle, and 5 sec in 50 backstroke for a new **PC-B** time. **Emily Willis** swam a huge 16 sec faster in 50 backstroke, 11 sec faster in 50 freestyle, and 2 sec faster in 25 backstroke.

Swimming for the 7-8 boys was **Ambrish Santhanam** with 10 events, dropping 17 sec in 100 IM, 5 sec in 25 breaststroke, and 1+ sec in 25 butterfly for three 2nd place finishes, and dropping 2 sec in 25 freestyle for a new **PC-A** time

of 18.09. **Michael Schaan** swam a perfect meet with all new best times in 3 events, improving 9 sec in 25 freestyle, 6 sec in 25 backstroke for a new **PC-B** time, and setting his first 50 backstroke time. **Daniel Taylor** clocked 7 best times in 9 events, improving 10 sec in 100 IM and 18 sec in 100 freestyle for 2 new **PC-B** times, and dropping 6 sec for a 3rd place finish in 50 breaststroke.

The 9-10 girls were 10 strong, including **Mychael Bellik** with a super meet and 7 new best times in 8 events, dropping 11 sec each in 200 freestyle and 100 IM, 6 sec in 50 backstroke for a new **PC-B** time, and setting her first 100 breaststroke time. **Grace Brooks** in her 2nd meet improved 2 sec in 50 backstroke and swam 4 new events, setting new times in 100 backstroke, 50 & 100 breaststroke, and 100 IM. **Chloe Cutter** swam 3 events, looking strongest in 50 backstroke and trying for her first 100 IM time. **Emily Dack** swam 5 new best times in 7 events, improving 5 sec in 200 freestyle, 4 sec in 100 IM, and 2 sec each in 100 freestyle and 50 breaststroke.

Kaila Duffy turned in a perfect meet with 6 new best times in 6 events including her first 100 breaststroke, improving 13 sec in 50 breaststroke, 9 sec in 100 freestyle, and 6 sec in 50 freestyle.

Kaela Forvilly had an outstanding meet with 100% improvement, dropping 3 sec in 100 freestyle and in 50 butterfly for a new **PC-A** time, 2 sec in 200 freestyle and 100 backstroke, and finishing 3rd in 50 backstroke. **Sarah Hyatt** put down new times in 100 backstroke and 100 breaststroke, and improved her best times in 50 backstroke and 50 freestyle for a successful meet. **Jessie Jin** swam the meet of her life with 100% huge improvements, dropping 7 sec in 100 backstroke for a new **JO** time of 1:24.25, 1 sec in 50 backstroke for another **JO** time of 38.88, and 5 sec in 100 freestyle for a new **PC-A** time. **Annalisa Neal** had a huge meet with 8 best times in 10 events, dropping 9 sec in 100 butterfly for a new **PC-A** time, 5 sec in 200 freestyle, 2 sec in 100 breaststroke for a new **JO** time of 1:33.35, and placing 3rd in 3 events.

Taylor Sullivan also swam a full 10 events, swimming 1 sec faster in 50, 100, & 200 freestyle, and improving 3 sec to take 3rd place in 200 IM.

Our 9-10 boy was **Taylor Knowles**, who took on and conquered 8 events in his 2nd meet ever, improving 4 sec in 100 IM, 3 sec in 100 freestyle, and setting brand new times in 200 freestyle, 100 backstroke, and 100 breaststroke.

For the 11-12 girls, **Claire Christopher** swam a perfect meet with 8 new best times in 8 events including her first 50 breaststroke, 50 butterfly, and 200 IM times, 4 new **PC-B** times, and a huge 16 sec improvement in 100 freestyle. **Leah Frankiewich** swam 2 events in her very first meet, and set new times to beat in 50 freestyle and 50 backstroke. **Emma Gray** had a super meet, improving in 7 of 9 events including 4 sec drops in 100 backstroke and 50 butterfly, 2 sec faster in 50 backstroke, and 1 sec faster in 100 freestyle for 4 new **PC-A** times.

Stephanie Gray set new best times in 7 of 8 events, dropping a huge 28 sec in 100 IM, 11 sec in 50 freestyle, 6 sec in 50 butterfly, and swimmer her first 200 freestyle. **Madison Harvey** had a perfect meet with new best times in all 4 events, improving 15 sec in 200 freestyle, 3+ sec in 50 freestyle, and setting her first times in 50 breaststroke and 100 IM. **Jordan Knowles** swam a full 10 events with 7 best times, dropping 5 sec in 100 IM, 4 sec in 200 freestyle, and 4 sec in 100 freestyle for a new **PC-A** time. **Anne Lancaster** clocked huge improvements in 4 of 6 events, dropping 12 sec in 100 backstroke, 8 sec in 100 freestyle, and 3+ sec each in 50 backstroke and 50 freestyle. **Zoe Maalouf** picked up 6 new best times in 8 events including her first 100 backstroke, and improvements of 28 sec in 100 breaststroke and 4 sec in 50 breaststroke for 2 new **PC-B** times. **Audrey Muller** swam 6 new best times in 7 events including her first 500 freestyle and 100 breaststroke for new **PC-B** times, and a 6 sec improvement in 100 backstroke.

All five 11-12 boys turned in perfect meets! **Bryce Cutter** swam 3 best times in 3 events, improving 5 sec in 100 backstroke, 3+ sec in 50 freestyle, and setting his first 200 freestyle time. **Eric Jacobs** also swam 9 perfect events including his first 200 IM and a 3rd place finish in his first 200 breaststroke, and improvements of 7 sec in 100 freestyle and 2 sec in 50 freestyle for new **PC-B** times. **Logan Killion** had the meet of his life with

Valentine Meet Results, continued

100% huge improvements in 10 events with 10 **PC-A** times, dropping 141 sec in 1000 freestyle and 41 sec in 500 freestyle, and taking 2nd place in 50 & 200 backstroke. **Dylan Matheson** improved 100% in 6 events, dropping 6 sec in 100 IM, 4 sec in 100 freestyle and 50 backstroke, and 3 sec in 100 breaststroke and 50 breaststroke for a new **PC-B** time.

Aditya Santhanam swam 9 events with 100% best times including his first 500 freestyle, and huge drops of 29 sec in 100 backstroke, 18+ sec in 100 breaststroke and 100 IM, 16 sec in 50 butterfly, and 15 sec in 100 freestyle.

For the 13-14 girls, **Erica Chappell** swam 6 events and 6 **PC-A** times, with 4 best times including her first 200 breaststroke, a 3 sec drop in 100 butterfly, and a 3rd place finish in 50 freestyle. **Eli Cruz** swam 8 events on **PC-A** time pace, with improvements of 2 sec in 500 freestyle, 1 sec in 100 backstroke and 200 IM, and a 3rd place finish in 200 freestyle. **Clara Gray** had another great meet with 6 best times in 7 events, including her first 500 freestyle, improvements of 11 sec in 200 IM and 5 sec in 200 freestyle, and a new **PC-A** time in 200 freestyle. After trying a 500 butterfly on Friday, **Shaelin Morefield** came back to drop 12 sec in 1000 freestyle, 1 sec in 100 freestyle for a new **JO** time of 58.24, and 3 sec in 200 backstroke to take 1st place with a new **FW** time of 2:16.82. **Meagan Skilling** swam 7 strong events, finishing near best time in 100 butterfly and 50 freestyle, taking 1st place in 100 backstroke on **FW** pace, and dropping 1+ sec in 200 IM for a new **JO** time of 2:23.78.

Whitney Weaver swam 4 events, improving 1 sec in 200 IM, 2 sec in 100 backstroke, and 2+ sec in 100 freestyle for a new **PC-B** time.

Our 13-14 boys included **Adam Dack** who swam a perfect meet with 100% improvement in 4 events, dropping 19 sec in 100 breaststroke, 6 sec in 200 backstroke, and 1 sec each in 100 freestyle and 200 IM. **Kyle Johnston** set our first **team records** of 2010, breaking his own 1650 freestyle record by 22 sec for a new **FW** time of 18:55.78, and dropping 75 sec to take out a 2001 record in the 1000 freestyle

by 7 sec for a new **JO** time of 11:08.25. Kyle also dropped 12 sec in 200 breaststroke for a new **JO** time, and 23 sec in 400 IM to take 2nd place with a new **FW** time of 4:43.76. **Jake VanBeuge** scored 5 new best times in 8 events, improving 30 sec in 500 freestyle, 16 sec in 200 IM, and 7 sec in 1000 freestyle for 3 new **PC-B** times, and also dropping 3 sec in 100 breaststroke and 100 freestyle.

For the 15-18 girls, **Michelle Forman** swam 8 events on **FW** pace with 4 best times, dropping 8 sec in 500 freestyle, 5 sec in 200 freestyle to take 1st place, 3 sec in 200 backstroke, and 1 sec in 100 backstroke. **Chandra Matheson** swam 5 events all on **PC-A** pace, with a strong 200 IM and new best times in 100 freestyle and 50 freestyle. **Haley Von Schottenstein's** 6 events included 1st place in 100 freestyle, a 2 sec improvement in 200 breaststroke for a new **FW** time of 2:36.95, and a 1st place finish in 100 breaststroke with a new **PRT** of 1:08.18.

Swimming for the 15-18 boys was **Janosch Lancaster** who swam an outstanding meet with a perfect 9 best times in 9 events including his first 500 freestyle, 3 new **PC-A** times, and improvements of 11+ sec each in 200 backstroke and 200 IM. **Cameron Morefield** swam 6 events with strong finishes in 100 freestyle and 100 backstroke on **JO** pace, and a new best time in 50 freestyle. **Shawn Stubnar** swam 5 strong races with best times in 50 & 100 freestyle, 100 backstroke, and a new **FW** time of 2:15.98 in 200 backstroke. **Eric VanBeuge's** 7 events included strong finishes in 100 backstroke and 50 freestyle, and a 4 sec improvement in 200 IM for a new **JO** time of 2:12.31.



Zone All-star Meet

Every year, all-star teams selected by the 5 zones of Pacific Swimming travel to one of the zones for a 1-day competition. The 2010 Zone All-star Meet March 6-7 was once again a fun and worthwhile team-building and travel experience for Zone-4 swimmers, with an opportunity to test themselves in some strong competition. The long bus ride to Morgan Hill on Saturday was followed by practice at the competition pool (same one used for

Far Westerns), then an all-zone dinner and mixer before bed time. The weather for the meet on Sunday was partly sunny and much warmer last year, and our small Zone-4 team had some great swims, placing first in some events!

Abbreviations: IM=Individual Medley; Times: **PC-X**=Pacific Swimming Standards; **JO**=Junior Olympic; **FW**=Far Western.

Among the 46 Zone-4 All-star team members were 11 Dolphins, starting with 9-10 girls **Kaela Forvilly** who improved 2 sec in 100 freestyle and swam 50 butterfly near best time and 50 backstroke on **JO** pace. **Jessie Jin** dropped a huge 2 sec in 50 butterfly for a new **PC-A** time of 39.97, and finished near best time in 50 freestyle. **Taylor Sullivan** finished near best time in 50 breaststroke and swam a strong 50 freestyle.

For the 11-12 girls, **Shelby Koontz** swam a new best time of 2:26.85 in 200 IM, and finished on **JO** pace in 100 backstroke and 100 freestyle. Swimming with the 11-12 boys was **Eric Jacobs** who had a great meet with 100% improvement, swimming 1 sec faster in 50 & 100 freestyle, and 3 sec faster in 100 breaststroke, and **Logan Killion** who helped bring in team points in 100 freestyle and 100 backstroke.

Four Dolphins were selected for the 13-14 girls team, starting with **Erica Chappell** who improved by 1 sec in 100 butterfly, and swam 100 backstroke and 200 breaststroke. **Eli Cruz** swam 1 sec faster in 100 butterfly, and near best time in 50 freestyle. **Shaelin Morefield** took 2nd place in 100 butterfly with a new best time and **team record** of 1:01.03, and improved 1 sec in 200 IM to take 4th place. **Meagan Skilling** swam a new best time of 26.90 in 50 freestyle, and had a strong 5th place finish in 100 backstroke near best time. And for the 13-14 boys team, **Kyle Johnston** improved 1 sec to take 2nd place in 50 freestyle on **FW** pace of 24.17, and also swam 100 backstroke and 100 butterfly.

Our 13-14 Dolphins also helped the girls "A" relays to 3rd and 4th place finishes, and the boys "A" relays to 2nd and 3rd place finishes.

Congratulations to all our All-star Dolphins! You represented us well.



Fernley Meet

Abbreviations: IM=Individual Medley;
Times: PC-X=Pacific Swimming Standards; FW=Far Western.

Seven Dolphins traveled to Fernley, Nevada, the weekend of February 27th in search of some good racing, and came back successful. **Connor Taylor** took 1st place in all his events as the only 6-under boy at the meet, while continuing to improve in 3 of 7 events, dropping 12 sec in 100 freestyle and 3 sec in 50 freestyle. **Julia Chappell**, 8, swam 3 events, finishing near best time in 50 backstroke, and taking 1st place while setting her very first 50 butterfly time of 55.66. **Daniel Taylor**, 8, had a great meet, improving in 5 of 9 events including 3 new **PC-B** times in 25 & 50 breaststroke and 50 backstroke, and dropping 1 more sec to finish 2nd in a close 25 freestyle race. **Savannah Chappell**, 11, set a new best time in 50 butterfly, and swam right on best time and **PC-A** pace in 50 backstroke and in 100 freestyle for a 3rd place finish. **Erica Chappell**, 13, swam 3 events all at **PC-A** pace, looking strong in 100 backstroke and taking 3rd place in 100 freestyle. **Meagan Skilling**, 14, swam 4 strong events, finishing right near best time in 200 IM, and in 100 backstroke to take 1st place on **FW** pace. **Janosch Lancaster**, 15, swam 2 events, improving 1 sec to take 2nd place in 200 backstroke.



From the Meet Director

Lorna Johnston 782-2382,
meets @ ddst.org

VALENTINE MEET SUCCESS!

We would like to thank all of our parent and swimmer volunteers who helped to make our Valentine Meet a success. We had 373 swimmers sign up which was an all-time high. Although we had two very long days, the weather was beautiful which allowed people to sit outside and reduce the crowds around the deck. Our swimmers had great swims and we received many compliments on our meets.

Computer Joe Stubnar, Lane Killion, Sue Cruz; **Colorado Timing System**

Chris Dack, Pattie Dack, Becky Gray, Dana Killion; **Clerk of Course** Margaret Jackson, Jennifer VanBeuge, Doreen Hyatt, Gail Jacobs; **Runners** Kathy Chappell, Haley Von Schottenstein, Ed Gray, Julie Gray; **Officials** Lane Killion, Greg Taylor, Darin Skilling, Jim Morefield, Leslie Morefield.

Announcers Greg Von Schottenstein, Greg Taylor, Adrian Torres, Shan Santhanam; **Marshals** Brendon VanBeuge, Shan Santhanam, Steve Sullivan, Jared Hyatt, Bill Harvey, Frank Muller, John Knowles, Mark Weaver; **Head Timer** Julie Gray, Xiaojun Jin, Randy Jacobs, Mike Bellik; **Awards** Marion Lancaster.

Hospitality Syndi Skilling, Chris Forvilly, Manya Brooks, Nicole Johnston, Yuchen Jin, Karen Christopher, Karen Sullivan, Deb Muller, Carla Schaan; **Snack Bar** Susan Forman, Taylor Killion, Anna Jackson, Chandra Matheson, Nikki Willis, Lisa Frankiewicz, Nicole Knowles, Loran Neal, Raegan Bellik, Mel Maalouf, Barb Cutter; **Set Up & Clean Up** all parents & swimmers who helped!

We would like to give a special thank you to **Syndi Skilling**, our Hospitality Coordinator, and **Susan Forman**, our Snack Bar Coordinator, who did a lot of shopping and food planning and preparation ahead of time. And thank you to the **Forman family** for donating pizzas to our Snack Bar! Thanks too to **Dana Killion** who trained as a Meet Director!

This was the last meet in our 2009/2010 meet season. We will not have another home meet until the High Country meet in August which begins the new meet season. Just to clarify the Family Meet Management Policy, we ask that each family volunteer 2 sessions per meet that we host if your child is swimming in the meet. If you were unable to work 2 sessions per meet that your child swam in, you will be billed \$25 per session not worked (\$50 starting in August). Sometimes with our busy lives, some families opt to work a meet that their child is not swimming to earn their required volunteer time. It is a very enjoyable time and you get to meet other parents of our swim team family!



Thank You & Kudos!

We want to acknowledge recent contributions "above and beyond" from several Dolphins families.

Bellik Construction recently sponsored the Lane 1 starting block, which allows us to purchase a 4th high block for the team. **Thank you Belliks!** (Lanes 2, 4, 5, & 6 still need sponsors before we will have a full set of 8 blocks – see www.ddst.org for more information.)

Joe Stubnar surprised us at the Valentine meet with a new, hand-built, fire engine red timing cabinet to hold and organize all our timing equipment. This not only makes meet setup much easier, it also makes daily pace clock/scoreboard use more convenient for the coaches. **Nice work Joe!**

Ed Gray took a ton of photographs at the Valentine meet, many of which can now be seen on our team bulletin board. We always need more photos for the bulletin board, and Ed stepped up this time with some great ones. **Thank you Ed!**



An Evening With The Olympians

This year's Evening with the Olympians is a "can't miss!" It will be held Saturday June 5, 2010, at the Peppermill Casino Pool Complex in Reno. In attendance for this year's gala event will be **Jason Lezak, Cullen Jones, and Rowdy Gaines**. All the athletes will be available for meet and greets, to give autographs, and to talk about their swimming careers and Olympic experience. Tickets for the event go on sale April 1st – stay tuned!

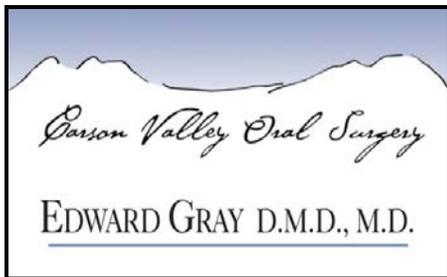
Evening with the Olympians is a fundraiser for Sierra Nevada Community Aquatics, whose mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows. For more information visit www.sncaquatics.org or contact Executive Director Leah Bradle (775-997-3004, lbradle@sbcglobal.net).



Welcome and Thank You
to our new and returning
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Gold Medal Sponsor



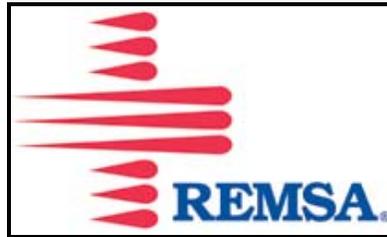
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Gold Medal Sponsor



Gold Medal Sponsor



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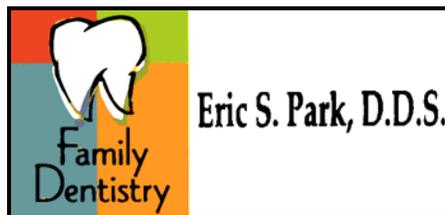
Gold Medal Sponsor



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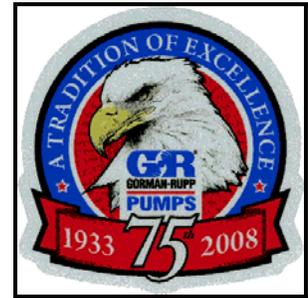
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Transitions

Welcome new swimmers Garrett Frankiewicz, Leah Frankiewicz, Bridgette Johnson, Matthew Wallace, & **welcome back** Matthew Shick.

Moving up: congratulations to new Red Dolphins Bryce Cutter, Kaila Duffy, Taylor Knowles, Daniel Taylor, & **new Pre-senior Dolphins** Clara Gray & Jordan Knowles. **Farewell & good luck** to Ryan Dykes – we'll miss you! **Happy March & April Birthdays** to Grace Brooks (3/7), Clara Gray (3/12), Angel Neal (3/15), Daniel Taylor (3/23), Mary Smithen (3/26), Julia Chappell (4/1), Erica Chappell (4/3), Katie Patrick (4/5), Connor Taylor (4/11), Zoe Tkaczyk (4/13), Emily Willis (4/15), Amy Ross (4/19), Annalisa Neal (4/20), Robbie Wheeler (4/28).

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



Practice Schedules

SCHOOL OUT 3/29 – 4/2.

Check www.ddst.org for updates.

ANY Public School(s) IN Session

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

M & W 5:00-6:00 pm (dryland)

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

M & W 5:00-6:00 pm (dryland)

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

Red: M-Th 5:10-6:10 pm, **W** 4:30-5:00

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

Pre-competition: T & Th 4:15-5:00

ALL Public Schools OUT of Session

(common break days; public holidays except Winter & Summer breaks)

Blue, Pre-seniors, & Seniors:

M-F 7:00-9:00 am

Red: M-Th 5:00-6:00 pm, **W** 4:30-5:00

White: M-Th 4:00-4:45

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



Next Newsletter

The next *Monthly* will appear about April 19th. **All submissions should be received by Wednesday, April 14th.** 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 Kat Matheson, Stefanie Signorella, Whitney Simpson, & Andrea Lindsey; Lorna Johnston, Joe Stubnar, Pattie Dack, Mary Lahlum; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.

Latest news online: www.ddst.org.

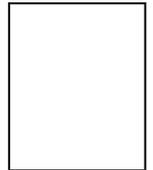


Douglas Dolphins Swim Team

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www.ddst.org



Time-sensitive Swim Team news enclosed!