

Dolphins' Monthly

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

www.ddst.org

May-June 2010

Carson Valley Days Parade

Come help decorate this year's DDST float **5:00-6:00 pm on Friday June 11th** at the pool! Then get your squirt guns ready for a morning of walking, waving, and spraying. **Saturday morning** we will meet at the Swim Center at **8:00 am**, and the Parade begins at 9:00 am. **Swimmers are to wear Team shirts and walking shoes.** We won't know our float number until the day of the parade. **All swimmers must be picked up at the end of the parade route (Lampe Park) immediately following our float's finish.**



Bishop Meet June 25-27

Entries due June 14th! Meet sheets are available from the coaches or at www.ddst.org. **Don't miss our funnest meet of the year!** This is a great meet for everyone, even beginners, and is held in the Bishop, CA, city park. After the Saturday races all the Dolphins get together in the Park to cool off with a group BBQ and lots of squirt guns!



Meet Logo Contest Ends 6/24!

Calling all Dolphins!!! **Do you like to draw?** If you would like to draw a logo to represent our High Country League Championships Aug. 6-8, your logo could be picked to go on the shirts and meet programs to be sold at the meet. **You can only use 4 colors** and must draw your logo on a **plain white 8 1/2 x 11 piece of paper with your name on back** and submit your logo to

Lorna Johnston's folder in the DDST file box. The winner will receive a free shirt with their logo on it! (Previous winners not eligible.)



Swimmers of the Month

Angel Neal was chosen for her consistent hard work and focus in swim practice. She always swims with determination and a good attitude. Angel goes to just about every swim meet she can and always performs amazingly! She recently swam at the long course Spring Splash in Folsom CA and impressed her coaches with her incredible talent. Her consistent attendance at practices paid off with the "Most Improved" swimmer of the year award in White Group at the May awards banquet. We are SO proud of you Angel!

Anne Lancaster works very hard at practice and her coach can't wait to see how she does this summer at meets. Anne had the best attendance of Blue Group last month. Everyday she shows up with a smile ready to get in on time and tackle the day's workout. We love that great attitude Anne!

Haley Von Schottenstein was chosen for her outstanding performance at Northern Nevada High School Regionals. Haley overcame a medical problem that kept her out of the water for over 2 weeks right before the meet, came with determination and won both the 50 free-style and 100 breaststroke with new best times. She also helped her relay team to two Regional wins, followed by two State Championship titles in Las Vegas the following week. Haley was recently named Female Swimmer of the Year for the Northern Nevada 4A Region. Congratulations Haley!



Splash Back!

TRAIL-BUILDING AUG. 10th

Don't forget to **sign up by June 15th** for the Tahoe Rim Trail Building Day scheduled for **Tuesday, August 10 from 9 am to 4 pm**. This is a great opportunity for our swim team to give back to our community by helping build new hiking trail near Daggett Summit. More details available in the May newsletter. Sign up on the clipboard located near the team file box. Only swimmers and family members **over 10 years old** may participate. **We need 1 parent for every 7 kids** participating. Contact Julie Gray with questions at 775-265-9565 or grayju1235@wildblue.net.



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COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

I'd like to shout out a big **Thank You** to all the individuals that made this year's **Awards Banquet** a success. I think the trophies were a welcome reintroduction. We are already working on next year's banquet theme; most of the kids (big & little) enjoy the idea of a theme.

Summer Swim Team will begin on June 14th. Please let any interested friends know. Practices are Monday-Thursday 3:30-4:30. The program runs for 8 weeks with four Twilight meets. Coach Paula Sigala will be running the program. Twilight meet dates are June 22 @ Home; July 8 @ Carson; July 13 @ Home, and Aug 3 @ Carson.



DDST Scholarship Program

All DDST members and prospective members should be aware of our ongoing Dolphins Scholarship Program. Currently funded by a grant from Big George Ventures, DDST is able to offer a limited number of full or partial swimming scholarships for athletes in financial need.

DDST's focus is always to keep as many swimmers as possible in the water having fun, pursuing their goals, and gaining the many benefits of the sport. We never want to see financial hardship get in the way. By keeping dues as low as possible (consistent with a quality program), organizing fundraising opportunities for families, hosting swim meets, and offering scholarships, the Dolphins always go the extra lap to make the sport of competitive swimming as accessible as possible to athletes and families in our community.

For more information on scholarship opportunities or on supporting our scholarship program, please contact Board President Chris Dack (see p. 8), or any Board member or coach.



COACH

Sarah's Corner

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

I have spent the past 13 weeks working with the **High School team**. Last weekend was the Nevada state qualifier, where we had 5 Dolphins take top 3 in northern Nevada individual events, with 7 first place finishes and 2 new Sectional cuts. (See separate results in this newsletter.) Kyle Johnston swam a personal best in 200 freestyle with a 1:51.11 and 2nd place finish. Haley Von Schottenstein swam a best time, team/pool record, and 1st place finish in 50 freestyle with a 24.48. Also in the same event was Mary Smithen, who swam 25.38 for a new Sectional time. Michelle Forman finished 1st in 100 butterfly with 58.26, breaking a 10 year old team record. Eric VanBeuge swam a best time in 100 freestyle finishing 2nd with 50.30. In girls 100 backstroke Meagan Skilling swam a Sectional time and finished 3rd with 1:00.87. Haley swam 100 breaststroke in a personal best, AMRA, and 1st place time of 1:05.71. After watching all the northern teams compete, I was proud to say our team had the fastest starts, turns, underwaters, and finishes. This was the most exciting meet that I have been to, and I can't wait 'till Vegas. Make us proud Dolphins!

May 18 was my last day with the **White Group**, and I would like to thank Coach Kat for allowing me to work with this group for the past few months. I will truly miss working with them. I know that Coach Ian will do a great job with our young swimmers.



Check Your File Folder Often!

Just a reminder to all DDST members to check your family's file folder at least weekly for information. This is located in the file box on the table next to the trophy case in the pool lobby.



Swim Camp Applications Due

The Douglas Dolphins are hosting the **Winning Spirit Racing Camp in Minden the weekend of August 13-15**. Please see www.ddst.org or Coach Kat for applications and additional information, and return your application to Coach Kat with payment as soon as possible to reserve your spot! **Preference will be given to Dolphins applications until June 18th**, then any available spots may be opened up to other teams.

The cost to Dolphins swimmers is \$130 for older/senior swimmers, and \$90 for younger swimmers. Check with Coach Kat for your appropriate level. (Cost includes a \$30 surcharge to cover a portion of the travel expenses to bring Bob Steele and his team to Minden.)

Run by **Coach Bob Steele** of Colorado and his staff, this unique camp experience provides innovative and creative approaches to swimming, training, and excelling in the sport for **all levels of swimmers** (and their families!). Over his career of 50+ years, Bob Steele worked with champions at all levels from summer leagues through college teams. He has had 17 swimmers world ranked in 37 events, coached two American Record holders, and served USA-Swimming as the Director of Athlete and Coach Development for nine years. Bob's coaching philosophies are, "it's not what you do, but how you do it" and "if it's fun to watch, it's fun to do."



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

YOUR FREE AD HERE FOR 3 MONTHS, Contact the Newsletter Editor, [jdmore @ charter.net](mailto:jdmore@charter.net), 775-782-4360 (3)



Lost & Found!

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor [jdmore @ charter.net](mailto:jdmore@charter.net), 775-782-4360 (3)



Summer Swim Team Program

Sign-ups for the 2010 DDST Summer Swim Team Program are ongoing, with the first official practice on Monday June 14th. **Every level of swimmer is encouraged to try out!**

The cost for the program is a flat \$240. Included in the cost are seasonal USA Swimming registration and insurance, team and pool fees, a team swim cap and T-shirt, four fun 1-hour practices each week, M-Th 3:30-4:30 weekly (see practice schedules on page 10), and two home twilight practice meets. There will also be opportunities to join in competition meets during the summer, and in the team's Fun Week August 10-12 (small additional costs apply for these events).

Encourage your friends to come spend their summer afternoons by the pool making new friends, improving their swimming skills, and staying cool!



All Hands on Deck for August Meet!

Entries are now open for the High Country League Championships August 6-8 at our home pool. This is a fun season-ending meet for 300+ swimmers of all levels, from all over western Nevada and the Sierra Nevada.

We will need each and every DDST parent to help with meet jobs to ensure success for all the swimmers. New to DDST? Great! Most jobs are easy to learn, and seasoned parents will be there to help you.

It's not too early to start planning how you can help! Please **contact meet director Lorna Johnston (782-2382 or johnstonld@gmail.com)** for information on available jobs or to request a specific job. All time you volunteer counts toward your family's 2010-2011 meet management obligation (see Meet Management Policy).



Ad Campaign Underway!

FUNDRAISING DUE JULY 19TH

It's that time of year again! DDST families are encouraged to seek out individuals and businesses in our community to **become new team sponsors, or to renew previous sponsorships**. In exchange, their name or business is advertised, depending on sponsorship level, on the DDST website, monthly newsletter, and at our 3 local meets, with exposure to about 1,500 swimmers and families. Donations are tax deductible, and are crucial to the success of our entire team. Families may also become sponsors and the same tax benefits apply.

This is the second of two opportunities DDST families have each year to offset their annual fundraising obligation. **Incentive prizes will be awarded** based on the amount brought in by each team member or family. Each family has received an ad campaign packet in their team folder. You can make copies of the necessary information for each sponsor. Extra packets will also be available in the file box at the pool lobby.

Fundraising is due by Monday, July 19 to Julie Gray in the Gray family folder (Clara and Emma). Feel free to contact me (775-265-9565 or grayju1235@wildblue.net) if you have any questions or concerns.



Thank You & Kudos

We want to acknowledge some long-time parents and Board members for their extraordinary service:

A big Thank You to **Linda Koontz** for all her years of hard work as a Meet Director and Board Member. She has put in countless hours helping to improve our team! Now she gets to enjoy "just helping out" at the meets! Thank you to **Dana Killion** for stepping up and becoming our next Meet Director with Lorna Johnston.

And huge Thank You to **Joe Stubnar** for more than a decade of service to the Dolphins. During that time Joe has held just about every Board and Meet position there is. While Joe plans to step back from intensive involvement over the next couple of years, we all hope it will be a long and gradual process!



Welcome to the Future

BILLING & MEMBERSHIP GOES ONLINE SOON!

Our team's membership, billing, web site, and communications systems will soon be catching up with the 21st Century. After careful evaluations over the past year, **the DDST Board has decided to adopt the TeamUnify web platform for our member services**. This system has already been adopted by hundreds of other swim teams nationwide, and is designed specifically for swim teams. It will automate many processes currently performed manually by Coaches, Board members, and other team parents, making team administration more timely, efficient, and productive.

To make best use of the TeamUnify system, **it is very important that each family maintain regular Internet access, including an email address that is checked regularly, if at all possible** – as 95% of our members already do. With this new system, families will now update their own account information online, receive invoices, view payment history and fundraising status, sign up for meet jobs, and receive frequent emails with important team news updates (as we do now).

If regular Internet and email access presents a problem for your family, please contact the billing coordinator ASAP (Joe Stubnar, 775-720-6703) to discuss alternate arrangements. Otherwise, please watch your email for more information soon! To ensure timely receipt, **please allow all emails from ddst.org and teamunify.com**.



Folsom Long Course Meet

The first long-course (50 meter) swim meet of the season is always a good opportunity to see how far we've come in the past year, and our 23 Dolphins shined brightly in Folsom, CA, April 23-25, with 97% best times and huge improvements. Like last year it was a warm and beautiful spring weekend, and a great facility to spread out in, relax, and do some fast swimming.

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

Our only 8-under was **Ambrish Santhanam** in his first long course meet, and he looked great with strong swims in 50m freestyle, 50m butterfly, 200m freestyle, and our first **team record** in 100m backstroke with a time of 1:55.71.

For the 9-10 girls, **Julia Chappell** also looked strong in her 2nd ever long course meet, improving 16 sec in 100m freestyle, and setting new times to beat in 200m IM, 200m freestyle, 100m backstroke, and three 50m events. **Kaila Duffy** swam 6 events in her very first long course meet, and set new **PC-B** times in 50m freestyle, 100m freestyle, and 50m butterfly. **Kaela Forvilly** had a fantastic meet with 100% best times in a full 10 events, dropping 5 sec to take 3rd place in 100m backstroke with a new **FW** time of 1:26.95, improving a total of 32 sec in 200m IM, 100m freestyle, and 50m freestyle for 3 new **JO** times, and setting her first times in 400m freestyle, 100m butterfly, and a **JO** time in 200m freestyle. **Sarah Hyatt** also swam a super meet with 100% new best times in 6 events, improving 33+ sec in 100m breaststroke for a new **PC-B** time, a total of 38 sec in the 50m freestyle, backstroke, and breaststroke events, and finished her first 100m freestyle and 50m butterfly. **Taylor Sullivan** had perfect

meet too with 100% best times in 9 events, improving 14 sec in 200m freestyle, 11+ sec in 200m IM for a new **PC-A** time, 7 sec in 100m freestyle, 4 sec in 50m backstroke, and 3 sec in 100m breaststroke for a new **JO** time of 1:44.77.

Our 9-10 boy was **Taylor Knowles** who looked great in his very first long course meet, setting new times in all of the 50m events plus 100m breaststroke and 100m freestyle.

Swimming for the 11-12 girls was **Savannah Chappell** who swam a perfect 9 events with 100% best times, improving 12 sec in 200m freestyle, 9 sec in 100m freestyle, 6 sec in 50m butterfly, and swimming her first 400m freestyle, 200m backstroke, and 200m IM. **Emma Gray** swam a perfect 8 events with 100% best times including her first 100m butterfly, improving a total of 40 sec in 50m freestyle, 100m freestyle, 50m backstroke, 100m backstroke, and 50m butterfly for 5 new **PC-A** times. **Jordan Knowles** also had a perfect 100% best times in 8 events including her first 50m freestyle, 50m backstroke, and 100m & 200m breaststroke, and improving a total of 79 sec for 4 new **PC-A** times in 100m & 200m freestyle and 100m & 200m backstroke. In 4 events **Shelby Koontz** broke Coach Andrea's 100 freestyle **team record** from 10 years ago by 2 sec with a time of 1:07.31, and Andrea's 50m breaststroke **team record** by a half sec to take 4th place at 40.56, both times on **FW** pace. **Anne Lancaster** swam 4 strong events in her very first long course meet, including 50m butterfly, 100m breaststroke, 100m backstroke, and a **PC-B** time in 50m freestyle.

Our 11-12 boys included **Andrew Brockhage** swam 7 new best times in 8 events, improving a total of 35 sec in 50m & 100m & 200m freestyle and 50m backstroke for 4 new **PC-B** times, dropping 2 sec each in 50m & 100m butterfly, and setting his first 100m backstroke time. **Aditya Santhanam** swam 3 strong events in his first long course meet, setting new times in 50m

freestyle, 200m freestyle, and 50m butterfly.

For the 13-14 girls **Erica Chappell** broke our 1500m freestyle **team record** by 33 sec, and her own best time by 88 sec, to finish in 6th place at 20:51.26, and dropped a total of 23 sec in 6 of 7 other events including her first 200m backstroke. **Eli Cruz** swam new best times in 6 of 7 events including her first 100m backstroke and 100m breaststroke, and improving 7 sec in 200m freestyle, 6 sec in 200m IM, and 1 sec in 100m butterfly. **Clara Gray** swam a great meet with 100% new best times in 7 events, improving 12 sec in 100 backstroke, 7 sec each in 200 backstroke and 100 breaststroke, and a total of 22 sec for 4 new **PC-A** times in 50m & 100m & 200m freestyle and her first 200m IM. **Shaelin Morefield** swam a perfect 100% improvement in 7 events, breaking Coach Andrea's 100m breaststroke **team record** from 10 years ago by 1 sec with a time of 1:25.41, breaking the 50m freestyle **team record** from 9 years ago by 1.5 sec with a new **JO** time of 30.03, and breaking her own 100m butterfly **team record** to take 1st place with a new **PRT** of 1:09.02. **Whitney Weaver** swam 6 new best times in 7 events, improving 12 sec in 100m backstroke, 7 sec in 100m freestyle, 1 sec in 100m breaststroke, and setting her first times in 50m freestyle, 200m backstroke, and 100m butterfly.

Our 13-14 boy was **Adam Dack** who swam 5 new best times in 7 events including his first 400m freestyle, and improvements of 24 sec in 200m freestyle, 18 sec in 100m freestyle, 13 sec in 100m backstroke, and 6 sec in 50m freestyle.

For our 15-16 group, **Sarah Koontz** improved in 3 of 4 events, dropping 2 sec each in 100m freestyle, 200m freestyle, and 100m breaststroke. **Janosch Lancaster** swam 7 strong events in his first long course meet, setting new **PC-A** times in 50m & 100m freestyle, 100m & 200m backstroke, and 200m IM.



High School Championships

This year's Douglas High School Tigers swim team was one of the finest the school has seen in many years, and they really shined at Northern Nevada Division 4A Regional Championships May 14-15 in Carson City.

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

The Dolphins swimmers who participated included **Meagan Skilling** who took 3rd place in 100 backstroke finals with a new **Sectional** time of 1:00.87, earning a spot on the State team and going on to finish 7th at State Championships in Las Vegas on May 22. Meagan also improved her 50 freestyle time in finals by over half a second. **Kyle Johnston** dropped 2+ sec in 200 freestyle to place 2nd with a new **PRT** of 1:51.11, also earning a place in State Championship finals. **TJ Smithen** improved by huge amounts, dropping 7 sec in 100 freestyle finals to break a minute with a new **PC-A** time of 59.60, and dropping 8+ sec in 100 backstroke for another **PC-A** time.

Taylor Killion took 4th place in 100 backstroke finals with a super swim right on her best time at 1:01.45, and also improved her time in 100 freestyle finals to 57.74. **Sarah Koontz** swam two new best times in the finals of 200 freestyle and 500 freestyle. **Mary Smithen** improved 1 sec to take 5th place in 50 freestyle finals with a new **FW** and **Sectional** time of 25.38. **Cameron Morefield** swam 100 breaststroke prelims in addition to 3 relays.

Michelle Forman won the 100 butterfly finals with a time of 58.26, breaking the old 1998 Douglas High **team record** by 1 sec along with her own 17-18 Dolphins **team record**, and took 3rd place in 200 IM finals for another chance to swim at State Championships. **Anna Jackson** swam 100 butterfly prelims, and **Paula Sigala** swim the prelims of

200 freestyle and 100 butterfly. **Haley Von Schottenstein** won the 50 freestyle finals with a time of 24.48, breaking her Douglas High **team record** from earlier in the season, along with a 17-18 Dolphins team record that had stood for 10 years. Haley also won the 100 breaststroke finals, improving 1.4 sec for a new **N-AAAA** time of 1:05.71.

Shawn Stubnar swam prelims and finals of the 200 freestyle and 100 butterfly. **Eric VanBeuge** took 2nd place in 100 freestyle with a new best time of 50.30, then went on to finish 7th at State Championships in Las Vegas May 22.

In the relays, The team of **Taylor Killion, Haley Von Schottenstein, Michelle Forman, and Mary Smithen** took down last year's High School **team record** in the 200 medley relay by 2 sec in the process of winning the event in 1:50.53. With **Meagan Skilling** substituting for Mary, the team went on to win the State title in Las Vegas with another **team record** of 1:49.27, missing the State record by less than a second.

The girls put on a repeat performance in the 200 freestyle relay, with the team of **Michelle Forman, Meagan Skilling, Mary Smithen, and Haley Von Schottenstein** breaking last year's **team record** by 1.5 sec to win the event in 1:41.37, then claiming the State title in Las Vegas with another **team record** of 1:40.40, missing the State record by 0.27 seconds.

The boys relay team of **Eric VanBeuge, Cameron Morefield, Kyle Johnston, and Colby Cain** also swam some great relays, winning the 200 medley and 400 freestyle relays, and placing 2nd in the 200 freestyle relay, to earn State Championship slots where they placed 7th in the 200 medley.

Earlier in the season, at a dual meet against Bishop Manogue High School on May 1, the Douglas Tigers team of **Michelle Forman, Meagan Skilling, Taylor Killion, and Haley Von Schottenstein** also broke a 12-year Tigers **team record** in the girls 400 freestyle relay by 2 sec, clocking 3:52.64.

At Regionals the Tiger girls ended up placing 2nd overall behind Reno High School, and the boys were 3rd overall, among 19 teams competing. At State

Championships, out of 26 division 4A teams competing, Douglas High School ended up in 5th place for the girls and 11th place for the boys. **Congratulations to all the Douglas Tigers for a season well swum!**



Awards Banquet

As always, it was good to see so many faces, new and old, at our annual DDST Awards Banquet at Pa Wa Lu Middle School on May 16th, as we gathered in recognition of the past year's successes. Thank you to Marion Lancaster and Callie Parr for arranging and organizing the event this year, to Greg Taylor and all the photo contributors for the great retrospective slide show during dinner, Greg for the sound system, and to all the families who fed us with International intrigue!

After our feast, general introductions by Board President Chris Dack, and recognition of parent volunteers, the coaches handed out USA Swimming awards to all Swim-a-Thon participants, then introduced each of our swimmers with a specially chosen candy that related to their personality, special talents, and hard work. Team iPod holders were presented to each swimmer.

Trophies for several special awards were then presented. The **Coaches Award** went to **Kayce Johnston**. **Most Outstanding Awards** were presented to **Hope Rakow, Connor Taylor, Ambrih Santhanam, Kaela Forvilly, Eli Cruz, and Michelle Forman**. (In just over 2 years with the Dolphins, Michelle went from a novice swimmer to earning several Sectional times and a college swimming scholarship!) The **Most Improved Awards** went to **Angel Neal, Aditya Santhanam, Jake VanBeuge** (who improved a total of 313 seconds last season!), **Jordan Knowles, and Shaelin Morefield**.

Finally, on behalf of all the parents, the Board presented the coaches with flowers and gift cards in recognition of their dedication and hard work on behalf of our swimmers. **Congratulations swimmers!**



Carson Meet Results

A successful Memorial Day weekend meet May 28-30 in Carson City was attended by 30 Dolphins swimmers, who turned in lots of best times, new times, and even some team records.

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

Starting with the 8-under girls, **Meleeah McKown** tried 2 events in her very first long course meet, setting her first 50m freestyle time. **Hope Rakov** also swam 2 events in her first long course meet, setting new times in 50m freestyle and 50m backstroke.

Dolphins pioneer **Ambrish Santhanam** was the only 8-under Dolphin boy in our recorded history (and at the meet) to swim 100m backstroke and 100m butterfly, and therefore took 1st place in both and now holds our **team records** in those two events with times of 1:53.73 and 2:31.02. Ambrish also dropped 4 sec to finish 4th in 50m freestyle, and placed 4th in 50m backstroke, both in **PC-A** time. **Michael Schaan** swam the four 50m events in his first long course meet, setting his first times in 50m freestyle, backstroke, and butterfly. **Connor Taylor** also set his first times in the four 50m events, plus 100m freestyle, with a new **PC-B** time in 50m backstroke in his first long course meet.

For the 9-10 girls, **Mychael Bellik** swam 6 strong events in her first long course meet, setting her first times in the 50m events including a new **PC-B** time in 50m backstroke, plus 100m freestyle and her first 200 IM time in any course. **Julia Chappell** swam 3 best times in 3 events, improving 9 sec in 50m breaststroke, 2 sec in 100m freestyle, and setting her first 50m butterfly time. **Emily Dack** swam a perfect 5 best times in 5 events with huge improvements, dropping 17 sec in 100m backstroke, 12 sec in 100m freestyle, and 9 sec in 50m backstroke for 3 new **PC-B** times. **Kaila Duffy** swam 4 best times in 6 events, improving 9 sec in 50m backstroke, 7 sec in 100m freestyle, and 1

sec in 50m freestyle for a new **PC-A** time. **Kaela Forvilly** took 3rd place in 50m & 100m backstroke and 100m butterfly, and improved 1 sec in 50m backstroke for a new **FW** time of 40.18.

Angel Neal looked great in her first long course meet, trying all four 50m events and getting her first times in 50m freestyle, backstroke, and butterfly. **Taylor Sullivan** improved 1 sec in 50m freestyle, swam a new best time in 50m backstroke, and took 5th place in 50m & 100m breaststroke.

The 9-10 boys included **Taylor Knowles** who swam a perfect 6 best times in 6 events, including new **PC-B** times in 50m backstroke and his first 100m backstroke, and improvements of 18 sec in 50m butterfly and 4 sec each in 100m freestyle and 50m breaststroke.

Daniel Taylor looked good in his first long course meet, capturing his first times in 50m freestyle, 100m freestyle, 50m breaststroke, and 50m butterfly.

Swimming for the 11-12 girls were **Savannah Chappell** who swam 4 events, improving 1 sec in 50m butterfly and swimming on **PC-A** pace in 100m freestyle, 50m backstroke, and 200m backstroke. **Emma Gray** swam 8 events, improving 4+ sec in 100m backstroke, 1+ sec in 50m freestyle, and posting a new **PC-A** time for her first 200m IM. **Shelby Koontz** broke her own 2009 **team record** in 50m freestyle with a new **FW** and 1st place time of 30.41, broke Coach Andrea's 2001 **team record** in 100m backstroke by 1.5 sec in 1:20.25, took 1st place in 50m breaststroke to lower her own **team record** from earlier this year, broke Shaelin Morefield's 2008 **team record** in 50m butterfly with a new **FW** and 1st place time of 33.23, and improved by 20 sec in 100m butterfly for a new **FW** and 1st place time of 1:17.55. **Anne Lancaster** improved 5 sec in 50m butterfly, 5 sec in 100m backstroke for a new **PC-B** time, and clocked her first times in 100m freestyle, 50m backstroke, and 50m breaststroke. **Annalisa Neal** swam a huge meet with 9 new best times in 10 events, improving 36 sec in 100m freestyle, 7+ sec each in 100m backstroke and 50m butterfly, and setting new times in 400m freestyle, 100m & 200m breaststroke, and 200m IM. **Amanda Van Fosson** swam her very first long course meet,

setting new times in 50m freestyle and 50m breaststroke.

Our 11-12 boy was **Aditya Santhanam** who swam his first 200 breaststroke for any course, and set new long course times in 100m freestyle, 50m backstroke, and 50m & 100m breaststroke.

For the 13-14 girls, **Erica Chappell** improved 31 sec in 200m IM for a new **PC-A** time, and also swam 100m freestyle, 400m freestyle, and 100m backstroke on **PC-A** pace. **Eli Cruz** swam her 8 events on **PC-A** pace, improving 4 sec in 400m freestyle, swimming a new best time in 100 breaststroke, and strong 100m and 200m freestyles right near best time. **Clara Gray** improved 2 sec each in 100m backstroke and 100m breaststroke, 1 sec each in 50m freestyle and 200m IM, and set a new **PC-A** time in her first 200m breaststroke. **Meagan Skilling** swam a perfect 5 best times in 5 events, dropping 8 sec in 100m freestyle, 8 sec in 100m butterfly for a new **JO** time, 13 sec in 100m breaststroke for another new **JO** time, and taking 2nd place in 100m backstroke. **Whitney Weaver** swam 8 events, improving 2+ sec in 200m backstroke, 1 sec in 100m backstroke, and swimming her first times in 400m freestyle and 200m IM.

Our 13-14 boy was **Adam Dack** who swam 6 events, improving 2 sec in 200m freestyle, 1+ sec in 100m backstroke for a new **PC-A** time, and half a sec in 400m freestyle.

Our 15-18 swimmers included **Michelle Forman** who broke her own **team records** from last year in 200m backstroke (2:43.83), 200m IM (2:37.99), and 400m IM (5:31.56, 2nd place), set a brand new **team record** in 1500m freestyle with a **JO** time of 19:34.05, broke a 2007 **team record** in 200m butterfly by 5 sec for a new **FW** time of 2:46.11, and finished 1st in 100m butterfly. **Sarah Koontz** swam 7 events all on **PC-A** time pace, and tied her best time for the 50m freestyle. **Janosch Lancaster** swam 7 new best times in 8 events, improving about 1 sec each in 100m freestyle, 100m & 200m backstroke, and 200m IM, and setting new **PC-A** times in his first 200m & 800m freestyle races.



Woodland Long Course Meet

While her brother was at High School State, one Dolphin snuck over the hill (with her parents) to Woodland, CA, May 22-23 for some more long-course experience. Swimming 6 events, **Shaelin Morefield** broke a team record from 2002 by 6 sec in 200m freestyle, lowering her own best time by 11 sec to 2:24.75 she also broke her own 200m IM **team record** by 2 sec with a **JO** time of 2:40.15, and lowered her 200m backstroke **team record** 5+ sec with a **JO** time of 2:39.60.



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!

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).

HOME: June 22 (Tue.), Twilight Practice Meet, 3:00-6:00 pm. Parents needed as helpers and timers!

June 25-27, Bishop Swim Team, meet sheet www.pacswim.org/0610bst.pdf (enter online or mail by Monday June 14th).

Don't miss this fun summer meet in the Bishop city park!

July 8 (Thu.), Twilight Practice Meet at Carson City Pool. See coaches for times & details. **Parent drivers and helpers needed!**

HOME: July 13 (Tue.), Twilight Practice Meet, 3:00-6:00 pm. All parents needed as helpers and timers!

July 15-18, Moraga CA, Adam Szmids Memorial Pacific Swimming Long Course Junior Olympics, meet sheet www.pacswim.org/0710oapb.pdf (qualifying times apply, see coach for details, enter online or deliver by July 7th, or mail by July 5th).

July 21-25, Santa Clarita CA, Speedo Champions Series Summer Sectional Championship (qualifying times apply, see coach for details).

July 23-25, Tahoe Swim Club, meet sheet www.pacswim.org/0709taho.pdf (enter ASAP online or hand deliver by July 14th, or mail by July 12th). **This meet often fills up early!**

July 28-August 1, Concord CA, Far Western Long-course Championships, meet sheet www.pacswim.org/0710tera.pdf (qualifying times apply, see coach for details, enter online or deliver by July 21st, or mail by July 19th).

August 3 (Tue.), Twilight Practice Meet at Carson City Pool. See coaches for times & details. **Parent drivers and helpers needed!**

HOME MEET: August 6-8, High Country League Championships (trials & finals), meet sheet www.pacswim.org/0810ddst.pdf (entries due Wednesday July 28th!). **All parents please be prepared to help out!**



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 (ksullivan@dcisd.k12.nv.us, 775-267-4035) or another key contact (see p. 8) 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.



Good Luck Graduates!

The Douglas Dolphins are proud of this year's group of graduating Seniors, and it is with mixed emotions that we get ready to say farewell to many of them as they start the next chapters in their lives.

Michelle Forman will be attending the University of Nevada Reno on full scholarship as a member of the UNR Women's Swim Team. **Chandra Matheson** will be attending Western Washington University. **Cassie Parr** will attend University of Nevada Reno in the Nursing program. **Paula Sigala** will keep on coaching with the Dolphins and plans to attend Western Nevada College. **Eric VanBeuge** will also be attending Western Nevada College and plans to continue swimming at the Masters level. **Haley Von Schottenstein** has a scholarship to attend Whittier College in southern California, and will be a member of their Women's Swim Team.

At the May Awards Banquet each graduate spoke about their time with the Dolphins and some special memories. Haley's favorite memory, alas, was of Kyle and Cameron snorting ice cream at dinner during last December's State Championships.

Congratulations and good luck to all our graduating Seniors! We look forward to seeing many of you in and around the pool this summer or longer, and will miss each of you as you move on.



Policy Changes

As part of our change to the TeamUnify platform, slight adjustments will be made to some of our team policies. All members please note the following:

1. The billing coordinator must now be notified by the 14th of the month preceding any month a member wishes to take a leave of absence (to not be billed for it).

2. A \$5.00 late charge may be applied to accounts not paid by the 16th of the month in which they are due.

3. Annual fundraising obligations are unchanged, but they will be administered differently to work with the Team Unify System. As before, no amounts will be due or billed until the end of the calendar year or termination of membership, whichever comes first. However, the entire year's amount for a Blue Group or higher family (\$300 single swimmer, \$480 multi-swimmer) will be posted to each family's fundraising balance at the beginning of each year. Families will then receive monthly credits for any leaves of absence, or swimmers in Red Group or below, in addition to their actual fundraising amounts brought in.



DDST Key Contacts

Board President: Chris Dack

cpdack @ charter.net; 775-267-4322

Head Coach: Kat Matheson

coachkat0809 @ hotmail.com; 775-315-7701

Coach Sarah: sgovanswm @ aol.com;

775-287-1035

Coach Stefanie: ssignorella @ charter.net;

775-901-6747

Coach Whitney: whitneysimpson @ hotmail.com

Meet Director: meets @ ddst.org;

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



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, July 6th 2010, at a NEW TIME, 6:30 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 6:30 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



Thank You Lane Block Sponsors!

Since our last newsletter, **two new sponsors** have come forward from the Carson Valley swimming community to sponsor competitive starting blocks for DDST. Huge thank yous for lifetime sponsorships go out to **Bill & Kyle Hamilton** for Lane 6, and **Team B & E** for Lane 5.

Inspired by the generosity of these donors, **the DDST Board decided to purchase all remaining starting blocks** while continuing to seek sponsors for the final two lanes (2 and 4). **All the blocks have now been received**, and will be appearing on deck as soon as sponsor placards have been attached.

If you or someone you know is interested in sponsoring a remaining lane, here is **what you should know**:

- > **Sponsorship is tax-deductible, counts toward your family's annual fundraising obligation**, and may be shared by 2 or 3 sponsors per lane.
- > **Lifetime Sponsorship includes** permanent custom placards on 3 sides, plus hanging lane tag, plus regular Platinum Medal sponsorship benefits through the **next** calendar year.
- > **Lane 4 Lifetime Sponsorship** is \$1750 (block on display at all meets indoor and out). **Lane 2** is \$1900 because it is on display daily at every practice and meet.
- > **Short-term Sponsorship** is also available. Sponsor's name and/or logo will appear on both sides of a **lane tag hanging from block**.
- > **Meet Sponsor** tags hang for 1 week before/during/after each meet sponsored. **Cost: \$60** for 1 meet **or \$150** for 3 meets (a year's worth).
- > **Annual Sponsor** (Lane 2 only) tag displays full-time all year. **Cost: \$400** per year.

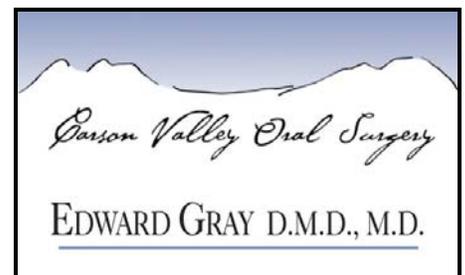
- > Short-term sponsorships go into a **block fund for that lane** until that block is fully sponsored.
- > **Lifetime Sponsorship may still be earned** by donating the balance remaining to complete full sponsorship of a lane, or \$1000, **whichever is more**.
- > **Contact Jim Morefield** (775-782-4360 or [jdmore @ charter.net](mailto:jdmore@charter.net)) to sponsor a block, coordinate a shared block, or ask questions.



Thank You to our 2009 – 2010 SPONSORS:



Lifetime Sponsor



Platinum Medal Sponsor



Platinum Medal Sponsor

**BILL & KYLE
HAMILTON**

Platinum Medal Sponsor

TEAM B & E

Platinum Medal Sponsor



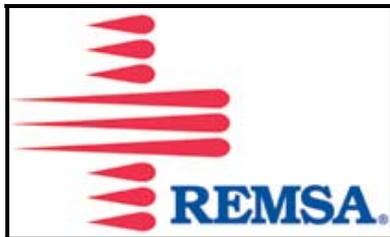
Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



CARE FLIGHT

Gold Medal Sponsor



Gold Medal Sponsor



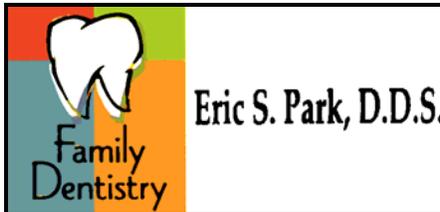
Gold Medal Sponsor



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

Bronze Medal Sponsors:

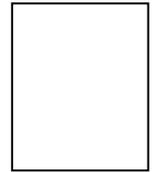
- Animal Behavior Consulting
- Carson Valley Veterinary Hospital
- Centerfield Sports Bar & Grill
- Ken & Linda Gorder
- Grover Hot Springs
- Linda Koontz Tupperware
- Meadowcliff
- Mountain View BBQ
- Norris Auto Body
- Protech Auto
- Ragz 2 Bagz
- Walker Country Store



Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



www.ddst.org



SEE MORE ARTICLES BELOW!

Time-sensitive Swim Team news enclosed!



Transitions

Moving up: congratulations to new **White Dolphin** Michael Schaan, and new **Red Dolphin** Leah Frankiewich. **Farewell & good luck** to Amanda Castro and Bridgette Johnson – we'll miss you! **Happy June Birthdays** to TJ Smithen (6/2), Matthew Shick (6/3), Kayce Johnston (6/10), Ambrish Santhanam (6/12), Emily Dack (6/15), Taylor Sullivan (6/18), Bridgette Johnson (6/19), Eric Jacobs (6/22), Cameron Morefield (6/27), and **Happy July Birthdays** to Savannah Chappell (7/2), Shelby Koontz (7/6), Andrew Brockhage (7/7), Meagan Skilling (7/11), and Taylor Killion (7/20).

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



Practice Schedules

Check www.ddst.org for updates.

Summer Break (starting 6/07/2010)

Seniors & Pre-seniors: M-F 7:00-9:00 am + M, W 5:00-6:00 pm dryland +
Senior doubles T, Th 4:00-5:45 pm

Blue: M-F 4:30-6:00 pm

Red & Summer: M-Th 3:30-4:30 pm

White: M, W, F 4:30-5:15 pm

Pre-competition: T, Th 4:30-5:15 pm

Summer Program: M-Th 3:30-4:30

ANY Public School(s) IN Session

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

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

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

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

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

Red: M-Th 5:00-6:00 pm

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

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



Next Newsletter

The next *Monthly* will appear about July 12th. **All submissions should be received by Tuesday, July 6th.** 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, Sarah Davenport, & Whitney Simpson; Julie Gray, Lorna Johnston, Joe Stubnar; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.

Latest news online: www.ddst.org.

