

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(since 1964 – our 47<sup>th</sup> year!)

[www.ddst.org](http://www.ddst.org)

June 2011

## Swimmers of the Month

**Eden Neal** is Pre-Comp swimmer of the month. She has shown a strong desire to improve her swimming technique in the last few months by staying after practice for extra help on her breaststroke or freestyle. Then she follows through by practicing her new skills when she's back with the group. Eden does well with one-on-one instruction, and it is a joy to coach her because she is eager to improve. Her nearly perfect attendance at practice has also helped her to succeed. Eden is always the first smiling face I see when I come on deck to coach. I am excited to see Eden continue to improve!

**Lily Bickmore** is White group swimmer of the month. Lily has been working really hard at practice and has had an awesome attitude and attendance! Her goal was to be in great shape for the Reno Gamble meet (her very first official meet) so she could swim fast. She did very well at the meet and Lily can be proud of her accomplishment. With her great work ethic her coaches look forward to seeing how much she can improve over the summer! Great job Lily!

**Mychael Bellik** is Red Group Swimmer of the Month! I have seen a dramatic change in Mychael's outlook towards swimming recently and notice that she is working really hard at practice! She has a great attitude, energy and commitment to her workouts and it has paid off! At the Reno Gamble Meet, Mychael shaved off almost 35 sec total with 4 new best times, one new A time and a first time swim in long course 200 freestyle (where she took 7+ seconds off a converted time!) Mychael, keep up the great attitude, the positive outlook

and the hard work and you will do well this summer!

**Annalisa Neal** is Blue Group Swimmer of the Month. If you were to watch her at practice you would wonder where all her energy comes from? She consistently trains with every ounce of energy that she has and she doesn't hold back from the very start till the end of each practice. Her results from the Carson Meet show how effectively she has been training. Annalisa achieved new "A" times in her 50, 100, 200 and 400 freestyle, 100 and 200 backstroke and 200 breaststroke. Way to Go Girl!

**Claire Christopher** is the Pre senior swimmer of the month. Claire is doing a fantastic job at practice and she is also sharing her enthusiasm for swimming with the Summer Swim Team as a volunteer. Claire has been training with focus and drive both in the water and during dry land. She had impressive results at the Reno Gamble with a new "A" time in her 200 freestyle. Claire is still trying new events and improved on most of her other events. Coach Sarah and I are excited to see how she develops with her incredible will to succeed. Keep up the hard work Claire!

**Janosch Lancaster** is the Senior Group swimmer of the month and he had a great Reno Gamble meet. Janosch had 100% improvement in all 7 of his events and a JO cut in his 100 backstroke. He recently went to Germany on vacation with his family and did not have access to regular swim practices. Anyone who has swam regularly knows that taking a month off of swimming can have a negative impact on your training and it can take time to return to the same level of fitness as before the break. Janosch is doing a great job of getting his focus back on track and his meet results show it. Congratulations!



## Summer Swim Team Program

Sign-ups for the 2011 DDST Summer Swim Team Program are ongoing, the first official practice was on Monday June 13<sup>th</sup>. **Every level of swimmer is encouraged to try out!**

The cost for the program is \$250. Included in the cost are seasonal USA Swimming registration & insurance, team & pool fees, a team swim cap and T-shirt, 4 fun 1-hour practices each week, M-Th 3:30-4:30 pm, 4 twilight practice meets (2 home and 2 away). There will also be opportunities to join in competition meets during the summer, and in the team's Fun Week August 8-11 (small additional costs apply for these events).

**Encourage your friends** to come spend their summer afternoons by the pool making friends, improving their swimming skills, & staying cool! Contact Coach Kat for details ([coachkat0809@hotmail.com](mailto:coachkat0809@hotmail.com)/775-315-7701)



## Ad Campaign Sponsorships Due July 15

A quick reminder--All Ad Campaign sponsorships must be turned in by Friday, 7/15, in order to be included in the High Country Meet banner and program. This yearly fundraising event is one way your family can reach its fundraising obligation, and donations are tax deductible. Any questions may be emailed to [fundraising@ddst.org](mailto:fundraising@ddst.org). Packets and information are available in the team file folder box and via the team website. Completed order forms should be turned in to Christine Rakow in the Rakow family folder.

COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

As I write this article we have just finished the Reno Gamble meet. For many swimmers this will be their last long course meet of the summer. It is just now occurring to some swimmers that, Reno was the last chance they had to qualify for summer Junior Olympics. Even though we added the Folsom meet to our meet schedule you can see that our long course opportunities are limited. There is talk in Pacific Swimming that next year they will only allow long course times to be accepted at long course JO's. If your swimmer has a goal of competing in Summer JO's next year please keep in mind the dates of the long course meets this year as our meet schedule will be pretty much the same next year.

On a personal note I am leaving Friday to spend a week coaching with, in my opinion, one of this country's best swim coaches David Salo. This is an exciting opportunity & it will be my 3<sup>rd</sup> year going to USC. I look forward to hearing about all the advancements in the swimming world and I hope to glean lots of new fun things to bring home to our swimmers. Continuing education in coaching is very important to me so I'd like to thank the team for supporting me in this endeavor.



## Shower before you swim!

The swim center is requesting that all swimmers shower before entering the pool. This is a CDC recommendation and there are signs posted on the shower walls requesting that swimmers shower before leaving the locker room. If you do not rinse off before you swim the particles on your body (oil, makeup, lotions, etc) are deposited in the pool. Rinsing before you enter the pool will make it easier to keep the pool cleaner for all patrons and may reduce chemical reactions which may contribute to eye irritation.



COACH

## Greg's Corner

(greg@taylorcamp.org)

Red Group has a great mix of swimmers. I have some outstanding leaders who are challenged by the younger swimmers who push them physically some days and mentally other days! In swimming, there is so much focus on individual achievement that many forget it is a team sport, and every team needs strong leaders. There are a few things a swim team leader needs to do:

1. Lead by doing - ask for help as you pitch in.
2. Earn respect of teammates -with mature behavior.
3. Try hard during practice – relate practices to personal or team goals.
4. Encourage skill improvement – help swimmers having difficulties by suggesting they TRY something new.
5. Remind them about helping the team.
6. Challenge teammates to do their best.
7. Arrive on time to help your coach pull out equipment & offer to put any equipment away when practice is over.
8. Use quiet confidence without being pushy.

Always remember, that there is someone looking up to you. If you are a Senior, that could be a Red Group swimmer, if you are in Red Group, that could be another Red Group or White Group Swimmer. Maybe siblings wishing they could be on the swim team, or a swimmer finishing a lesson, watching you dive off the blocks. Everyone on the Dolphins Swim team can be a leader or inspiration to someone even pre-comp swimmers!

Red Group is a great mix of both younger and older swimmers, which gives our older swimmers a unique opportunity to practice leadership skills, don't pass it up! Learn by doing, lead by doing and you will motivate, encourage and help your teammates grow.



COACH

## Sarah's Corner

(sgovanswm @ aol.com)

I am very pleased with the participation in our dryland program. I feel that our current program will give our upper level swimmers the edge they need to compete stronger and faster against their competitors. We have been working on increasing core strength and flexibility, as well as overall muscle strength. Just a few reminders:

1. Please remember to arrive early so you are ready to go at the start of dryland.
2. Please bring a water bottle and make sure to eat a nutritious snack beforehand (bring a recovery snack for afterwards if you are not going right home).
3. Please wear appropriate gym attire and a good pair of running shoes
4. Please come to dryland ready to work hard!!!



COACH

## Chandra's Corner

(summerprogram @ ddst.org)

The summer swim group started June 13<sup>th</sup> and is already off to a great start! After only five days of practice, our 19 newest members of the Dolphins team have already learned freestyle, backstroke, and starts. That is quite an accomplishment in such a short period of time! These swimmers are full of an energy that makes coaching them a wonderful experience and I feel very lucky to be working with these outstanding new swimmers. I looking forward to see what the rest of the season brings! Our summer assistant coaches are volunteering their time, expertise and enthusiasm to help teach our summer group, while maintaining their own swimming careers, and I would like to thank them for their dedication. Our summer program would not be a success without all of our fantastic coaches, swimmers and parents, so here's to you and a great 2011 summer program!



## Calling all Dolphins & Parents

Our next meet season is almost upon us! The High Country League Championships are August 5<sup>th</sup> - 7<sup>th</sup> and will be 3 full days. This meet is different than our other meets because it is a Trials and Finals meet, meaning that the age groups are not separated. All Dolphin swimmers, no matter what age they are, will swim in the Trials or morning sessions. The fastest 8 swimmers for ages 11 & up will then swim in the Finals or afternoon sessions. There will be a 2 hour break in between the sessions which is mandatory per USA Swimming rules.

Our meet sheet has been sanctioned and is posted on our team website. If you are planning on swimming in this exciting meet, please Sign Up on the website. Parents, the online Job Sign Up for this meet will be up soon. We plan to hold some training before this meet to review jobs and Pacific Swimming/USA Swimming rules. We'll let you know when that will happen.

Our second meet, the Molly Lahlum Memorial Autumn Freeze Meet, is just 6 weeks later, September 16<sup>th</sup> - 18<sup>th</sup>. The last meet of our meet season is the Last Chance Meet which will be January 27<sup>th</sup> - 29<sup>th</sup>. Please mark your calendars. In these two meets, the 10 & Under swimmers are separated from the 11 & Older swimmers. One group swims in the morning and the other, in the afternoon.

Per our team's Family Meet Management Policy, we ask that each swim family volunteer a minimum of 6 sessions per year at our DDST hosted meets. Volunteering at the meets is a great way to get to know other swim parents and learn more about swimming, meets, and the team. We are looking forward to a fantastic meet season which can only happen with your help!

Lorna Johnston and Margaret Jackson, DDST Meet Directors



## COACH Stefanie's Corner

([ssignorella @ charter.net](mailto:ssignorella@charter.net))

Pre-Competition group had quite a change for May & June. We went from 14 swimmers in April down to 3 swimmers this month. Many swimmers moved up to White group and a few moved away. Our big group was fun but I am enjoying the extra time with each swimmer as we experience a smaller group size. We are focusing on using the extra coach time and lane space to each swimmer's advantage. I appreciate you contacting me when your swimmer will be absent as it allows me to tailor the practice lesson to the number of swimmers and their needs.

We practice all strokes each month, however, PreComp have been focusing on breaststroke this month. In order to move to White group, swimmers need to have a legal breaststroke kick & the correct timing when they put the whole stroke together. The way the toes twist out as they grab the water for the kick, is unique to breaststroke. The other 3 strokes use a pointed toe to push the water up and down, so it can be a challenge for swimmers to change their foot position for the breaststroke kick.

Putting the arms and legs together with the breathing is also different from the other strokes. Ask your swimmer how many breaths they should take per stroke in breaststroke (their answer should be every stroke). With freestyle it is every 2+ strokes, in butterfly it's every 1 or more strokes, & in backstroke it doesn't apply because they don't move their body to get a breath. The best way to learn the timing for breaststroke (besides listening carefully to your coach during practice) is to watch a good breaststroke swimmer. Have your swimmer watch *competitive* breaststroke on YouTube or watch the senior-level swimmers during their practice or swim meets. We have also been working on breath control under water. The swimmers have learned to control the release of their air - which is useful for more ef-

ficient strokes, turns, streamlines & dives.

We will have 4 Twilight "Practice" Meets this summer. Please check our team website for information on dates and locations and contact me with questions or concerns. The practice meets will help them feel more comfortable and relaxed in a competitive situation. With practice meets under their belt, when they go to an official swim meet your swimmer can focus on their best swimming.



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## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, July 11<sup>th</sup>, 2011, at 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](http://www.ddst.org) under Coaches.



## Upcoming Meets

**Online entries, meet sheets, updates:**  
[www.ddst.org](http://www.ddst.org) under Meets & Events.

**July 5 (Thu.), Twilight Home Practice Meet.** See coaches for times & details.  
**Parent drivers and helpers needed!**

**July 7-10, San Jose CA, Adam Szmidski Junior Olympics Long Course Champs.** (qual. times apply, [www.pacswim.org/0711west.pdf](http://www.pacswim.org/0711west.pdf), entries due online by 6/29).

**July 20-24, Clovis CA, Speedo Champions Series Summer Sectionals** (qual. times apply, see coach for details).

**July 22-24, South Lake Tahoe CA, Tahoe Coming Up for Air (short course meet)** (meet sheet pending, online entries due June 13<sup>th</sup>).

**July 27-31, Concord CA, Far Westerns Long Course Champs** (qual. times apply, [www.pacswim.org/0711tera.pdf](http://www.pacswim.org/0711tera.pdf), enter online by 7/20).

**August 4- 4-6:30 Team Photos and Meet Set-up;** swimmers please wear your team apparel (t-shirts, shorts, suits).

**HOME MEET: August 5-7, High Country League Championships (trials & finals),** view meet sheet and enter meet on [ddst.org](http://ddst.org), (entries due Wednesday July 28<sup>th</sup>). **All parents please be prepared to help out!**



## Carson Inter-mountain Classic

Memorial weekend 26 Dolphins braved the wacky weather to attend our second long course meet of the season. 12 long course team records were broken (one twice), 5 new JO times and 3 new PRT times were achieved at the meet. All in all there were some very good swims despite the weather!

Our lone 8 & under girl swimming in the meet, **Emma Ruffo** swam 3 events in her first long course meet achieving a **PC-B** time in 50m backstroke and she also took on the 50m freestyle and 50m breaststroke.

There were two 8 and under boys swimming in the meet, **Michael Schaan** had a great meet breaking the boys 8 & under **Team record** in 50m butterfly finishing 1<sup>st</sup> with a new **PC-A** time of 50.48 beating the record set in 2002 by 2.38 sec, he improved almost 9 sec in 100m backstroke and 5.5 sec in 50m freestyle, placing 2<sup>nd</sup> in 50m freestyle, 50m backstroke & 100m backstroke. **Connor Taylor** swam a new **PC-B** time in 100m freestyle dropping 10 sec, improved almost 10 sec in 100m backstroke to place 3<sup>rd</sup> and 2 sec in 50m butterfly to place 2<sup>nd</sup>.

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

Next was our 9-10 girls, **Nikki Jackson** swam 7 events and achieved 2 new **PC-B** times in 100m backstroke dropping 8+ sec, and in 50m butterfly dropping over 5 sec, she also swam her first long course 100m freestyle and did very well. **Meleeah McKown** swam 4 events and a new **PC-B** time in 50m freestyle dropping a huge 20 sec, and she did very well in her first 100m freestyle, 50m backstroke and 50m breaststroke long course events. **Angel Neal** had 100% improvement in 2 events and swam her first 100m backstroke event, finished with a new **PC-B** time in 50m freestyle taking off over 12 sec, and dropped 5 sec in 50m backstroke.

**Hope Rakow** had a super meet with 100% improvement in 5 events, taking off a huge 23 sec in 50m freestyle and

13 sec in 50m backstroke and conquered her first 50m breaststroke event. **Taylor Sullivan** swam 8 events including a new **JO** time in 100m freestyle (1:20.18) dropping almost 2 sec, improved 3.5 sec in 50m butterfly, placed 1<sup>st</sup> in 50m breaststroke, 3<sup>rd</sup> in 100m breaststroke, 100m freestyle and 200m IM.

Our 9-10 boys, **Taylor Knowles** had a super fast meet breaking 3 of his own **Team records** in 50m freestyle by .83 sec (39.27), 50m backstroke by 1.38 sec (42.72) to place 4<sup>th</sup>, 100m backstroke by 2.18 sec (1:36.57) & he broke Kyle Johnston's **Team record** from 2005 in 200m IM by .54 sec (3:50.22). **Daniel Taylor** swam 6 events and dropped almost 7 sec in 100m freestyle, and improved 5+sec in 50m breaststroke placing 6<sup>th</sup>.

Up next was our six 11-12 girls starting with **Savannah Chappell** who had a fantastic meet with 100% improvement in 6 events, achieving 4 new 11-12 girls **JO** times in 100m freestyle (1:11.11) taking off 2.4 sec, 400m freestyle (5:25.15) improved almost 15 sec, 50m backstroke (38.93) dropped 2 sec and 200m IM (2:54.77) taking off a huge 23 sec, and placed 4<sup>th</sup> in 100m and 400m freestyle. **Kaila Duffy** swam 9 events achieving new **PC-A** times in 50m backstroke dropping 1.6 sec and 100m backstroke improving almost 4 sec and swam her first long course 100m butterfly finishing with a **PC-B** time. **Kaela Forvilly** took on 8 events, dropping 4.33 sec in 50m butterfly, placed 6<sup>th</sup> in 100m backstroke shaving off time (breaking the 11-12 girls **Team record** right before Shelby lowered it some more) and improved her best 100m freestyle time by over 1 sec.

**Shelby Koontz** had a super meet breaking the 11-12 girls **Team records** in 7 events and swam 3 new **PRT** times, she broke coach Andrea's **Team records** in 400m freestyle from 2001 by 4.8 sec (5:09.82) and 50m backstroke by 2.5 sec (35.27) and Shaelin Morefield's 200m butterfly record from 2008 by 17 sec (2:48.05), lowered her own **Team records** in the 100m and 200m freestyle and 100m backstroke and butterfly, placed 1<sup>st</sup> in 50m butterfly and 100m butterfly. **Annalisa Neal** had a really great meet improving in 8 out of 10 events with 8 new **PC-A** times in 100m, 200m and 400m freestyle, 100m back-

stroke and her first swim of the 200m backstroke, 100m and 200m breaststroke & 100m butterfly, she dropped 17 sec in 400m freestyle and 200m breaststroke and 21 sec in 200m freestyle, placed 6<sup>th</sup> in 50m breaststroke and 7<sup>th</sup> in 200m breaststroke. **Kayla Ruffo** swimming in her first long course meet, ambitiously took on 9 events and did a very well, setting new long course times to beat in her 50m events and set her first best times to beat in any course in the 200m freestyle, 100m breaststroke and 200m IM.

Next up was our 13-14 girls, **Emma Gray** had a great meet with 100% improvement in 10 events and tried 2 new events, the 800m freestyle and 400m IM, finishing both in new **PC-A** times, she improved 3.5 sec in 200m freestyle, placed 6<sup>th</sup> in the 100m freestyle and 800m freestyle, took off 1 sec in 100m freestyle and breaststroke and placed 7<sup>th</sup> in 50m & 200m freestyle. **Jordan Knowles** swam 8 events dropping almost 4 sec in 200m freestyle, placed 8<sup>th</sup> in 100m backstroke & 200m breaststroke, swam new best times in 50m freestyle and 100m breaststroke and swam a **PC-A** time in her first long course 200m IM. **Anne Lancaster** had 100% improvement in 5 events achieving new **PC-B** times in 100m breaststroke (dropping 13 sec) and swam her first 200m breaststroke in any course and achieved a new **PC-A** time in 50m freestyle taking off 3.5 sec. **Whitney Weaver** swam 6 new best times out of 7 events including a new **PC-A** time in 50m freestyle dropping 1.4 sec, a new **PC-B** time in her first long course 200m freestyle, improved 14 sec in 200m IM and 3 sec in 200m backstroke.

The Dolphins had two 13-14 boys swimming in the meet: **Andrew Brockhage** had 100% improvement in 3 events, swimming a new **PC-B** time in his first long course 200m IM, dropped 9+ sec in 100m backstroke and 7+ sec in 100m freestyle. **Adam Dack** finished his meet with a new **PC-A** time in 200m freestyle dropping 17 sec, improved 3+ sec in 100m butterfly and 100m backstroke and achieved a **PC-A** time in his first 400m IM to place 7<sup>th</sup>, placed 4<sup>th</sup> in 200m butterfly.

They were followed by our 15-18 girls, **Erica Chappell** swam a new **PC-A** time in 400m IM dropping a huge 45

sec, improved 4 sec in 200m IM, and placed 8<sup>th</sup> in the 1500m freestyle. **Clara Gray** swam 4 events with an injured foot and still dropped over 4 sec in 100m breaststroke, achieved a new best time in 100m freestyle and swam a **PC-A** time in 100m butterfly. **Sarah Koontz** swam 3 events swimming her 200m backstroke right on **JO** pace and looking strong in 200m freestyle.

Finally was our two 15-18 boys, **Kyle Johnston** improved in 2 events out of 4, dropping 9 sec in 400m freestyle to place 8<sup>th</sup> and was right on **JO** pace in 100m backstroke improving almost 1 sec. **Janosch Lancaster** had a super meet with 100% improvement and he swam 2 new long course events, taking off over 5 sec in 200m freestyle & 200m IM, almost 4 sec in 100m breaststroke, and 1+ sec in 50m freestyle, 100m freestyle and 100m backstroke.



## Reno Meet

26 Dolphins participated in the Reno Gamble meet that took place at the Idelwild pool in Reno. The weather was actually quite nice & we were spared the thunderstorms which had delayed the meet in previous years. Our swimmers are still training very hard for meets in the near future but were still able to pull out some very good swims!

We had two 8 & under girls, **Emma Ruffo** did well swimming 3 events in her 2<sup>nd</sup> long course meet and achieved a new **PC-B** time in 50m freestyle improving by almost 3 sec and took off almost 2 sec in 50m breaststroke. **Cai-ley Tollmann** swam 4 events, 3 of which were first events in any course, she achieved a new **PC-B** time in 100m freestyle, placed 4<sup>th</sup> in 50m backstroke and 5<sup>th</sup> in 100m backstroke.

They were followed by our two 8 & under boys, **Michael Schaan** had a fantastic meet, achieving a new **PC-A** time in 50m freestyle dropping almost 5 sec, he lowered his **Team record** in 50m butterfly by over 1 sec (49.40) placing 2<sup>nd</sup>, swam 2 new **Team records** in 100m breaststroke (2:22.51) beating the record set in 2007 by almost 2 sec, and in 100m butterfly shattering the old record by a huge 23 sec

(2:07.69) and placing 1<sup>st</sup>. **Connor Taylor** swam 5 events placing 6<sup>th</sup> in 50m butterfly looking strong and right on his best time and placed 8<sup>th</sup> in 100m backstroke.

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

Up next was our energetic 9-10 girls, **Mychael Bellik** took on 7 events and achieved a new **PC-A** time in 100m freestyle dropping 12 sec, improved a huge 13 sec in 50m butterfly and took off over 7 sec in 50m breaststroke. **Lily Bickmore** swimming in her very first meet took on 4 events and set new times to beat in her 50m freestyle, 100m freestyle & 50m backstroke.

Then we had two 9-10 boys, **Taylor Knowles** had a super meet lowering his own **Team record** in 50m freestyle by 1.7 sec (37.51) to place 1<sup>st</sup>, shaved time off his **Team record** in 50m backstroke to finish with a time of 40.08 and 2<sup>nd</sup> place & he placed 4<sup>th</sup> in 100m freestyle just shy of the team record by .06 sec and placed 2<sup>nd</sup> in 200m IM. **Daniel Taylor** had a fast meet swimming 7 events with 6 best times including 3 new **PC-B** times in 100m freestyle dropped over 4 sec to place 7<sup>th</sup>, placing 4<sup>th</sup> in his first 200m freestyle, & he took off 3+ sec in 100m breaststroke.

Followed by our group of 11-12 girls, **Savannah Chappell** swam 3 events and achieved a new best time in 100m breaststroke, placing 4<sup>th</sup> in 50m backstroke and 5<sup>th</sup> in 100m freestyle. **Kaila Duffy** swam 7 events with a new **PC-A** time in 50m butterfly dropping almost 2 sec and improved a huge 16 sec in 100m breaststroke, and almost 1sec in 200m freestyle. **Shelby Koontz** swam 3 events placing 1<sup>st</sup> in 50m butterfly right on **PRT** pace and 3<sup>rd</sup> in 100m backstroke and 200m freestyle right on **JO** pace. **Kayla Ruffo** took on 9 events with 5 new best times and set new times to beat in her first 400m freestyle and 100m backstroke, took off 2 sec in 50m breaststroke and over 2 sec in 100m breaststroke.

Next we had our group of 13-14 girls, **Claire Christopher** swam her very first 400m IM in a **PC-A** time,

achieved a new **PC-A** time in 200m freestyle dropping almost 4 sec, swam her very first 200m breaststroke in a **PC-B** time and achieved a new **PC-B** time in 100m breaststroke dropping 4 sec. **Emma Gray** swam 9 events placing 8<sup>th</sup> in 400m freestyle, achieved a new **PC-B** time in 200m breaststroke dropping a huge 37 sec, improved 19 sec in 800m freestyle, and achieved a new best time in 100m freestyle. **Jordan Knowles** swam 7 events and placed 8<sup>th</sup> in 800m freestyle, and was right on best time looking very strong in 100m freestyle and 100m breaststroke. **Anne Lancaster** swam 6 events, dropping 1 sec in 50m freestyle, improved by 4+ sec in 200m freestyle and also looked great in 100m breaststroke and 100m freestyle. **Whitney Weaver** swam 9 events with 6 best times, placing 7<sup>th</sup> in 200m backstroke with a 1.7 sec improvement, swam a new **PC-A** time in 200m IM dropping over 2 sec & a new **PC-B** time in her first 200m breaststroke & 100m butterfly taking off 5 sec.

Our 15-16 girls were up next, **Erica Chappell** swam 4 events achieving a new **PC-B** time in 200m breaststroke dropping a huge 22 sec and swimming her first 800m freestyle in a **PC-A** time. **Eli Cruz** swam 4 events and improved almost 4 sec in 100m butterfly, swam her first 400m IM in a **PC-A** time and set a new time to beat in 50m freestyle. **Clara Gray** dropped time in all her freestyle events, swam her first 800m freestyle in a **PC-A** time, improved almost 4 sec in 200m freestyle, 1.4 sec in 400m freestyle and was right on best in 100m breaststroke. **Meagan Skilling** swam 4 events with a new best time in 100m breaststroke and placed 3<sup>rd</sup> in 200m backstroke and 100m breaststroke right on **JO** pace.

Our two 15-16 boys were, **Kyle Johnston** who had super fast meet tackling 10 events achieving a new **JO** time in 50m freestyle dropping .6 sec (27.54), new 15-16 boys **Team record** and **JO** time in 800m freestyle breaking the old record from 2001 by 11 sec (9:49.21), placed 2<sup>nd</sup> in 50m freestyle, 4<sup>th</sup> in 100m butterfly dropping almost a sec, and 3<sup>rd</sup> in 400m IM with another new **JO** time of 5:24.13. **Janosch Lancaster** also had a fantastic meet with 100% improvement in 7 events and a new **Team**

**record** in 200m backstroke placing 3<sup>rd</sup> and beating the record set in 2001 by 2.68 sec (2:30.97), a new **JO** time in 100m backstroke dropping 2 sec for a time of 1:10.63, dropped 2 sec in 200m IM and 100m freestyle, placed 4<sup>th</sup> in 100m backstroke and freestyle.

Followed by our 17 and over swimmers, **Sarah Koontz** swam 9 events and looking very strong and right on best in 50m freestyle, placed 2<sup>nd</sup> in 1500m freestyle and 8<sup>th</sup> in 400m freestyle. **Haley Von Schottenstein** swam 3 events placing 1<sup>st</sup> in 50m freestyle right on best time and **FW** pace and 4<sup>th</sup> in 100m butterfly on **JO** pace. **Michelle Forman** took on 8 events and swam 50m freestyle and 100m backstroke right at best time and set a new best time in 100m freestyle by .7 sec.

The fun part of some meets is swimming relays and our girls were able to swim in several relay events. Our 12 and under girls relay team of **Kaila Duffy, Mychael Bellik, Kayla Ruffo** and **Shelby Koontz** competed in the 400m freestyle relay. The relay team of **Savannah Chappell, Kayla Ruffo, Kaila Duffy** and **Mychael Bellik** placed 7<sup>th</sup> in the 400m Medley Relay.

For the older girls the relay teams of **Sarah Koontz, Michelle Forman, Clara Gray** and **Anne Lancaster** and **Jordan Knowles, Claire Christopher, Whitney Weaver** and **Emma Gray** competed in the 400m freestyle relay and placed 4<sup>th</sup> and 6<sup>th</sup> respectively. **Clara Gray, Erica Chappell, Sarah Koontz** and **Meagan Skilling** placed 4<sup>th</sup> in the 800m freestyle relay and a second team of **Whitney Weaver, Jordan Knowles, Emma Gray** and **Claire Christopher** also competed in the event. **Meagan Skilling, Haley Von Schottenstein, Michelle Forman** and **Eli Cruz** and a second relay team of **Sarah Koontz, Clara Gray, Claire Christopher** and **Emma Gray** teamed up for the 400m Medley relay and placed 2<sup>nd</sup> and 4<sup>th</sup>.

This was our last scheduled long course meet before Junior Olympics which take place the beginning of July. Our next scheduled meet will be the Bishop meet which is a fun short course meet, we hope to see you all there!



### Three principles swimmers need to know to make them more efficient and faster in the water.

Taken from an article posted on the USA swimming website that was written by Gail M. Dummer, Department of Kinesiology, Michigan State University and Donald H. Watkins, Peninsula Aquatics San Diego.

1. **Minimize drag.** Drag (resistance) refers to water forces that cause the swimmer to slow down. To reduce drag on their bodies as they swim, swimmers can: (a) *streamline* to make the body shape as long as possible from fingertips to toes and as tapered as possible with hands and feet together; (b) achieve good *horizontal alignment* with head, shoulders, hips, knees, and feet all parallel to the water surface regardless of depth under the water; (c) achieve good *lateral alignment* with little or no sideways movement of the body; and (d) use *shoulder/body roll* when swimming freestyle or backstroke.

2. **Increase propulsion.** The most important propulsion skill is *sculling* (Colwin, 2002; Counsilman & Counsilman, 1994; Hannula, 1995; Magli-scho, 2003; Rutemiller, 1991). The fastest, most efficient scullers use a *hand pitch* or *angle of attack* of about 40 degrees to the direction of movement. Although they may not be conscious of their efforts, efficient swimmers change hand position several times during an arm pull. At different times during a single arm pull, the hand may be pressing downward, upward, outward, or inward. Efficient scullers have a good "*feel for the water*".

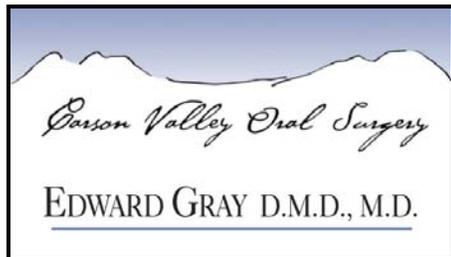
3. **Improve physical fitness.** Swimmers benefit from increased core strength by improved body roll, ability to transfer forces from one side of the body to the other, and ability to maintain good horizontal and lateral alignment. Adequate joint range of motion helps the swimmer to execute different stroke techniques, and adequate muscular strength and endurance facilitate effective propulsion.



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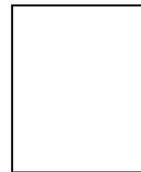
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SEE MORE ARTICLES BELOW!

Time-sensitive Swim Team news enclosed!



## Transitions

**Welcome** back Bryce Cutter, Dylan Matheson, Chandra Matheson, Alex Mayer, Michelle Forman & Haley Von Schottens-tein **Welcome new Summer swimmers:** Chayce Beam, Kylie Compton, Sofia DeLange, Lilia Fields, Carson & Tyler Hearn, Justin Hight, Maddie Langhoff, Ethan Lee, Jason Lowther, Chad & Sophia Maricich, Anna Northcutt, Max Owens, Kale Petrick, Taylor Reardon, Megan Ruffo & Joe Sullivan. **Farewell and good luck** to Jordan Cobb, Angelica Rodriguez, Brogan Saucedo & Rachel Chen. **Congratulations to new White Dolphin:** Lauren Hillbrick & **Senior Dolphin** Cameron Morefield. **Happy July Birthdays** Savannah Chappell (7/2), Clarice Albert & Rachael Hollis (7/5), Shelby Koontz (7/6), Andrew Brockhage (7/7), Meagan Skilling (7/11), Chayce Beam (7/14), William Jin (7/28), & belated June birthday to Lilia Fields (6/04).

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



## Practice Schedules

Check [www.ddst.org](http://www.ddst.org) for updates.

**Summer Break (starting 6/08/2011)**

**Seniors & Pre-seniors:** M-F 7:00-9:00 am + T, Th 2:30-3:30 pm dryland +

**Senior doubles** M, W 4:00-5:30 pm

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

**Red:** M-Th 3:30-4:30 pm

**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

**ANY Public School(s) IN Session**

**Seniors:** M-Th 2:30-4:45p, F 2:30-4:30, dryland T & Th 5:00-6:00p

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

dryland T & Th 5:00-6:00p

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

**Red:** M-Th 5:00-6:00p

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

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



## Next Newsletter

The next *Monthly* will appear about **July 18<sup>th</sup>**. **All submissions should be received by Wednesday July 15<sup>th</sup>**.

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, Linda Koontz, at newsletter@ddst.org or 782-7806**. 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 Julie Gray, Lorna Johnston, Coach Kat, Coach Greg, Coach Stefanie, Coach Chandra, Jim Morefield, and Coach Sarah.*

**Latest news online: [www.ddst.org](http://www.ddst.org).**

