

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 47th year!)

www.ddst.org

July 2011

Swimmers of the Month

Aspen Tollman is Pre-Comp swimmer of the month (SOM). To be SOM, you don't have to be the fastest or have the best technique; these are great things, but they are often the end result of effort and work. It all starts with LISTENING TO YOUR COACH, and Aspen does this very well. I see that Aspen listens to the instructions that I give, and her swimming - even in such a short period of time- shows it. Every good swimmer – from Pre-comp to Senior Group - has this tool (listening), you just have to use it. To use it, you HAVE TO WANT IT!! Good job, Aspen!

William Jim is White Group Swimmer of the Month. William has shown me that he has a tremendous work ethic this month as he has been working really hard during practice. White group has been concentrating this month on listening and keeping our focus during practice and he is a great example of these two very important concepts. I look forward to seeing William's hard work paying off at his next competition! Good Luck William.

Angel Neal is Red Group Swimmer of the Month. She is a swimmer, who shows up for practice and swims whether she feel good or bad and even if she has had a bad day. I love her attitude, she listens and works hard and Angel is a great role model for the group. At the Bishop meet she had the best improvements of Red group, taking off 43 seconds total for all her events and achieving all best times! I can't wait for her next meet! Angel you have been working hard... keep it up!!

Kayla Ruffo is Blue Group Swimmer of the Month. I had mentioned to Kayla that I thought she was ready to swim the 400 freestyle at the next meet and while she wasn't sure about this she did agree to sign up for it. Sometimes swimmers need to trust their coaches and she did just that. Kayla is a very determined swimmer who consistently works hard during practice which resulted in a very successful Reno Gamble Meet. She swam 2 new events at the meet, one of which was the 400m freestyle, and though she was nervous she did it and did very well. Good Job Kayla!

Clara Gray is Pre-Senior Swimmer of the Month. She was chosen in part because of her great attitude and enthusiastic work habits. Clara has just returned from her very first Junior Olympics meet where she finaled in her 400m IM. She is a person that leads by example and has shined these past few months. Both of her coaches enjoy working with her, and look forward to watching her perform in upcoming meets. Good job Clara and keep up the good work!

Meet Logo Contest!

Clara Gray was the winner of the Meet Logo Contest! Her drawing is posted on the Team bulletin board and it will be featured on the High Country Meet T-shirts and programs. Thank you to all the swimmers that submitted drawings you all did a nice job and congratulations to Clara for submitting the winning drawing!

WANTED: a few new Board Members!

Nominations Due Aug. 3

The Douglas Dolphins Swim Team is overseen by an all-volunteer Board of parent members elected each year in August by the membership. The term is for 1 year and the meetings are once a month. **Please consider adding your voice to planning and directing our team's activities for the coming year!**

Please contact current Board President Chris Dack (president@ddst.org) if you are willing to serve, or to nominate someone who is. **Nominees, please submit a sentence or 3 about yourself** (any current team involvement, past swim team and/or board experience, other relevant background, etc. – **no previous experience required!**) to Jim Morefield (jdmore@charter.net) to be included on the ballot.

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@dcsd.k12.nv.us, 775-267-4035) or another key contact (see p. 4) 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.

COACH

Sarah's Corner

(sgovanswm @ aol.com)

Over the past month leading up to Senior Sectionals and our High Country championship meet, I have been working on a few key fundamentals in order to help improve our athletes' performances.

1. One basic fundamental we have been working on is kicking, and for the past month my goal has been to have stronger legs. Therefore, in-between all the varieties of kick sets we have been doing in the pool, we have also been hitting the legs hard in the gym.

2. The second fundamental we are focusing on is body awareness. I would like the swimmers to be staying in the conscious mind during practice and not just swimming in what I call auto-drive or swimming in the sub-conscious.

3. The third fundamental is core strength. This is what "holds us all together" and is a muscle group that can be exercised on a daily basis.

On a separate note, we expect our training athletes to perform year round, and with all the vacations that we take, we encourage our *ATHLETES* to stay fit even during vacation. Our swimmers' athletic bodies are accustomed to training 5 days a week. Therefore when planning a vacation, make sure that it includes activities that will encourage your swimmer to get up and get moving which will help to maintain their fitness, and encourage a healthy lifestyle.

Lastly, Coach Kat and myself have found that some of our swimmers in the Pre Senior and Senior groups do not have all the necessary equipment in their bags that they need for their workouts. This can make training a challenge. At the very least, we would like swimmers in these groups to keep in their bags a snorkel, tennis shoes, paddles, and fins (preferably short ones); kickboards and buoys are optional. Parents please check with your swimmer(s) to make sure that they have these items in their bags and that they are in good condition.



COACH

Greg's Corner

(greg@taylorcamp.org)

Sunday morning, during the Bishop meet, Coach Kat and I made the journey to Los Angeles. We brought 10 Dolphins and 2 more joined us at the University of Southern California (USC) campus for the Salo Swim Camp. This is where Coach David Salo runs 3 week long summer swim camps. Our swimmers had the great experience of swimming with and learning from world class coaches and Kat and myself had the experience of coaching alongside colleagues who have consistently produced Olympic caliber swimmers. Age-group swimmers that attend one of the camps are swimming some of the same drills that are also used to train Olympians!

Coach Kat and I were able to coach on the deck alongside Coach Salo and his other USC Swim Coaches. Coach Salo has trained 24 Olympic swimmers who are currently swimming with the Trojans and these swimmers have 11 Olympic medals between them! I believe that this is the largest concentration of Olympic swimmers who have ever trained together! It was amazing to be able to watch these Olympians during their workouts and to interact with them as they talked to the camp swimmers!

As coaches, we were able to spend some time with Coach Salo, asking questions, watching tapes and seeing what his swimming program is all about. On the deck, we were learning new drills, new teaching methods and we were able to coach camp swimmers from all over the world! I found this to be an amazing experience as a coach!

Our 12 swimmers learned a ton, worked out hard and also met with the USC coaches for video critiques with Kat or I sitting in as well. By the end of the week, you could see that everyone was tired, but they were also improving and getting stronger! It was great to watch how well our swimmers interacted with the USC coaching staff, (and other coaches from around the country) learning new techniques and strategies right on deck.

This camp was invaluable not only to our 12 swimmers, allowing them to have a swimming "boost", but also to our coaches allowing us to bring this experience back to all of our Dolphin swimmers!! So look out for some new fun drills, new techniques and not to mention Coach Greg's new deck hat!



Team Pictures Thurs. Aug. 4th!

DDST team & individual pictures will be taken on Thurs. August 4th (while parents help with meet set-up) **starting at 4:00 pm. Swimmers please wear your team apparel (suit, T-shirt, shorts, etc.).** Payment envelopes (checks or cash only) with package options will be available from the coaches & on picture day.

We would like all swimmers to participate in the team picture even if: you do not plan to purchase photos, you are not helping set up for the meet or your swimmer will not be swimming at the High Country Meet— otherwise your teammates will miss you! Prints ordered by picture day should be ready during the meet. Prints can also be ordered on-line at www.instaimage.com.



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

August 5th no practice due to High Country meet.

August 8th – August 12th no regular practices due to fun week activities.

August 15th Start of School in Session Schedule for Elementary students.

August 17th First day of School for Elementary schools.

August 22nd First day of school for School in Session schedule starts for Middle and High school students, start of School in Session schedule.

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



COACH

Chandra's Corner

(summerprogram @ ddst.org)

We are nearing the end of our summer swim program with only 3 weeks left to go! We have had a great time so far & the summer swimmers have learned about swimming and what it is like to be a Douglas Dolphin. If possible, I would love to see all of our summer swimmers continue on with their swimming throughout the rest of the year by joining the year round groups of the Douglas Dolphins Swim Team (DDST).

If they continue with DDST, they will be able to build upon what they have already learned as swimmers & they will be able to compete in USA Swimming sanctioned meets. Another added benefit is that they will form and continue friendships with other Dolphin swimmers.

If you are interested in continuing on with the team, please talk to Coach Kat or our parent liaison Karen Sullivan (contact information in newsletter). We would love to have the opportunity to continue to coach each and every one of our summer swimmers!

The High Country meet is a 3 day event that is scheduled for August 5-7th and it is an exciting way to end the summer program and to begin swimming with the rest of the Dolphins. This meet allows your swimmer to show off their racing skills while they get comfortable with the hubbub of an "official" swim meet. Parents or other family can also learn about the world of swimming at the meet by getting involved & working in one of the many volunteer positions that are available which keep our meet running smoothly.

You can sign your swimmer up for this meet (by July 27th) & you may sign up to volunteer as well on our team's website ddst.org. If you need help with this or if you have questions, please ask one of your child's coaches or one of the meet directors Lorna Johnston or Margaret Jackson for assistance. We look forward to seeing as many of you at the meet as possible!



COACH

Stefanie's Corner

(ssignorella @ charter.net)

When new swimmers join the Pre-Comp group, they are usually kids that are brand new to the sport of swimming and to a swim team. Therefore, everything is new to them: from pushing off the wall under water to putting fins on. These things aren't always learned best from the coach. New swimmers often watch the older, more experienced swimmers so they can see how to do these new things. Sometimes a coach will ask a more experienced swimmer to demonstrate a technique or drill to the new swimmer.

Now that Coach Stefanie is unable to move her arms like she used to, due to her accident, she isn't always able to show new swimmers what to do like she used to (at least for a few months). She is counting on the more experienced swimmers in Pre-Comp to show the new swimmers not only how to swim with good technique, but how to behave in the water. (Let's just remember that *telling* swimmers what to do is still your coach's job.) Coach Stefanie expects all her swimmers to:

1. **listen** to their coach when they are talking,
2. **stay at the wall** until a coach sends you off,
3. ask questions by **raising your hand** instead of talking over others,
4. give other swimmers **wall space** (ask you swimmer what this means☺),
5. help a swimmer in need; for example, help a teammate to find the right size fins or help them to put on their fins.

If you are bobbing under the water or taking a few strokes off the wall before the send off, or staring at the group in the next lane while your coach is giving directions than you are not being a good listener. Listening to your coach and hearing what he/she is saying takes focus and is not always easy. However, if you *trust* that your coach knows what he/she is talking about, and you are at practice to become a better swimmer,

then you will listen to your coach as if there is GOLD coming out of their mouth. As an age-group swimmer, I cherished all the help I could get from my coach, because I thrived on improving and I trusted that they had the information to get me there! I just had to pay attention and take it in --**REAL LISTENING**.

I want to thank all the swimmers in Pre-Comp for showing me what great teammates they can be, especially while Coach Stefanie is in her arm sling!



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Check Your File Folder Often!

Just a reminder to all DDST members to check your family's file folder weekly for information. Items are accumulating in these folders that are meant to be taken home. These are located in the file box on the table next to the trophy case in the pool lobby.



COACH
**Richard's
Corner**

([fishcannon @ rocketmail.com](mailto:fishcannon@rocketmail.com))

I would personally like to thank Coach Amanda for a fine coaching effort at the Bishop Swim Meet, which I was unable to attend. Amanda has been a super assistant, and the swimmers have really responded well to myself and Amanda as a coaching team. The white group swimmers that attended the Bishop Meet recorded best times in many of their events! We as a group are currently working on speed, speed, speed! We will combine this with continuous butterfly technique and strong kicking. I have told the group that our goal this month is to **focus** and to improve our ability to **listen**. These are 2 very important characteristics that are necessary to have in order to move to the next level.



DDST Scholarship Program

All DDST members & prospective members should be aware of our ongoing Dolphins Scholarship Program. Currently funded by a grant from Big George Ventures, DDST offers a limited number of full/ partial swimming scholarships for athletes, based on 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, & offering scholarships, the Dolphins always go the extra lap to make the sport of competitive swimming accessible 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 ([president @ ddst.org](mailto:president@ddst.org)), or any Board member or coach.



Fun Week: Beach Day

Beach Day will be held at Round Hill Pines at Lake Tahoe on **Tuesday, August 9th**. Join us for a day of sun and fun from 10am -3pm! Parking will be \$5 which is a discount for DDST members. Please remember to pack food, plenty of water and **sunscreen** or you can bring money to purchase food at the snack bar. (Summer swimmers this event is not included in your fee to swim.)

Bowling

Join the swim team for some fun at the Bowling Alley **August 10th, Wednesday** for loads of laughter and fun!!

Two hours of bowling from 5-7 pm and shoe rental for \$7.50. Silver Strike will not accept any coupons for this event as this is a "Club Outing". Silver Strike Bowling Alley is located in the Gardnerville Ranchos. (Summer swimmers this event is not included in your fee to swim.)

Wild Island

Join us for our annual visit to Wild Island on **Thursday, August 11th**! Meet promptly at 10:30 am at the Wild Island front gate so we can enter the park as a group when it opens at 11:00. Arrange transportation to Wild Island on your own or with other team families. Those who do not pre-pay or who arrive after our group entry will have to pay the regular entry fee. **ANY & ALL FAMILY MEMBERS WELCOME!**

Tickets are \$16.25 for 10 years & older, \$15.25 for 4 - 9 years, 3 years & younger are free with a paying adult. You may bring sealed water bottles into the park. Lunch & snacks will cost @ \$10-15 per person unless you prefer to bring your own and eat outside the park, **you are not allowed to bring food inside the park**. Tube rentals are \$3.75 plus \$1.50 deposit for singles & \$5.75 plus \$1.50 deposit for doubles. If you wish to attend this event, please commit on the website and **prepay** by check (made out to DDST) for the tickets only by **August 4th to ensure a group discount**. Put your checks into

the DDST gray payment box (if you don't know where this payment box is please ask a coach) and be sure to label them Wild Island tickets! The tube rentals and lunch are additional costs that you pay for yourself once you are in the park. Don't forget to bring **sunscreen!** (Summer swimmers this event is not included in your fee to swim.) If you have any questions please ask a coach or a board member (contact information is in this newsletter). We look forward to seeing everyone there!!!



DDST Key Contacts

Board President: Chris Dack

[cpdack @ charter.net](mailto:cpdack@charter.net); 775-267-4322

Head Coach: Kat Matheson

[coachkat0809 @ hotmail.com](mailto:coachkat0809@hotmail.com); 775-315-7701

Assistant Coaches: Sarah [sgovanswm @ aol.com](mailto:sgovanswm@aol.com), 775-287-1035;

Richard [fishcannon @ rocketmail.com](mailto:fishcannon@rocketmail.com), 209-304-9633;

Stefanie [ssignorella @ charter.net](mailto:ssignorella@charter.net), 775-901-6747;

Greg [greg @ taylorcamp.org](mailto:greg@taylorcamp.org), 775-790-0384

Chandra [summerprogram @ ddst.org](mailto:summerprogram@ddst.org)

Meet Director: [meets @ ddst.org](mailto:meets@ddst.org);

Lorna Johnston, 775-782-2382

Billing & Treasurer: Greg Taylor

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Parent Liaison & VP: Karen Sullivan

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[jdmore @ charter.net](mailto:jdmore@charter.net); 775-782-4360

Newsletter: Linda Koontz

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Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, August 2nd, 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, the next board meeting will be held at Doppelgangers Brewery, 2244 Meridian Blvd (off Airport Rd), Minden NV, (775) 782-6633. Board Contact information: www.ddst.org under Coaches.**



Upcoming Meets

Online entries, meet sheets, updates:
www.ddst.org under Meets & Events.

July 22-24, South Lake Tahoe CA, Tahoe Coming Up for Air (short course meet) entries now closed .

July 27-31, Concord CA, Far West-erns Long Course Champs (qual. times apply, www.pacswim.org/0711tera.pdf, enter online by 7/20).

August 2nd Twilight Meet, Carson City (3:45pm-6:30pm)

August 3-7 North American Challenge Cup (Pacific All-Star Team)

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

HOME MEET: August 5-7, High Country League Champs (trials & finals), view meet sheet & enter meet on ddst.org, (entries due Wed. July 27th!).
Parents please be prepared to help out!

August 8-14 Western Zones Championships (Pacific –All Star Team)

HOME MEET: Sept 16-18, Molly Lahlum Memorial Autumn Freeze Meet (meet sheet pending, entries due 9/7).
October 21-23, Reno/Sparks Fall Classic Meet in Carson City (meet sheet pending, entries due 10/12).



High Country Meet News!

The High Country Meet is fast approaching! If your child is planning on swimming in the meet, you need to Commit on the team website under Events/Upcoming Events/High Country Meet by **Wednesday, July 27th**. You will be billed on your next monthly bill for the events you sign up for on our website. This is a Trials and Finals meet which means that all swimmers, regardless of age, will be swimming in the morning or Trials session which makes the morning session

longer than usual. The 11 & Up swimmers who finish with the fastest top 8 times (fastest 11 times for the 100 yard Events) will swim again in the afternoon or Finals session.

In addition, the Job Sign Up is also set up for the High Country Meet and the deadline to sign up is **Saturday, July 31st**. If your child is swimming in a team hosted event, we ask each family to work a minimum of 2 sessions per meet or 6 sessions per year, (this is per the Family Meet Management Policy which is posted on our website under Documents). If you have any trouble getting signed up for a job or need more information, please contact one of the meet directors for help.

Although we are tracking volunteer time by sessions, the Team Unify website uses hours. Therefore, each session will now be credited 5 hours towards your family obligation. Some sessions may be a little longer than others, but each session will get 5 hours of credit unless the parent is unable to work the entire session (then they will receive credit only for the hours worked). If there are families who are unable to work at the meet, please contact a meet director and we can give you a job to do either before or after the meet to help you satisfy your volunteer time.

If you are low on your fundraising obligation, you can put together a raffle basket for the High Country Meet. This is the only meet where we do raffle baskets. Whatever money the basket earns will be credited towards your fundraising account. Baskets must be turned in by **Monday, August 1st** with a list of items in the basket & should include any minimum bid requested (baskets should not include glass items, alcohol or chocolate candy due to swim center policy & the hot sun). Contact Margaret Jackson if you have any questions or to let her know you will be putting a basket together.

We are willing to work with you to make sure every family earns their required volunteer hours. See you at the meet!

Lorna Johnston and Margaret Jackson,
DDST Meet Directors



Meet Result Misses

A few **Team records** were missed from the Carson & Reno meet results, **Michael Schaan's** 50m butterfly times from the Carson and Reno meets were 10-under 50m butterfly **Team records** (as well as the already mentioned 8 & under **Team records**), breaking Kyle Johnston's 2005 record by 2 and 3 sec, respectively. **Michael's** 8-under 100m butterfly from the Carson meet was also a 10-under record, of 2:07.69 beating the record from 2010 time by 16 sec. Congratulations Michael!

There were also three brand new relay **Team records** from the Reno meet (no previous DDST records were listed for these events): 13-14 girls 400m freestyle relay team of **Jordan Knowles, Claire Christopher, Whitney Weaver & Emma Gray** finished in a time of 5:04.89; 13-14 girls 800m freestyle relay team of **Whitney Weaver, Jordan Knowles, Emma Gray & Claire Christopher** finished in a time of 11:25.94, and 15-18 girls team of **Clara Gray, Erica Chappell, Sarah Koontz & Meagan Skilling** finished the 800m freestyle relay in a time of 10:23.59. Congratulations girls!



Coaching Time

Swimmers and Parents please do not interrupt the coaches on deck during practices! Practices are carefully planned for each day and interruptions can take away from the coaches' main function. Check with your child's coach to find out when he/she is available so you may call with questions. Each coach's e-mail address and phone number is available in each newsletter and at www.ddst.org.



Bishop Meet Results

The Bishop Swim meet is always a fun meet and this year was no exception! It was held in the Bishop park and pool June 24-26th. The Dolphins were well represented with 38 swimmers in attendance. We also had DDST parent-coach relay teams that participated in the parent-coach relays where we witnessed many flips, flops (belly) & butt dives! Coaches and parents you outdid yourselves this year and it was a lot of fun watching you swim as always!

Saturday evening we had a team potluck in the park and team activities such as water balloon toss, food relays, watermelon eating contest and other fun games! **Kyle Johnston** was the winner of the watermelon eating competition and the team of **Haley Von Schottenstein** and **Sarah Koontz** were the winners of the water balloon toss. We would like to thank Claudia Bertolone-Smith for organizing the games for our swimmers and our parents for supplying the other items for our games! This year was a great success and it allowed many families and swimmers to meet and greet each other in a relaxed setting! Now on to the results!

Starting with our only 6 year old swimming in her very first meet and following in her sisters footsteps! **McKenna Chappell** swam 3 events and set new times to beat in the 25 freestyle and 25 backstroke, placing 5th in 25 backstroke.

7 year old **Eden Neal** swam 8 events, swimming a best time by 7 sec in 25 freestyle and swam her first 25 butterfly, 50 backstroke and 50 freestyle setting new times to beat, she placed 3rd in 50 freestyle, 25 backstroke and 50 backstroke.

Rachael Hollis, one of our four 8 year olds, swam 5 events and improved 5.8 sec in 25 freestyle placing 8th and set new times to beat in her first 25 breaststroke, 50 breaststroke and 50 backstroke swimming it with a **PC-B** time and placing 5th. **Cailey Tollmann** achieved 4 new best times, dropping 4 sec in 50 freestyle to place 2nd, she

swam a new **PC-A** time in 50 backstroke dropping almost 2 sec, tried her first 25 breaststroke, and placed 1st in 25 & 50 backstroke. **Michael Schaan** was 2nd place High Point for 8 year old boys, swimming a new **PC-B** time in 50 breaststroke (dropping a huge 26 sec) and completing and placing 2nd in his first 100 IM, he took 3 sec off in 25 breaststroke and 2.5 sec in 50 freestyle, placed 1st in 25 & 50 butterfly and placed 2nd in his backstroke and freestyle events. **Connor Taylor** swam 9 events including a new **PC-B** time in 50 butterfly dropping 10 sec and placing 2nd, improved 1.6 sec in 25 breaststroke, and placed 3rd in his freestyle events, 50 backstroke and 25 butterfly.

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

The Dolphins had two 9 year old girls, **Lauren Hillbrick** tackled 5 events and set new times to beat in her first 100 freestyle, 200 freestyle and 100 backstroke, dropped 4+ sec in 50 backstroke, placed 4th in the 100 backstroke and 100 freestyle and 6th in 50 backstroke. **Nikki Jackson** was 2nd place High Point for 9 year old girls, she achieved 2 new **PC-B** time in 100 freestyle taking off almost 1 sec and in her first swim of the 200 freestyle, she swam a new **PC-A** time in 50 butterfly placing 1st and improving almost 5 sec, dropped 4+ sec in 100 backstroke, and placed 2nd in 100, 50 and 200 freestyle.

The Dolphins five 10 year olds also did very well starting with **Mychael Bellik** who swam 10 events and was 2nd place High Point for 10 year old girls with a new **PC-B** time in 50 breaststroke (improving 2.6 sec), dropped 12+ sec in 100 breaststroke, took off 7.5 sec in 500 freestyle, and almost 10 sec in 50 butterfly, placed 1st in 100, 200, 500 freestyle and 50 backstroke. **Lily Bickmore** swam 4 events including her first 50 breaststroke and was right on best time in 100 freestyle, she placed 6th in 50 freestyle and 100 freestyle. **Sarah Hyatt** was 3rd place High Point for 10 year old girls, she swam 6

events with a new **PC-A** time in 50 breaststroke dropping 2 sec and a new **PC-B** time in 100 IM improving 4 sec, shaved off time in 50 backstroke, and placed 2nd in 50 breaststroke and 100 breaststroke. **Angel Neal** had a fantastic meet with 100% improvement in 5 events, improving a huge 24 sec in 100 IM and placing 1st, dropped over 11 sec in 100 freestyle placing 3rd, and almost 8 sec in 50 butterfly, she placed 2nd in 100 backstroke. **Daniel Taylor** swam 5 events and was 3rd place High Point for 10 year old boys, he looked very strong in 100 freestyle and 50 breaststroke and was right on his best time in these events, he placed 2nd in 100 freestyle, 100 backstroke, 50 butterfly and 100 IM.

We had two 11 year olds swimming in the meet, **Kaela Forvilly** swam 6 events and was 2nd place High Point for 11 year old girls, she dropped almost 10 sec in 500 freestyle and was right on best time in 50 breaststroke, placing 1st in 100 backstroke, 50 butterfly, 50 breaststroke and 100 IM. **Evy Bertolone-Smith** had a super meet with 100% improvement in 4 events, he swam his first 50 backstroke placing 4th, dropped 6 sec in 50 breaststroke and over 4 sec in 100 freestyle placing 3rd and improved 3.5 sec in 50 freestyle placing 4th.

Followed by our 12 year old girls, **Savannah Chappell** had a fantastic meet finishing as 2nd place 12 year old girls High Point, she swam 10 events achieving 2 new **JO** times in 50 backstroke with a time of 33.73 (.67 sec drop) and 100 IM with a time of 1:11.35 (1.9 sec drop), improved almost 5 sec in 50 butterfly and 100 butterfly, (new **PC-A** time in 50 butterfly), placed 1st in 100 & 200 freestyle and 2nd in all her other events. **Emily Dack** swam 10 events with a new **PC-B** time in 200 freestyle dropping a huge 15+ sec, improved almost 12 sec in 500 freestyle and looked really strong in 100 backstroke with a new best time to place 5th, placed 6th in 50 backstroke and took off almost 1 sec in 50 freestyle. **Shelby Koontz** had a great meet achieving new 11-12 girls **Bishop pool**

records in 50 freestyle, 500 freestyle, 100 backstroke, 50 butterfly and 100 butterfly, she was 1st place girls 12 year old High Point, she placed 1st in all her events, dropped 6 sec in 500 freestyle for a new **PRT** time of 5:32.08 and looked strong in 50 breaststroke with a new best time. **Annalisa Neal** swam 10 events with 8 new best times and a new **PC-A** time in 50 butterfly dropping 1.6 sec, she took off over 4 sec in 100 breaststroke and 100 butterfly and 3.6 sec in 500 freestyle, placed 2nd in 100 breaststroke, and 3rd in 50 breaststroke and 100 freestyle.

Next up was our 13 year old girls, **Claire Christopher** was 3rd place High Point for 13 year old girls & had a fantastic meet with 100% improvement in 7 events including 4 new **PC-A** times in 200 butterfly dropping 20 sec, 200 IM improving 14 sec, 500 freestyle taking off a huge 52 sec, and 100 freestyle dropping over 3 sec, she placed 1st in 200 backstroke and 200 butterfly. **Emma Gray** had an awesome meet swimming 6 events with 100 % improvement, improving 13+ sec in 200 backstroke and over 3 sec in 200 IM placing 1st, she took off almost 2 sec in 100 freestyle (placing 1st) and 100 breaststroke, she dropped 12+ sec off her converted long course time in 400 IM placing 1st. **Anne Lancaster** swam 8 events with 6 new best times, improving 31 sec in 500 freestyle, over 3 sec in 100 breaststroke and 100 butterfly, she placed 3rd in 50 freestyle and 200 freestyle, and 6th in 100 freestyle and 100 breaststroke.

Andrew Brockhage starts off our 13 year old boys and he did very well with 100% improvement in 4 events, he was 3rd place High point for 13 year old boys achieving 3 new **PC-B** times in 100 freestyle placing 1st with a 10 sec improvement, 200 backstroke with a huge 30 sec drop, and 200 IM taking off over 24 sec, and he placed 1st in 200 IM. **Eric Jacobs** was 1st place High Point for 13 year old boys, he swam 6 events dropping 12 sec in 200 breaststroke, over 3 sec in 100 breaststroke, and 1 sec in 200 freestyle, and he placed 1st in 200 freestyle and 50 free-

style. **Dylan Matheson** was 2nd place High Point in 13 year old boys, swimming 6 events including his first 200 breaststroke and 200 IM, improving almost 15 sec in 200 freestyle and 10 sec in 100 breaststroke placing 1st, and he took 3 sec off in 100 freestyle.

The Dolphins had three 14 year olds in the meet, **Whitney Weaver** swam 5 events including 2 **PC-A** times her first 400 IM and in 200 IM improving 5.7 sec, she dropped almost 5 sec in 100 breaststroke, placed 1st in 200 backstroke and 400 IM, and placed 4th in 200 IM. **Adam Dack** was 1st place High Point in 14 year old boys, he improved 19 sec in 1000 freestyle, dropped 5 sec in 200 freestyle and 8 sec in 200 IM, took almost 9 sec off his converted long course time in 400 IM, he placed 1st in 100 & 200 freestyle, 200 backstroke, 100 & 200 butterfly, 200 & 400 IM. **Logan Killion** was 3rd place High Point for 14 year old boys, he swam 10 events dropping over 15 sec in 400 IM, 3.7 sec in 200 IM, and swam new best times in 100 butterfly (took off almost 1 sec) and 50 freestyle, placed 1st in 500 freestyle and 2nd in 200 freestyle.

For the 15 year old girls we had 4 of our swimmers, **Erica Chappell** was 3rd place High Point for 15 year old girls, she had a super meet with 2 new **JO** times in 200 backstroke dropping .71 sec for a time of 2:27.60, and 400 IM dropping 1.11 sec for a time of 5:14.92, she looked really strong in 200 IM with a new best time, & placed 1st in 50 freestyle and 200 freestyle. **Clara Gray** also had a super meet swimming 6 events with 100% improvement & a new **JO** time in 400 IM dropping over 14 sec to finish with a time of 5:12.71 and placing 1st, improved 44 sec in 1000 freestyle, and over 3 sec in 200 backstroke, and placed 2nd in 100 freestyle and 200 IM. **Shaelin Morefield** swam 6 events looking strongest in 100 freestyle and 1000 freestyle right on **JO** pace, she placed 1st in 100 freestyle, 1000 freestyle, 200 butterfly and 200 IM and 2nd in 2 other events.

Meagan Skilling swam 3 events dropping over 2 sec in 100 breaststroke (not

far off a sectional time), and achieved a new best time and **Bishop pool record** for 15-16 girls 200 backstroke, she placed 1st in 200 backstroke and 100 breaststroke.

They were followed by our 16 year old boys starting with, **Kyle Johnston** who was 3rd place High Point for 16 year old boys, he set a new **Bishop pool record** in boys 15-16 1000 freestyle, he swam 7 events dropping over 1 sec in 100 breaststroke and looked really strong in 200 IM swimming on **JO** pace, he placed 1st in 100 freestyle, 200 backstroke, 200 IM and 400 IM. **Janosch Lancaster** swam 6 events with 5 new best times, improving 19 sec in 500 freestyle, 2.7 sec in 200 IM, and 1.9 sec in 100 breaststroke, and he placed 3rd in 100 freestyle and 200 backstroke. **Cameron Morefield** was 1st place boys 16 year old High Point, he swam 10 events, improving over 1 sec in 200 breaststroke and 200 freestyle, swam a new best time in 200 backstroke on **FW** pace, and was right on best in 100 backstroke, he placed 1st in 50 freestyle, 100 backstroke, 100 & 200 breaststroke.

And last but not least was our 17 and over girls, **Sarah Koontz** was 1st place girls 17 year old High point, she swam 10 events and was right on best in 100 freestyle and 100 butterfly, placing 1st in 100, 200 & 1000 freestyle. **Chandra Matheson** swam 6 events in her first meet since coming back to the team on break from college having lots of fun and looking strongest in 100 freestyle and 100 breaststroke. **Haley Von Schottenstein** was 2nd place High Point for 18 year old girls, and set a new **Bishop pool record** for girls 17-18 in the 50 freestyle and 100 butterfly, she swam 6 events and enjoyed hanging out with her old teammates while on break from college.

We had several relay teams that did very well: the 8 & under girls 100 freestyle relay team of **McKenna Chappell, Eden Neal, Cailey Tollmann & Rachael Hollis** placed 3rd, the 9-10 girls 200 freestyle relay team of **Nikki Jackson, Sarah Hyatt, Lily**

Bickmore & Mychael Bellik placed 1st.

The 11-12 girls 200 medley relay team of **Kaela Forvilly, Annalisa Neal, Shelby Koontz** and **Savannah Chappell** placed 1st with a **Bishop pool record** and DDST 11-12 girls **Team record** of 2:11.76 beating the record set in February by 7 sec.

Our 13-18 girls 200 medley relay team of **Megan Skilling, Shaelin Morefield, Emma & Clara Gray** placed 1st and the relay team of **Erica Chappell, Haley Von Schottenstein, Claire Christopher & Sarah Koontz** placed 2nd.

And our 13-18 boys 200 Medley relay teams of **Janosch Lancaster, Dylan Matheson, Cameron Morefield** and **Andrew Brockhage** placed 1st & **Adam Dack, Eric Jacobs, Kyle Johnston & Logan Killion** finished 2nd. Congratulations to all of our swimmers, you all did very well and we look forward to more fun in Bishop next year with even more Dolphins and their families!



Junior Olympics Long Course Meet

The Adam Szmidt Memorial Long Course Junior Olympic Championship meet was held July 7-10 in San Jose California. There were about 1550 swimmers entered in the meet! With a meet of this size, often swimmers in the longer events have to swim two to a lane to save on time and this was true with the 1500m freestyle swimmers at this meet. Even so, the finals on Thursday didn't end until 10pm! But the next 3 days were better as far as the timeline went & the weather was great! Three of our swimmers made the trip down for the meet with Coach Kat.

Clara Gray qualified to swim in two events in her very first Junior Olympics swim meet, she improved 1.2 sec in 100m breaststroke, and her second event was the 400m IM

which she swam in prelims and finals and placed 8th in the event, not bad for her first JO meet!

Abbreviations: IM=Individual Medley;
Times: JO=Junior Olympic; FW=Far Western

Shaelin Morefield had the meet of her life, swimming 6 events & smashing 5 of her best times, with five 15-16 girls **Team records** in 200m breaststroke breaking the **record** set in 2005 by 6.3 sec with a time of 2:57.66, 100m butterfly with a time of 1:07.83 breaking the **Team record** set by Haley in 2009 with a new **Sectional** time, 200m butterfly breaking her own **Team record** by 7.66 sec with a time of 2:29.29 placing 3rd in finals with a **Sectionals** bonus time, 200m IM breaking her own **Team record** by 2.23 sec with a time of 2:34.55 & a new **FW** time and 400m IM with a time of 5:25.52 breaking her own **Team record** by 5.29 sec.

Janosch Lancaster also had a great meet swimming 4 events with 3 new best times dropping a huge 28 sec in 400m IM shattering his old time, he improved almost 1.8 sec in 100m freestyle and he took 1.7 sec off in 100m backstroke (just shy of the team record), he also swam the 200m backstroke and finished right on **JO** pace.



Dolphins' Classified ITEMS WANTED OR OFFERED

OFFERED

Free - Dolphins girls swimsuit size 24 with thin straps. 782-2382

YOUR FREE AD HERE FOR 3 MONTHS, Contact the Newsletter Editor, blkoontz92@yahoo.com (3)



Carson Twilight Meet

Twilight meets are held during the summer and they are unsanctioned meets that allow our newer swimmers to see what it is like to compete in a "practice meet". Our twilight meets are usually held in our home pool or the Carson pool. The times these swimmers achieve at these meets are unofficial but it gives them the chance to race and to put all of the skills they have been learning at practice into action!

These are the results from the last Twilight meet at the Carson pool: **Meleeah McKown** placed 1st in 50 freestyle, 6th in 50 breaststroke, and she tried her first 50 butterfly placing 2nd in the event. **Hope Rakow** placed 6th in 50 freestyle, tried her first short course 50 breaststroke placing 5th and she placed 7th in 50 backstroke. **Cailey Tollmann** also swam the 50 freestyle, she placed 1st in 50 backstroke and 2nd in 25 breaststroke.

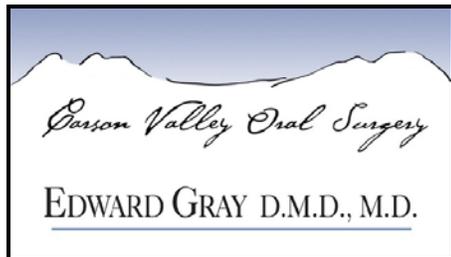
Lilia Fields one of our summer swimmers competed in the 25 butterfly, 25 backstroke and 25 freestyle. **Kylie Compton** another of our summer swimmers placed 5th in 25 backstroke, placed 8th in her first 25 breaststroke, and she placed 4th in 25 freestyle. **McKenna Chappell** competed in the 25 backstroke and 25 freestyle. **Nikki Jackson** one of our year round swimmers, placed 8th in 50 backstroke, and she placed 1st in 50 butterfly and 100 IM. **Emma Ruffo** tried her first 50 backstroke. All of our Dolphin swimmers did very well and we are very proud of them!



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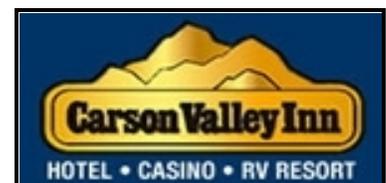
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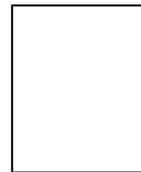
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Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



www.ddst.org



SEE MORE ARTICLES BELOW!

Time-sensitive Swim Team news enclosed!



Transitions

Welcome new Summer swimmer:

Emma Waskiewicz.

Farewell and good luck to Kale Petrick.

Happy August Birthdays to
Cailey Tollmann (8/06), Me-
leeah McKown (8/20), Janosch
Lancaster (8/25), Sofia De-
Lange (8/28) and Mychael
Bellik (8/30).

*(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 6/08/2011)
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 & 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
(Starts 8/15 for Elementary and 8/22
for Middle and High School)

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
August 18th. All submissions should
be received by **Wednesday August
17th**. Questions, content requests,
items of interest to the DDST mem-
bership, 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 tro-
phy case at the pool lobby.

*A big thank you to this month's
contributors: Lorna Johnston, Coach
Kat, Coach Sarah, Coach Stefanie,
Coach Richard, Coach Chandra, Jim
Morefield and Coach Greg.*

Latest news online: www.ddst.org.

