

# Dolphins' Monthly

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

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

December 2011

## Swimmers of the Month

**McKenna Chappell** is Pre Comp's Swimmer of the Month. She has earned this because of her attendance at practice, her improvement and her positive attitude. One reason McKenna is showing improvement is because she listens, asks questions and she participates fully in everything we do. She shows a love for swimming that I see in the smile on her face and in the energy she brings to the pool. McKenna is enthusiastic about learning and seems to thrive on new challenges. She is a great example to her peers, keep up the good work!

**Jason Lowther** is White group Swimmer of the Month. He was chosen for many reasons. First he is a great leader as well as a good example for the younger swimmers in the group. Secondly, he is a hard worker and a very well rounded swimmer. Jason has made tons of improvement in the short time he has been in white group. I am looking forward to seeing what he can do in the next few months! Good work Jason, keep it up!

**Joey Smithen** is Red Group Swimmer of the Month! Joey has been working very hard, he gets along well with his teammates and he consistently has one of the Red Group's best attendance records! I can always count on him to listen and know what we are working on. He seems to be improving with each and every practice! He is very close to several State time standards which he will have no problem blowing away at the Last

Chance Meet! Keep up the good work!!

**Taylor Knowles** is Blue Group Swimmer of the Month. I don't think anyone would have known that this was Taylor's first Junior Olympic meet. He did a great job of staying focused and using all the skills he's been taught. He ate well and stayed hydrated, he did a great job of keeping track of his events and making sure he warmed up at just the right time. And lastly, he was behind the blocks ready to go when he needed to be there. Taylor achieved a lifetime best time in his 100 backstroke. Job well done Taylor!

**Adam Dack** is Pre Senior Swimmer of the Month. Adam has had 3 really great meets in the past 2 months. Most recently he swam at the Senior meet in Concord California, and his best event was the 200 fly, where he made finals and dropped a total of 10 seconds. Adam has had a great attitude, and we are looking forward to a continued great season.

**Meagan Skilling** is Senior swimmer of the Month. This month it was really tough to pick one swimmer of the month because most of the Seniors had spectacular improvements this month at their meets. I chose Meagan because she went beyond self improvement into selflessness. Meagan did not want to let her relay teammates down by staying home from the Speedo Winter Short Course Sectionals, so against the "safe choice" she decided to make the trip. While at the meet she balanced the doctor's orders of lots of rest with a little bit of racing and managed to swim some really fast times and 2 more Sectional times. Thank you Meagan!

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## Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

**Christmas Break, December 19<sup>th</sup> - January 2<sup>nd</sup>:** School out Practice Schedule.

**January 16<sup>th</sup>, Martin Luther King Holiday:** No School, School Out Practice.

**January 23<sup>rd</sup>:** No School, School In Schedule.

**January 27<sup>th</sup>:** No Practice due to home meet.

Any further changes will be posted at [www.ddst.org](http://www.ddst.org) – stay tuned!

COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

As 2011 comes to an end, I look back and think about how proud I am of our swimmers! We just keep getting better and faster! I have spent a lot of time on the pool deck with other coaches and swimmers and I am grateful for the group of swimmers that we have. I truly feel blessed to know so many awesome families such as the ones on our team. Thank you for supporting your children and the team throughout this past year.



COACH

## Stefanie's Corner

(ssignorella @ charter.net)

I would like to encourage all Pre Comp swimmers to participate in our upcoming Swim-a-Thon. Besides being a great way to raise money towards fundraising obligations, swim-a-thons work wonders on building confidence in swimmers. Most of our practices are spent on detail work where we learn a little, practice a little & build on what we learned. In Pre Comp, the swimmers have so many things to learn, that practices are more about learning than getting in a lot of yardage.

So now's the chance; at the swim-a-thon your swimmer gets to swim and swim & swim. They don't know how far they can go until they try it. Their whole group - their whole team - is swimming laps; it's contagious. Parents will be there counting laps & cheering on their swimmers and when they're done, they (and you) will be surprised at how far they were able to swim.

Swimmers will finish with a sense of accomplishment & confidence that they can use in future challenges and hopefully, they will see a purpose to all the practicing they have done. Then we'll go back to detail work!

So even if your swimmer doesn't have as many pledges as you hoped, I encourage you not to miss out on this opportunity to swim in the Swim-A-Thon & see just how far your swimmer can go!



COACH

## Greg's Corner

(greg@taylorcamp.org)

We are coming up to the start of a new year... new expectations.... new goals... new achievements! I am very excited about our upcoming Last Chance Meet and the State meet (and yes I am already planning the playlist for the Swim-A-Thon)! We have swimmers who have moved up and a few new swimmers as well! Therefore, looking forward to the new year I am going to review a few swimming etiquette rules that will help make our practices run a little smoother.

This is a good set of guidelines, it is NOT set in stone! Occasionally we will tell you to do something different. Be nice, until we tell you not to be nice. (usually involves swimming fast and beating the swimmer in the lane next to you! <grin>)

- Always leave at least 5 seconds behind the swimmer in front, NOT 3 SECONDS, NOT 7 SECONDS! The previous swimmer should be past the flags before the next one pushes off. With a 5 second start interval, you should be going underwater at 4 seconds so you are pushing off at 5 seconds.

- Make sure that you understand the set  
- Do not touch another swimmer's feet without intending on passing them.

### Regarding stopping:

- stop at the ends of the pool only  
- keep to the far right of the 'T' if you must stay in the water  
- keep out of the way of other swimmers

### Turns & finishes:

- push-off on the left-side of the 'T' if possible  
- finish at the right of the 'T'  
- move to the left after finishing to allow other swimmers to finish to the right

### Passing:

- the passing swimmer should tap the next swimmer's foot (only once)  
- the swimmer getting passed should move to the far right of the lane and allow the pass  
- passing should be avoided between the flags and the wall  
- if a pass is incomplete by the flags, the swimmer being passed should stop at the wall to allow the passing swimmer to go ahead of them

If we can all try to remember and adhere to these guidelines, our practices will go

smoother so we can fit as much practice time in as possible.



COACH

## Sarah's Corner

(sgovanswm @ aol.com)

I want to remind white group swimmers to sign up to swim at the Last Chance meet on our website, [ddst.org](http://ddst.org). I also wanted to remind swimmers that the swim-a-thon is fast approaching and we will be doing some longer swims at practice to prepare for this event. It's time to starting making our goals for the amount of laps our group as a whole can do. If we can beat our goal, Coach Sarah will have a special surprise for the group!



## Upcoming Meets

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

**HOME MEET: January 27-29, Last Chance Meet** (please sign up on [ddst.org](http://ddst.org) if you want to swim in this meet, entry deadline is 1/18 Wednesday), **All parents please be prepared to help out!**

**February 17-20, Nevada State Championships, Carson City, NV**

(<http://www.pacswim.org/0212cars.pdf>, qualifying times apply, see coach/ddst.org for details)

**March 3-4: Pacific Zone All-Star Developmental Meet, Novato, CA**, (applications due January 29<sup>th</sup> at Last Chance meet, applications can be downloaded from [ddst.org](http://ddst.org))

**March 16-18: Junior Olympics, San Ramon, CA** (meet sheet pending qualifying times apply, see coach/ddst.org for details, online entry deadline will be 3/7)

**March 29- April 1: Far Western Championships, Morgan Hill, CA** (qualifying times apply, online entries due 3/21, <http://www.pacswim.org/0312alma.pdf>)

**April 20-22: Sierra Marlins Spring Splash Long Course Meet, Folsom, CA** (meet sheet pending)



## State Pep Rally & Pasta Feed

Please join us in the Swim Center **mez-zanine Wednesday February 15<sup>th</sup>, 5:30-7:00 pm**, for the Dolphins' annual State Pep Rally & Pasta Feed! This is for everyone and is the Dolphins' way to get pumped up for STATE CHAMPIONSHIPS. This party has been a tradition since 1994, our State qualified swimmers will get their State team T-shirts and everyone will learn a few team cheers!

So bring your favorite healthy pasta dish to share with everyone (drinks, utensils and plates will be provided) and let's send our swimmers to State Championships pumped & ready to swim fast!



## New 2012 JO & FW Time Stan- dards

Swimmers and Parents please be aware that the times standards for Junior Olympics and Far Westerns are changing beginning in 2012, the qualifying times will be much faster after the 1<sup>st</sup> of the year. If you are trying to qualify for these meets or have already qualified for JOs or FW, make sure to check out the new times to be certain that you have met the new standard. You can find the new times on the Pacific swimming site at [www.pacswim.org](http://www.pacswim.org).



## Dolphins' Classified ITEMS WANTED OR OFFERED

OFFERED

**Offered** Size 28 girls Team suit, thin straps, no wear or pilling only worn about 5 times, new/current style, Navy suit with red & white lettering, \$45 call 690-9015.

**Offered** Size 28 girls Team suit, thin straps older style, Navy suit with red lettering, no pilling or wear, straps are slightly "rigid" dry \$15 call 690-9015.

**Free** Size Large (has shrunk to size medium) Women's Parent T-shirt white with red lettering, V-neck, call 782-7806.



## New Swimmer Tryouts

If you like to swim & would like to join the Douglas Dolphins Swim Team, New Swimmer Tryouts are held the 3<sup>rd</sup> Friday of each month (with some exceptions) at 5:30 pm at the Swim center. The next tryout date will be January 20<sup>th</sup>. Swimmers that would like to try out for the team should contact Karen Sullivan, our parent liaison, ahead of time to set up the tryout. You can find Karen's contact information in the DDST Key Contacts section of this newsletter. Also, you might like to check out our website ([ddst.org](http://ddst.org)) which has lots of useful information and will help you to begin to see what the Dolphins are all about!



## Meet The Wolfpack!

The University of Nevada, Reno, swimming & diving team is inviting local club swimmers to join them for special activities at their upcoming January 28<sup>th</sup> home meet. **Up to 4 Dolphins (8th grade or younger) and their parents may attend the meet.**

Activities include "Breakfast with the Pack" (where participants get to meet the Team Captains & coaches), facilities tour before the meet, special seating in the stands during the meet, and an autograph session with the entire team after the meet. This is an all day event so be prepared to have a fun packed day at UNR.

**Coordinate with Coach Kat** by January 18<sup>th</sup> if you wish to participate in this event! (Be aware that this is scheduled the weekend of the Last Chance Meet.)



## Lost & Found!

**LOST OR FOUND ITEM?** List Dolphins-related items here and get them home! Newsletter Editor [blkoontz92 @ yahoo.com](mailto:blkoontz92@yahoo.com), 775-782-7806 (3)

**Found:** REI Magenta fleece sweater, size XS (6/7), left at the Carson meet Sunday afternoon, call 775-267-9697 to claim or talk with Emily Willis at practice (white group).



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, February 7<sup>th</sup>, 2012, at 6:30 pm**. Parents are encouraged to attend and meeting minutes are available from the team Secretary.

**Regular meetings** of the DDST Board of Directors are the **first Tuesday of each month at 6:30 pm at Arrowhead Dental**, in Minden Medical Center, 925 Ironwood Drive, suite 1103 (across highway 395 from Danny's Restaurant). **Board Contact info:**

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



## Zone All-star Meet Applications Due 1/29

Applications for the Pacific Swimming Zone All-star meet (March 3-4, Novato, CA) are now available @ [www.ddst.org](http://www.ddst.org) under Meets & Events or from your coach. **Do not forget to sign up** if you want to be considered for this fun travel meet! **Deadline is EARLIER this year. Applications must be received by Sunday afternoon, January 29th, at the DDST Last Chance Meet.** See the application for answers to all your questions about the meet.



## DDST Key Contacts

**Board President:** Margaret Jackson, president@ddst.org; 760-937-2874

**Head Coach:** Kat Matheson  
coachkat0809 @ hotmail.com; 775-315-7701

**Assistant Coaches:** Sarah sgovanswm @ aol.com, 775-287-1035;

**Stefanie** ssignorella @ charter.net, 775-901-6747;

**Greg** greg @ taylorcamp.org, 775-790-0384

**Meet Director:** meets @ ddst.org;

Loma Johnston, 775-782-2382  
Margaret Jackson, 760-937-2874

**Billing:** Greg Taylor  
billing @ ddst.org; 775-790-0384

**Parent Liaison:** Karen Sullivan  
ksulliva @ dcsd.k12.nv.us; 775-267-4035

**Web, Officials:** Jim Morefield  
jdmore @ charter.net; 775-782-4360

**Newsletter:** Linda Koontz  
newsletter @ ddst.org; 775-782-7806



## Last Chance Meet

Parents, the Last Chance meet is the last chance you have to fulfill your meet obligation volunteer hours for the 2011-2012 meet season, be sure to sign up to work the meet on our website.

If you are not sure what a certain job entails or how many hours you have already worked, you can check with Lorna Johnston or Margaret Jackson and they can help you.



## Awards Banquet 2012

Save the date! The DDST annual Awards Banquet, which is usually scheduled in the Spring, has been moved to Friday March 2, 2012. The banquet will be held at St. Gall's from 5pm until 8pm (approx.). The theme this year is "Rock Star" so we encourage you to come dressed as your favorite Rock Star or you can be creative and make one up!

So please save the date to your calendar and plan to join the DDST Coaches and Families as we celebrate the successes and good times of the past year and recognize and brag about each swimmer. As the event gets closer we will send out more information!



## 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](mailto:ksullivan@dcsd.k12.nv.us), 775-267-4035) or another key contact (see p. 3) 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.



## Swim-a-Thon<sup>®</sup> January 14<sup>th</sup>

The Dolphins' annual USA Swimming **Swim-a-Thon<sup>®</sup> fundraiser** will be taking place Saturday January 14<sup>th</sup>, at the Swim Center. The team will have the whole pool to ourselves with White and Pre-competition groups swimming from 6:00 to 8:00 pm, followed by Blue, Pre-senior, and Senior groups from 8:00 to 10:00 pm. Red group swimmers will be assigned a time by Coach Greg or Coach Kat.

All the money collected for the swim-a-thon will be used to benefit our swimmers and DDST and will go towards your fundraising money needed for 2012.

### WHAT YOU NEED TO KNOW:

- **All Dolphins can participate!** Your coach will suggest a distance and time limit appropriate to your age and ability. Swimmers will have up to 1 or 2 hours to complete their swims.
- **Incentive prizes for all participants!** The more you earn, the more prize options become available. Incentive prizes include baseball cap, T-shirt, water bottle, meet mat, duffle bag, sweatshirt, warm up, custom swim suit or parka.
- Encourage **family, friends, neighbors, and local businesses** to support **your** swim team!
- **Pledges** are gathered from sponsors. Flat amounts can be collected before you swim (to save a return visit), and per-length pledges after you swim.
- **Snacks** will be organized by Nikki Willis for our swimmers; an e-mail was sent out last week asking for volunteers to bring certain snacks, please contact [nikki\\_willis@charter.net](mailto:nikki_willis@charter.net) to help with this.
- **Each swimmer needs to be accompanied by an adult** to the event so that each swimmer has someone to count laps for them. Counting laps is easy to do and it will give you the opportunity to cheer your swimmer on!

- All pledge money you have listed on your pledge sheet **and packets (used or not)**, must be submitted with your prize choice by **January 27<sup>th</sup>, 2012!** **If ALL of your money is collected** and you are ready to turn in your packet the evening of the swim a thon you may do so; otherwise, after the swim a thon you may turn ALL of your money and packet in to Julie Gray Thursday 1/26 or Friday 1/27 at the pool, she will be there at 4pm.
- Incentives earned will not be ordered until your packet is turned in with all the money collected.

If you have any questions about the swim a thon contact Christine Rakow at [cdarakow@yahoo.com](mailto:cdarakow@yahoo.com) or Julie Gray [grayju1235@wildblue.net](mailto:grayju1235@wildblue.net) with any questions.



## 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 Margaret Jackson ([president@ddst.org](mailto:president@ddst.org)), or any Board member or coach.



## 14 & under Junior Olympics Results

Seven Dolphins made the trip to Morgan Hill December 2-4 for the 14 and under Pacific Swimming Junior Olympics Swim meet. In past years the weather has been really cold, but while the mornings & evenings were chilly and a little windy the afternoons were surprisingly warmer than in recent memory!

4 of our 7 swimmers were swimming at the event for the very first time! Junior Olympics can be very intimidating for a first-timer but our swimmers did very well and they all should be very proud of themselves!

**Taylor Knowles** (10) swam 4 events in his very first Junior Olympic swim meet and took off .3 sec in 100 backstroke, he was right on his best time in 100 freestyle and looked really strong in 50 freestyle.

**Kaila Duffy** (12) was also swimming in her very first Junior Olympic swim meet, she qualified for the 50 butterfly and swam the event on Friday looking really strong.

<p><b>Abbreviations:</b> IM=Individual Medley;  <b>Times:</b> JO=Junior Olympic;  <b>PRT</b>=Pacific Recognition Time</p>
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**Kaela Forvilly** (12) swam the 100 backstroke and was just off her best time by 3 hundredths of a sec.

**Jessie Jin** (12) swimming in her first Junior Olympic meet qualified for 2 events and improved .43 sec in 50 backstroke and was right on **JO** pace for her 100 backstroke.

**Annalisa Neal** (12) was another first timer to the Junior Olympic meet and qualified to swim 5 events, she swam right on **JO** pace in 100 breaststroke & looked strong in her 50 breaststroke.

**Shelby Koontz** (13) swam 5 events at the meet dropping 5.85 sec in her prelim swim of the 400 IM for a new **PRT** time & qualified for finals in 3<sup>rd</sup> place, in finals she improved another 2.2 sec for a new **Sectional time** of 4:41.41 and 3<sup>rd</sup> place, she improved 1.1 sec in 100 backstroke, .6 sec in 200

breaststroke & was right on best time in 100 butterfly.

**Adam Dack** (14) swam 3 events, dropping .6 sec in 100 backstroke, he improved .8 sec in 200 backstroke and he was just off his best time in 1650 freestyle.

Congratulations to all of our Junior Olympic swimmers!



## Pacific Senior Championships Meet Results

The Senior meet is a meet that can only be entered with qualifying times. 8 Senior & Pre-Senior Dolphins who met these qualifying times, traveled to Pleasant Hill with Coach Sarah to participate in the meet. The weather was cold but our swimmers did really well turning in some very fast times including new Junior Olympic times, Far Western times & Team Records!

**Emma Gray** (13) swam the 50 freestyle and shaved off time setting a new best time for her next meet.

**Adam Dack** (14) swam 4 events less than a week after swimming at JOs improving almost 4 sec in 200 butterfly prelims, he was able to swim the event again in finals and dropped another 5+ sec to finish with a 13-14 **2011 JO** time of 2:24.39 and 21<sup>st</sup> place, he improved 1 sec in 100 butterfly and swam a new best time in 100 backstroke.

<p><b>(Abbreviations:</b> IM=Individual Medley;  <b>Times:</b> JO=Junior Olympic; <b>FW</b>=Far Western, <b>PRT</b>=Pacific Recognition Time.)</p>
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**Eli Cruz** (15) swam 5 events improving a half sec in 200 IM for a 15-16 girls **2011 JO** time of 2:24.29 and was just off her best time in 100 butterfly on **JO** pace.

**Clara Gray** (15) had a great meet, she swam 5 events qualifying for finals in 200 breaststroke where she placed 18<sup>th</sup>, she improved 1.1 sec in 100 butterfly for a new 15-16 **2012 JO** time of 1:05.30, she also swam a best time in 50 freestyle for a **2011 JO** time of 27.01 dropping .3 sec & she improved .3 sec in 100 freestyle.

**Kyle Johnston** (16) swam a super fast meet competing in 7 events, he placed 17<sup>th</sup> in 200 freestyle finals improving .59 sec to finish with a new 15-16 boys **Team record** of 1:47.59, he swam finals in 200 backstroke improving a total of 1.84 sec to finish 5<sup>th</sup> with a new 15 -16 **Team record, PRT** and **Sectional bonus time** of 2:00.26, he also swam finals in 100 butterfly achieving a new **Sectional** time and 15 -16 **Team record** beating the time set in 1994 by .41 sec to finish in 53.61 and 6<sup>th</sup> place, he improved 4.24 sec in 200 butterfly to finish 3<sup>rd</sup> in finals with another new **Sectional** time and 15-16 **Team record** of 1:56.82, and he dropped 6 + sec in 400 IM.

**TJ Smithen** (16) swam 5 events with an amazing 100 % improvement, dropping 6.7 sec in 200 IM, 4.3 sec in 200 breaststroke, he took off 1.6 sec in 100 breaststroke and he shaved off time in 100 backstroke and 100 butterfly.

**Janosch Lancaster** (17) had a fast meet, he swam 6 events placing 23<sup>rd</sup> in 200 freestyle finals improving a total of 3.2 sec to finish with a new 17-18 **2012 JO** time of 1:54.93, he improved 1.2 sec in 200 backstroke for a new 17-18 **2012 FW** time of 2:09.70, he shaved off time in 100 freestyle to finish with another new **2012 JO** time of 52.91, and he improved 6 sec in 400 IM.

**Cameron Morefield** (17) also did well, he swam 7 events placing 22<sup>nd</sup> in 200 backstroke finals dropping a total of 2.2 sec, he improved 3.2 sec in 400 IM to finish with a 17-18 **2012 FW** time of 4:36.87, he took off 1.8 sec in 200 IM & was just off his best time in 100 freestyle.

We also had enough swimmers at the meet to swim a boys 400 freestyle relay, **Adam Dack, Cameron Morefield, TJ Smithen** and **Janosch Lancaster** teamed up to swim the relay. And we had a girls relay team of **Eli Cruz, Clara Gray, Emma Gray** and **Jordan Knowles** who swam the 200 Medley relay & the 400 freestyle relay and did a fantastic job!



## Short Course Winter Sectionals Results

Four of our five Sectional-qualified Dolphins spent 4 days at the 2011 Speedo Champions Series Western Zone Gold Sectional Championships in Huntington Beach, CA, December 16-20. The event is usually held in Long Beach, but at the last minute the venue had to be changed from an indoor pool to an outdoor pool due to mechanical problems.

Sectionals is the first level of U.S. National competition. The Western Gold Section brings together the top swimmers (based on time only, not age groups) from all of California and Nevada. Participants ranged in age from 12 to 30+. All of our Dolphin swimmers were not feeling their best as they were fighting colds and viruses but they had been training long and hard for the meet and they planned on swimming their best. The weather cooperated with a little bit of rain and a fair amount of sunshine and all four girls had some really great swims! Starting with:

**Shelby Koontz** (13) who qualified for 6 events, on Saturday she started off with an amazing 100 freestyle swim achieving a 13-14 **Team Record** beating the 16 year old record by 1.1 sec to finish with a 52.43 fast enough to qualify for finals where she finished in 23<sup>rd</sup> place, Sunday she swam the 200 freestyle improving .8 sec and the 400 IM where she smashed another 13-14 **Team record** by 5.3 sec to finish with a time of 4:35.73, Monday she improved 1.3 sec in 200 IM and she competed in 50 freestyle, Tuesday she swam another **Team record** in 100 butterfly breaking the record by 2.65 sec to finish with a time of 57.90.

**Shaelin Morefield** (15) also qualified for 6 events, on Saturday she swam an amazing 200 butterfly in a new **PRT** time breaking an old 15-16 **Team record** by .71 sec to finish with a time of 2:10.24 and she competed in

the 200 breaststroke, Sunday she swam the 400 IM finishing with a time of 4:37.68 breaking another 15-16 **Team record** by .96 sec, Monday she swam the 50 freestyle clocking a new best time and she swam the first leg of the girls 400 freestyle relay in a new best time by ½ sec, Tuesday she competed in the 100 breaststroke and in 100 butterfly where she broke her own 15-16 **Team record** by .2 sec to finish with a time of 59.00.

**Meagan Skilling** (16) qualified for 1 event and swam 2 time trials, Saturday she time trialed the 100 breaststroke and did an incredible job finishing with a new **Sectional time** of 1:08.67 improving 1.3 sec from her best time, Monday she time trialed the 50 freestyle and improved .89 sec for another new **Sectional time** of 25.16, Tuesday she swam the 100 backstroke and was just off her best time in the event.

**Abbreviations:** IM=Individual Medley;  
**Times:** PRT=Pacific Recognition Time

**Mary Smithen** qualified for 3 events and swam 2 time trials, Saturday she swam the 200 backstroke breaking her own 17-18 girls **Team record** by .29 sec to finish with a time of 2:13.16 and the 100 freestyle, Sunday she time trialed the 100 butterfly and improved a remarkable 2.28 sec to finish with a new **Sectional time** of 59.86, Monday she swam 50 freestyle and was just off her best time in the event, Tuesday she shaved off time in 100 backstroke for a new best time.

The girls also competed in the 400 freestyle relay Monday finishing with a time of 3:40.65, improving their previous time by 7+ sec to place 39<sup>th</sup> out of 51 teams, they also swam their 400 Medley relay on Tuesday to finish with a time of 4:03.19 improving by 9+ sec to place 28<sup>th</sup> out of 48 teams. All of the Sectional swimmers should be very proud of how well they swam, there were a lot of amazingly fast swimmers at the meet and you all held your own and did very well!



## Can't Wait 4 State!

Swimmers if you want to swim at the State meet, be aware that there is only one local meet left to qualify! Our very own Last Chance meet, January 27-29, will be the last opportunity swimmers will have to qualify for State. The Last Chance meet sheet is out so be sure to go online to our website to sign up to swim in the meet before it fills up! Remember that DDST swimmers sign up for Home meets on our website, [ddst.org](http://ddst.org), (entry deadline is 1/18).

If you are not sure what the State qualifying times are for your swimmer, ask your coach or find the qualifying times on our website under Records/Times, then Time Standards. The 2012 State time standards will be the same as the 2011 State time standards.



## Tips of the Month 6 Rules of Good Nutrition

You can find this article online at:  
<http://eatthis.menshealth.com/slideshow/6-rules-good-nutrition>

### 6. Never Skip Breakfast:

Yes, mornings are crazy. But they're also our best hope at regaining our nutritional sanity. A 2005 study synthesized the results of 47 other studies that examined the impact of starting the day with a healthy breakfast. Here's what they found:

**People who skip breakfast are more likely to take up smoking or drinking, less likely to exercise, and more likely to follow fad diets or express concerns about body weight.** Common reasons cited for skipping were lack of time, lack of hunger, or dieting.

Bad news. Sure, it would seem to make sense that skipping breakfast means eating fewer calories, which means weighing less. But it doesn't work that way. Consider:

**People who eat breakfast tend to have higher total calorie intakes throughout**

the day, but they also get significantly more fiber, calcium, and other micro-nutrients than skippers do. Breakfast eaters also tended to consume less soda and French fries and more fruits, vegetables, and milk.

Breakfast eaters were approximately 30 percent less likely to be overweight or obese. (Think about that—people who eat breakfast eat more food, but weigh less!)

### 5. Snack With Purpose:

There's a big difference between mindless munching and strategic snacking. **Snacking with purpose means reinforcing good habits, keeping your metabolic rate high, and filling the gaps between meals with the nutrients your child's body craves.**

Chew on this piece of trivia: In the 20 years leading up to the 21st century (1977 to 1996), salty snack portions increased by 93 calories, and soft drink portions increased by 49 calories.

Combat portion distortion by eating healthy snacks: Triscuits and peanut butter; string cheese; a sandwich bag filled with homemade popcorn; or that classic of kid's snacktime nourishment, ants on a log.

### 4. Beware of Portion Distortion:

Snack portions aren't the only things that have increased wildly in size. Since 1977, hamburgers have increased by 97 calories, French fries by 68 calories, and Mexican foods by 133 calories, according to analysis of the Nationwide Food Consumption Survey.

A study published in the American Journal of Preventive Medicine looked at 63,380 individuals' drinking habits over a span of 19 years. The results show that for children ages 2 to 18, portions of sweetened beverages increased from 13.1 ounces in 1977 to 18.9 ounces in 1996.

One easy way to short-circuit this growing trend? Buy smaller bowls and cups. A recent study at the Children's Nutrition Research Center in Houston, Texas, shows that 5- and 6-year-old children will consume a third more calories when presented with a larger portion. The findings are based on a sample of 53 children who were served either 1- or 2-cup portions of macaroni and cheese.

### 3. Drink Responsibly:

Too many of us keep in mind the adage "watch what you eat," and we forget another serious threat to our health: **We don't watch what we drink.** In fact, according to research from the University of North Carolina, **Americans now slurp up nearly 25 percent of their calories in liquid form**—nearly double the rate we used to drink just 20 years ago. One study found that sweetened beverages constituted more than half (51 percent) of all beverages consumed by fourth-through sixth-grade students. **The students who consumed the most sweetened beverages took in approximately 330 extra calories per day, and on average they ate less than half the amount of real fruit than did their peers who drank unsweetened or lightly sweetened beverages.**

**One important strategy is to keep cold, filtered water in a pitcher in the fridge. You might even want to keep some cut-up limes, oranges, or lemons nearby for kids to flavor their own water with.**

A UK study showed that in classrooms with limited access to water, only 29 percent of students met their daily needs; free access to water led to higher intake.

Another important strategy: Be extra careful about the juice you purchase. Too many "juices" are little more than sugar water masquerading as the real thing. Ocean Spray Cran-Raspberry, for instance, has just 15 percent real fruit juice. The other 85 percent? High-fructose corn syrup and water. **Make sure the juice you buy says "100 percent Fruit Juice" on the label, and try to choose one made from a single fruit, not a mix of high-sugar fruits like white grapes, which are commonly used in fruit juice blends.**

### 2. Eat More Whole Foods and Fewer Science Experiments:

Here's a rule of healthy eating that will serve you well when picking out foods for your family: **The shorter the ingredients list, the healthier the food.** (One of the worst foods we've ever found, the Baskin-Robbins Heath Shake, has 73 ingredients—and, by the way, a whopping 2,310 calories and more than 3 days' worth of saturated fat! What happened to the idea that a milk shake

was, um, milk and ice cream? Let's be grateful that Baskin-Robbins finally pulled this monstrosity from their menus.)

The FDA maintains a list of more than 3,000 ingredients that are considered safe to eat, but we've found reasons for concern for a number of the additives on that long list, and any one of them could wind up in your next box of mac 'n' cheese.

According to USDA reports, most of the sodium in the American diet comes from packaged and processed foods. Naturally occurring salt accounts for only 12 percent of total intake, while 77 percent is added by food manufacturers.

### 1. Set the Table:

**Children in families with more structured mealtimes exhibit healthier eating habits.** Among middle- and high-school girls, those whose families ate together only once or twice per week were more than twice as likely to exhibit weight control issues, compared with those who ate together three or four times per week.

Of course, the notion of a 6 p.m. dinnertime and then everyone into their pj's is a quaint one, but it's hardly realistic in a society where our kids have such highly scheduled social lives that the delineation between "parent" and "chauffeur" is sometimes difficult to parse. While we can't always bring the family together like Ozzie Nelson's (or, heck, even like Ozzy Osbourne's), we can make some positive steps in that direction.

One busy family I know keeps Sunday night dinner sacred—no social plans, no school projects, no extra work brought home from the office. **Even keeping the family ritual just once a week gives parents the opportunity to point out what is and isn't healthy at the dinner table.**



# Douglas Dolphins Swim Team

## 2012+ Meet & Event Schedule

(rev. 01/2012)

[visit [www.ddst.org](http://www.ddst.org) for updates, changes, and links to on-line entries, meet sheets, results, etc.]

DATES	MEET or EVENT	COURSE	ENTRIES	LOCATION / HOST
Jan 7-8	**Pacific Coast All-star Meet	25 Y	all-star	Vancouver, British Columbia
Jan 14	HOME: Swim-a-Thon® & Fundraiser 6-10 pm	25 Y	individual	Minden NV / <u>DDST</u>
Jan 27-29	HOME: Last Chance Age Group Open	25 Y	team	Minden NV / <u>DDST</u>
Feb 15	State Pep Rally & Pasta Feed! 5:30-7:00	–	–	Minden NV
Feb 17-20	**Nevada State Short Course Championships	25 Y	team	Carson City NV / <u>CARS</u>
Mar 2	DDST Annual Awards Banquet, 5:30-8:30 pm	–	–	Gardnerville NV/St. Gall
Mar 3-4	**Pacific Zone All-star Developmental Meet	25 Y	all-star	Novato CA / Zone-3
Mar 16-18	**Pacific Junior Olympics Championships	25 Y	individual	San Ramon CA / <u>SRVLA</u>
Mar 29-Apr 1	**Far Western Short-course Championships	25 Y	individual	Morgan Hill CA / <u>ALMA</u>
Apr 2-6	PRACTICES CONTINUE through Spring Break	–	–	Minden NV / <u>DDST</u>
Apr 20-22	(SN) Sierra Marlins Spring Splash long course	50 M	individual	Folsom CA / <u>SMST</u>
May 11-12??	**High School - Northern Nevada Regionals	25 Y	–	Carson City NV
May 19??	**High School - Nevada State Championships	25 Y	–	Las Vegas NV
May 25-27	#Carson Tigersharks Intermountain Classic	50 M	individual	Carson City NV / <u>CARS</u>
May 31-June 3	**Santa Clara International Grand Prix	50 M	team	Santa Clara CA / <u>SCSC</u>
June 15-17	Reno Gamble High Altitude Invitational	50 M	individual	Reno NV / <u>RENO</u>
June 22-24	#Bishop Swim Team Invitational	25 Y	individual	Bishop CA / <u>BST</u>
June 24-29??	Salo Swim Camp??	–	–	Los Angeles CA / <u>USC</u>
June-July	#HOME: Twilight Practice Meets, 3:00 pm	25 Y	team	Minden NV / <u>DDST</u>
July 6-8	#Tahoe Swim Club Invitational	25 Y	individual	South Lake <u>TAHOe</u> CA
July 19-22	**Adam Szmids Junior Olympics Championships	50 M	individual	Concord CA / <u>TERA</u>
July 25-30	**Speedo Champions Series Summer Sectionals	50 M	team	Santa Clarita CA
Aug 1-5	**Far Western Long-course Championships	50 M	individual	San Jose CA / <u>WEST</u>
Aug 7-11	**Western Zone Championships	50 M	all-star	Grand Junction, Colorado
Aug 9-11	**North American Challenge Cup	50 M	all-star	Edmonton, Alberta
Aug 7	HOME: TEAM PHOTOS!	–	–	Minden NV
Aug 10-12	HOME: High Country League Championships	25 Y	team	Minden NV / <u>DDST</u>
Aug 13-16	TEAM FUN WEEK! (no practices)	–	–	Beach, Wild Island, etc.
Sep 21-23	HOME: Molly Lahlum Memorial Autumn Freeze	25 Y	team	Minden NV / <u>DDST</u>
Oct 19-21	Fall Classic & King of the Hill Challenge	25 Y	individual	Carson City NV/ <u>RENO/SPKS</u>
Oct 31	HALLOWEEN FUN!	–	–	Minden NV
Nov 9-11	Carson Tigersharks Fall Frenzy	25 Y	individual	Carson City NV / <u>CARS</u>
Nov 30-Dec 2	**14-under Junior Olympic Championships	25 Y	individual	Morgan Hill CA / <u>MHSC</u>
Dec 7-9	**Short Course Senior Championships	25 Y	individual	Pleasant Hill CA/ <u>WCAB</u>
Dec 8-9	HOME: Meet to be determined	25 Y	team	Minden NV / <u>DDST</u>
Dec 14-18??	**Speedo Champions Series Winter Sectionals	25 Y	team	TBD
Dec 20	HOLIDAY FUN!	–	–	Minden NV
Dec 24-Jan 4	PRACTICES CONTINUE through Winter Break	–	–	Minden NV / <u>DDST</u>
Jan 12-13?? 2013	**Pacific Coast All-star Meet	25 Y	all-star	TBD
Jan 18-20	Carson Last Chance Meet	25 Y	individual	Carson City NV / <u>CARS</u>
Jan 26	HOME: Swim-a-Thon® & Fundraiser 6-10 pm	25 Y	–	Minden NV / <u>DDST</u>
Feb 13	State Pep Rally & Pasta Feed! 5:30-7:00	–	–	Minden NV
Feb 15-18	**Nevada State Short Course Championships	25 Y	team	Las Vegas NV / <u>TBD</u>

# – Optional for Seniors; recommended for all other groups. [Meets in this color are all-star, tentative, or FYI only.](#)\*\* – Entries must meet qualifying times or other selective criteria – see coaches or [www.ddst.org](http://www.ddst.org) for details.

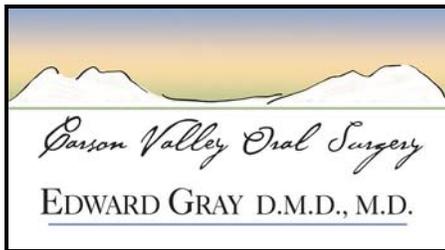
(SN) – Sierra Nevada Swimming sanctioned meet – team official(s) required for 11 or more swimmers!

ENTRIES: team – signed and submitted to coach, entry fees billed; individual – submitted and paid directly to host team in advance (entry fees are always non-refundable); all-star – application required, selection criteria vary.

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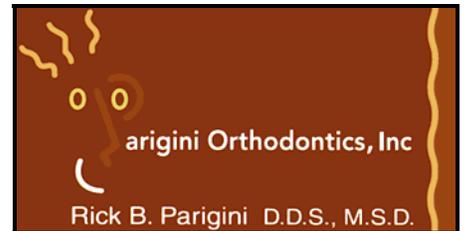
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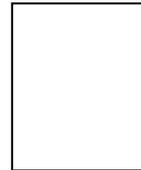
St Gall Catholic Church



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



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



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

**Farewell and good luck** to Maddie Langhoff, Whitney Weaver & Madeline Moody.

**Welcome back:** Lilia Fields

**Moving up: Congratulations to new White Dolphin:** Marin Collins & **Blue Dolphin:** Eric Jacobs.

**Happy January Birthday** to Fisher Boroughs (1/3), Dylan Matheson (1/7), Connor Schaan (1/8), Joey Smithen (1/16) & Sarah Hyatt (1/31).

**Happy February Birthday** to Shaelin Morefield (2/4), Eli Cruz (2/7), Alex Mayer (2/15) & Megan Ruffo (2/26).

*(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.

### ANY Public School(s) IN Session

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

**Pre-seniors:** M-F 2:30-4:30p, dryland W & F 5:00-6:00p

**Blue:** M-Th 4:45-5:55p, F 4:15-5:30p

**Red:** M-Th 5:10-6:15p

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

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

### ALL Public Schools OUT of Session

(common break days; public holidays  
except Summer breaks)

**Pre-seniors & Seniors:** M-F 7:00-9:00a,  
dryland T & Th 9-10a

**Blue:** M-F 7:00-9:00a

**Red:** M-Th 5:10-6:15p

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

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



## Next Newsletter

The next *Monthly* will appear about **February 6<sup>th</sup>**. All submissions should be received by **Friday February 3<sup>rd</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: Coach Kat, Coach Sarah, Coach Stefanie, Coach Greg, Jim Morefield, Julie Gray and Lorna Johnston.*

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

