

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(since 1964 – our 48<sup>th</sup> year!)

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

January 2012

## Swimmers of the Month

**Clarice Albert** is White group Swimmer of the Month. Clarice has made astonishing changes in her workout performance, leadership skills and all around character. She has been a great example at practice and I am looking forward to watching her develop and grow as she progresses into the upper level groups. Great job Clarice, I am very proud of you!

**Angel Neal** is Red Group Swimmer of the Month! Angel had an outstanding Last Chance Meet! She swam a maximum number of events with 7 improvements including THREE new State Cuts, TWO new Pacific Time Standards (an A & a B!), ONE fantastic 200 freestyle swim taking almost 10 seconds off! WOW!! But to be honest, the reason Angel did so well is her dedication and determination at practice. Every day she is ready to go, with a smile on her face and she is one of the hardest swimmers in Red Group. We are very proud of you Angel!

**Kayla Ruffo** is Blue Group Swimmer of the Month. Her attitude at practice has been stellar and she has been swimming each day with high intensity. This is evidenced by the 10 second drop in her 500 freestyle at the Last Chance Meet. She also tried the 200 breaststroke and finished the event with a smile and the comment,

"That was fun". The fact that she made that remark means that she had trained hard and was ready to take it on! Kayla is a great team member, she is helpful to her coaches and encouraging to her team mates. Keep up the great work!

**Claire Christopher** is Pre-Senior Swimmer of the month. She had an outstanding Last Chance meet with 100% improvement despite the fact that she is still recovering from a shoulder injury. Claire has been working really hard at practice and she seems to be coming back strong! She always has a good attitude at each and every work out, she listens to her coaches and she is fun to work with. Keep up the good work!

**Kyle Johnston** is Senior Group Swimmer of the Month. Not having a meet since December, means that the Seniors are working hard without any of the feedback or fun of a swim meet. I have thrown college level sets at this group and they have not disappointed me. Every day Kyle is trying to get the most out of his practice time and I am excited to see the results of his training at State. Kyle leads by example, for instance, when handing out ribbons for the younger Dolphins, he stays to watch in order to support all the award winners. Leadership and determination earns Kyle Swimmer of the Month.



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## 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 February 17<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!



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

### Being on the Team vs. Being a Teammate

*Published by the American Swimming Coaches Association, taken from News For Swim Parents*

[Thoughts NOT just for athletes....]

- Compiled by John Leonard from *InSideOut Coaching* by Joe Ehrmann

Being on the team benefits your personal goals and ambitions. Being a teammate benefits the goals and ambitions of your team and your teammates.

Being on the team can make you a bystander. Teammates intervene in the lives and actions of their teammates.

Being on the team involves personal effort. Being a teammate involves the efforts of every player.

Being on the team means doing what is asked of you. Being a teammate is doing whatever is needed for the team to succeed.

Being on the team can involve blaming others and making excuses. Being a teammate involves accepting responsibility, accountability, and ownership of the team's problems.

Being on the team makes you "me-optic," asking what's in it for me? Being a teammate makes you "we-optic," asking what's in it for us?

Sometimes players on the team are drawn together by common interests; teammates are drawn together by a common mission.

Sometimes players on a team like one another; teammates respect one another.

Sometimes players on a team bond together because of a shared background or compatible personalities; teammates bond together because they recognize every player is needed to accomplish the goal of the team.

Sometimes players on a team are energized by emotions; teammates energize one another out of commitment.

[Editor's Note: When I was a swim parent (and not coaching at the time) I always felt like I was part of the team... but in retrospect, this article reminds me I wasn't always a good teammate. I wish I had thought about it a little more back then. Guy Edson]



## 2012 State Swimmers

Congratulations to all Dolphins who will be swimming at the 2012 Nevada State Championships. I want to send out a quick reminder that if you have been selected for a relay team, please make sure to be at Friday's mandatory relay practices. Open relays and 13-14's will practice during the 2:30-4:15 practice time. The 11-12, 9-10, and 8 & under relays will be practicing from 4:30-5:30pm.

These relay practices will be held the 3rd, 10th, and 17th of February. Per the State meet sheet, there is a \$8.00 meet participation fee for all swimmers including "relay only" swimmers. Relay swimmers will also be charged \$5.00 per relay and these fees will be billed to your DDST account. At the State meet, relays score higher than individual events so let's do our best to get to these extra practices so that we will be ready to swim our best and earn points for the Dolphins!



COACH

## Sarah's Corner

(sgovanswm @ aol.com)

I have noticed that the **Senior** and **Pre-Senior** groups are still not eating or drinking prior to their workouts, they are not bringing water bottles to the poolside and they have no post workout snacks. I also hear some swimmers commenting that they are not eating lunch or breakfast. This lack of nutrition shows in work out performance, as well as attitude. Parents, please sit down with your athletes and stress the importance of good nutrition and eating 3 balanced meals a day!

State meet rest...the state meet is a long 4 day trials and finals meet, with lengthy mornings and evenings. It is imperative that all swimmers rest, hydrate adequately and eat well prior to and during the State Meet. The State weekend is not the time to add any more activities for your athletes. All of our athletes have trained very hard to earn their spot at the State meet so please parents respect that and help your swimmer to be in the best shape possible for this meet by encouraging them to eat, rest and hydrate for the meet.

White group equipment: we still have quite a few swimmers that do not have the necessary equipment for practice. This makes it impossible for each and every athlete to get the most out of practice when they don't have, for instance, their fins on deck in order to complete the assigned drill correctly. The equipment is mandatory and each swimmer needs to have their own equipment in order to be able to participate in each drill and get the most out of each and every practice.

On a light note, I would like to send a shout out to the swimmers that competed in the Last Chance meet and express how very proud I am of all of you for your accomplishments. They did not go unnoticed. Great job! I can't wait to see you all improve at State!



COACH

## Greg's Corner

(greg@taylorcamp.org)

This is one of the harder Coaches Corners I have ever written. As many of you know, I had to miss the last session of the Last Chance meet due to a family emergency. I am still dealing with that as I write this having also missed a lot of practices after the meet. First, I want to thank Coach Kat for stepping in and covering Red Group while I was gone...I think it is always good to mix it up a little... so I know our swimmers can only improve with getting a "taste of the Blue Group"! Thank you!! Coach Sarah has also had to step up and fill in... not to mention helping out Red Group before the meet! Another big Thank You!

I have to say I really miss afternoon practice and look forward to jumping back in soon and swimming fast into our State Meet!! But one thing this whole thing has got me thinking about is family. Family is important. Family may annoy you sometimes.... <grin> but they are also there cheering you on at the end of the lane. You may have a sibling who just is the most annoying person in the world to you... but yet, they will probably be your best friend as you get older. So take care of your family, help them when they are sick, cheer them on for anything they are striving for and always tell them you love them. I expect to see lots of family out there cheering on our DDST swimmers at State... because we all are a family too. Swim Fast Dolphins!

## 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.

## 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)



## State Pep Rally & Pasta Feed

Please join us in the Swim Center **mezzanine 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 or salad to share with everyone but no desserts. Drinks, utensils and plates will be provided by the team. Let's send our swimmers to State Championships pumped & ready to swim fast!



## Upcoming Meets

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

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

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

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### March 16-18: Junior Olympics, San Ramon, CA

(meet sheet pending qualifying times apply, see [coach/ddst.org](http://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)

## Awards Banquet 2012

The DDST Awards Banquet will be held Friday March 2<sup>nd</sup> from 5:30-8:30 pm at St. Galls Catholic Church. We encourage everyone to come dressed as your favorite rock star or you can make up your own rock and roll character and costume! The swimmers have been working hard on their rock videos which we will get to see at the banquet!

We would like all families to sign up on the DDST website and in the notes section please indicate how many family members will be attending the event so that we can get an accurate head count for seating and Pizza. The Pizza will be provided as well as utensils, plates, napkins and cups. In addition, we would like to ask families to please bring additional items to the event.

We are asking Families with last names starting with A through H to bring drinks. Those with last names starting with I through P should bring desserts and those with last names starting with Q to Z should bring a side dish or salad. If you still need volunteer hours you can earn them by helping with set up which will start at 4:30pm and clean up after the event. We look forward to seeing as many of you there as possible at this event which will be a lot of fun! Contact Julie Gray if you have any questions.



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, March 6<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)

## Douglas Dolphin Nationally Ranked

Congratulations to **Shelby Koontz** who at the last check is a Nationally ranked Top 20 swimmer per USA swimming. The site is being constantly updated as the dates for this list will run from 9/1/2011 until 8/31/2012. In the 13 year old female age group she is currently ranked 9<sup>th</sup> in 100 freestyle, 12<sup>th</sup> in 50 freestyle and 20<sup>th</sup> in 100 butterfly in the United States. The times Shelby clocked which place her in the national rankings were achieved at the December Speedo Sectionals meet in Huntington Beach California. The rankings are compiled by USA swimming and can be viewed at [www.usaswimming.org/\\_Rainbow/Documents/0bcd715-fc94-40b4-bbd6-0a1cd8fe399a/girls\\_scy.pdf](http://www.usaswimming.org/_Rainbow/Documents/0bcd715-fc94-40b4-bbd6-0a1cd8fe399a/girls_scy.pdf).

This is quite an accomplishment and comes from hard work and determination. Shelby credits her fast times to her coaches and team mates that push her at every practice and encourage her to train as hard as she can. She is determined to do her best in every race and when she dives in the water she is all about the competition and swimming as fast as she can. The team and Shelby's coaches are very proud of her and look forward to seeing what she can accomplish in the future!



## DDST Key Contacts

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

**Head Coach:** Kat Matheson  
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## Swim-a-Thon® Results

The Dolphins' 4<sup>th</sup> annual USA Swimming Swim-a-Thon® took place on January 14<sup>th</sup> and it was a great success! This year we had 59 Dolphins participate in the swim-a-thon! It was great to see many of our younger swimmers participating again this year; I am positive that they were amazed at how many lengths they were able to complete! All participants should be very proud of what they accomplished! Special thanks to Greg Taylor for providing the music and to Christine Rakow, Nikki Willis and Pattie Dack and Julie Gray for all their extra work in organizing this year's event.

For this swim-a-thon, as in previous years, our swimmers were encouraged to swim as many lengths as possible in 2 hours. However, our older swimmers were challenged to swim 200 lengths (over 3 miles) in less than 2 hours! We had 3 swim-a-thon records fall this year and 2 swimmers were able to swim 200 lengths in under one hour!

Our top finishers were: 8 and under, **Eden Neal** finished 148 laps in 2 hours as did **Connor Taylor**.

Our 9-10 swimmers, **Angel Neal** completed 200 laps in 89.10 minutes, 29 minutes faster than last year and **Michael Schaan** completed 194 laps in 2 hours, finishing 50 more laps than last year.

11-12 swimmers, **Annalisa Neal** completed 200 laps in 68 minutes and 45 sec, almost 9 minutes faster than last year and **Taylor Knowles** finished 200 laps in 86 minutes and 23 sec, just about 11 minutes faster than last year.

Up next was our 13-14 swimmers, **Shelby Koontz** finished 200 laps in 60 minutes and 37 sec for the 3<sup>rd</sup> fastest finish and almost 6 minutes faster than last year and **Andrew Brockhage** finished 200 laps in 68 minutes and 23 sec, 12 minutes faster than last year.

Our 15-16 swimmers each broke a Team record, **Shaelin Morefield** broke the 15-16 girls Team record by 5 mi-

minutes and 40 sec finishing her 200 laps in 59 minutes and 35 sec for the 2<sup>nd</sup> fastest time of the night, and **Kyle Johnston** broke his own 15-16 boys Team record by 1 minute and 18 sec finishing his 200 laps in 57 minutes and 51 sec. Kyle was the fastest swimmer of the evening.

And last but not least, **Cameron Morefield** broke the 17-18 boys Team record by 34 sec finishing his 200 laps in 65 minutes and 6 sec.

Congratulations to all of our swimmers, you all did very well and should be extremely proud of what you were able to accomplish!



## Changes for High School Swimmers

High School swimming season will run from February 22<sup>nd</sup> through mid-May, and this year High School Dolphin swimmers will be practicing with the High School team 5 days a week. High School practice will end each day at 4:15, however dues paying Dolphin swimmers will practice an extra half hour each day, which means they will be done at 4:45.

Pre-Seniors and Senior swimmers not participating in High School swimming will have their practice times changed and there will be a meeting to discuss these changes and transportation with Coach Kat at 6PM Monday February 13<sup>th</sup>.

Because of this and the reduced lane space during High School practice, all Seniors and Pre-Seniors **will have their dues capped at \$70 per month for March and April and \$80 for May**. This year Coach Sarah and Coach Kat will be helping to coach the High School team, along with their other Dolphins coaching duties.

Separate Senior and Pre-senior programs (and dues) will resume after testing at the conclusion of High School season. Please contact Coach Kat if you have any questions.



## Last Chance Meet results

According to Coach Kat, 12 more swimmers qualified for 2012 State Championships at our Last Chance Meet! This was a great meet with lots of swimmers shooting for their goals! I also saw a lot of swimmers cheering each other on, which is so important when you are trying to give your all to get that time you have been practicing hard to get! I know the coaches are very proud of their swimmers and how hard they have worked.

We had two 6 year olds swimming in the meet, **McKenna Chappell** who swam 3 events achieving a new **PC-B** and **State** time in 50 backstroke dropping 6.4 sec good enough for 1<sup>st</sup> place, she improved 2 sec in 25 freestyle for 2<sup>nd</sup> place and swam her first 25 breaststroke setting a time to beat. And, **Connor Schaan** swimming in his first official swim meet competed in 2 events the 25 freestyle and 25 backstroke setting new times to beat and placing 3<sup>rd</sup> in both events.

Abbreviations: IM=Individual Medley; **Times: PC-X**=Pacific Swimming Standards; **State**=NV State Championships qualifying; **JO**=Junior Olympic

Up next was our 7-8 year olds girls, **Marin Collins** swam 3 events dropping 7+ sec in 50 backstroke for a new **State** time, she tried her first 25 breaststroke and was just off her best time in 25 freestyle. **Kylie Compton** swimming in her first official meet as a Dolphin clocked 3 new **PC-B** and **State** times in her first swims of the 25 freestyle, 50 freestyle and 25 backstroke, she also set times to beat in 25 breaststroke and 25 butterfly, and placed 6<sup>th</sup> in 25 backstroke. **Grace DuPont-Moore** swam 4 events achieving a new **PC-B** time in 50 freestyle

dropping 3.8 sec, she improved 1.1 sec in 25 breaststroke and 2.3 sec in 25 butterfly for a new **State** time and 6<sup>th</sup> place.

**Maggie Hutchins** also swimming in her first meet as a Dolphin swam a new **PC-B** time in her swim of 25 backstroke and 3 more **PC-B** & **State** times in 25 breaststroke (6<sup>th</sup> place), 50 breaststroke (5<sup>th</sup> place) and 25 butterfly, she set new times to beat in 25 & 50 freestyle. **Eden Neal** did very well swimming 8 events with 100% improvement & 6 new **PC-B** times, improving 12.8 sec in 50 backstroke, 9+ sec in 50 freestyle and 13 sec in 25 butterfly, she achieved 5 new **State** times in 50 & 100 freestyle (7<sup>th</sup> place), 50 backstroke, 25 & 50 breaststroke (7<sup>th</sup> place). **Aspen Tollmann** swam 4 events and improved a whopping 55 sec in 25 freestyle, almost 4 sec in 25 backstroke for a **PC-B** & **State** time and set a time to beat in her first swim of 25 butterfly.

We only had one 8 and under boy at the meet, **Connor Taylor** swam 7 events and was just off his best time in 25 backstroke and 100 IM placing 3<sup>rd</sup> in 25 backstroke and 100 freestyle and 4<sup>th</sup> in 50 freestyle.

**Clarice Albert** started out our 9-10 girls swimming 3 events and improving 8+ sec in 50 freestyle and she set a new time to beat in 50 breaststroke. **Julie Chappell** swam 5 events dropping a huge 32 sec in 200 IM for a new **PC-B** & **State** time, 12+ sec in 100 IM for another new **PC-B** time and over 9 sec in 100 freestyle. **Isabelle DuPont-Moore** swam 5 events and was just off her best time and looked really strong in her swims of the 50 backstroke & 50 breaststroke. **Rachael Hollis** swam 7 events dropping 9.8 sec in 50 breaststroke, 8.2 sec in 100 IM and she took off 7+ sec in 100 freestyle and 100 breaststroke, she also tried 100 backstroke.

**Sarah Hyatt** competed in 6 events at the meet and she improved

1.3 sec in 50 backstroke and was just off her best time and looked really fast in 50 freestyle and 100 IM. **Hannah Jackson** was another new Dolphin swimming in her first official meet and she successfully competed in 100 freestyle, 100 breaststroke and 50 backstroke and set new times to beat at her next meet. **Nikki Jackson** clocked 6 new best times achieving a new **PC-A** time in 50 breaststroke improving 3.4 sec, she dropped 3.4 sec in 100 IM and 2.4 sec in 100 butterfly for 3<sup>rd</sup> place, she placed 4<sup>th</sup> in 200 IM and 5<sup>th</sup> in 50 butterfly. **Sydney Kearney** swam 5 events improving 5.7 sec in 50 butterfly, 3.5 sec in 100 freestyle, and 1.9 sec in 50 freestyle, she also shaved off some time in 50 backstroke.

**Angel Neal** swam 9 events and finished with a new **PC-A** time in 200 freestyle taking off 8.5 sec, a new **PC-B** time in 50 backstroke dropping 2.5 sec and she improved 6 sec in 100 breaststroke, she also clocked new **State** times in 100 freestyle, 50 breaststroke and 100 breaststroke. **Hope Rakow** had 100% improvement in 5 events, dropping 1.8 sec in 50 freestyle for a new **PC-A** time (7<sup>th</sup> place) and 5 sec in 100 freestyle for a new **PC-B** time, she also took off 4.8 sec in 100 backstroke and achieved new **State** times in 50 freestyle and 100 backstroke.

**Emma Ruffo** tackled 7 events and came out with 2 new **PC-B** times in her very first swims of the 100 backstroke and 100 breaststroke, she also took off 10 sec in 100 IM, 3.8 sec in 50 breaststroke and 1.5 sec in 50 backstroke. **Alanna Smithen** swam 4 events setting new times to beat in her first swims of 50 butterfly and 100 IM and she was just off her best time in 50 backstroke looking pretty fast in the event.

**Cailey Tollmann** had 100% improvement in 6 events, taking off 6+

sec in 100 backstroke, 4.8 sec in 100 IM and 2.5 sec in 50 breaststroke, she dropped 2 sec in 100 freestyle and 1.5 sec in 50 freestyle. **Emily Willis** swam 7 events improving 11.5 sec in 100 backstroke she dropped 2 sec in 50 freestyle and was just off best looking strong in 50 breaststroke.

Our 9-10 boys are up next and they did not disappoint, **William Jin** achieved a new **PC-A** and **State** time in 50 freestyle dropping almost 4 sec for 3<sup>rd</sup> place and he finished with 2 new **PC-B** and **State** times in 100 freestyle dropping 8.8 sec for 2<sup>nd</sup> place & in 50 breaststroke improving 3.6 sec and placing 3<sup>rd</sup>, he also clocked another **PC-B** time in his first swim of 50 butterfly. **Michael Schaan** swam a full slate of 10 events in his first meet as a 9 year old achieving **PC-B** and **State** times in his first swims of the 200 freestyle, 100 backstroke and 100 breaststroke, he also swam a **PC-A** and **State** time in his first swim of 100 butterfly, he improved 3+ sec in 100 freestyle and 50 butterfly for 2 more **State** times and placed 1<sup>st</sup> in 50 & 100 butterfly and 2<sup>nd</sup> in 100 breaststroke.

**Daniel Taylor** also swam a full slate of 10 events, improving a huge 41 sec in 500 freestyle for a **PC-A** time, he dropped 7+ sec in 200 freestyle and 100 breaststroke for 2 new **State** times and 3 sec in 100 IM, he placed 2<sup>nd</sup> in 200 freestyle and 50 backstroke, 3<sup>rd</sup> in 100 breaststroke.

We had quite a few 11-12 Dolphin girls competing at the meet starting with **Madison Ashbaugh-Komp** who swam a full slate of 10 events improving almost a sec in 50 butterfly and set new times to beat in her very first swims of the 100 butterfly and 200 IM, she was right on her best times in 50 breaststroke and 100 breaststroke looking very strong. **Mychael Bellik** swam 5 events with 100% improvement, she took off a huge 24 sec in 500 free-

style and finished the meet with 3 new **PC-B** times in 50 freestyle, 50 backstroke with a 2.7 sec drop and 100 backstroke with a 3.5 sec improvement. **Lily Bickmore** took on a full slate of 10 events and finished with 8 best times improving almost 18 sec in 200 IM, she dropped 10+ sec in 100 IM, took off 7+ sec in 100 & 200 freestyle and 5 sec in 50 breaststroke and 50 butterfly.

**Emily Dack** competed in 8 events with 6 best times achieving a new **PC-A** time in 500 freestyle improving 20+ sec, a new **PC-B** time in 100 freestyle dropping 3+ sec & she took off almost 5 sec in 200 freestyle which was fast enough for 8<sup>th</sup> place. **Kaila Duffy** swam 9 events improving 13 sec in 500 freestyle for a **State** time and 5<sup>th</sup> place, she shaved off time in 50 breaststroke & was right on best in 50 freestyle placing 5<sup>th</sup> and 200 IM finishing fast enough for 4<sup>th</sup> place.

**Kaela Forvilly** had a great meet swimming 7 events and improving 1.5 sec in 50 breaststroke for a new **JO** time of 36.92 and 2<sup>nd</sup> place, she took off 12+ sec in 500 freestyle and 1.2 sec in 100 freestyle to place 3<sup>rd</sup> in both events and she shaved off time in 50 freestyle to go under 30 sec for 3<sup>rd</sup> place. **Taylor Gilbert** swimming in her very first meet as a Dolphin tackled 4 events setting new times to beat in 50 freestyle, 100 freestyle and 50 backstroke, she also tried her very first 100 backstroke.

**Annalisa Neal** had a great meet also, swimming her first 400 IM at the meet and finishing with a new **JO** time of 5:20.77 and 1<sup>st</sup> place, she shaved off time in 100 IM, 50 breaststroke and 50 freestyle, placed 1<sup>st</sup> in 50 breaststroke, 4<sup>th</sup> in 100 butterfly & 4<sup>th</sup> 100 IM. **Megan Ruffo** swam 8 events improving an incredible 14 sec in 100 freestyle, she dropped 11+ sec in 100 IM and took off 3+ sec in 50 freestyle, she also set new times to beat in her

first swims of 50 butterfly and 200 freestyle. **Taylor Sullivan** swam 7 events with 2 new **PC-A** and **State** times in 50 backstroke and 50 butterfly, she improved 7.5 sec in 500 freestyle, took off 2.4 sec in 100 IM and almost 2 sec in 50 backstroke, she placed 6<sup>th</sup> in 100 IM and 500 freestyle and 8<sup>th</sup> in 100 butterfly.

The 11-12 boys also had very good results at the meet starting with **Evy Bertolone-Smith** who competed in 5 events with 2 **PC-B** & **State** times in 50 backstroke and 50 freestyle improving 5.5 sec and 3.5 sec respectively, he dropped a huge 12 sec in 100 IM for a **State** time and 5.3 sec in 100 freestyle, placing 8<sup>th</sup> in 50 backstroke. **Taylor Knowles** in his first meet as an 11 year old had improvements in 8 events, he took off a huge 32 sec in 500 freestyle for 3<sup>rd</sup> place, he finished with 2 **State** times in 200 IM dropping 10+ sec & 100 IM improving 4.6 sec placing 7<sup>th</sup> & placed 2<sup>nd</sup> in 100 backstroke.

**Joey Smithen** did well with 100 % improvement in 4 swims, he tried 3 new events and this was his first meet as an 11 year old, he finished with a new **PC-B** and **State** time in 100 freestyle improving 15+ sec, took off 23+ sec in 200 freestyle for 6<sup>th</sup> place and 7.7 sec in 50 backstroke for 7<sup>th</sup> place, achieved new **State** times in 50 freestyle and 50 backstroke. **Josh Smithen** also did well with 100% improvement in 6 events achieving new **PC-A** and **State** times in 100 IM improving 13+ sec & 50 breaststroke dropping 7.5 sec, 2 more **PC-A** times in 50 butterfly taking off 4.8 sec and 100 freestyle with a 3.8 sec improvement, a new **PC-B** and **State** time in his first swim of 500 freestyle and he placed 2<sup>nd</sup> in 50, 100 & 500 freestyle.

Following them was the 13-14 Dolphin girls, **Savannah Chappell** swam 4 events with a new **PC-A** time in 100 butterfly improving 3.7

sec, she dropped 4.4 sec in 500 freestyle and 2.6 sec in 200 freestyle, placing 1<sup>st</sup> in 200 freestyle and 500 freestyle and 2<sup>nd</sup> in 100 butterfly.

**Claire Christopher** had a fast meet with 100% improvement and 3 new **PC-A** and **State** times in 50 freestyle dropping 1.9 sec to go under 30 sec placing 4<sup>th</sup>, 100 freestyle improving 4 sec and 200 freestyle improving 10+ sec to place 2<sup>nd</sup>, she swam another new **State** time in 200 IM taking off 5+ sec, she placed 2<sup>nd</sup> in 200 IM and 4<sup>th</sup> in 100 freestyle.

**Emma Gray** also had a fast meet with 100% improvement achieving a new **PC-A** time in 200 butterfly dropping 12+ sec, a **PC-B** and **State** time in her first swim of the 200 breaststroke, and she took off 5.5 sec in 200 backstroke, placed 1<sup>st</sup> in 200 backstroke, 50 freestyle (just shy of a JO time) and 200 butterfly. **Haley Hineman** swam 4 events with 100% improvement dropping a huge 37 sec in 100 backstroke, she took 12.9 sec off her best time in 100 freestyle, almost 2 sec off her 100 breaststroke time and improved 4 sec in 50 freestyle. **Jordan Knowles** swam 6 events and finished with a new **PC-A** and **State** time in 200 IM improving 6 sec for 4<sup>th</sup> place, she dropped 2.3 sec in 100 butterfly for 4<sup>th</sup> place, and 1 sec in 100 freestyle and 100 backstroke for 3<sup>rd</sup> place in both events.

**Anne Lancaster** swam 9 events achieving a new **PC-A** time in 400 IM improving 12.5 sec and 2<sup>nd</sup> place, 2 new **PC-B** times in 100 backstroke dropping 6.6 sec and 100 breaststroke taking off 1.8 sec, new **State** time in 200 breaststroke improving 6.3 sec and she placed 4<sup>th</sup> in 500 freestyle. **Kayla Ruffo** swam 7 events improving 10 sec in 500 freestyle, she tackled her first 200 breaststroke and was right on best looking strong in 50 freestyle and 200 IM.

**Andrew Brockhage** started out the 13-14 boys with 100% improvement in 5 events and 2 new **PC-A** times in 500 freestyle dropping 7+ sec and placing 1<sup>st</sup> and his first swim of 1650 freestyle, he also took off 1+ sec in 100 backstroke and 100 butterfly (placed 5<sup>th</sup>) and clocked a **State** time in 1650 freestyle. **Ryan Chen** swam 3 events with 100% improvement taking off 10+ sec in 100 breaststroke, he dropped 9.3 sec in 100 freestyle, and improved 4.3 sec in 50 freestyle. **Eric Jacobs** had a fast meet swimming 6 events with 100% improvement with 2 new **PC-B** times in 100 breaststroke improving 3.6 sec for 5<sup>th</sup> place and in his first swim of 100 backstroke, he dropped 9 sec in 200 IM and 5.6 sec in 200 breaststroke for 4<sup>th</sup> place, he clocked new **State** times in 50 freestyle and 100 backstroke.

**Dylan Matheson** swam 5 events with a new **PC-B** time in 100 freestyle improving 2 sec and placing 8<sup>th</sup>, he took off 4+ sec in 200 breaststroke for 3<sup>rd</sup> place and 4.8 sec in 200 IM to place 8<sup>th</sup> and he placed 4<sup>th</sup> in 100 breaststroke. **Kevin Smith** achieved a new **PC-A** time in 100 backstroke improving 2.5 sec to place 4<sup>th</sup> and a **PC-A** and **State** time in his first swim of 100 butterfly placing 2<sup>nd</sup>, he took off 8.5 sec in 200 IM and 1.7 sec in 100 freestyle breaking the one minute mark to place 4<sup>th</sup>. **Joe Sullivan** swam 1 event at the meet, he swam the 50 freestyle breaking the 30 sec mark with a 3.2 sec improvement for a new **State** time in the event.

Last but not least are the 15 and over girls starting with **Erica Chappell** who swam 5 events improving 2.3 sec in 200 freestyle for a new **State** time and 2<sup>nd</sup> place, she dropped almost 1 sec in 500 freestyle and was right on best in 100 backstroke, she placed 1<sup>st</sup> in 500 freestyle and 4<sup>th</sup> in 400 IM. **Rachel Chen** swam 3 events at the Last

Chance meet and shaved off some time in her 50 freestyle and in her 100 freestyle. **Elizabeth Cruz** swam 5 events at the meet looking strongest in 50 freestyle and 100 backstroke, she placed 4<sup>th</sup> in 200 IM and 7<sup>th</sup> in 100 freestyle.

Congratulations to all of the Dolfin swimmers and we look forward to a Great State!



## 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.



## Thank You Parents

Thank you to all our parent volunteers who helped out at our Last Chance Meet! We hope everyone enjoyed watching their kids swim faster times and getting to know other parents on our team as they worked. It takes a lot of parents to help run each meet and to make sure it goes smoothly.

We like to list everyone that participated so you can see just how much planning and coordinating goes into each and every meet! We can't do it without all of you parents!

**Computer** – Deb Duffy and Sue Cruz; **Colorado** – Chris and Patty Dack, John and Nicole Knowles

**Announcer** – Kathy Chappell, Robbie Hight, Ben Willis

**Clerk of Course** – Julie Gray, Chris Forvilly, Karen Brockhage, Jana Collins, Beckie Tollmann, Denise Bickmore

**Marshalls** – Tom Christopher, Bob Perry, Randy Jacobs, Jeremy Hutchings, Kyle Johnston, Kelly Schaan, Yuchin Jin

**Head Timer** – Robert Compton, Jackie Basagoitia, Claudia Bertolone-Smith, Kelly Gilbert, Ted Neal

**Hospitality** – Syndi Skilling, Karen Sullivan, Stephanie Kearney, Stacy Jackson, Grace Chen, Michele deMontigny, Karen Christopher, Mary Jo Hollis, Carla Schaan, Clara Gray, Megan Skilling, Eli Cruz

**Soup Makers:** Margaret Jackson, Mrs. Jin, Stephanie Kearney, Grace Chen, Kathy Chappell, Christine Rakow and Gail Jacobs

**Snack Bar** – Linda Koontz, Mike Bellik, Emma and Clara Gray, Rachel Chen, Tricia, Chris, TJ, and Mary Smithen, Felicia and Ales Gantar, May Perry, Stephanie Kearney, Jared and Doreen Hyatt

**Runners** – Sherry Brennan, Don Brockhage, Kathy Chappell, Joanna Ruffo, Jason Tollmann, Jim Sullivan, Nikki Willis

**Awards** – Loran Neal, Kelly Gilbert, Janosch Lancaster, TJ Smithen, Ted Neal

**Set Up** – Jim Morefield, John Ruffo, Chris Dack, Greg Taylor, Kelly Schaan, Pre Senior and Senior Swimmers

**Breakdown** – Chris Dack, Jim Morefield, Cameron and Shaelin Morefield, TJ and Kevin Smithen, John Ruffo, Becki and Jason Tollman, Mary Smithen, Jared, Doreen and Sarah Hyatt

We would also like to thank Jim Morefield for being our Starter/Referee (as well as all the other things he helps out with) and Leslie Morefield and Greg Taylor for officiating. Last but not least, we couldn't run our meets without Gale Maynor who works as the Meet Referee at all of our home meets, and Judy Maynor who officiates! Thank you on behalf of the DDST swimmers, coaches, and parents!!!

This was the end of our 2010/2011 meet season. Our next meet season will begin in August with our High Country Meet (August 10<sup>th</sup>-12<sup>th</sup>). If you worked extra hours in addition to the sessions on our Job Sign Up, we hope you recorded them in our Volunteer Sign In binder. If you forgot to write down your sessions worked at past meets, please e-mail Margaret Jackson or Lorna Johnston and we can record them for you!

We expect to have all the volunteer hours for the meet season recorded by February 15<sup>th</sup>. Please check your hours at that time to make sure that we recorded them all as you will be billed in March for any sessions not worked. Per the Family Meet Management Policy, we ask each family to volunteer a minimum of 6 sessions per meet season. And yes, this is pro-rated if you joined the team during meet season. Please send us a reminder if you did join mid-season. Thank you again for all your help!!! Go Dolfon Parents!!!



## 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. 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.



## New 2012 JO & FW Time Standards

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).



## Special Practice Schedules

**PLEASE NOTE THE FOLLOWING special practice days coming up:**

**February 20 & 21:** (Monday & Tuesday after State), **practice for Pre-Competition group only**, no practice for all other groups\*\*\*\*\*

**Spring Break April 2-6-** practices continue, school out of session schedule.

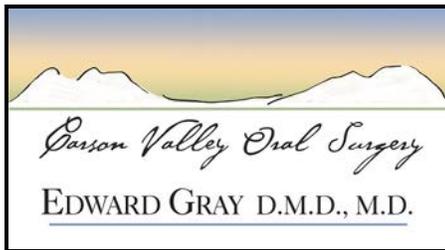
**Any further changes will be posted at [www.ddst.org](http://www.ddst.org) – stay tuned!**



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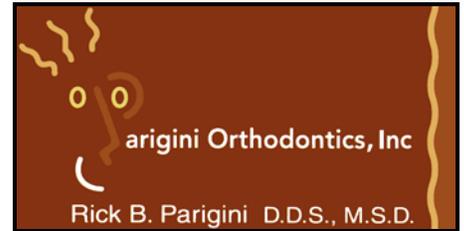
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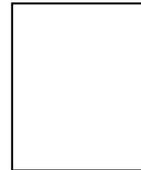
St Gall Catholic Church



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

**Welcome new swimmers:** Maegan Collins, Max Owens & Ryan Signorella

**Farewell and good luck** to Bryce & Chloe Cutter, Maureen Brennan, Lauren Hillbrick & Jessie Jin.

**Moving up: Congratulations to new White Dolphin:** McKenna Chappell, Hannah Jackson & Aspen Tollmann  
**Red Dolphin:** Madison Ashbaugh-Komp  
**Pre-Senior Dolphin:** Bethany Ritchie  
**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 **March 1<sup>st</sup>**. All submissions should be received by **Monday February 27<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: Coach Kat, Coach Sarah, Coach Greg, Jim Morefield, Julie Gray and Lorna Johnston.*

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

