

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 48th year!)

www.ddst.org

March/April 2012

Swimmers of the Month

Grace Dickey is Pre-Competition Swimmer of the Month. She has shown so much improvement this month. Grace comes to practice ready to swim and learn, willing to do her best and she has a great attitude. She stays attentive during practice and is well mannered towards her coaches and teammates. When a correction is made to her stroke technique, she doesn't hesitate to make the adjustment immediately. I am very excited to watch her as she continues her forward progress in the water!

Alanna Smithen is White group Swimmer of the month. Nothing was holding her back during her Spring Break week. Alanna was the only swimmer in white group to make every practice, and she brought a big smile with her! Good job to Alanna!

Justin Hight is Red Group Swimmer of the Month! Justin is just getting his feet wet in Red group, but from what I have seen, he will go far! He always has a smile for his fellow teammates, listens and knows what the sets are and has been working very hard! I am already seeing improvements in times and technique and can't wait to see how well he does in the next couple of meets! We have a lot of swimmers in the pool these days, but when lanes get tight, he still has a great attitude and helps out his teammates! Congratulations and keep up the hard work Justin!

Ryan Chen is Blue group Swimmer of the month. This once quite guy who was always so polite and let everyone go ahead of him is now almost always third in the lane. Ryan has really taken off in the last month and I have seen a remarkable improvement! He has always had stellar attendance and is still polite and respectful to his team mates but his practice performance has not

gone unnoticed by me. During practice he is working harder and swimming faster than ever. Keep up the great work Ryan!

Clara Gray is Senior Group swimmer of the month. After Nevada State Championships some swimmers slipped into a bit of a relaxation mode but not this swimmer. Clara continued to train hard. At State she obtained 5 Lifetime Best Times. She continued to train hard & swam at Junior Olympics where she got another Lifetime best in her 400 IM. Back in the water after that meet Clara continued her focus working for Far Westerns which was just two weeks after JO's. Her focus and determination paid off because she dropped a whopping 4.2 seconds off her 200 breast-stroke. Way to go Clara!



Upcoming Changes to Dry land 2012

Our dry land program has been evolving (and improving) over the past year. We are excited about the progress being made and we continue to make every effort to keep things interesting for the swimmers and to provide improved stabilization – which ultimately leads to better, safer, faster swimming!

In order to offset the cost for trainers, equipment and facilities, there will be a dry land participation fee of \$15.00 per month. To accurately make plans for the program, swimmers will need to commit to the program in three month increments, and once signed up will need to provide written notice of discontinuation. The dry land program is mandatory for senior level swimmers and optional for pre-senior swimmers.

The new fees will begin June 1, 2012 & run continuously unless swimmers opt out. Training will be held at Pulse

Fitness on most dry land days during the summer. We will be doing Pilates & physio-ball work. We will not be doing weight lifting. Occasionally, Michelle from Pulse will do a spin class for us. Our primary focus is stabilization not strength.

The contract we have with Pulse allows 15 year old and older children to use the facility on their own which is nice for some swimmers who miss due to appointments and such. The younger athletes also have this option if their parents are members of Pulse Fitness. ***We, however, are not responsible for any training or injuries incurred outside of "Certified USA Swimming coached workouts".***

Dry land training during the school year will include a combination of TRX, yoga, Pilates and other activities that focus on stabilization. Details will be available towards the first of August.

Please notify Coach Kat by email by May 10th to participate in this summer's dry land, or if you have any questions.



New Swimmer Tryouts

If you like to swim & would like to join the Douglas Dolphins Swim Team, New Swimmer Tryouts are held the 3rd Friday of each month (with some exceptions) at 5:30 pm at the Swim center. The next tryout date will be April 20th.

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) 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)

With the completion of Far Westerns, we are now considered in USA Swimming, to be in "long course season". With the upcoming Olympics Games this becomes even more important for USA swimmers. To make the Olympic team you have to compete at the Olympic Trials and Olympic trials are done in long course meters. This is so important that they even changed the Junior Nationals meet this winter from a yards to a meters to help Olympic hopefuls get their "Trials cuts".

Even if that seems so far away from where your swimmer is right now, I would still like to encourage all Douglas Dolphins to try one of the long course meets on our meet schedule. The upcoming opportunities are the Carson Intermountain Classic & the Reno Summer Splash. For our very youngest swimmers they might only want to swim the 50 meter freestyle or backstroke. Swimming a Long Course Meter meet will be meaningful and really help them to connect with the athletes they're watching during the 2012 Olympics this summer.



State Meet Result Misses

A few **Team records** were missed in the reporting of the State Meet Results. The girls 11-12 200 freestyle relay team of **Taylor Sullivan, Kaila Duffy, Kaela Forvilly & Annalisa Neal** achieved a **Team record** with their time of 1:59.61, breaking the record from 2007 by almost a second.

Also the Open boys relay team of **Janosch Lancaster, Cameron Morefield, Kyle Johnston & TJ Smithen** broke their own 15-18 **Team record** from 2011 in the 400 freestyle relay by 3 sec finishing with a time of 3:31.78. They also broke their 400 medley record from 2011 by a huge 11 sec finishing with a time of 3:52.35. Congratulations to both relay teams on a job well done!



COACH

Sarah's Corner

(sgovanswm @ aol.com)

Signups are now open for the Carson Intermountain Classic Long Course meet. If you have any questions about what events your child should swim at the meet, please ask Coach Sarah and she can help you out with this. It has been a long time since our last meet, so please, if you are planning on attending the Carson meet, get your swimmer signed up today!!



COACH

Daniel's Corner

(danielell84@hotmail.com)

There is something that stands out to me as very crucial in team based sports. Support. Whether it be the parents, coaches, your fellow Dolphins, or the Carson Valley Swim Center staff, many of the activities that we do are made possible & enjoyable by the aforementioned people. Don't forget to thank all of these groups for being a support in your daily swimming routine. We don't always see them, we may not always have time to thank them, we may not see the contributions they make every day, but they are *all* an integral cog in the Dolphins swimming machine. In giving them our gracious thanks we acknowledge what they do for us, which may encourage them to do even more! It is a wonderful symbiotic relationship that helps lift everyone up & reinforces the purpose behind our being in the water.

Don't forget to cheer for your teammates at meets or practice. You know how it feels to have fellow swimmers in your corner telling you kick faster, pull harder, power through and keep going! That little you give goes farther than you can imagine & it can have tremendous effects. Support is a vital energy well that will never dry up as long as there are thanks to go around and a parent, teammate/friend, pool staff, coach to thank. Thank someone today, tomorrow, & every day for doing their small part for the team. And don't forget to kick, kick, kick!



Lost & Found!

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor [blkooontz92 @ yahoo.com](mailto:blkooontz92@yahoo.com), 775-782-7806 (3)

Found: Several items were found in the bleachers after the State meet if any of the items are yours please contact Linda Koontz (blkooontz92@yahoo.com or 775-782-7806)
A black fleece and red nylon **Team blanket**
Two **red 2011 State T-shirts** sizes XL & AM
Polyester Shorts (boys) size L black with gray stripes down the side



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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 ([ksulliva @ dcsd.k12.nv.us](mailto:ksulliva@dcsd.k12.nv.us), 775-267-4035) or another key contact (see p. 6) 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.



Greg's Corner

(greg@taylorcamp.org)

We are extremely happy to have that outside pool finally open! Ok, on sunny days, we are extremely happy to have the outside pool open!! But a couple of notes, as I just joked... there will be some colder & windy days outside so please make sure your swimmers are ready for it with Parkas or sweatshirts to put on after getting out of the pool.

Also, the Red & Blue Groups are very large right now. In our current contract with the pool, we have 5 lanes outside and 2 lanes inside. So there are still times when one of the groups is going to be inside. We have been trading off so both groups get to stretch out a little when outside, but we still need to work together when inside & a little more cramped! It is actually good practice for a meet warm-up! Regardless, at practice we have reviewed a few "Swimming Etiquette" Rules again:

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 about past the flags before 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 you understand the set
- Do not touch another swimmer's feet without intending on passing.

Regarding stopping: stop at the ends of the pool only (& only if you have to!)

- keep to the far right of the 'T' if you must stay in the water

- keep out of the way of other swimmers
- No pushing off the bottom

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 passed swimmer should yield to the passing swimmer at the wall

Remember, grabbing, hitting or kicking other swimmers is never cool!



Help Wanted!

Part Time Coach wanted, experience preferred; DDST is looking a part time coach to work primarily with our Pre-Comp group, assist with White & Red Groups as needed and work as a substitute for any group as needed. There may be the opportunity to work for the Swim Center when they develop their new swim team readiness class. Interested individuals will need to complete a background check & become certified through USA Swimming if hired. If interested or you know someone who might be interested in this position, contact Coach Kat Matheson at coachkat0809@hotmail.com; 775-315-7701

Colorado Timing System Operators needed: The Colorado Timing System gives you a front row seat to the meet! There are two parts to this job: running the Colorado Timing system and organizing the paperwork. In order to do this job you need to be able to stay focused and organized because this job is essential to keeping the meet running. The team is especially interested in parents who have younger swimmers (12 & unders). Please let Margaret Jackson mjgjackson@gmail.com or Lorna Johnston johnstonld@gmail.com know if you are interested in learning this job.

Computer Operators needed: If you are comfortable with computers & have a basic understanding of how swim meets run, you might consider training to run the computer during our swim meets. A thorough training with the Hytek Meet Manager program will be provided and we will "ease you in" as you get more comfortable with the software. Sue Cruz & Deb Duffy would like to train new computer people at the Twilight meets before the High Country meet. If interested, contact Lorna (johnstonld@

gmail.com) or Margaret (mjgjackson@gmail.com).

Team Treasurer needed: The DDST Board is looking for a parent that would be willing to take on the role of Team Treasurer, an Accounting/Financial background would be helpful. Currently four Board members are responsible for most of the day to day financial and record keeping duties associated with the Treasurer role. We need someone who can use Quickbooks and Team Unify to extract the data, run and analyze reports, follow-up on any inconsistencies, and present monthly financial reports to the Board. Additionally this person would work with the Finance committee to set and monitor the team budget, gather tax records for the team's Attorney for tax filing and keep all business and tax records up to date. If you are interested or know any outside individual that would be interested in this job please contact Margaret Jackson as soon as possible at 760-937-2874 or at mjgjackson@gmail.com

Meet Director needed: The team is looking for someone to train as a meet director during this next meet season. The person would need to help plan and sanction our home swim meets and be available at the meet to coordinate and run the meet. One of our meet directors will be retiring after next year so we need to get someone on board to train before she retires. The team is especially interested in parents who have younger swimmers (12 & unders). Please contact Lorna (johnstonld@gmail.com) or Margaret (mjgjackson@gmail.com) if you are interested in training for this position.



Friday the 13th Mini Meet

One of our Team shirts proudly declares "Luck has nothing to do with it. It's called hard work." On April 13th, "Friday the 13th", we held a mini-meet. We proved once again that swimmers don't fear "luck" or "bad luck" and we embrace hard work and challenges. Our swimmers were especially fearless in the Open Umbrella Relay. I want to give a shout out of Thanks! to all who helped make our mini meet a fun and enjoyable time for our swimmers. Who doesn't love a Black Cat cupcake?



Junior Olympics Results

The Short Course Junior Olympic Championship meet was held in San Ramon California. The weather was very rainy, cold and windy for the 5 Dolphin swimmers that bravely participated in the meet. It is a testament as to how dedicated these swimmers are that they competed and did their best in spite of the inclement weather. They should all be proud of how they performed.

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

We started out with **Nikki Jackson** (10) who was swimming in her very first Junior Olympic meet and competed in the 50 butterfly and 100 butterfly racing on JO pace in her 100 butterfly.

Adam Dack (15) made finals in both of his events, in 200 backstroke he looked strong finishing 6th improving his best time by 1 sec and in 200 butterfly he placed 4th just off best in finals.

Clara Gray (16) qualified for finals in all of her events, she competed in the 100 freestyle placing 8th, in 100 breaststroke she finished 6th, 100 butterfly 4th just missing a best time, and in 200 IM she placed 6th, on Friday she did well in the 400 IM placing 4th with a 2.4 sec improvement in the midst of a torrential downpour!

Shaelin Morefield (16) also qualified for finals in all her events, in 500 freestyle she finished very strong placing 2nd improving 6.3 sec for a new FW time of 5:19.94, she swam the 50 freestyle placing 5th in finals, she was 4th in the 100 freestyle right on JO pace, in 100 breaststroke she placed 4th and in 100 & 200 butterfly she finished 2nd on FW pace

Janosch Lancaster (17) did well making finals in all his events, he placed 1st in 200 IM, 5th in 400 IM, he competed in the 200 freestyle placing 6th and finished 4th in 100 backstroke swimming right on JO pace in his backstroke and IM events.



Far Western Meet Results

What a difference a few weeks makes, in terms of weather. The Far Western Championship Short Course meet was held March 29th- April 1st in Morgan Hill California. 1800 swimmers were registered to swim at the meet from as far away as Canada, Utah, Hawaii, Kansas City and Arizona to name a few. The swimmers that participated in the meet were treated to mostly great weather except for 1 day of rain and 2 days of wind.

The meet program gave us quite a bit of background on the history of Far West-erns which is very interesting. The first Far Westerns meet was held in 1925 in San Francisco in the world's largest salt water pool and has always attracted some of the fastest swimmers in the world. Many of our present day Olympians and World Champions have competed in this meet as age groupers leaving meet records that still stand today.

As a testament as to how fast the competition is at Far Westerns, only four of the age group long course and short course records clocked at this meet by Natalie Coughlin, Michael Phelps and Janet Evans still stand.

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

The Douglas Dolphins had 4 swimmers participating at this year's Far Westerns starting with **Shelby Koontz** (13) who competed in 7 events looking very strong in 200 freestyle improving almost 2 sec for a new PRT time of 1:56.63 and 12th place, she made finals on FW pace in 200 IM and 50 freestyle placing 7th in the 50 freestyle, she also competed in 100 freestyle, 100 backstroke, 100 breaststroke and 100 butterfly racing on FW pace.

Clara Gray (16) had a great meet swimming one event at her very first Far Westerns meet improving a huge 4.22 sec in 200 breaststroke qualifying for finals and finishing in 9th place just off her best time from the morning session.

Shaelin Morefield (16) had a fantastic meet competing in 6 events making finals in 3, achieving her first **Grand Prix** time and a PRT time & 15-16 **Team record** in 200 butterfly dropping time in prelims to finish 9th and improving another 3.2 sec in finals to finish in 5th place with a time of

2:06.69, she also beat her own **Team record** in 100 butterfly by .87 sec finishing in 4th place with a time of 58.13, she was on FW pace in 200 IM, finished 10th in 200 backstroke & competed in 50 and 200 freestyle on JO pace.

Janosch Lancaster (17) also swimming is his very first Far Western Meet swam two events making finals in the 200 backstroke swimming strong and just missing a best time to finish 9th and he swam the 100 backstroke racing both events on FW pace.



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), or any Board member or coach.



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, May 1st 2012, at 6:30 pm**. Parents are encouraged to attend and the 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



Parent's Corner

13 Steps to Being a Winning Parent, Part 2

Dr. Alan Goldberg

[SPN Editor's Note: This is part 2, which includes steps 7-13. Part 1 was in the February 6 issue of Swim Parents Newsletter.]

STEP SEVEN: YOUR CHILD IS NOT HIS PERFORMANCE-LOVE HIM UNCONDITIONALLY. Do not equate your child's self-worth and lovability with his performance. The most tragic and damaging mistake I see parents continually make is punishing a child for a bad performance by withdrawing emotionally from him. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval.

CAUTION: Only use this strategy if you want to damage your child emotionally and ruin your relationship with him. In the 1988 Olympics, when Greg Louganis needed and got a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought before he went was, "If I don't make it, my mother will still love me".

STEP EIGHT: REMEMBER THE IMPORTANCE OF SELF-ESTEEM IN ALL OF YOUR INTERACTIONS WITH YOUR CHILD-ATHLETE. Athletes of all ages and levels perform in direct relationship to how they feel about themselves. When your child is in an athletic environment that boosts his self-esteem, he will learn faster, enjoy himself more and perform better under competitive pressure. One thing we all want as children and never stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established. When your interactions with your child make him feel good about himself, he will, in turn, learn to treat himself this very same way. This does not mean that you have to incongruently compliment your child for a great effort after they have just performed miserably. In this situation being empathic

and sensitive to his feelings is what's called for. Self esteem makes the world go round. Make your child feel good about himself and you've given him a gift that lasts a lifetime. Do not interact with your child in a way that assaults his self-esteem by degrading, embarrassing or humiliating him. If you continually put your child down or minimize his accomplishments not only will he learn to do this to himself throughout his life, but he will also repeat your mistake with his children!

STEP NINE: GIVE YOUR CHILD THE GIFT OF FAILURE.

If you really want your child to be as happy and as successful as possible in everything that he does, teach him how to fail! The most successful people in and out of sports do two things differently than everyone else. First, they are more willing to take risks and therefore fail more frequently. Second, they use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment, and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling enough times. Each time that you fall your body gets valuable information on how to do it better. You can't be successful or have peak performances if you are concerned with losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given him the key to a lifetime of success. Failure is the perfect stepping stone to success.

STEP TEN: CHALLENGE, DON'T THREATEN. Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long term costs in terms of psychological health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance

and directly lead to your child performing terribly. Implicit in a threat, (do this or else!) is your own anxiety that you do not believe the child is capable. Communicating this lack of belief, even indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think that you can do it".

STEP ELEVEN: STRESS PROCESS, NOT OUTCOME. When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance (i.e., win/lose, instead of the process). In any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete insuring a bad performance. Furthermore focusing on the outcome, which is completely out of the athlete's control will raise his anxiety to a performance inhibiting level. So if you truly want your child to win, help get his focus away from how important the contest is and have them focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.

STEP TWELVE: AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCES. Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12 year old boys may only have their age in common! One may physically have the build and perform like a 16 year old while the other, a late developer, may have the physical size and attribute of a 9 year old. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper tech-

nique, that child can be used comparatively as a model only! For your child to do his very best he needs to learn to stay within himself. Worrying about how another athlete is doing interferes with him doing this.

STEP THIRTEEN: TEACH YOUR CHILD TO HAVE A PERSPECTIVE ON THE SPORTS EXPERIENCE. The sports media in this country would like you to believe that sports and winning/losing is larger than life. The fact that it is just a game frequently gets lost in translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a distorted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their abilities and how they played, without robbing the child of his dreams. Swimming a lifetime best time and coming in dead last is a cause for celebration, not depression. Similarly, losing the conference championships does not mean that the sun will not rise tomorrow.

Dr. Alan Goldberg is a nationally-known expert in the field of applied sport psychology and has a long history working with athletes, coaches and parents in the swimming community as well as just about every other sport on the planet. Dr. Goldberg works with athletes and teams at every level from developmental to elite and he is a frequent speaker at swimming clinics. You can visit his website at www.competitivedge.com.



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

May 20: No Practice or dry land due to Folsom Meet

May 28: Memorial Day, no school, school out of session practices

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



Ad Campaign Begins 5/14

FUNDRAISING DUE JULY 13TH

It's that time of year again!

From May 14 to July 13 DDST families are encouraged to seek out family members, individuals and businesses in our community to become new team sponsors or to renew previous sponsorships. In exchange, their name or business is advertised (depending on sponsorship level) on a DDST starting block, our website, monthly newsletter and at all 3 of our local meets (with attendance total of approx. 1,500 swimmers plus their families).

Donations are tax deductible and are crucial to the success of our entire team. Families may also become sponsors themselves and the same tax benefits apply.

This sponsorship drive is the second of two opportunities DDST families have each year to offset their annual fundraising assessments. Prizes will be awarded based on the amount brought in by each team member or family.

Cost of each sponsorship level is the same as last year with the exception of the Lifetime Lane Sponsorships available for purchase. Please see the Ad Campaign packets for details; a packet will be passed out to each family member in the file folder box by May 14. Packets will also be available via www.ddst.org.

Please read the packet instructions carefully if this is your first time participating in the Ad Campaign with us. Feel free to email any questions to fundraising @ ddst.org, fundraising @ ddst.org (Julie Gray) or webmaster @ ddst.org (Jim Morefield). Completed packets are due by Friday, July 13 to Julie Gray in the fundraising file folder at the swim center.



Upcoming Meets

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

May 25-27: Carson Tigersharks Inter-mountain Classic (long course)
(<http://www.pacswim.org/0512cars.pdf>, entry deadline 5/16)

May 31-June 3: Santa Clara International Grand Prix (qualifying times apply)

June 15-17: Reno Summer Splash Long Course Meet, entry deadline June 6,
(<http://www.pacswim.org/0612reno.pdf>)

June 22-24: Bishop Swim Team Invitational, Bishop CA (short course meet, meet sheet pending)

July 2-6: Tahoe Come Up for Air Meet, short course, South Lake Tahoe (meet sheet pending, entries due June 27)

July 19-22: Junior Olympics Long Course Championships (qual. times apply, meet sheet pending, entries due July 11)

July 25-30: Speedo Series Summer Sectional Championships (qual. times apply)

August 1-5: Far Western Long Course Championships (qual. times apply)



DDST Key Contacts

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

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

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Daniel daniel184 @ hotmail.com

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billing @ ddst.org; 775-790-0384

Parent Liaison: Karen Sullivan
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Web, Officials: Jim Morefield
jdmore @ charter.net; 775-782-4360

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

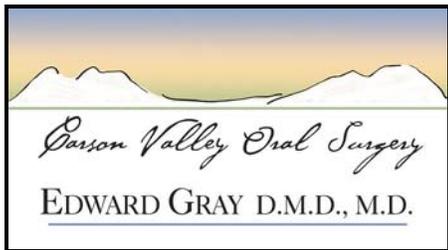
Team Store: Denise Bickmore
Teamstore @ ddst.org



Thank You to our 2011 – 2012 SPONSORS:



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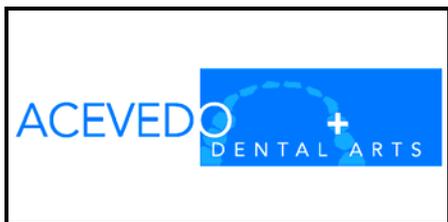
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Gold Medal Sponsor



Gold Medal Sponsor



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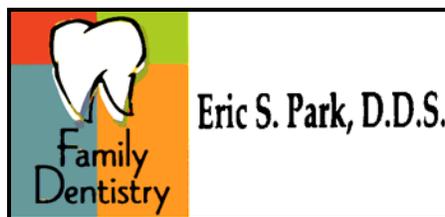
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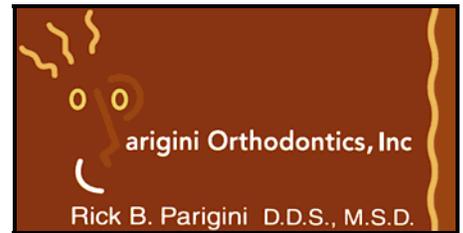
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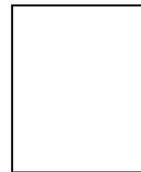
St Gall Catholic Church



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



www.ddst.org



Time-sensitive Swim Team news enclosed!



Transitions

Welcome new swimmers CJ & Remy Hill-Holeman, and Abigail Hutchings

Welcome back: Matthew Wallace & Amanda Castro. **Farewell and good luck** to Nesta & Fisher Boroughs, Isabelle & Grace DuPont, Ryan Signorella, Meleeah McKown, Marcelo Lang & Hannah Jackson

Moving up: Congratulations to new Red Dolphins: Cailey Tollmann, Sydney Kearney & Clarice Albert; **Blue Dolphins:** Joe Sullivan, Haley Hineman & Angel Neal

Happy (missed) April Birthday to Emily Willis (4/15). **Happy May Birthdays** to Haley Hineman (5/8), Kyla Palaroan (5/9), Jordan Knowles (5/11), Sydney Kearney (5/13), Rachel Chen (5/18), Maggie Hutchings (5/19), Kyle Johnston & Jason Lowther (5/27).

(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.

ANY Public School(s) IN Session

High Schoolers: M-Th 2:30-4:45p, F 2:30-4:30; dryland W & F 5:00-6:00p
Pre-seniors: M-F 2:30-4:30, dry land 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: 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: T & Th 4:15-5:00p



Next Newsletter

The next *Monthly* will appear about **May 18th**. All submissions should be received by **Wednesday May 16th**.

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, Julie Gray, Jim Morefield, Coach Daniel, Margaret Jackson, Coach Greg and Coach Sarah.

Latest news online: www.ddst.org.

