

Dolphins' Monthly

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

www.ddst.org

June-July 2012

Swimmers of the Month

Megan Ruffo is Red Group Swimmer of the Month. Megan is one of the hardest working swimmers in Red Group. She had a recent knee injury and swimming has been a path to her recovery. Sometimes she would be swimming in tears but she would not stop and her fellow swimmers encouraged her with words and hugs. Despite her injury, Megan swam a perfect meet at Bishop taking off 27 seconds overall and swimming the 500 freestyle for the first time! We are all very proud of Megan and as her coach, I just want to say, keep up the hard work, it is paying off!!

Kayla Ruffo is Blue group Swimmer of the Month. Kayla has been doing an awesome job all around and has become quite the leader in Blue group. A leader worth following. She demonstrates dedication to the sport by regular attendance at practices and she supports her teammates with encouragement and positivity. Kayla had a couple of standout performances at the Bishop meet. She took 18 seconds off her best time in 200 Freestyle, 6 seconds off the 200 IM and she swam the 400IM for the first time. Her total number of best times at Bishop was 9. Kayla is definitely shining bright this summer. Way to go girl!

Jordan Knowles is the Pre-Senior Swimmer of the Month. Jordan had 100% improvement at the Reno Summer Splash Long Course Meet in July. This is due to the fact that she had been swimming and practicing like a ROCK STAR leading up to the meet. Every

event she swam she did full on. Great Job Jordan!

TJ Smithen is the Senior Swimmer of the Month. At the Reno Long Course Meet in June, TJ took 12 seconds off his last Long Course 50 Freestyle time and 28 sec off his 100 Freestyle time. He continued his momentum training especially hard and the following weekend obtained 6 new Best times at the Bishop Meet. He also achieved Junior Olympic cuts in his 50 Freestyle and 100 Breaststroke. TJ is a pleasure to coach and has an enthusiasm that is contagious.



**WANTED: a few new
Board Members!**

Nominations Due Aug. 1

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

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



Opportunity to help meet Family Fundraising Obligation

We will be auctioning off gift baskets at the High Country Meet again this year. If any family would like to participate they will need to turn in the basket and items to Julie Gray by Monday, August 6th. Include with your basket a list of the items donated and minimum bid if a certain amount is desired. Please do not include any glass items, alcohol or anything that would melt like chocolate.

You can either purchase the items or have them donated by a local business. Donations to the team are tax deductible so ask Lorna Johnston or Margaret Jackson if you need a tax donation slip to give a local business for their donation. Wrapping your basket is not necessary. It will be done for you.

Some baskets that have been donated before include: Starbucks, Tupperware, Books, Day at the Beach, Beauty Basket, Spa, etc. to give you some ideas.

The amount that your basket brings in goes towards your family's fundraising obligation!

Please email Julie Gray if you plan on donating a basket. She will plan on collecting basket items August 6 between 4:30 to 6 pm, or you can arrange to have donations picked up before then.



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

On Holding Children Accountable

By Guy Edson

Published by the American Swimming Coaches Association, week of June 4, 2012

A recent article, "Self-Esteem Lie" by Laura Caler, elicited a number of replies from coaches. To sum them up: "holding children accountable would be a lot easier if parents would take a step back and allow them to succeed and fail on their own."

Coaches love to coach accountability and responsibility. They know it leads to better performances. But more importantly, and every coach will tell you, coaching life skills is every bit as important as all the swimming stuff.

One former coach writes, "I am now in management and I can see that the younger people entering the workforce who have not been allowed to fail on their own, who have not received negative corrections, or who have been otherwise protected from negativity to their self-esteem are difficult to manage. I don't have the time or the budget to coddle them. I would rather work with people who are able to take the corrections and develop into better employees."

Unfortunately, a coach's ability to teach accountability is often interfered with by the parent.

A school psychologist writes, "I get all sorts of parents who are in denial about the problems of their children. I have parents calling me asking to have their children retake ADHD testing so that their child can be treated differently and not have to follow the same rules – even though their children are perfectly normal."

A coach told me about the time he gave a warning to a swimmer who was late getting in the water for practice even though he observed him at the pool 30 minutes early. His warning was that on the next occurrence he would dismiss the swimmer from practice for the day. That

evening he received a phone call from the irate parent telling the coach how difficult it was to arrange the transportation for getting the child to the workout and if he ever dismissed the swimmer from practice for ANY reason he would have to answer to the Board of Directors.

Another coach related to me the time at a swim meet when a swimmer was upset over her performance and asked "What can I do to get better?" The coach replied that coming to practice on a consistent basis would be the most important thing she could do. The father cornered the coach during a rare break time for the coach at the meet and demanded he apologize to his daughter for making her feel badly. She was "involved in many activities and was making as many workouts as she could" and her lack of improvement was the responsibility of the coach.

These are extreme (but not uncommon) denials of a swimmer's personal responsibility.

What is a coach to do? Here is an answer most parents do not want to hear: The coach will learn to coach those who are responsible differently from those who hide from responsibility. One coach writes, "We have to pick and choose who we are honest with these days. It isn't a matter of style but more a matter of who the parents are and their style. I have basically identified the swimmers I can be more honest and direct with and the ones I can't be that way because of their parents. In my group of Juniors I have one swimmer I can't be honest with. I just say, "Good job" and that's it. When he swims poorly and the parent wants to know why he is swimming poorly, I tell will tell her my opinion but I know it is not something I can say to the swimmer without catching her wrath. So, at practice, I don't give him the full benefit of my coaching. For some others, however, they are all for me pushing their kids and being up front and honest with them. So, I am. And they respond. Some of the kids get a lot out practice because they get the full benefit of my coaching. Others do not because I have to hold back and only tell them what their parents allow them to hear. And when the kids

who are getting all of the coaching do well, which they are, the other kids say, "Why are they doing better than I am?", the answer is pretty clear but I don't get to give them that honest answer either. And as these kids get older, they will be more and more handicapped because their parents will advocate for them, bail them out more, protect them more so that when they get to college or out in the working world, they will have no experience with any criticism or any failure because they have been protected or excuses have been made for them. In our case, or my case, because I can't be honest in my criticism on deck with some of them, they are not getting the complete coach. In fact, they are getting a very diluted dose of my coaching. So, how effective can that really be?"

What's a parent to do?

Parenting expert Susan Brown of the Commonwealth Parenting Center in Richmond Virginia says to let your child fail. Brown wants parents to hold children more accountable for their mistakes and face the consequences. Learning to deal with failure, according to Brown, is part of becoming more responsible and accountable.



Team Pictures Tues. July 31st!

DDST team & individual pictures will be taken on Tuesday July 31st **starting at 4:00 pm. Swimmers please wear your team apparel (suit, T-shirt, shorts, etc.).** Payment envelopes (checks or cash only) with package options will be available from the coaches and on picture day. Swim practices will occur as scheduled on that Tuesday.

We would like all swimmers to participate in the team picture even if you do not plan to purchase photos – otherwise your teammates will miss you! Prints ordered by picture day should be ready that same week or at the High Country Meet. Prints can also be ordered on-line at www.instaimage.com.



Greg's Corner

(greg@taylorcamp.org)

"In training everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there's very little that separates us physically at the elite level". Elka Graham

Lately I have been talking to Red Group and other swimmers at our meets about Visualization. I tell them while they are standing behind the blocks, to race the race in their mind. Go through each turn, and especially with the IM, go through each stroke. Nothing is more frustrating to a swimmer, coach or parent than to see a great swim ruined because they forgot what stroke or turn was next!! So I have been encouraging our swimmers to think through their swim every time they get behind the blocks! Plan your swim, swim your plan.

Here is an article that talks about this in more depth:

V is for Visualization

By Aimee C. Kimball, PhD, CC-AASP

You've all been told to imagine yourself swimming your best race. You've undoubtedly sat up before a big meet and thought about how you were going to do and tried to "see" yourself winning. This article will discuss how to make the most of your imagination and how to visualize correctly so that you'll reap the performance benefits.

It Really Works

Without going into the science or citing a bunch of research, there is a lot of evidence on the power of visualization in sport as well as many other domains. Basically, there are various theories as to why it works, some claim it strengthens neuro pathways while others think it is effective because it bolsters psychological skills. Regardless of WHY it works, the majority of the research does show performance is enhanced through visualization, provided the athlete does it correctly.

The Keys

I should really stop calling it visualization because technically the correct term is "imagery." The reason it's not "visualization" is because when doing it correctly, you are using more than just your visual sense. The first key to proper imagery is to *incorporate all of your senses.*

Not only should you see yourself swimming well, but you should feel your hands pulling through the water, smell the chlorine, hear the crowd, and maybe even taste the Gatorade you drank as you were preparing for your race. Vivid details are essential for imagery to be effective.

Another important aspect is to try to imagine your race in *real time*. I know a few coaches who give out stopwatches to their swimmers and have them imagine their race as close to their goal time as possible. Along with this is the need for *controllability and positivity*-you must dictate where your imagination takes you and you should ensure you are always imagining a desired outcome and correct technique.

For added benefit, *include mental cues and positive self-talk*. You can create a CD/Mp3 that you listen to that will guide you through the race. Such guided imagery should include positive statements to program your race-day thoughts (ex: "As I pull through the water I feel how strong and powerful I am" or "As you stand on the blocks you focus on only your lane and feel confident in your preparation and are ready to race your best").

Do it often, don't wait until right before your meet to imagine the race you want. When you wake up every morning you can imagine performing well in your upcoming events. Before practice you can visualize your goals for the day. Before each set you can quickly imagine how this will help you in a race. It can even be helpful to picture something not going as planned (ex: goggles snap, a bad race, etc.), but imaging an appropriate and effective reaction (though I suggest keeping everything positive the night before/day of a race).

Déjà Vu

The purpose of imagery is to mentally prepare you for various situations. You want to have vividly imagined every aspect of race day so that when you arrive at the pool, your mind thinks it has already been there, done that. Your mind can't always tell the difference between what's real and what it's created, so by convincing it that you've already successfully swam this race you'll be calmer, more confident, and appropriately focused—a state of mind that in and of it-

self will help you to perform your best. Also, the more you feel yourself swimming (rather than imagining your race like you're watching a video of yourself), the easier it will be to create this Déjà vu experience. So go start mentally rehearsing your future success now!

Make it Great!

Dr. Aimee

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1555&Alias=rainbow&Lang=en>



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New Swimmer Tryouts

There are currently no New Swimmer Tryout scheduled for the Douglas Dolphins Swim Team. If you are interested in joining the team please contact Karen Sullivan for more information at (ksulliva @ dcsd.k12.nv.us, 775-267-4035)



COACH
**Chandra's
Corner**

(summerprogram @ ddst.org)

Coach Daniel and I have had the wonderful privilege of working with the 36 newest swimmers of the Douglas Dolphins over the past 7 weeks. So far, the members of our summer swim program have learned the four basic strokes, turns, dives and they have raced in twilight meets all in a short amount of time!

As we are nearing the end of our summer program, we are focusing on polishing our stroke technique as we prepare for the High Country League Championship meet. We have been having fun at every practice with our 13 helpers who have volunteered to lend their time and years of swimming expertise to this new wave of Dolphins. Such a successful program would not be possible without them, so make sure to thank your lane helpers! I am truly grateful for the energy and eagerness to learn that our summer swimmers have and am excited to know that some of them will be sticking with the team to join our year round Douglas Dolphins!



**New Team
Treasurer**

The DDST Board of Directors is pleased to announce that **Joanna Ruffo** has volunteered to be the Team Treasurer! Joanna will initially pick up the financial functions previously done by Chris Forvilly including processing accounts payable/receivable and reconciling accounts. Once the transition to automatic bill pay is complete, at the end of August, she will also take over billing management from Greg Taylor.

In addition, Joanna will transition into managing the budget and preparing financial reports for the team.

We would like to express our thanks and appreciation to **Chris Forvilly** and **Greg Taylor** for all of their hard work over the past two years in fulfilling this role. Also a big thank you for Joanna for stepping up to take this on!



On-Line Dues Payments, Sign Up Soon

The deadline for signing up for online credit card and/or Direct Bank processing to our billing system is **8/31/12. Effective 9/1/12, the only option for paying dues and fees will be through this system. (Members with outstanding balances have till 8/31/12 to pay it down by check.)**

ACH or Charge my Bank Account is less expensive for the team therefore we encourage this option.

We have also added one more feature: **ON DEMAND CC PAYMENTS!**

Now you will have the ability to pay your invoice at anytime during the Month!! Currently all invoices are generated and paid on the 1st of every month, but if there is a better time for you to pay, you can log on to your account and pay it *when you want*.

(Please note, any unpaid portion of your invoice is still paid off on the 1st of the month) We hope this added feature will allow more payment flexibility for our DDST Families.

After choosing one of the options, your current account balance will be collected on the 1st of each month, including any overdue amounts.

Statements will arrive via email 7-10 days prior to the 1st of each month with the total amount to be charged to your account.

Please maintain an active email address that is frequently accessed as there will be frequent communications both for billing and other team functions.

Direct any inquiries, questions or concerns via e-mail to [billing @ ddst.org](mailto:billing@ddst.org). (Thank you to those who have already signed up for one of the options!)



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, August 7th 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



From the Meet Directors

Our first meet of this season, the High Country League Championships, is less than a month away, August 10th-12th. This meet is a different format from our other home meets. It will be a Trials and Finals meet which means that everyone swims in the Trials or AM Session. 11 & Older swimmers who finish with the fastest top 8 times will then swim in the Finals or PM session later in the day (100 yard Events will swim the top 11 swimmers). Please sign up your swimmer(s) on our team website by committing to the event and then choosing your events. You will be billed on the next billing cycle.

If you are unsure what events your swimmer should swim, please check with your coaches. Parents, please sign up to volunteer at least 2 sessions for this meet if possible (on the team website under Job Sign Up). Per the Family Meet Management Policy, we ask that all families volunteer a minimum of 6 sessions per meet season. Friday is the most difficult day to cover as most parents are working. If you are available on Friday, it would be a great help! Also, don't forget about our basket auction. This is an easy way to earn some fundraising credit if you are short! Whatever the basket brings in will be credited to your fundraising account. This is our largest meet of the season and many swimmers say it is the most fun! Go Dolphins!"



Grand Prix

May 31st through June 3rd was the 45th Santa Clara International Grand Prix Swim Meet. It is the last in a series of 7 Grand Prix meets that are held throughout the year all over the United States. These meets draw swimmers from all over the world including past and present Olympians. Some of the high profile swimmers that attended this meet included Natalie Coughlin (CAL), Dana Vollmer (CAL), Stephanie Rice (AUS), Park Tae-hwan (Korea), Kosuke Kitajima (JPN), Nathan Adrian (CAL), Leisel Jones (AUS) and Lisbeth Trickett (AUS) just to name a few.

The Douglas Dolphins had 3 swimmers qualified to swim at the meet, **Shelby Koontz, Shaelin Morefield & Mary Smithen**. Unfortunately, only 2 of the girls were able to compete at the meet. They both did amazing and were able to witness some fast swimming by athletes from all over the world. Many swimmers were there trying to get their Olympic trial cuts so they might have a shot at representing the United States at the 2012 Olympics in London. It was a great experience for our swimmers to participate in!

Shelby Koontz (13) swam 4 events at the meet starting with the 100m freestyle on Friday and finished just off her best time, her second event of the day was the 100m butterfly where she improved her 13-14 girls **Team record** by 1.6 sec winning her heat with a time of 1:05.81 and placing 95th out of 147 swimmers; Saturday Shelby competed in the 50m freestyle beating her **Team record** by .8 sec with a time of 27.73 to place 93rd out of 152 swimmers, she redid the 100m freestyle in a time trial where she posted a **Team record** time of 1:00.27 a best by almost .2 sec; Sunday she competed in the 200m IM where she clocked a time of 2:28.33 beating her own **Team record** by almost 3 sec to place 68th out of 97 swimmers.

(Abbreviations: IM=Individual Medley;
Times: PRT=Pacific Recognition Time.)

Shaelin Morefield (16) swam 3 events at the meet starting out with the 400m IM on Saturday where she smashed her time by 7.22 sec for a new

PRT time and broke her own **Team record** posting a time of 5:12.76 placing 49th out of 67 swimmers, she also time trialed the 100m butterfly setting another 15-16 girls **Team record** with a new PRT time of 1:04.71 a best time by 2 sec, on Sunday Shaelin competed in the 200m butterfly finishing 53rd out of 77 swimmers clocking another new PRT time and **Team record** of 2:24.62 a best time by almost 5 sec.

Both girls did very well at this high level of competition which made their coaches very proud of their accomplishments. It takes hard work and dedication to get to this level of competition and beyond! Congratulations Dolphins on a job well done!



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;

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

Daniel daniel184 @ hotmail.com

Chandra summerprogram @ ddst.org

Meet Director: meets @ ddst.org;
Lorna 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
webmaster @ ddst.org; 775-782-4360

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

Team Store: Denise Bickmore
Teamstore @ ddst.org



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

August 10: no practice due to High Country Meet.

August 13-17: Fun Week-No Swim Practice.

September 3: Labor Day no School, School out Practice.

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



Upcoming Meets

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

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

August 1-5: Far Western Long Course Championships (qual. times apply,
<http://www.pacswim.org/0812west.pdf>, entries due July 25th)

August 7-11, Grand Junction Colorado, Western Zone Championships (Pacific All-Star Team)

HOME MEET: August 10-12, High Country League Champs (trials & finals), view meet sheet & enter meet on ddst.org, (entries due Wed. Aug. 1st!). **Parents please be prepared to help out!**



Order your Team Suit or Gear

It's finally that time! The ordering window for team suits and personalized gear is now open. From now through July 28th you will be able to order any of the three team suits, parkas, backpacks, gear bags, and personalized silicone swim caps.

Order forms have been placed in each Family File Folder if you would like to order anything for your swimmer. Return completed forms to the Team Store folder at the pool before July 28th. Your order total will be billed to your account so it is not necessary to pay anything when you turn in your order form.

Parent T-shirts and baseball caps come from a different vender and must be ordered separately. I already have enough requests for team baseball caps and will place an order at the end of the month. We must have at least 24 parent shirts to place an order, so please see me if you would like to have one.

As always, if you have any questions email me at [teamstore @ ddst.org](mailto:teamstore@ddst.org) or find me (Denise Bickmore) at the pool. I am there most days between 4 and 6 p.m.



Reno Summer Splash Results

24 Dolfín swimmers competed at the Reno Summer Splash Meet in Reno June 15-17. This meet was the third Long Course meet of our season and our swimmers turned in some pretty fast times.

Connor Schaan was our youngest swimmer and he swam the 50m freestyle improving 9.4 sec off his best time for 10th place.

Next was our 9-10 girls, **Nikki Jackson** swam 7 events improving almost a sec in 50m butterfly for a new **JO** time of 40.53 and 5th place, she finished with a **PC-A** time in 100m backstroke taking off almost 4 sec, dropped 3.5 sec in 200m IM finishing 5th, swam a **PC-A** time in 200m freestyle and placed 5th in 100m butterfly. **Emma Ruffo** competed in 7 events at the meet finishing with a new **PC-B** time in her first swim of 200m freestyle, she clocked a best time in 50m breaststroke and she set a time to beat in her very first swim of 50m butterfly. **Cailey Tollmann** swam 6 events shaving off time in 200m freestyle and improved .8 sec in 100m backstroke, she dropped 2.3 sec in 50m backstroke, 1.6 sec in 50m breaststroke and she set a new time to beat in her first 50m butterfly.

They were followed by our two 9-10 boys beginning with **Michael Schaan** who achieved **PC-A** times in 100m backstroke with a 10+ sec improvement placing 4th, 50m freestyle dropping 2.2 sec and in his first swim of 200m IM to finish 4th, he clocked 2 new **Team records** in 100m butterfly breaking his own record by .06 sec to finish in 1:40.97 and 200m IM breaking the old record by 20 sec to finish in 3:30.21, he placed 2nd in 50m and 100m butterfly. **Connor Taylor** swam 2 events trying his first 200m IM and improving 3.6 sec in 50m freestyle.

Up next were the Dolfín 11-12 girls, **Mychael Bellick** improved in 6 out of 9 events dropping a huge 32 sec in 200m IM, almost 4 sec each in 200m freestyle and 100m backstroke, she took off 8.5 sec in 50m butterfly, 2.4 sec in 100m freestyle and 1.6 sec in 50m freestyle.

Lily Bickmore competed in 10 events clocking a **PC-A** time in 50m freestyle with a 2.5 sec drop, and she finished with 4 new **PC-B** times in her first swims of 200m freestyle, 200m IM and 100m freestyle with a 3 sec drop in both events and in 50m backstroke, she also improved 7.3 sec in 100m breaststroke.

(Abbreviations: IM=Individual Medley; Times: **PC-X**=Pacific Swimming Standards; **FW**=Far Western, **JO**=Junior Olympic)

Kaila Duffy swam 3 events improving 6.4 sec in 400m freestyle for 5th place, set a new best time in 50m freestyle for 6th place and she placed 7th in 100m butterfly. **Taylor Sullivan** improved in 7 out of 10 events with a new **JO** time in 50m breaststroke finishing with a time of 42.38 and 3rd place, she improved 8.6 sec in 400m freestyle, 8.1 sec in 100m butterfly and 11 sec in 200m IM, placing 4th in 100m breaststroke and 200m freestyle.

We had three 11-12 boys who participated in the meet, **CJ Hill-Holeman** swam 4 events improving 1.7 sec in 200m IM, he finished just off best in 50m freestyle, placed 7th in 400m freestyle and 9th in 100m butterfly. **Taylor Knowles** competed in 4 events improving 15.8 sec in 100m breaststroke, he set a new best time in 100m freestyle and took off .8 sec in 50m backstroke placing 7th. **Daniel Taylor** swam 2 events improving a huge 28 sec in 200m IM.

Then we had our 13-14 girls, **Amanda Castro** competed in 2 events achieving a new **PC-B** time in her first long course swim of 100m freestyle and set a new time to beat in 200m freestyle. **Shelby Koontz** swam 3 events swimming on **FW** pace in 50m freestyle and 100m butterfly, she placed 1st in 100m butterfly and 2nd in 50m freestyle and 200m IM. **Anne Lancaster** made improvements in 5 out of 8 events achieving a **PC-A** time in 100m breaststroke dropping 1.5 sec and a **PC-B** time in 100m butterfly improving 17 sec, she also dropped 6.5 sec in 200m breaststroke and swam best times in 100m backstroke and 200m IM, she placed 8th in 100m backstroke.

The Dolfíns 15-16 girls followed next with **Erica Chappell** who had a fantastic meet with 100% improvement in 7

events setting a **PC-A** time in her first long course swim of 200m butterfly, she improved 21 sec in 800m freestyle, 9 sec in 200m backstroke to finish 3rd, 5 sec in 1500m freestyle for 4th and 3.8 sec in 200m freestyle, she also placed 4th in 100m freestyle. **Clara Gray** competed in 5 events with 3 best times improving 10 sec in 200m breaststroke for 5th place, 4 sec in 200m freestyle for 8th place and 1.5 sec in 100m breaststroke finishing 6th, she was just off best in 100m freestyle. **Jordan Knowles** had a super meet with 100% improvement in 5 events finishing with a 3.6 sec drop in 100m freestyle for a **PC-A** time, and a 5+ sec drop in 100m backstroke placing 7th, she took off 5 sec in 100m breaststroke, 7.6 sec in 200m backstroke for 4th place and had a 6 sec improvement in 200m freestyle.

Adam Dack was our only 15-16 boy participating in the meet, he swam 8 events with 2 new **PC-A** times in 50m freestyle and 100m freestyle improving 1.7 sec and 4.8 sec respectively, he finished with a **PC-B** time in his first swim of 200m breaststroke, improved 9.7 sec in 200m backstroke, placed 2nd in 200m butterfly and 3rd in 200m breaststroke and backstroke.

He was followed by our 17-18 boys, **Kyle Johnston** swam 8 events after aging up to the 17-18 bracket and broke six 17-18 boys **Team records** including a new **JO** time and **Team record** in 400m freestyle to finish with a 4:40.71, he tied the **record** in the 50m freestyle with a 27.11, broke the **record** in 100m freestyle by .01 with a 1:00.08, finished with another **record** in 200m freestyle by 7.3 sec finishing with a time of 2:13.80 and clocked **records** in 100m butterfly by 6 sec with a 1:02.47 and 200m butterfly by 8+ sec finishing with a time of 2:27.58, he placed 1st in 400m freestyle and 200m butterfly. **TJ Smithen** also swimming in his first meet as a 17-18 boy, competed in 4 events with **PC-A** times in 50m freestyle and 100m freestyle improving 12 sec and 28 sec respectively and achieving a new long course **JO** time in 100m butterfly finishing with a time of 1:05.31, he placed 3rd in 100m freestyle and 100m butterfly and 4th in 50m freestyle. **Jon Stamper** in his first long course meet participated in 3 events setting a **PC-A** time in 50m freestyle for 8th

place and two **PC-B** times in 200m freestyle and 100m backstroke finishing in 10th and 9th places respectively.

Then we finished up with our 19 & over age group, **Michelle Forman** swam 10 events achieving new SEN II times in 400m freestyle and 800m freestyle improving 38 sec and 1 minute plus in the events, she was just off best in 100m freestyle and 200m breaststroke.

All of our swimmers did very well at the meet and should be very proud of themselves.



Bishop Meet Results

45 Dolphin swimmers participated in the Bishop Meet the last weekend in June. It was hot but the kids and coaches had a great time swimming and hanging out. Friday after the distance events parents, swimmers and coaches gathered at Pizza Factory. Saturday after the last session we gathered in the park for some fun and relaxation. The swimmers and coaches got together for football and volleyball games. All in all it was a great weekend with lots of great swims and time for parents and swimmers to meet and greet.

6 & under Boys: **Connor Schaan** swam 5 events improving 3 sec in 25 freestyle, he clocked a best time in 25 backstroke and set a time to beat in his very first 25 butterfly, he placed 2nd in 25 butterfly and 3rd in 25 & 50 freestyle and 25 backstroke.

(Abbreviations: IM=Individual Medley;
Times: PC-X=Pacific Swimming Standards; JO=Junior Olympic)

7-8 Girls: **McKenna Chappell** competed in 9 events and was 3rd place girls 7 year old **High Point winner**, finishing with a **PC-B** time in 25 backstroke improving 2 sec, a best time in 25 breaststroke placing 2nd and she set times to beat in 50 & 100 freestyle, 50 breaststroke and 25 butterfly, and she placed 2nd in 50 backstroke and 25 butterfly. **Marin Collins** swam 6 events improving 1 sec in 25 backstroke for a **PC-A** time, she swam a **PC-B** time in her first 50 breaststroke, improved 2.5 sec in 50 freestyle and set times to beat in 25 and

50 breaststroke, she placed 1st in 25 & 50 backstroke and 25 breaststroke.

Kylie Compton swam a full slate of 10 events and was 1st place 7 year old girls **High Point winner**, she finished with a **PC-A** time in 50 freestyle, and a **PC-B** time in 25 butterfly with a 2.5 sec drop, she dropped almost 3 sec in 25 breaststroke and set 3 more **PC-B** times in her first swims of 100 freestyle, 50 backstroke and 50 butterfly, she placed 1st in her freestyle & butterfly events.

Eden Neal was 3rd place 8 year old girls **High Point winner**, she improved almost 1 sec in 50 backstroke and swam a **PC-B** time in her first swim of 100 IM, she was just off best in 25 backstroke and 25 freestyle, placing 3rd in her freestyle & breaststroke events and 50 backstroke.

9-10 Girls: **Emma Ruffo** finished as the 2nd place 9 year old girls **High Point winner** with 5 new **PC-B** times in 50 freestyle improving 6 sec, 50 breaststroke dropping ½ sec, 100 IM taking off 8 sec and in her first swims of 200 & 500 freestyle, she also took off 11 sec in 100 freestyle she placed 2nd in 100, 200 & 500 freestyle, 100 backstroke and breaststroke. **Lani Smithen** swam 4 events with a 6.8 sec improvement in 100 IM placing 5th, she took off 6 sec in 50 freestyle to finish in 1st place and she dropped 3 sec in 50 backstroke to place 2nd, she also finished 5th in 100 freestyle.

9-10 Boys: **Remy Hill-Holeman**, the 9 year old boys 3rd place **High Point winner**, swam 8 events with a **PC-A** time in his first swim of 500 freestyle and **PC-B** times in his first swim of 200 freestyle & 100 breaststroke, he placed 1st in 50, 100 & 500 freestyle and 2nd in 200 freestyle. **Michael Schaan** swam a full slate of 10 events and he was the 1st place 9 year old boys **High Point winner**, he achieved 4 new **PC-A** times improving almost 2 sec in 50 freestyle, 5.5 sec in 200 freestyle, 1.8 sec in 100 breaststroke and in his first swim of 500 freestyle, he also took off 7.8 sec in 100 butterfly, he placed 1st in 200 freestyle, breaststroke & butterfly events. **Connor Taylor** competed in 9 events in his first short course meet as a 9 year old dropping 8 sec in 100 IM, 2.7 sec in 50 freestyle to place 4th and 2 sec in 50 backstroke for 2nd place, he set times to beat in his first short course swims of 100

butterfly, 200 freestyle & 100 backstroke and he placed 3rd in 100 butterfly.

Maegan Collins swam 6 events in her first swim meet as a Dolphin setting times to beat in 50 & 100 freestyle, 50 breaststroke, 100 breaststroke and 100 IM, she placed 7th in 50 breaststroke and 100 IM and 8th in 50 freestyle and 100 breaststroke. **Nikki Jackson** was the 10 year old girls 1st place **High Point winner**, finishing with a **JO** time in 100 IM clocking a time of 1:21.39 faster by 5.2 sec, she improved 6.7 sec in 100 backstroke for a **PC-A** time and 2.2 sec in 50 breaststroke, she took off 1+ sec in 50 & 100 freestyle and placed 1st in 8 events.

11-12 Girls: **Mychal Bellick** was the 2nd place 11 year old girls **High Point winner**, competing in a full slate of events clocking a **PC-B** time in 100 freestyle dropping almost 2 sec, she improved almost 9 sec in 200 freestyle and 3+ in 100 breaststroke and 100 IM, finishing 1st in 50 & 500 freestyle, and 2nd in 100 & 200 freestyle and 100 backstroke. **Lily Bickmore** was the 11 year old girls 1st place **High Point winner**, she swam 9 out of 10 best times taking off 22 sec in 100 backstroke, she posted 3 **PC-B** times improving 3 sec in 50 freestyle and 9 sec each in 100 freestyle & 100 IM, she took off 20 sec in 100 butterfly and placed 1st in freestyle, IM & butterfly events.

Julia Chappell had a fantastic meet, competing in 9 events with 100% improvement including a huge 26 sec drop in 100 butterfly, 21 sec in 200 freestyle, and 10 sec each in 50 & 100 freestyle, she placed 2nd in 500 freestyle, 50 & 100 butterfly and 100 IM improving 6+ sec. **Kaela Forvilly** finished as the 12 year old girls 2nd place **High Point winner**, achieving a **JO** time in 100 breaststroke dropping 1.8 sec to finish in 1:20.59, she improved 5 sec in 100 butterfly for a **PC-A** time, and 2.7 sec in 200 freestyle, she finished 1st in 50 & 100 breaststroke and 2nd in 100 butterfly & 100 IM. **Angel Neal** clocked best times in 8 out of 9 events dropping 15 sec in 100 backstroke, 5.7 sec in 200 freestyle for 1st place, 4+ sec each in 50 butterfly and 100 IM, 3.8 sec in 50 backstroke, and she finished 2nd place in 50 & 100 breaststroke and 50 backstroke.

Megan Ruffo had a great meet swimming 6 events with 100% im-

provement, she dropped 10 sec in 200 freestyle, 7 sec in 50 butterfly, 5 sec in 100 freestyle, 4 sec in 50 freestyle and set a time to beat in her first 500 freestyle, she placed 8th in 200 freestyle and 50 butterfly. **Emily Willis** took on 7 events and she improved 6.2 sec in 100 breaststroke for 5th place, she swam just off her best time in 50 breaststroke placing 6th and 50 freestyle, she also placed 7th in 50 backstroke & 100 backstroke.

11-12 Boys: **Taylor Knowles** was the 11 year old boys 1st place **High Point winner**, taking 6 sec off 100 breaststroke, 2+ sec off 100 IM for a **PC-A** time, he clocked **PC-B** times in 50 butterfly dropping 4.2 sec and 50 breaststroke faster by 2+ sec, he placed 1st in 100 & 500 freestyle, his backstroke events, 100 breaststroke and 100 IM.

Joey Smithen was the 11 year old boys 3rd place **High Point winner**, competing in 4 events with 100% improvement and 3 **PC-A** times improving 2.2 sec in 50 freestyle, almost 2 sec 50 backstroke and 6.3 sec in 50 butterfly, he also took off 13 sec in 50 breaststroke placing 1st in 50 freestyle, breaststroke & butterfly.

13-14 Girls: **Amanada Castro** also had a fantastic meet with 100% improvement, she dropped 12 sec in 100 freestyle and 10 sec in 100 backstroke placing 4th, she improved almost 12 sec in 100 breaststroke, and set times to beat in her first 200 backstroke, breaststroke and IM, she finished 3rd in 200 backstroke. **Savannah Chappell** swam 9 events and was the 13 year old girls 1st place **High Point winner**, achieving a **JO** time in 500 freestyle improving 8 sec to finish in 5:41.88, she improved 1.6 sec in 100 breaststroke for a **PC-A** time, almost a sec in 200 IM for 1st place and swam best times in 50 & 100 freestyle, she placed 1st in 50 & 200 freestyle, 100 backstroke and butterfly. **Emily Dack** swam 7 events improving 1 sec in 100 breaststroke and almost 6 sec in 200 IM, she was just off her best time in 50 freestyle and 100 freestyle, she finished 5th in 200 backstroke and 8th in 200 freestyle and 100 backstroke.

Emma Gray swam 7 events improving 4.6 sec in 200 IM and was just off best in 100 freestyle and 100 butterfly placing 1st in 100 freestyle and 200 IM and 2nd in 100 butterfly and 400 IM and 3rd in her backstroke events. **Anne Lan-**

caster had a fantastic meet with 100% improvement including 6 new **PC-A** times, she improved 23 sec in 500 freestyle, 18 sec in 400 IM, 10 sec in 200 IM and 6+ sec in 200 breaststroke and 200 freestyle, she finished 1st in 200 & 500 freestyle, and 3rd in 200 breaststroke.

Shelby Koontz competed in 6 events and was the 3rd place girls 13 year old **High Point winner**, she was just off best in 500 freestyle and 200 backstroke finishing 1st in all 6 of her events. Shelby also broke three 13 year old **Pool Records** in the 400 IM (4:55.51), 500 freestyle (5:27.54), and 100 freestyle (55.65). The old 100 freestyle record of 57.33 had stood since 1997.

Annalisa Neal had a super meet finishing with 100% improvement in 10 events and as the 13 year old girls 2nd place **High Point winner**, she improved 9.6 sec in 200 breaststroke for 1st place, 5+ sec in 100 butterfly and 500 freestyle, 6+ sec in 200 freestyle for 2nd place and set a **PC-A** time in her first swim of 200 butterfly, she placed 2nd in the butterfly events, 200 IM & 100 breaststroke.

Kayla Ruffo swam 10 events improving 18 sec in 200 freestyle, 6 sec in 200 IM, 2.4 sec in 200 butterfly, she set a **PC-B** time in her first swim of 400 IM and improved 1+ sec in 100 backstroke, breaststroke and freestyle, she finished 4th in 100 butterfly and 5th in 200 breaststroke.

13-14 Boys: **CJ Hill-Holeman** in his first meet as a 13 year old was the 13 year old boys 2nd place **High Point winner**, he dropped 5 sec in 200 freestyle, he set a time to beat in his first 200 breaststroke and **PC-B** times in his first swim of 1000 freestyle and 200 butterfly, he was just off best in 50 & 100 freestyle, and he placed 2nd in 200 & 500 freestyle. **Josh Smithen** swam 5 events achieving a **PC-B** time in his first swim of 200 IM for 2nd place, he took off 6+ sec in 100 breaststroke for 2nd place and was just off best in 100 freestyle to place 3rd, he finished 2nd in 100 backstroke.

Kevin Smithen swam 6 events and was the 3rd place **High Point winner** for 14 year old boys, he improved 5.8 sec in 100 breaststroke for a **PC-A** time, he clocked a **PC-B** time in his first swim of 500 freestyle and best times in 100 freestyle and 100 butterfly, he placed 1st in 100 freestyle and 100 breaststroke and 2nd in 50 freestyle and 100 butterfly.

15-16 Girls: **Erica Chappell** competed in 9 events and was the 16 year old girls 2nd place **High Point winner**, she improved 4.3 sec in 200 IM, swam a best time in 50 freestyle and was just off best in 100 freestyle and butterfly, finishing 1st in 50 freestyle and 100 backstroke, and 2nd in her other freestyle events 200 backstroke and 100 butterfly. **Eli Cruz** swam 6 events and clocked a best time in 200 butterfly, she was just off best in 50 freestyle, placed 1st in 100 butterfly and 2nd in 50 freestyle and 200 butterfly and 3rd in 100 backstroke.

Clara Gray competed in 7 events dropping 1.8 in 200 freestyle and swimming just off best in 50 freestyle, she finished 1st in 200 freestyle and 200 breaststroke, 2nd in 100 breaststroke and 200 IM and 3rd in 50 & 100 freestyle.

Shaelin Morefield finished as the 1st place **High Point winner** for 16 year old girls, she was just off her best time in 100 freestyle and 500 freestyle and placed 1st in all 7 of her events. Shaelin also broke the girls 16 yr old **Pool Records** in 200 IM (2:18.887) & 200 butterfly (2:16.88).

15-16 Boys: **Adam Dack** swam 10 events and was the 1st place **High Point winner** for 15 year old boys, improving 5.5 sec in 200 freestyle and 1.5 sec in 100 freestyle he was just off best in 50 freestyle and 200 IM, he finished 1st in his freestyle, backstroke and butterfly events. **Jake Forvilly** finished as the 3rd place **High Point winner** for 15 year old boys, he improved a huge 22 sec in 100 freestyle, 32 sec in 200 freestyle almost a minute in 200 IM and 7 sec in 50 freestyle, clocking **PC-B** times in his first swims of 200 breaststroke and backstroke and set times to beat in 500 freestyle, 100 butterfly & breaststroke.

17-18 Girls: **Jenna Broussard** swam 5 events in her first meet as a Dolphin swimming a **PC-A** time in her first swim of 50 freestyle, **PC-B** times in her first swims of 100 & 200 freestyle and 100 butterfly she placed 2nd in 50 freestyle and 3rd in 200 freestyle. **Sarah Koontz** on her summer break from college swam 5 events & enjoyed hanging out with her swim friends at the meet.

17-18 Boys: **Kyle Johnston** competed in 10 events finishing as 1st place **High Point winner** for 17 year old boys, he was just off best in 100 breaststroke & 200 IM placing 1st in 8 events. Kyle also

broke the **Pool Record** for 17 yr old boys in the 200 butterfly (2:08.40).

Cameron Morefield in his last meet as a Dolphin, finished as 2nd place **High Point winner** for 17 year old boys, he took off 2.4 sec in 200 breaststroke, clocked a best time in 100 butterfly, was just off best in 50 freestyle to place 1st, he finished 1st in 100 & 200 breaststroke and 2nd in 100 & 200 backstroke. **TJ Smithen** swam 9 events, improving 3 sec in 100 breaststroke for a new **JO** time of 1:08.53, he took off 8 sec in 200 freestyle for a **PC-A** time, improved almost 4 sec in 200 IM and 5.3 sec in 200 breaststroke, he finished 2nd in 100 freestyle, 100 & 200 breaststroke and 100 & 200 butterfly. **Jon Stamper** participated in 6 events setting **PC-B** times in 100 freestyle and 100 breaststroke, he also tried his first 500 freestyle and successfully set a time to beat in 200 IM.

Michelle Forman also on break from college, competed in 9 events, and finished just off her best times in 50 freestyle and 200 backstroke.

Our 8 and under relay team of **Marin Collins, Eden Neal, McKenna Chappell** and **Kylie Compton** placed 1st in 100 freestyle relay, the 9-10 200 freestyle relay team of **Lani Smithen, Maegan Collins, Emma Ruffo** and **Nikki Jackson** placed 2nd, 11-12 200 Medley relay team of **Mychael Bellik, Julia Chappell, Lily Bickmore** and **Kaela Forvilly** placed 3rd, and the team of **Anne Lancaster, Kayla Ruffo, Analisa Neal** and **Sarah Koontz** placed 5th, **TJ Smithen, Cameron Morefield, Kyle Johnston** and **Jon Stamper** placed 1st in 200 Medley relay.



Meet Logo Contest!

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



Fun Week:

Beach Day

Beach Day will be held at Round Hill Pines at Lake Tahoe on **Tuesday, August 14th**. Join us for a day of sun and fun from 10am -3pm! Parking is free if you mention that you are with the Douglas Dolphins Swim Team. Please remember to pack food, plenty of water and **sunscreen** or you can bring money to purchase food at the snack bar.

Bowling

Join the swim team for some fun at the Bowling Alley **August 15th, Wednesday** for loads of laughter and fun!! We are asking that those who will be attending the Bowling event to please declare their intent to do so on the website by **August 7th**. This is so that we can let the Bowling Alley know how many people to expect and how much lane space we will need to reserve. If you do not declare your intent to Bowl ahead of time there may not be enough space reserved for everyone. Please bring \$7.50 to the event for each bowler which will cover 2 games of bowling and shoe rental. Silver Strike will not accept any coupons for this event as this is a "Club Outing". Silver Strike Bowling Alley is located in the Gardnerville Ranchos. (Summer swimmers this event is not included in your fee to swim.)

Wild Island

Join us for our annual visit to Wild Island on **Thursday, August 16th**! Meet promptly at 10:30 am at the Wild Island front gate so we can issue you your pre-paid entry tickets and enter the park as a group when it opens at 11:00. Arrange transportation to Wild Island on your own or with other team families. Those who arrive with extra people who they have not pre-paid for on the website, will have to pay the regular entry fee at the gate. **ANY & ALL FAMILY MEMBERS** are **WELCOME** to attend at the discounted price as long as you pre-pay for each member beforehand!

Tickets are \$17 for 10 years & older, \$16 for 4 - 9 years, 3 years & younger are free with a paying adult. You may bring one sealed water bottle

into the park. Lunch & snacks will cost @\$10-15 per person unless you prefer to bring your own and eat outside the park, **you are not allowed to bring food inside the park**. Tube rentals are \$3.75 plus \$1.50 deposit for singles & \$5.75 plus \$1.50 deposit for doubles. If you wish to attend this event, please commit and **prepay by credit or debit card** on the website by **August 13th to ensure a group discount**. The tube rentals and lunch are additional costs that you pay for yourself once you are in the park. Don't forget to bring **sunscreen!** (Summer swimmers this event is not included in your fee to swim.) If you have any questions please ask a coach or a board member (contact information is in this newsletter). We look forward to seeing everyone there!!!



Welcome Summer Swimmers

We would like to take this time to welcome all of our Summer Swimmer. Hopefully you are all having fun with the Douglas Dolphins, learning a lot and staying cool in the pool this Summer:

Taryn Abbott, Josh Beam, Brooke Cameron, Julana Eppard, Nicole Eyerly, Lilia Fields, Lea & Trevor Gifford, Danny Hallin, Carson & Tyler Hearn, Amelia Hicks, Niko Hight, Katy Hutchings, Cammie Jahreis, Jessica, Jules & Hailey James, Chad & Sophia Maricich, Alex Molyneux, Ashlyn Nelson, Anna Northcutt, Kyla & Sydney Palaroan, Taylor Reardon, Austin Sullivan, Annie Tewalt, Lucas Vincent, Brandon Weese, Daniel Willis, Joseph Yankoskie, Cooper & Matthew Yturbide.

We are looking forward to a fun filled summer!



Tahoe Meet Results

18 swimmers competed at the Tahoe meet "Swimming at Altitude" July 6-8 at South Lake Tahoe. The Dolphins posted some fast times at the meet, starting with 6 & under **Connor Schaan** who competed in 7 events improving 3.3 sec in 50 backstroke, he was just off best in 25 backstroke and 25 freestyle and clocked a time to beat in his first 50 butterfly, placing 2nd in 25 freestyle, 25 & 50 backstroke and 4th in 50 freestyle.

Kylie Compton was our only 7-8 year old swimmer and she posted 2 new **PC-A** times in 50 freestyle and 100 freestyle improving 3.4 sec and 11.3 sec respectively, she improved 3.6 sec in 50 backstroke and 3 sec in 50 breaststroke finishing with 6 best times out of 10 events, she placed 8th in 100 freestyle and 4th in White Flight in 50 backstroke.

Up next were our 9-10 year olds, **Hope Rakow** improved 11 sec in 100 IM for a new **PC-B** time, she swam a **PC-A** time in her first swim of 200 freestyle, improved almost 10 sec in 25 freestyle for 1st place in White Flight, 2 sec in 100 freestyle for 7th place and dropped 2 sec in 50 breaststroke, she placed 1st in White Flight for 200 freestyle and 25 freestyle.

(Abbreviations: IM=Individual Medley; Times: PC-X=Pacific Swimming Standards; JO=Junior Olympic.)

Michael Schaan took on 13 events and improved 6 sec in 100 backstroke for a **PC-A** time and swam a **PC-A** time in 200 IM for 2nd place, he dropped almost 1 sec in 25 freestyle for 2nd place, and 1 sec each in 50 breaststroke and butterfly, he finished 3rd in 50 freestyle and 100 backstroke, 6th in 200 freestyle & 1st in 50 and 100 butterfly. **Connor Taylor** competed in 10 events setting a time to beat in his first 500 freestyle, he

swam **PC-B** times in 100 backstroke placing 5th improving 7.6 sec and 100 IM improving 4.7 sec, dropping 14 sec in 200 freestyle for 3rd place White Flight, 6.8 sec in 100 freestyle, he finished 7th in 25 freestyle, 2nd in White Flight in 100 freestyle and 6th in 50 butterfly.

They were followed by our 11-12 girls, **Madison Ashbaugh-Komp** swam 10 events with 8 best times improving huge amounts of time such as 21+ sec in 200 IM, almost 20 sec in 200 freestyle, 15 sec in 100 butterfly, 6 sec in 50 breaststroke and 10 + sec in 100 IM. **Mychael Bellik** took on 9 events improving 5.8 sec in 200 freestyle, she shaved off time in 100 IM finishing 4th in White Flight and was just off best in 50 freestyle and 50 butterfly, placing 7th in 500 freestyle and 5th in White Flight 100 breaststroke. **Lily Bickmore** competed in 11 events, dropping 6+ sec in 100 breaststroke, 6+ sec in 200 freestyle for a **PC-B** time, 1+ sec in 100 freestyle and 1.3 sec in 50 backstroke for another **PC-B** time, she shaved off time in 50 backstroke and 50 butterfly, finishing 4th in White Flight in 200 freestyle and 3rd in White Flight in 100 backstroke.

Kaila Duffy swam 13 events achieving a **JO** time in 50 butterfly taking off 1.3 sec to finish with a time of 30.57, she took off almost 7 sec in 500 freestyle, 5.8 sec in 100 breaststroke and 1+ sec in 100 & 200 IM, she placed 3rd in 50 freestyle & butterfly and 200 and 500 freestyle. **Sarah Hyatt** took on 8 events improving 6.8 sec in 50 butterfly, 8.4 sec in 200 IM, she shaved off time in 50 freestyle and was just off best in 50 backstroke for 7th place White Flight and right on best in 50 breaststroke for 8th place in White Flight. **Emily Willis** achieved 4 new best times at the meet, improving almost 5 sec in 100 backstroke, 5+ sec in 50 breaststroke, she also knocked off .6 sec in 100 breaststroke and 2+ sec in 25 freestyle.

Followed by the 11-12 boys, **Taylor Knowles** swam 4 events finishing not far off his best time in 50 freestyle. **Max Owens** participated in 2 events trying his first 50 backstroke and setting a time to beat in 50 freestyle. **Daniel Taylor** competed in 10 events improving 9 sec in 100 freestyle for 2nd place in White Flight, 9.7 sec in 200 freestyle for 5th place in White Flight, he took off 1+ sec in 50 butterfly and 100 IM, placing 4th in White Flight in 50 backstroke, 5th in White Flight in 100 IM and 6th in White Flight for 100 breaststroke.

Then we had our two 13-14 Dolfín swimmers, **Amanda Castro** improved almost 3 sec in 200 freestyle for a new **PC-B** time and 1st place in White Flight, she clocked a **PC-B** time in 100 breaststroke with a 2.2 sec drop, took off 3 sec in 200 breaststroke, and set a time to beat in 100 butterfly finishing 1st in White Flight, 8th in 200 backstroke and 2nd place White Flight in 200 IM and breaststroke. **Justin Hight** swam 3 events improving a huge 15 sec in 100 freestyle for a new **PC-B** time placing 5th in White Flight and he dropped 1.4 sec in 50 freestyle for 5th place in White Flight.

Last but not least were our 15 & over swimmers, **Jordan Knowles** competed in 4 events swimming just off best in 50 freestyle for 1st place in White Flight and she was right on her best time in 100 freestyle placing 6th, she finished 4th in 100 backstroke and 5th in 200 IM. **Jon Stamper** had 100% improvement in 2 events shaving off time in 50 freestyle to place 6th and he competed in the 100 freestyle where he dropped 1.4 sec for a new **PC-A** time.

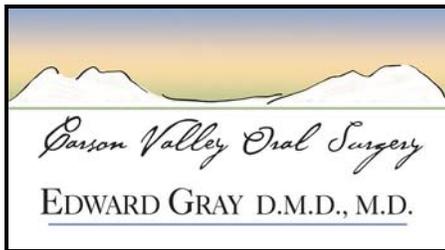
You all did very well and should be very proud!



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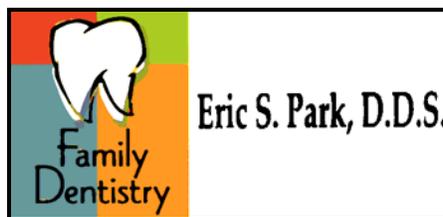
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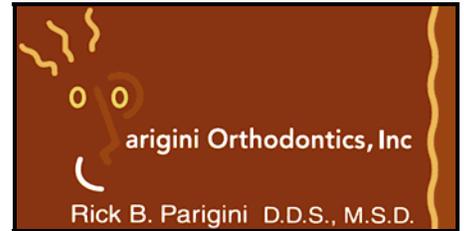
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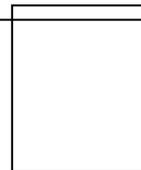
St Gall Catholic Church



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



www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Welcome: Jenna Broussard, Jon Stamper & Tim Hoover **Farewell and good luck:**

Taylor Gilbert, Barrett Lee, Cameron

Morefield & Mary Smithen **Moving up:**

Congratulations to new White Dolphins: Max Owens **Blue Dolphins:**

Amanda Castro **Senior Dolphins:** Savannah Chappell, Eli Cruz & Adam Dack

Happy July Birthdays to Savannah Chappell & Lucas Vincent (7/2), Clarice Albert & Rachael Hollis (7/5), Shelby Koontz (7/6), Andrew Brockhage (7/7), Amelia Hicks (7/9), Chayce Beam (7/14) & Brook Cameron (7/30).

Happy August Birthdays to Connor Schaan (8/1), Cailey Tollmann (8/6), Julana Eppard (8/8), Ryan Chen (8/12), Hailey James (8/16), Matthew Yturbide (8/20), Tim Hoover (8/22), Janosch Lancaster (8/25), Maegan Collins & Sofia DeLange (8/28) & Mychael Bellik (8/30). (Please inform the Editor of any errors or omissions in this section, and we'll make it right!)



Practice Schedules

Check www.ddst.org for updates.

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 2:30-4:30, 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

Summer Break (ends 8/20/2012)

Seniors & Pre-seniors: M-F 7:00-9:00 am + T, Th 2:15-3:15 pm dryland +

Senior doubles M, W 4:15-5:45 pm

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

Red: M-Th 6:30-7:30 pm+ Optional Fast Fridays 4:30-6:00

Summer: M-Th 3:30-4:30 pm (6/11-8/2)

White: M, W, F 3:30-4:15 pm

Pre-competition: T, Th 3:30-4:30 pm



Next Newsletter

The next *Monthly* will appear about August 30th. All submissions should be received by Wednesday August 29th. 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, Lorna Johnston, Margaret Jackson, Coach Greg, Coach Chandra, Jim Morefield and Denise Bickmore.

Latest news online: www.ddst.org.

