

Dolphins' Monthly

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

www.ddst.org August-September 2012

Good-bye Summer Swimmers

The Douglas Dolphins would like to wish our 2012 summer swimmers goodbye!! We hope that you had fun learning and competing in the water with us!! We look forward to seeing you all next year for a summer of fun!!

Our summer swimmers included: **Taryn Abbott, Brook Cameron, Julana Eppard, Nicole Eyerly, Lea & Trevor Gifford, Danny Hallin, Carson & Tyler Hearn, Abby & Katy Hutchings, Jessica & Jules James, Alex Molyneux, Anna Northcutt, Sydney Palaroan, Taylor Reardon, Joe Sullivan, Austin Sullivan, Annie Tewalt, Lucas Vincent, Brandon Weese, Daniel Willis, Joseph Yankoskie, and Cooper & Matthew Yturbide.**

Coach Chandra had a lot of help coaching from some of our upper level swimmers and we would like to thank and acknowledge these helpers: **Rachel Chen, Claire Christopher, Adam Dack, Kaila Duffy, Kaela Forvilly, Michelle Forman, Clara Gray, Emma Gray, Kyle Johnston, Jordan Knowles, Anne Lancaster, Shaelin Morefield, Annalisa Neal, Kayla Ruffo, Kevin Smithen, TJ Smithen & Taylor Sullivan.** We also want to wish **Coach Chandra** good luck as she heads back to college!!



Swimmers of the Month

Jayden Shaw is White Group T-Th Swimmer of the Month. Since Jayden has joined the team, she has been ready to go! She has learned the new strokes quickly, she comes to practice ready and with a smile and she is a great example for her fellow swimmers. I am very excited to have her as part of the Dolphins and look forward to watching her on-going progress!

Maegan Collins is White group M-W-F Swimmer of the Month. She was chosen for her hard work and great attitude. She is always happy to be at practice and she helps to encourage her teammates. Maegan will be missed in white group as she is moving up to red group, where I know she will blossom into a great swimmer.

Cailey Tollmann is Red Group Swimmer of the Month. Red Group had an outstanding High Country Meet!! But Cailey has been working extra hard at practice and it has been noticed. She had a PERFECT MEET at High Country! Way to go! All of her hard work at practice certainly paid off!

Sarah Hyatt is Blue Group Swimmer of the Month. The High Country Meet for Sarah was phenomenal! She had 100% improvement. Sarah swam preliminaries and finals and improved on all. She also swam the 500 free-style for the first time. This is a long hot meet for our swimmers and Sarah rose to the occasion and did GREAT.

Kaila Duffy is Pre-Senior swimmer of the month. She consistently works hard at practice and with a good atti-

tude. I enjoy working with Kaila because she is a very coachable swimmer. I am also looking forward to watching her improve as we continue into our short course season. Good luck Kaila and keep working hard!

Shaelin Morefield is Senior Swimmer of the Month. Shaelin attended an intensive work study camp for most of the summer in California. Despite the long hours, she wanted to train for her swimming goals this summer. So, she got up early to swim with a local team before her full day of studies (just like college swimming). Shaelin swam at the Speedo Long Course Sectionals Championships and did very well. She achieved 7 Best Times competing in preliminaries and finals. Shortly after that, Shaelin & Shelby represented the Dolphins and Pacific Swimming in the Western Zone Championships. Both girls did extremely well. When Shaelin got home, she helped with our Summer Swim Team. Shaelin has taken dedication to a new level! What an honor to have such an awesome young lady on our team!



Fall Fundraiser

Coming Soon!! A new and exciting Fundraiser for DDST!! We will be hosting a Fall Festival for the public which includes a Pool Pumpkin Patch, fun Carnival Games and Prizes. It will be held the evening of Saturday, October 13th, so save the date. We will need many volunteers and some donations for the event. More information will be coming out soon via e-mail, so watch for it so you don't miss out on the fun!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

News For Swim Parents

Published by the American Swimming Coaches Association

Please send comments or subscription requests to news@swimmingcoach.org

The Team Culture Aspect of "Success"

John Leonard

Think ahead to our end of season meets I would like to address both swimmers and parents about the team culture aspect of "success".

First, please understand that the coaches will be excited for the swimmers when they do well. Also understand that the "more excited" parents and coaches get about a good swim, the "bigger deal" it will be, and the HARDER it is for the child to continue to get better.

So, the coaches comments and attitude will FOCUS on how to get faster the next time the child swims the event, (how to swim better) and we'd ask parents to offer a "restrained" congrats. I know this is counter-intuitive to parents, but TOO MUCH praise acts as a brake on further improvement.

We want to foster the idea that IMPROVEMENT comes from attention to detail, swimming correctly, and following instructions. "Well done, good swim" is a good parental comment. "AWESOME, UNBELIEVEABLE, FANTASTIC" is NOT a good set of comments. (Think about what those words MEAN.)

Also, we want to teach the children that joy over a good swim is a good thing. But perspective and recognizing that they are hard working swimmers with good coaching, is more important. NATURALLY they will improve! If they practice well, and consistently, they will improve -- maybe not every time, but very often. So the behavior of the athlete needs to follow the idea of "Act like you have been there before!" (Instead of the showboating pro football player, who does dances and calls attention to himself

for an ordinary tackle or run. They get paid millions of dollars to run or to tackle....they should be doggone good at it. Just hand the ball to referee and get back in the huddle....) Same in swimming. Smile, shake hands with the swimmer next to you, go back and see the coach, accept a couple of congratulations and listen to the coach to learn how to continue to improve next time. Two minutes after the race, forget it and start thinking through your next race. And do EXACTLY the same after a less than satisfactory swim.

Be happy, celebrate, but be respectful of both your fellow competitors and the process of improvement.

Parents, please share this with your swimmers, either in writing or your own words. Expect to hear the coaches explaining this to swimmers as well.

If the team culture is right, every swimmer will be "right".



COACH

Daniel's Corner

(danielell84 @ hotmail.com)

Something that stands out to me these past couple months is competition. This month, I would like to stress to all of you to make it personal! There will always be someone faster, always someone better. Someone with a knack for what you do who will naturally be better at it than you. Do not worry about them! You will only achieve greatness if you strive to best yourself! Use that faster individual's superiority as fuel for your race against your best times, not to try to beat theirs. Once you focus on your entry, your stroke, your turns and your kick, you'll be amazed at the improvement. The best part is, you will always have that proper foe. No discouraging looks except for the one in the mirror. No harsh words except for the driving words you tell yourself. Even better still, your greatest foe will also be your greatest cheerleader!



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Dryland Training

Dryland Training for Seniors & Pre-Seniors will be changing starting in October. Dryland will occur on Tuesdays and Thursdays from 5-6pm but the training groups will be split by age groups. This will improve training by allowing for more physiologically appropriate workouts.

Starting in October we will be training at The Pilates Zone located at 1624 10th Street in Minden. The swimmers will work with trainer Julian Crandall one day and at the Swim Center with Chris Forvilly (certified Kia fit instructor) the other day. For the month of October we will be focusing on flexibility and stability.

The 15-19 year olds will be at Yoga on Tuesdays and the Swim Center on Thursdays.

The 12-14 year olds will be at the Swim Center on Tuesdays and Yoga on Thursdays.

If you have any questions about the program or these changes please contact Coach Kat.



COACH

Greg's Corner

(greg @ taylorcamp.org)

We have 1 crazy home meet under our belt, two more to go! As a parent and a Coach, it is always a challenge to know when to stop coaching and just be a parent. Supporting & praising your children's efforts is a key role for all parents. As Coaches, we have strategies for quick corrections, if needed, then we focus on getting swimmers ready for the next race.

As Parents, you need to encourage, support and (for the younger swimmers) feed/hydrate your swimmer! Working together, parents and coaches, allows our swimmers ready to swim the best they can!

This is a great article that talks about how to support your swimmer(s). See you at the meet! Coach Greg

Published by **The American Swimming Coaches Association**
On Praising Your Children

How often do you think about the amount of and type of praise you offer your child? The wrong kind of praise, or praise used too frequently or infrequently can cause difficulties. Sometimes we think that it is not possible to over praise a child because constant praise will build a child's self esteem. However, there is a real world for the child outside of the home and a child's peers may not always be as praise giving as his or her parents. Other children are usually quite truthful and blunt about the feats of their peers. A child constantly praised at home may feel themselves placed on a pedestal only to be knocked off outside the home.

In a recent article in "Parents Magazine", educational consultant Fredelle Maynard listed the dos & don'ts of praise. First the don'ts: [We've added swimming appropriate examples.]

- Don't praise by comparison ("You're the best swimmer on the team"). It may encourage unnecessary competition/fear of failing next time.

- Don't praise constantly. If everything a child does is terrific, wonderful, the best, you will run out of superlatives and the child will become blasé about applause.

- Don't praise indiscriminately. Children who are veteran meet swimmers know when a swim is good or bad. Parental ecstasies over mediocre performance can ei-

ther make children cynical or cause them to feel like frauds.

- Don't praise so extravagantly that children feel pressure to go on shining. Over enthusiastic applause destroys a good motive for activity (to please oneself) and substitutes a poor one (to please parents).

- Don't use sarcastic or "backhanded" praise. "Well, you did all flip turns for a change." "You touched with two hands! I can't believe it."

The best praise to use is encouragement. Encouragement helps build a child's confidence and autonomy while improper praise can be more manipulative, emphasizing what the adult wants. Encouragement allows the child to "own" their accomplishments and to find within themselves the strength and desire to do their best. The following are Maynard's dos:

- Do be specific. Instead of using words that evaluate ("What a great swim"), describe in concrete terms what you see: "You kept your elbows nice and high during that swim."

- Do describe the behavior and its consequences. For example, "Thanks for getting dressed and out of the locker room so quickly. Now we have more time to go shopping for the new goggles you need."

- Do focus on the child's effort, not the product. "You practiced hard for this swim meet and it really paid off."

- Do point out how your child has progressed. "A 200 IM! You couldn't have done that last year!"

- Do give control back to the child. Let the child do the evaluating. Rather than say, "I'm so proud of you," say, "You must feel good that you did all backstroke turns." Try simply asking,

"How do you feel about your swim?" and respond accordingly – giving encouragement when they feel disappointed (but never false praise), and joining them in their enthusiasm if they feel really happy.

Consider giving praise at different levels. "That looked like a better swim." "I thought that was a good job, what do you think?" "That was your best job so far!" Better, good, best. Avoid over using such superlatives as "Perfect," "Great," "Excellent" which leave little room for improvement.

To sum it all up, catch them doing things right and set them up for continued improvements.

**Election Results**

The annual election results are in! All candidates on this year's ballot were elected by a majority of the votes cast to serve on the DDST Board of Directors for the next 1 year term.

The new Board took office at the September 6th Board meeting, and at that meeting the following officers were elected to serve for the coming year: **Margaret Jackson** (President), **Lorna Johnston** (Vice-President), **Jim Morefield** (Secretary) & **Joanna Ruffo** (Treasurer). The other Board members at large are **Julie Gray**, **Chris Forvilly**, **Nikki Willis**, **Denise Bickmore**, **Greg Taylor** and **Karen Sullivan** (new Parent Liaison). Head Coach, **Kathleen Matheson**, also remains on the board as the 11th board member.

Contact information for all Board members can be found at the bottom of the Coaches page at www.ddst.org. Thanks to everyone who returned your ballot by August 25th, and to all the new Board members for stepping up to serve the Douglas Dolphins for the coming year.

**Scholastic All-American Dolfin!**

Dolphins' Senior Group member **Shaelin Morefield** has been named by USA Swimming to the 2011-2012 Scholastic All-America Team. Shaelin shares this honor with 1226 men and women nationwide, and is one of (a record) four from northern Nevada this year. (Complete list at usaswimming.org) The Scholastic All-America program is open to 10th-12th grade USA Swimming members who earn a 3.5 GPA or better, and achieve a Junior National Bonus Time in competition. Congratulations Shaelin, and keep up the great work in and out of the pool!

**New Swimmer Tryouts**

If you are interested in joining the Douglas Dolphins Swim team, please contact Karen Sullivan for more information at (ksullivan @ dcsd.k12.nv.us, 775-267-4035)



Pacific Top 10 & Top 25

For the 2011-2012 season ending August 31st four Dolphins achieved top 10 times (for their age) in Pacific Swimming and top 25 age group times.

Among Pacific Swimming 13 year old girls, **Shelby Koontz** posted the 3rd fastest 200y IM time with a 2:07.41, was ranked 4th in 100y freestyle & 400y IM, 5th in 50y freestyle and 100y butterfly, she had the 6th fastest 100y breaststroke time and finished 9th in 200y freestyle.

For Long Course at age 13, **Shelby** clocked the 3rd fastest 50m freestyle time (27.73) & 100m butterfly time, she was ranked 4th in 200m IM and she swam the 6th fastest 100m freestyle time.

Among 14 year old girls **Shelby** placed 4th in 100m butterfly with a 1:04.09, 8th in 50m freestyle & was ranked 10th in 200m IM. In the 13-14 girls age group she finished 24th in the 100m breaststroke.

Shaelin Morefield was ranked 14th among 15-16 girls in 200y butterfly with a time of 2:06.59 and she posted the 20th fastest 100y butterfly time in that same age group.

For Long Course, in the 16 year old girls age group, **Shaelin** was ranked 9th in 100m butterfly with a 1:04.31, she had the 7th fastest 200m butterfly time in Pacific Swimming and was ranked 8th in the 400m IM. For the girls 15-16 age group she also had the 19th fastest 1500m freestyle time.

For age 16 boys, **Kyle Johnston** clocked the 10th fastest 200y butterfly time of 1:56.82. Among the 15-16 boys he also posted the 25th fastest 100y butterfly time.

Among the 17-18 girls, **Mary Smithen** posted the 23rd fastest 100y backstroke time of 57.79.

The girls 15-16 400 freestyle relay team of **Erica Chappell, Eli Cruz, Jordan Knowles** and **Clara Gray** finished with the 3rd fastest relay time for their age group with a time of 3:58.07.

Congratulations to our top-10 and top-25 swimmers! All of the Pacific Swimming top-10 single-age and top-25 age-group results can be viewed at www.pacswim.org/page/times_top.shtm.



Junior Olympics

The Long Course Junior Olympics Swimming Championships took place July 20-22, 2012 in Concord California with 6 Douglas Dolphins swimmers taking part in the meet. The competition was divided this year between two pools in the Concord area due to the large number of competitors that have participated in this meet in past years. The Dolphins had a lot of great swims!

Kaela Forvilly (12) swam a super meet, finishing with 4 best times and an 11-12 **Team record** of 2:44.39 in the 200m backstroke improving her own record by 4 sec, she set new best times in the 200m freestyle and 100m backstroke, competed in 50m breaststroke and clocked a **FW** time of 3:12.82 in the 200m breaststroke with a huge 7.5 sec drop in time.

(Abbreviations: IM=Individual Medley; Times: FW=Far Western.)

Taylor Sullivan (12) qualified to swim 3 events and finished with 100% improvements in all three, she clocked a best time in her 50m breaststroke, took off 3+ sec in the 200m breaststroke and 1.5 sec in the 200m IM to finish right at 3 minutes in the event.

Savannah Chappell (14) also competed in 3 events with 100% improvement, she dropped 2 sec in the 400m freestyle, she shaved time off her best in the 100m backstroke and took off 2.75 sec in the 200m backstroke.

Erica Chappell (16) did very well at the meet swimming 6 events with 100% improvement, dropping an impressive 20+ sec in the 800m freestyle to finish in 10:33.21, she clocked best times in the 200m backstroke and 200m freestyle, improved 6.6 sec in the 400m IM and almost 4 sec each in the 200m butterfly and the 400m freestyle.

Eli Cruz (16) qualified to swim 4 events improving almost 2 sec in the 100m freestyle and 2 sec in the 200m IM, she took off over 2 sec in the 100m butterfly and finished strong in the 200m butterfly.

Clara Gray (16) also had a great meet competing in 6 events with 100%

improvement finishing with a best time in the 100m freestyle and the 100m breaststroke, she dropped 3.6 sec in 200m breaststroke, improved a huge 7 sec in 100m butterfly, 5 sec in 200m IM, took off 7.8 sec in 400m IM prelims and came back in finals to take off more time finishing in 7th with a 5:48.06.

All these swimmers should be very proud of their swims and all the hard work it took qualify for the meet!!



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

September 21: No Practice due to Molly Meet

October 19: No Practice due to meet

October 26: Nevada Day, no school, school out session

October 31: All groups Halloween Fun 4:30-5:30

November 9: No Practice due to meet.

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



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

Meet Director: meets@ddst.org; Loma Johnston, 775-782-2382;

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



Speedo Summer Sectionals

This year **Speedo Summer Long Course Sectionals** were held in Santa Clarita California July 25-30, 2012. The Douglas Dolphins were represented by 4 of its Senior Level swimmers. Starting with **Shelby Koontz** (14) who swam 4 events, swimming a best time in the 100m breaststroke breaking her own 13-14 girls **Team record** by 4.5 sec to finish with a time of 1:20.37, she also competed in the 50m freestyle, 200m IM and looked very strong in the 100m butterfly swimming just off her **PRT (Pacific Recognition Time)** times.

Shaelin Morefield (16) had a fantastic meet swimming 6 events with four 15-16 girls **Team records**, improving 3.4 sec in 100m backstroke for a **Team record** time of 1:11.47, she took off 8.6 sec in the 200m backstroke smashing the **Team record** from 2001 with a time of 2:30.32. Shaelin qualified for finals in the 200m butterfly taking of .85 sec in prelims for a new **Grand Prix** time of 2:23.77 and coming back at finals to take off another 1.7 sec to finish in 2:22.03 breaking her own **Team record** and finishing 19th, she also qualified for finals in the 400m IM with a 1.3 sec drop in time to finish with a 5:11.41 in prelims breaking her own **Team record** & finishing 28th.

Kyle Johnston (17) also swam 4 events swimming just off his best time in the 100m freestyle and setting the 17-18 boys **Team record** in the event by 2.04 sec with a time of 58.04 breaking his own record, he swam a best time in 200m freestyle setting another **Team record** in the event for 17-18 boys with a time of 2:05.22. Kyle also took off 1.2 sec in the 100m butterfly and finished with a third 17-18 boys **Team record**. His fourth **Team record** came in the 200m butterfly where he broke his own record finishing with a time of 2:17.68.

Michelle Forman (20) swimming with the Dolphins while on break from UNR swimming qualified to swim the 50m freestyle where she finished just off

her best time, the 100m butterfly which she swam faster by 1.1 sec and 200m IM, she also time trialed the 100m breaststroke improving her best time by 1.7 sec for a new **Senior IV** time.

Shaelin Morefield and **Michelle Forman** also competed in the 5K open water swim, Shaelin finished in 18th with a time of 1:09:48.13 and Michelle finished 41st in a time of 1:16:27.44.

It takes hours of practice and dedication to get to this level of competition and these swimmers should be very proud of their accomplishment.



Swim Practice Transportation!

For our newer members, a reminder that Douglas County school buses stop next to the Swim Center each afternoon. **Most of our swimmers ride the bus directly to practices after school.** To arrange this for your child, first contact the school district's Transportation Department (782-5194) and ask which bus route from your child's school makes this stop. Then provide a note to the school and bus driver allowing your child to ride that route on their practice days.



2012 AD CAMPAIGN A SUCCESS

Thanks to all swimmers and families who participated in the 2012 Ad Campaign, bringing in new and renewing existing sponsorships from local businesses.

Congratulations to the Bellik family for being our top fundraiser, and to the Jacobs and Forvilly families for bringing in greater than average sponsorship amounts. Those families who brought in over \$150 worth of sponsorships earned some nice prizes!

Remember, although the "official" Ad Campaign drive ends in July, sponsorships are welcome any time of the year. For more information please log on to our website, www.ddst.org.



Western Zones

The Western Zones Pacific All-Star Meet was held this August in Grand Junction Colorado. This meet brings together the top age-group swimmers from all over the 13 western US states. Eight boy and girl swimmers from each age group were picked to represent Pacific Swimming based on their times. Two Douglas Dolphins swimmers, **Shelby Koontz** and **Shaelin Morefield**, were among those picked for this year's team.

Shelby Koontz (14) swam 6 individual events starting with the 50m freestyle where she swam just off her best time making finals in the event and finishing in 6th, she also competed in the 100m freestyle, 200m freestyle and 100m breaststroke Shelby also swam the 100m butterfly finishing 1st with a 13-14 girls **Team record** & **Grand Prix** time of 1:04.09 improving by 1.72 sec, she qualified for finals again in the 200m IM finishing in 3rd place. Shelby's 13-14 girls 400m freestyle and 400m medley relay teams both placed 2nd, her 200m freestyle relay team placed 3rd & her 200m medley relay team finished 3rd clocking a new **Pacific record** with a time of 2:04.56.

(Abbreviations: IM=Individual Medley;
Times: FW=Far Western)

Shaelin Morefield (16) competed in 5 events including the 200m breaststroke, she swam the 100m butterfly finishing 1st with a new best time by .40 sec and a 15-16 girls **Team record** and **Grand Prix** time of 1:04.71, she also placed 1st in the 200m butterfly with a time of 2:23.25, she placed 4th in 200m IM finishing with a new **Far Western** time and **Team record** of 2:31.83 a best time by 2.72 sec, and she placed 3rd in 400m IM. Shaelin participated in the 15-16 girls 400m medley & 200m medley relays where they finished 1st, they were 4th in 200m freestyle relay and 6th in the 400m freestyle relay.

Both swimmers represented Pacific Swimming and the Douglas Dolphins well and should be very proud of themselves and their swims!



From the Board

Parent Communications

As a team, we want to make sure that swimmers and families have a positive experience with DDST. From time to time, parents will have concerns or need clarification about coaching or how the team is run. As a Board, we would like to have these issues brought to the attention of the appropriate person(s) as soon as possible so that a resolution can be made before the issue impacts the positive experience of the member.

In order to best respond to parent issues, we would like to inform all of our parents of DDST's channels of communications.

Please communicate any questions, issues or concerns regarding your swimmers to your swimmer's coach so that they become aware of your concerns and have the opportunity to work through the issue with you and your swimmer. If you feel that your concerns are not addressed by your child's coach, you should then communicate them with the **Head Coach, Kat**. In the event that you still have unresolved issues, please communicate with the Board President, **Margaret Jackson**.

- Billing issues should be communicated to **Joanna Ruffo**
- Fundraising issues should be communicated to **Julie Gray**
- New Member issues should be communicated to **Karen Sullivan**
- Volunteer Hours should be communicated to the Meet Director, **Margaret Jackson** or **Lorna Johnston**
- Any questions regarding the website should be communicated to **Jim Morefield**.
- Any questions regarding the purchasing of equipment or team suits should be communicated to **Denise Bickmore**.
- General concerns or questions can be routed through any **Board Member**.

If you have unresolved issues after communicating with the person responsible for a particular area, please contact the Board President, **Margaret Jackson**.

Contact information for all of these individuals can be found on our website, ddst.org, and in every newsletter that is sent out.



Upcoming Meets

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

HOME MEET: Molly Lahlum Memorial Meet, view meet sheet & enter meet on ddst.org. **Parents please be prepared to help out!**

October 19-21: Carson City NV, Reno/Sparks King of The Hill Meet (<http://www.pacswim.org/1012reno.pdf>, enter online by Wednesday, October 10)

November 9-11: Carson City NV, Carson Tigersharks Fall Frenzy (<http://www.pacswim.org/1112cars.pdf>), enter online by Oct 31, 2012)

November 30-December 2: Morgan Hill CA, Pacific Swimming 14/under Junior Olympics (qualifying times apply, see coach for details)

December 7-9: Pleasant Hill CA, Pacific Swimming Short Course Senior Championships (qualifying times apply, see coach for details)



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, October 2nd 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



High Country Meet Wrap Up

Wow! We received many compliments from swimmers and coaches on how much fun our High Country Meet was! Although we had problems "behind the scenes" with our computer and the Colorado timing system, most people didn't notice it!

Thank you to all of our hard working parents who put in many hours before, after, and during the meet to help make it a success! Please check your Volunteer hours on your account on the website to make sure they are accurate. Call or e-mail Margaret Jackson, if you have any questions.

Announcers: Kathy Chappell, Robbie Hight, Clint Hill-Hollman; **Computer-** Deb Duffy, Nikki Willis, Clint and Rosemary Hill-Hollman, and the Defillipi's (Carson Swim Team); **Colorado** – Chris & Pattie Dack, John & Nicole Knowles; **Clerk of Course** – Beckie Tollmann, Doreen Hyatt, Julie Gray, Randy & Gail Jacobs, Chris Forvilly, Karen Brockage; **Marshalls**– Kelly Schaan, Bob Perry, Ted Neal, Randy Jacobs, Hope Castro, John Collins, Jeremy and Farin Hutchings; **Head Timer** –Robert and Jackie Compton, Kathy Chappell, Chris Forvilly; **Meet Directors** – Lorna Johnston, Julie Gray, Margaret Jackson; **Runner** –Jason Tollmann, Ed Gray, Robbie Hight; **Music** (For Finals) – Greg Taylor; **Awards** – Marion Lancaster, Loran Neal, Doreen Hyatt; **Snack Bar** – Linda Koontz, Jared Hyatt, David & Christine Rakow, Jenna and Christopher Beam, Angelle Ashbaugh, Mike and Reagan Bellik; **Hospitality** – Janna Collins, Syndi Skilling, MaryJo Hollis, Johnnaly Ashbaugh, May Perry, Grace Chen, Hope Castro; **Parent Helper** – Linda Fields; **Officials** – Jim & Leslie Morefield, John Ruffo; **Set Up/Tear Down** – Jim Morefield, Chris Dack, Kelly Schaan, Marion Lancaster, and many others!

Our next meet will be the Molly Lahlum Memorial Autumn Freeze Meet September 21th, 22th, and 23th which is only a few weeks away. The 13& older swimmers will swim in the morning sessions and the 12 & under swimmers will swim the afternoon sessions. Parents please sign up to help as soon as possible, this will allow the Meet Director to focus on planning the meet instead of making a lot of extra phone calls.

Please note that the Molly Meet timeline has changed and the afternoon sessions Saturday and Sunday for 12 & unders will start at 12:30.



High Country Meet Results

The 2012 High Country Meet was filled with lots of great races, warm weather, rainy weather and lots of wind in the afternoon. Unfortunately finals on Saturday were canceled due to wind, rain and lightening, but the weather cooperated for the other two days so that many swimmers got to compete in the only trials and finals meet in our area. The Douglas Dolphins scored enough points to place 2nd in team points! Many of our 2012 Summer swimmers got to show off their new racing skills and participate in an official swim meet. Our year round swimmers also had fun mingling with the summer swimmers, their teammates and cheering each other on.

We will start with our 6 & under swimmers, **Cammie Jahreis** the youngest Dolphin to compete at the meet took on the 25 freestyle placing 9th and 25 backstroke placing 5th setting times to beat in her next competition. **Connor Schaan** finished as the 1st place **High Point** winner for 6 & under boys, achieving a new **PC-B** time in 25 freestyle improving 3 sec for 2nd place, he dropped 11 sec in 50 freestyle for 1st place, 8 sec in 50 backstroke for 1st place, 5 sec in 25 butterfly for the **Meet record** of 28.31, and swam the **Meet record** in 50 butterfly with a time of 1:20.22. **Matthew Yturbide** took on 2 events in his first swim meet as a Dolphin and set a time to beat in 25 freestyle placing 8th and tried his first 25 backstroke.

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

Up next we had our 7 & 8 year old girls. A lot of these swimmers were competing in a meet for the very first time. **McKenna Chappell** took on 6 events achieving **PC-B** times in 25 freestyle improving by 2.5 sec and 100 freestyle improving by a huge 10.8 sec for 10th place, she dropped 2.4 sec in 25 butterfly for 9th place and swam a best time in 25 backstroke. **Marin Collins** com-

peted in 9 events improving almost 4 sec in 25 breaststroke for a **PC-B** time, she dropped 2.6 sec in 50 breaststroke, she placed 9th in 50 backstroke with a best time and set times to beat in her first swims of 25 & 50 butterfly and 100 IM.

Kylie Compton also took on 9 events setting a **PC-A** time in 50 backstroke improving 4.7 sec for 8th place, she set a **PC-B** time in her first swim of 100 IM, dropped 2 sec in 100 freestyle for 6th place, finished 5th in 50 butterfly and set best times in 25 freestyle, breaststroke and butterfly. **Sofia DeLange** swam 5 events in her first meet as a Dolphin and set **PC-B** times in her first swims of 25 freestyle, 100 freestyle, 25 backstroke and 50 backstroke, she also tried her first 25 butterfly. **Grace Dickey** took on 5 events in her first meet and finished with **PC-B** times in 25 freestyle, 50 freestyle and 50 breaststroke, she also set a time to beat in 25 butterfly placing 8th and tried her first 25 breaststroke.

Lilia Fields competed in 5 events in her first meet setting a **PC-B** time in her first swim of 25 backstroke, she set times to beat in her first swim of 25 freestyle and 25 butterfly. **Eden Neal** competed in 8 events improving 3 sec in 100 IM for 10th place, she dropped 1.8 sec in 25 freestyle and shaved off time in 50 breaststroke to place 9th and finished 10th in 50 backstroke. **Sydney Palaroan** tried 2 events in her first meet setting a **PC-B** time in her swim of 50 backstroke and a time to beat in 50 freestyle for her next competition. **Relays:** The 8 & under girls team of **Marin Collins, McKenna Chappell, Eden Neal and Kylie Compton** placed 1st in 100 freestyle relay and the 8 & under 100 Medley relay team of **Sofia DeLange, Marin Collins, Kylie Compton and Sydney Palaroan** placed 3rd.

The next 2 swimmers represented our 7 & 8 year old boys and both are also first time meet participants, **Daniel Willis** swam 3 events setting times to beat in his first swim of 25 freestyle, 25 backstroke and 50 backstroke placing 10th in the 50 backstroke. **Cooper Yturbide** swam 2 events setting a **PC-B** time in his first swim of 25 freestyle and he set a time to beat in 25 backstroke.

They were followed by our 9-10 girls, **Maegan Collins** took on 9 events with 100% improvement, setting a **PC-B** time in 50 freestyle improving 7 sec, in 100 freestyle she dropped a huge 19+ sec for 9th place, and took off 16 sec in 100 IM, she set times to beat in her first swims of 200 freestyle and IM, 50 backstroke, and 50 butterfly finishing 10th. **Nicole Eyerly** another newcomer in her first meet set times to beat in her first swims of 50 freestyle and 50 backstroke and tried her first 50 breaststroke and 50 butterfly. **Rachael Hollis** swam 6 events with 100% improvement with a huge 17.7 sec drop in 50 butterfly, she swam 5 sec faster in 50 backstroke, took off 1+ sec each in 50 freestyle, 100 freestyle and 100 IM and set a time in 100 backstroke. **Maggie Hutchings** also had 100% improvement achieving a **PC-A** time in 50 breaststroke dropping a colossal 11.8 sec for 10th place, she set a **PC-B** time in her first swim of 100 breaststroke, improved 10 sec in 50 freestyle and set new times to beat in 50 backstroke and 50 butterfly.

Nikki Jackson had a fast meet tying for 1st place **High Point** for 9-10 girls, she clocked a new **JO** time in 200 IM improving 12 sec to finish 1st with a time of 2:59.96, she took off 4 sec in 100 butterfly for another 1st place finish, dropped 1.5 sec in 100 freestyle to finish 1st, set best times in 50 freestyle and butterfly good enough for 1st place, and placed 2nd in 3 other events. **Sophia Maricich** swam 2 events in her first meet as a Dolphin setting times to beat in 50 freestyle and 50 backstroke for her next competition. **Anna Northcutt** competed in 3 events setting times to beat in 50 freestyle and 50 breaststroke and tried the 50 backstroke.

Kyla Palaroan competed in 50 freestyle and 50 backstroke setting a time to beat in 50 backstroke. **Hope Rakow** set 3 **PC-A** times in 100 freestyle improving 5.6 sec, in 50 breaststroke with a 2 sec drop and in 100 breaststroke where she took off a gigantic 21 sec, she finished 3rd in 50, 100 & 200 freestyle and 100 breaststroke, improved 1.3 sec in 50 backstroke for 7th, and was 4th in 50 breaststroke. **Taylor Reardon** swam 2

events in her first meet as a Dolphin setting times to beat in her first swims of 50 freestyle and 50 backstroke.

Emma Ruffo swam a **PC-A** time in 100 backstroke finishing faster by 6.3sec to place 4th, achieved **PC-B** times in 100 freestyle improving 3.6 sec and 50 backstroke dropping 1.8 sec, she placed 5th in 200 freestyle with a 4 sec improvement, took off 2.8 sec in 50 butterfly & placed 7th in 100 IM with a best time. **Lani Smithen** competed in 6 events improving 1.3 sec in 50 butterfly, almost 1 sec in 100 freestyle and set a time to beat in her first 100 backstroke. **Cailey Tollmann** swam 8 events with 100% improvement, she posted 2 **PC-B** times in 100 IM improving 8.8 sec for 9th place and 50 freestyle with a 1+ sec drop, she took off almost 5 sec each in 100 freestyle and 50 breaststroke, 1+ sec in 100 backstroke to place 6th and placed 9th in her first swim of 200 freestyle.

Relays: 9-10 girls 200 freestyle relay team of **Hope Rakow, Emma Ruffo, Lani Smithen** and **Nikki Jackson** placed 1st, **Maegan Collins, Maggie Hutchings, Rachael Hollis,** and **Cailey Tollmann** placed 5th, 200 medley relay team of **Cailey Tollmann, Hope Rakow, Nikki Jackson** and **Lani Smithen** placed 1st.

Up next we had our 9-10 boys, **Joshua Beam** swam 2 events at his first meet setting a time to beat in 50 freestyle and trying his first 50 backstroke. **Niko Hight** set times to beat in his first meet in 50 freestyle and 50 backstroke. **Remy Hill-Holeman** swam 9 events achieving a **PC-A** time in 200 freestyle improving a huge 15.4 sec and took off 18.5 sec in 500 freestyle for 1st place in both events, he dropped 8.7 sec in 100 breaststroke, swam **PC-A** times in his first short course swims of 100 butterfly (3rd place) and 200 IM, 2nd in 50 freestyle and 3rd in 100 IM. **Michael Schaan** had a fantastic meet finishing as 1st place **High Point** winner for 9-10 boys, achieving his first **JO** time in 100 butterfly with a time of 1:28.16, 1.2 sec faster and 1st place, swam a **PC-A** time in 50 breaststroke faster by 3.7 sec to finish 2nd, he took off 3 sec in 100 breaststroke for 3rd, 10.7 sec in 200 IM for 1st, 6 sec in 100 freestyle,

placed 1st in 100 IM & 2nd in 50 butterfly. **Connor Taylor** took on 9 events and achieved a **PC-B** time in 50 butterfly dropping 3.2 sec to finish 4th, he improved 28 sec in 500 freestyle, a giant 10.6 sec in 100 butterfly to place 6th, almost 7 sec in 100 backstroke good enough for 2nd, he dropped 2 sec in 100 freestyle and 1 sec in 50 freestyle.

They were followed by our 11-12 girls, **Clarice Albert** swam 3 events with 100% improvement, taking off a humongous 54 sec in 100 freestyle she dropped 8.2 sec in 50 breaststroke and 2.2 sec in 50 freestyle. **Madison Ashbaugh-Komp** competed in 7 events with 6 best times including a 14 sec drop in 50 butterfly, she improved 3 sec in 200 IM, 2 sec in 50 freestyle and almost 1 sec each in 100 freestyle, 100 breaststroke and 100 IM. **Mychael Bellik** took on 10 events with a **PC-B** time in 1000 freestyle improving 42 sec and another in her first short course swim of 200 backstroke, she qualified for finals in 200 freestyle with a 3.5 sec drop in prelims and came back in finals to improve another 1.2 sec to finish 8th, took off 1.6 sec in 100 freestyle and set best times in 50 & 100 backstroke & 50 freestyle. **Lily Bickmore** swam 6 events achieving 3 **PC-B** times in 100 backstroke improving 5 sec, 50 butterfly taking off almost 1 sec and in 200 IM with a huge 25 sec drop, she improved 1.6 sec in 100 breaststroke and swam a best time in 100 butterfly.

Julia Chappell swam 6 events with 100% improvement, taking off almost 16 sec in 200 IM, 19 giant sec in 50 breaststroke, she swam the 500 freestyle and 100 backstroke faster by 7 sec each achieving a **PC-B** time in 100 backstroke and dropped 1.3 sec in 50 butterfly for another **PC-B** time. **Kaila Duffy** swam a fast meet achieving a new **JO** time of 2:15.56 in 200 freestyle dropping 2+ sec in prelims and another 4.5 sec in finals to place 2nd, she also made finals in 50 freestyle shaving off enough time to place 4th, she swam 100 freestyle faster by 3.6 sec, she placed 1st in 500 freestyle dropping 7.8 sec, finished 4th in 50 backstroke, qualified for super finals in 100 backstroke with a best time by 3 sec and

finished 3rd and she placed 2nd in her butterfly events. **Kaela Forvilly** also had a fast meet clocking a **FW** time and **Meet record** in 100 breaststroke dropping 2+ sec in prelims and another 2 sec in finals to finish with a 1:16.31 and 1st in the super final, she was 1st in 100 backstroke super finals faster by 1.2 sec, placed 2nd in 200 backstroke & 100 IM, finished 1st in 50 breaststroke, 5th in 50 freestyle, was 8th in finals in 50 butterfly dropping 1.4 sec and 2nd in 200 IM faster by a huge 14 sec. **Sarah Hyatt** had a great meet with 100% improvement in 8 events, she conquered her first 500 freestyle with a **PC-B** time and 9th place, she took off a huge 12 sec in 200 IM, dropped 2.2 sec in 100 breaststroke prelims and finished 11th in finals slashing another 2+ sec off her time, she also took off 4.3 sec in 50 butterfly, 2+ sec in 100 IM and clocked 3 other best times.

Sydney Kearney competed in 8 events including her first 200 IM where she successfully set a time to beat, she improved 14 sec in 100 backstroke, a humongous 15 sec in 50 breaststroke, 5.4 sec in 100 freestyle, 3 sec in 100 IM, and she was faster in 50 freestyle by 1.5 sec. **Angel Neal** took on 9 events and clocked **PC-B** times in 100 backstroke improving 2 sec and in her first swim of 200 backstroke finishing 8th, she shattered her 100 butterfly time by 11 sec, dropped 3 sec each in 100 freestyle and 50 breaststroke and took off 5 sec in 100 breaststroke. **Megan Ruffo** took on 8 events with 100% improvement including a giant 34 sec drop in 500 freestyle, she took off 14.8 sec in 200 freestyle and 14.3 sec in 100 IM, 8 sec in 50 breaststroke, set best times in 50 and 100 freestyle and conquered her first 100 butterfly. **Emily Willis** competed in 6 events taking off 4.4 sec in 100 breaststroke, 1.2 sec in 50 breaststroke, she improved a half of a sec in 50 freestyle and was just off her best time in 100 backstroke.

Relays: 11-12 200 freestyle relay team of **Kaila Duffy, Lily Bickmore, Mychael Bellik** and **Kaela Forvilly** placed 2nd, **Clarice Albert, Sarah Hyatt, Maegan Ruffo** and **Julia Chappell** placed 5th

Up next were our 11-12 boys **Taylor Knowles** swam a full slate of events and finished with a **PC-A** time in the 100 freestyle improving 1.2 sec for 4th place, he placed 3rd in 50 backstroke shaving off time, 4th in 50 freestyle, he qualified for super finals in 100 backstroke with a best time and came back in finals to drop 2 sec for 2nd place, he slashed 2.6 sec in 50 breaststroke for 9th place and placed 8th in 100 IM. **Joey Smithen** swam 7 events, achieving a **PC-A** time in finals of 100 IM dropping 10 sec in prelims to make finals and another 2.4 sec in finals to finish 7th, he finished 5th in 50 freestyle, butterfly and backstroke, 8th in 100 freestyle, qualified for finals in 100 backstroke improving a total of 5.7 sec to place 8th and was 4th in 100 butterfly with a **PC-B** time.

They are followed by the Dolphin 13-14 girls, **Chayce Beam** swam 2 events improving a humongous 17 sec in 50 freestyle and set a time in her first 100 freestyle. **Amanda Castro** competed in 7 events making finals in 100 backstroke and shaving off time to finish 9th, she clocked a best time in 50 freestyle, took off 3.3 sec in 200 freestyle, placed 6th in 200 backstroke dropping 5 sec, improved 14 sec in 100 IM and 3 sec in 200 IM. **Savannah Chappell** swam 5 events placing 6th in 100 freestyle with a 1 sec improvement, 6th in 200 freestyle in finals with a best time, 9th in 100 breaststroke taking off of 2.4 sec, 7th in 100 butterfly and 2nd in 200 IM shaving off time. **Emma Gray** had a great meet clocking her first **JO** time in 50 freestyle shaving off .4 sec to finish with a 26.47 and 1st place, she placed 8th in 200 freestyle, 4th in 100 backstroke and in 100 IM taking off 3.8 sec, 4th in 500 freestyle dropping 12.8 sec to go under 6 minutes, 2nd in 100 butterfly and she placed 5th in 400 IM improving almost 6 sec in prelims and coming back at finals to drop another 4 sec.

Anne Lancaster took on a full slate of events with 100% improvement and 2 **PC-A** times in 100 freestyle improving 2.2 sec and in 100 breaststroke dropping a total of 3.7 sec to place 11th, finished 7th in 100 backstroke finals with a 2.7 sec drop, 5th in 200 backstroke taking off 5

sec, improved 13 sec in 100 IM to finish 7th, 10th in 200 IM with a 2 sec improvement and 7th in 400 IM taking off 5.4 sec. **Annalisa Neal** competed in a full slate of events improving 1.5 sec in 200 freestyle, she placed 2nd in 500 freestyle with a 2.6 sec drop, 5th in 100 breaststroke finals dropping 1 sec, 4th in 200 breaststroke dropping 2.8 sec, she finished 5th in 200 butterfly, 8th in 100 IM dropping 2 sec and dropped 7.6 sec in 400 IM which was good enough for 6th. **Kayla Ruffo** had 100% improvement in 9 events posting 6 **PC-B** times, dropping 2 sec in 100 freestyle, almost 5 sec in 200 freestyle, she conquered her first 1000 freestyle, qualified for finals in 200 breaststroke with a 2 sec drop in prelims & came back at finals to drop another 4 sec to finish 8th and swam best times in 200 IM and 100 breaststroke.

Relays: 13-14 400 freestyle relay team of **Savannah Chappell, Anne Lancaster, Annalisa Neal** and **Emma Gray** placed 3rd.

Moving on to 13-14 boys, **Ryan Chen** also had 100% improvement in his events with a **PC-B** time in 100 breaststroke dropping 5.8 sec in prelims and another sec in finals to finish 10th, he improved 1 sec in 50 freestyle, 5 sec in 100 freestyle and placed 9th in 100 IM. **Justin Hight** swam 6 events finishing 8th in 50 freestyle with a best time, 9th in 100 freestyle, he set a time to beat in his first 200 freestyle, finished 4th in 100 backstroke finals taking off a huge 18.5 sec in prelims and another 1.5 sec in finals with a **PC-B** time and placed 6th in 100 IM.

CJ Hill-Holeman competed in 9 events, placing 7th in 100 freestyle with a best time, 9th in 200 freestyle, 4th in 500 freestyle, clocked a **PC-A** time in 100 freestyle improving 10 sec and swam a **PC-B** time in his first swim of the 1650 freestyle, improved 6 sec in 200 breaststroke, placed 6th in 100 butterfly improving 1 sec in each of his butterfly events.

Jason Lowther competed in 2 events in his first meet as a Dolphin making finals in 100 breaststroke where he dropped 1+ sec from his prelim swim to place 7th setting a time to beat, he also tried his first 200 breaststroke. **Josh Smithen** swam 6 events in the meet placing 7th in 50 free-

style and 100 breaststroke where he dropped 4+ sec in prelims and another 2 sec in finals finishing with a **PC-A** time, he was 6th in 100 freestyle dropping 1 sec, 5th in 100 backstroke and 100 butterfly where he improved 10 sec and in 100 IM he took off 4 sec in prelims and another 2 sec in finals to place 4th. **Kevin Smithen** took on 8 events at the meet placing 5th in 50 freestyle going under 26 sec, 3rd in 100 freestyle and in 100 backstroke super final improving 1.2 sec in finals, 5th in 100 breaststroke, 2nd in 100 butterfly shaving off time, 5th in 200 IM dropping 4.8 sec and 7th in 200 freestyle.

Erica Chappell starts out our 15 & over girls, she swam a fast 100 butterfly for a **JO** time dropping 3 sec to finish with a time of 1:04.56 and 4th place, finished 2nd in 200 butterfly dropping 5.8 sec, was 6th in 100 backstroke and 200 IM with a best time, placed 1st in 400 IM taking off 2.8 sec and 5th in 200 freestyle. **Rachel Chen** competed in 5 events, she was just off best in 50 freestyle, set a time to beat in her first 100 IM and swam a **PC-B** time in her first swim of 200 IM. **Eli Cruz** swam a full slate of events placing 6th in 100 breaststroke taking off .8 sec, was 9th in 50 freestyle, 8th in 100 butterfly, finished 3rd in 200 butterfly and 2nd in 400 IM just off her **JO** times. **Clara Gray** competed in 8 events at the meet finishing in 1st in 200 breaststroke in a strong race, 4th in 200 freestyle improving 1.5 sec in prelims and she came back to swim finals faster by another .7 sec, she placed 10th in 50 freestyle, 9th in 100 freestyle and 100 butterfly and finished 5th in 200 IM.

Jordan Knowles swam a strong 200 backstroke finishing 3rd faster by 3.6 sec, she placed 8th in 1000 freestyle taking off 41 sec, dropped 2.4 sec in 100 breaststroke for a **PC-A** time, placed 10th in 100 freestyle finishing right at a minute, was 5th in 100 backstroke, swam a **PC-A** time in 100 butterfly improving 1 sec, was 9th in 100 IM dropping a total of 11.3 sec and swam 50 freestyle just under 29 sec. **Sarah Koontz** swam 7 events just before she headed back to college and her voice was heard far and wide as she cheered on the Dolphins as they competed in finals each afternoon!! **Rocio Meza** swam 3 events in her first meet as a Dolphin and set **PC-B** times in

her first swims of 50 freestyle and 100 backstroke, she also set a time to beat in her first 100 freestyle. **Megan Skilling** after just returning to the water swam a strong 200 breaststroke finishing 2nd just off her best, was 3rd in super finals of the 100 breaststroke, 11th in 50 freestyle, placed 7th in 100 butterfly, 4th in 100 IM improving by 3 sec and 3rd in 200 IM.

Relays: 11 & over 200 freestyle relay team of **Sarah Koontz, Amanda Castro, Rachel Chen** and **Kayla Ruffo** placed 3rd, and the team of **Angel Neal, Madison Ashbaugh-Komp, Sydney Kearney** and **Megan Skilling** placed 5th; 15 & over 400 freestyle relay team of **Erica Chappell, Eli Cruz, Jordan Knowles** and **Clara Gray** placed 1st.

The Dolphin 15 & over boys start out with **Andrew Brockhage** who competed in 3 events in his last meet as a Dolphin, he was just off his best time in the 1650 freestyle, clocked a **PC-A** time in 200 butterfly improving a total of 13 sec finishing 8th in finals and he placed 8th in 100 IM improving 17.7 sec. **Adam Dack** swam a very fast meet finishing the 1000 freestyle in 2nd dropping a whole minute for a new **JO** time of 11:10.72, was 5th in 400 IM improving 11 sec in prelims and another 2+ sec in finals to finish with another **JO** time of 4:56.90, was 8th in 200 freestyle faster by 3 sec, 6th in 100 backstroke, 2nd in 200 backstroke and 1650 freestyle with a 30 sec drop, 5th in 100 & 200 butterfly and 500 freestyle. **Kyle Johnston** finished as the 2nd place **High Point** winner for boys 15-18, he placed 1st in 100 IM super finals taking off 1 sec for the **Meet record** of 57.56, was 2nd in 50 & 100 freestyle, 4th in 200 freestyle and 100 breaststroke with a best time by 3.2 sec, placed 2nd in 100 butterfly, 3rd in 200 butterfly and 200 IM and 4th in 400 IM shaving off time for a **PRT** time of 4:22.55.

Janosch Lancaster took on 7 events and placed 6th in 100 breaststroke, 8th in 50 freestyle just off his best time, 7th in 100 freestyle, 9th in 200 freestyle, he finished 5th in 100 backstroke on **JO** pace, 6th in 100 butterfly and 5th in 100 IM dropping .5 sec. **TJ Smithen** swam 8 events and finished 5th in 100 breaststroke, 4th in 50 freestyle with a best time, 6th in 100 freestyle and 200 IM, in 200 freestyle he was 7th taking 1 sec off in prelims and another 2 sec in finals to go under 2 minutes, 3rd in 100 butterfly and backstroke and 2nd in 100 IM super finals dropping 28.4 sec

total. **Jon Stamper** completed his meet with 100% improvement in 7 events with 2 **PC-A** times in 100 breaststroke taking off almost 7 sec to finish 7th and in 100 backstroke dropping 3.5 sec to place 8th, 3 **PC-B** times in his first swim of 200 freestyle, in 100 butterfly where he placed 8th and in 200 IM where he improved by 10 sec to finish 9th, he also went under 25 sec in 50 freestyle to place 7th.

Relays: 11 & over 200 freestyle relay team of **Taylor Knowles, Daniel Taylor, Jason Lowther** and **Joey Smithen** placed 5th.

All of our swimmers should be very proud of their swims. I think everyone had fun whether they were swimming in their first meet or their 20th meet or more!



Pool Use Outside Practice Times

The Swim Team pays a monthly fee for our pool usage during practice times. Some DDST swimmers enjoy using the other pools and equipment at the Swim Center on their own, before and/or after practice. This is fine as long as they are old enough and meet other Swim Center requirements, and as long as they pay the regular admission fee.

If you want your swimmer to be able to use the pools or equipment outside their practice times, they must pay regular admission. Monthly or annual passes can be purchased at a discount in the Swim Center lobby, or your swimmer can carry the daily admission fee.

Also, please be aware that DDST swimmers are NOT under DDST coach supervision or insurance coverage except while participating in their scheduled DDST practices or activities.



Check Your File Folder Often!

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



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.



Help For New Parents

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and our Parent Liaison is available to answer all your questions and show you the ropes.

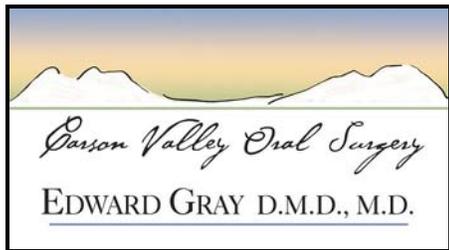
Contact Karen Sullivan (ksullivan@dcsd.k12.nv.us, 775-267-4035) or another key contact (see p. 4) to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



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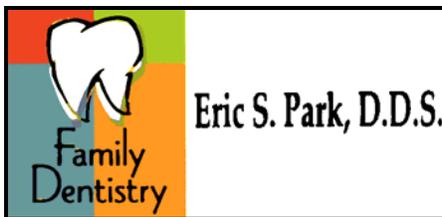
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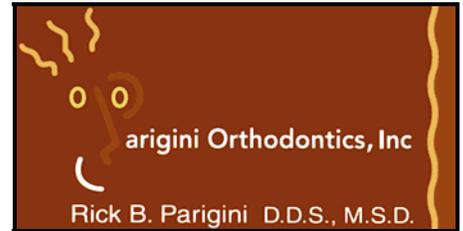
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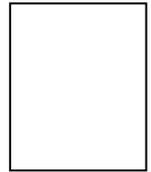
Taildragger Cafe



Douglas Dolphins Swim Team
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Minden NV 89423



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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Welcome back and Welcome to: Barrett Lee, Bethanie Ritchie, Jayden Shaw & Sebastian Zeron. **Farewell and good**

luck to: Andrew Brockhage, Jenna Broussard, Eli Cruz, Michelle Forman, Jake Forvilly, Haley Hineman, Sarah Koontz, Tim Hoover & Joe Sullivan. **Moving up: Congratulations to new Blue Dolphins:** Julia Chappell, Justin Hight & Joey Smithen.

Happy September Birthdays to Hope Rakow (9/8), Joseph Yankoskie (9/10), Grace Dickey (9/13), Kevin Smithen (9/14), Eden Neal (9/15), Lily Bickmore (9/17), Marin Collins, Chandra Matheson & Lani Smithen (9/23) and Lea Gifford (9/25).

Happy October Birthdays to Nikki Jackson (10/20), Cammie Jahreis & Joe Sullivan (10/24), Kylie Compton (10/26) & Madison Ashbaugh-Komp (10/30).

(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 2:30-4:30p

Pre-seniors: M-F 2:30-4:30p

Senior & Pre-Senior dryland Tu & Th 5:00-6:00pm

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

Red: M-Th 5:10-6:10p (optional Fast Fridays 4:15-5:30p with Blue group)

White Tu-Th: Tu & Th 4:15-5:00p

White M-W-F: M, W & F 4:15-5:00p

ALL Public Schools OUT of Session

(common break days; public holidays except Summer breaks)

Seniors: M-F 7:00-9:00a

Pre-seniors: M-F 7:00-9:00a

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

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

White Tu-Th: Tu & Th 4:15-5:00p

White M-W-F: M, W & F 4:15-5:00p

Next Newsletter

The next *Monthly* will appear about **October 12th**. All submissions should be received by **Wednesday October 10th**. Questions, content requests, items of interest to the DDST membership, address changes, and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Linda Koontz, at newsletter@ddst.org or 782-7806**. Items can also be left in our family folder, in the team file box by the trophy case at the pool lobby.

A big thank you to this month's contributors Coach Kat, Coach Sarah, Coach Greg, Coach Daniel, Julie Gray, Margaret Jackson, Nikki Willis, Lorna Johnston and Jim Morefield.

Latest news online: www.ddst.org.

