

# Dolphins' Monthly

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

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

November 2012

## Team Mom State Shirts

We would like to support our swimmers at State in Vegas and at ALL of our meets and show some team spirit! In order to do this, we want to order decals for "State shirts and meet shirts" for DDST moms that would like to have one. We will be ordering iron on decals that will say DDST in red bling with a clear bling border around it. Each letter is 2 x 2 and the cost for the iron on will be about \$12 depending on how many orders we receive. The \$12 is for the iron on only, each mom will purchase their own shirt, tank/sweatshirt to put the bling on.

We will have an "ironing" get together sometime before state. We would love all moms to order as many as you would like whether your child is going to State or not. If you are interested in ordering an iron-on, please text or call Karen Sullivan at 750-5016 and let her know how many you would like to purchase by December 1<sup>st</sup>. If you have any questions feel free to give her a call.



## 2013 USA Swimming Registration

We are coming up on our annual USA Registration for 2013. This year, everyone will re-register via the Online Registration system and pay at that time. The deadline for renewing your swimmer's USA swim registration is December 15th.

All DDST swimmers must have a valid 2013 Registration to swim past January 1st, 2013. This year's USA Registration fee is \$65. Registration includes insurance, which covers the swimmer while at meets and swim practices. Please let your child's coach know if your swimmer will not continue with the team into 2013.



## Swimmers of the Month

**McKenna Chappell** is White Group MWF Swimmer of the Month. She always tries her hardest at practice and she had a great Fall Frenzy meet to boot. McKenna had 100 percent improvement at the Carson meet and she swam her first 100 IM. I know that I can always rely on McKenna coming to practice with a huge smile and she is always willing to be a demonstrator for our drills. Keep up the hard work!!!

**Chad Maricich** is White Group TTH Swimmer of the Month. Chad has a great work/swim ethic that shows because of his constant improvement in the pool. He receives direction and correction in a positive way that results in him swimming faster and moving more efficiently through the water. He is polite to his teammates and coaches and keeps a smile on his face. Keep up the fantastic work, Chad!

**Jason Lowther** is Red Group Swimmer of the Month!! I can honestly say that Jason has finally gotten his feet wet. With a record best on a number of events in a meet... and a ton of them New Times... Jason is now a competition swimmer! Look out!! He had a great Frenzy meet and I look forward to seeing him best every one of those times at the next meet!! Nice Job Jason!

**Mychael Bellik** is Blue Group's Swimmer of the Month. Mychael's attendance and performance over the last few months has been stellar. She has been working really hard and focusing on her goals. At the Carson Fall Frenzy meet she took off 18 seconds total and achieved 7 Lifetime Bests. But she has not quite grasped her goals, so after the meet she continued her training. This is the perfect example of dedication. Great job Mychael! Reach for the stars.

**Jon Stamper** is Pre-Senior Swimmer of the month. Jon is a coach's dream and he was chosen in part for his amazing attitude. He listens to what his coach is telling him to

do and he acts on the changes that are asked of him. Jon has had some great events at the past two meets including achieving his first JO time in the 50 freestyle and I am looking forward to seeing him blossom further in our program.

**Janosch Lancaster** is the Senior Swimmer of the Month. Swimming is a brutal sport and it often tells unkind truths. Last year, Janosch was involved in a ski accident that kept him out of the water for a long time. For older athletes, it takes immense determination to reach the place where you left off after an interruption in training. The Carson Fall Frenzy is his 4th meet since returning to the water. Janosch took off a total of 7 seconds from his last swims and each meet he is closer to his peak performance level. I am proud of his progress and strong will. This fortitude will take Janosch far in the pool and life!



## DDST

## Swim-A-Thon!!

The Swim-A-Thon is scheduled to take place in January and the holidays are a perfect time to get started collecting pledges. As it was explained at the parents meetings a few weeks ago, we will be doing things a little differently this year.

If you are going to participate in the Swim-A-thon you can use the website to obtain pledges. In order to do this you should go online and set up your swimmers own pledge page at [ddst.org](http://ddst.org). There are tutorials on how to set up the page but if you still need help please contact Jim Morefield.

The system will track each swimmer's fundraising progress and allow online donations. So check it out!

If you would like to have a paper Swim-A-Thon packet please let Julie Gray know as soon as possible so she can get one to you ([grayju1235@wildblue.net](mailto:grayju1235@wildblue.net)).



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

As many of you know with school starting early I was sad to see that we couldn't fit "Hell Week" into our summer schedule. Some of you might think "of course that would make her sad because she enjoys torturing our children" but, truth be told that is not the reason. Our coaches enjoy "Hell Week" because of what the swimmers learn about themselves. At the end of the week, there is nothing like seeing swimmers faces glowing with pride. They are proud because they worked hard and endured a challenge. Nothing feels quite like that.

That feeling of accomplishment is something that the coaches feel is important for our team. Sooo, we will have "Hell Week" during Christmas break. It gets even better :) we are going to do it for both weeks! Now you and I know that we can't possibly call it "Hell Week" during Christmas so we have decided to have "Grinch Week". Grinch Week will run Wednesday through Friday both weeks of Christmas break. This is a perfect time to ramp up our training in preparation for the NV State Champs.

Please make sure that your child has a pair of tennis shoes they can wear in the water. We have lots of shoes at the pool but there might not be enough. Blue Group & above will also need an old sweat shirt. We look forward to seeing your child rise to the challenge of hard training.



## Secret Santas

Please note that we will be doing Secret Santas in each of our swim groups to help usher in the holiday season. Each group will get more information about Secret Santas from their coaches in the next few weeks. Please e-mail your swimmer's coach if they will not be participating in the Secret Santa gift exchange. The final gift exchange for each group will happen on Friday the 21<sup>st</sup> of December for **Blue, Pre-Senior** and **Senior** groups. **Red** and **White** groups will have their final exchange on Thursday December 20<sup>th</sup>.



COACH

## Sarah's Corner

(sgovanswm @ aol.com)

## Time Management for Swimming Success

By Wayne Goldsmith

### Don't Plan to Fail by Failing to Plan

Swimming successfully is as much about time management as it is about training hard. Fitting in training, schoolwork, rest and recovery and having some time to yourself is a difficult juggling act even for the most committed and dedicated athlete. One of the toughest things to do when managing your week is to schedule time to do nothing. For most athletes doing nothing is just as demanding as doing the hard training in the pool or gym.

**Rest, relaxation, recovery and restoration** – Those times when your body is growing, adapting and developing are fundamental to swimming (sporting) success. Allocate some time every week for recovery.

Most stress in life is caused by not doing things when you should have done them. The anguish and tension you feel behind the blocks is quite often the result of not preparing adequately in the weeks leading up to the race. The anxiety you feel on the way to an exam is sometimes the result of not doing the necessary study that you should have done before exam day.

Effective management of your time can not only improve your swimming (and your study) but it can help to minimize those nervous moments when you know you should have prepared better.

### Proper Prior Preparation Prevents Poor Performance

**Some Hints for Time Management**  
**1. Prioritize**, put first things first. Do those things you have to do first.

2. Use spare time to make life easier. Get an early start on a school project in your lunch breaks. Read your required school reading in the car on the way to training. Do sit ups and push-ups in the ad breaks when watching TV. Stretch your neck and shoulders when sitting at school or in front of your computer.
3. Set goals for every week and design a plan to help you achieve them. At the end of the week, (the best time is Sunday afternoon or evening when you are rested) review the previous seven days and evaluate how your week went. Plan to do one thing a little better every week.
4. Pick a time that you can put aside every week to plan for the next week.
5. If in doubt - do it now!

**Step One:** Design a simple weekly schedule. If using a computer it is easy to do something like this using a word processing program, spreadsheet program or even a database program.

Some swimmers design their own weekly schedule, enlarge it to a full page size (A4) and stick it up on the wardrobe or bedroom door so it's the first thing they see each morning.



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COACH

## Daniel's Corner

(danielell84 @ hotmail.com)

I want to keep on the topic of the ingestion of healthy foods. Post-workout nutrition is paramount for athletes and I found 7 easy-to-carry foods that you can keep in a small lunch bag or cooler that you can bring with you to the pool. Non-Fat Greek Yogurt with Fruit, Banana with 1 tbsp of almond or nut butter, low-fat chocolate milk, tuna on whole wheat bread, frozen whole grain waffles with Greek yogurt and almond butter, whole wheat English muffin with turkey breast and hummus, a protein shake and a banana.

Looking at this list it may seem like it's too much to bring or too much of a hassle, but try it! I guarantee that after a couple of weeks of consuming these healthy snacks after a workout you'll feel a difference both mentally and physically. These are also cheaper alternatives to high-sugar and processed snacks. We are already disciplined enough to swim for almost 2 hours each day during the week, what's another 5 minutes to prepare something healthy for after a workout?

<http://www.acefitness.org/article/3281/>



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, December 4<sup>th</sup> 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](http://www.ddst.org/boardmembers.htm)



## Dolphins' Classified OFFERED

**Offered** Size 26 girls navy Team suit, thin straps, worn but wearable for practice, free, contact Margaret Jackson at [mjgjackson@gmail.com](mailto:mjgjackson@gmail.com) if you are interested in this item.

## NV State Hotel Option

**Nevada State Championships** are scheduled for **February 21-24 (Thursday 1:00 pm through Sunday)** at the Desert Breeze Aquatic Center in Las Vegas. **Meet entry information** is pending and the **time standards** are posted on our website.

Per our Team Travel Policy, all **DDST members are responsible for their own travel and lodging arrangements**. But for your convenience, **we have contracted for a group rate at a nearby hotel**. This hotel includes free breakfast, a kitchen in each room, a team gathering area for group meals and it is about 4 miles from the pool so it will be our "headquarters" for the weekend! Two Queens or a King Suite with a pullout are available at this rate and we have initially contracted for 10 rooms (additional rooms at this rate will depend on continued availability). **You are encouraged to call and book your reservations as soon as possible if this is where you choose to stay**. Reservations are pre-paid and **non-refundable after January 20th, 2013**.

The hotel is the **Element Las Vegas Summerlin**. **Group rate is \$119 per night + taxes**. **RESERVATIONS: Courtney Rolfsness, (702) 589-2013, ask for the Douglas Dolphins group rate.**



## Can't Wait for State (new dates) February 21-24!!

Swimmers, if you are hoping to qualify for the Nevada State Championship swim meet to be held in **Las Vegas February 21-24, 2013 (Thursday through Sunday)** there are **only 3 more local meets to achieve qualifying times** (see the DDST website for qualifying times)!

Also, you should know that there are only about 3 months before the State Meet! So keep practicing hard, attend practice as often as possible, listen at each workout and enter those last few meets so you can achieve qualifying times to swim at State in February!

COACH

## Greg's Corner

(greg @ taylorcamp.org)

So it has been a tough week. Tough as a Coach. Tough as a Parent. Tough as an Employee. Tough as a Son. Tough as a Husband. We all have those weeks. Some good, some bad. Some a little of both. Every day last summer in Red Group we watched some races from the Olympic Trials, then from the Olympics. We tended to watch the winners. But with 8 lanes, for every winner there were 7 who didn't win. The USA Olympic Swim Team had 24 Men, 25 Women. A total of 49 swimmers. We watched the trials. About 1850 swimmers swam in the Olympic Trials, 1800 didn't make it this time. But I bet you half of them will be trying again next time.

Gary Hall Jr. said "that the warm-down pool at the Olympic Trials is the well of tears." "Hidden away from the competition pool, it is a safe haven for swimmers to express true feelings, away from the limelight." Do you think they were upset? yep. Did they swim the next day? yep. But that is the Olympics right? Just the Olympics? No. How about going for that cut for JO's and just missing it. You aged up and just can't seem to get that State Cut (but keep trying... still a few meets left!!!) At our last meet we had more than one swimmer adding time and getting frustrated. Are we surprised? No... the last two meets were 3 weeks apart, but it was a good chance to fix a bad swim from the meet before and maybe get that State or JO time. Did some swimmers who are used to doing well at all their meets feel some disappointment? Yes and that is a good thing too.

As a coach and as a parent, I know, we all know, that we want to prepare our kids for the world. We want them to do their best and we want them to succeed. Be we should also want them to fail sometimes too. We are here to support, guide and eventually watch them overcome and succeed again. Because we all know, failure is just a bump in the road to success and when you finally succeed after so many trials and tribulations... it is that much sweeter.

*"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."*

**Michael Jordan**



# King of the Hill Meet Results

The King of the Hill meet held in Carson City is always exciting because the swimmers get to cheer each other on as they fight for the Title of King of the Hill. This is an event where swimmers of all ages (11 and up) sprint their way in the 50 freestyle from a field of 64 to a field of 2. Each race whittles the contestants down till only 2 swimmers are left to fight for the right to be called King (Queen) of the Hill.

We will start out with Girls and because there was less than 64 participants entered in the girls King of the Hill event, the Dolfin girls saved their energy for the next round: **Erica Chappell, Clara Gray, Amanda Castro, Emma Gray, Kayla Ruffo, Shelby Koontz, Jordan Knowles, Rachel Chen, Shaelin Morefield** and **Meagan Skilling** made the Top 64 (in that order).

Then the field was slimmed to 32 and **Shelby Koontz, Shaelin Morefield, Erica Chappell, Emma Gray, Meagan Skilling, Clara Gray** and **Jordan Knowles** made the cut. Next the field was trimmed to 16 and in 4<sup>th</sup> place was **Shaelin Morefield**, 6<sup>th</sup> place **Shelby Koontz** and 13<sup>th</sup> **Emma Gray** (18<sup>th</sup> place **Erica Chappell** and **Jordan Knowles** finished 24<sup>th</sup> with a best time going under 28 sec).

The field was then sliced to top 8 with **Shelby Koontz** finishing 3<sup>rd</sup>, **Shaelin Morefield** finished 6<sup>th</sup> and **Emma Gray** just missed top 8 by a little over half a sec placing 9<sup>th</sup>. **Shelby** and **Shaelin** both made it into the top 6 placing 2<sup>nd</sup> and 4<sup>th</sup> respectively and into the top 4 placing 2<sup>nd</sup> and 3<sup>rd</sup> respectively (**Shaelin** with a best time going under 25 sec to clock a 24.91). **Shelby** made it into the Top 2 finishing 1<sup>st</sup> in that round and came back in the Battle for the Title of Queen of the Hill to place 1<sup>st</sup> with a best time of 24.07.

The Dolfin boys were also guaranteed a spot into the Top 64, so they conserved their energy in Round 1. **Jon Stamper, Joe Sullivan** (best time going under 28 sec), **Justin Hight** (best time), **Ryan Chen** (best time going under 30 sec), **Kyle Johnston, CJ Hill-Holeman** and **Adam Dack** competed in the event. The field was trimmed to 32 and **Jon Stamper, Kyle Johnston, Adam Dack** (going under 27 sec), **Joe Sullivan, Justin Hight** and **Ryan Chen** made the cut. In the next round, the field was cut to top 16 and **Kyle Johnston** finished 4<sup>th</sup> and **Jon Stamper** finished 11<sup>th</sup> with a best time. Slicing down to Top 8, **Kyle** finished 4<sup>th</sup>

and 4<sup>th</sup> again to move on to Top 6 and Top 4. In the next race to decide Top 2, **Kyle** finished 4<sup>th</sup> with a super-fast time of 22.69 a best by .35 sec. The winner for the boys was a swimmer from RENO.

Many of the Dolphins had some very fast swims during the meet starting with our 6 & under swimmer **Connor Schaan** who competed in 8 events clocking 3 **PC-B** times in 50 backstroke improving 7.4 sec for a **State** time and 3<sup>rd</sup> place, 25 backstroke and 50 freestyle taking off 2+ sec in each event and he placed 1<sup>st</sup> in 50 butterfly.

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

Up next we had our three 9-10 girls starting with **Kyla Palaroan** who swam 4 events including her first 100 freestyle and 50 breaststroke where she set times to beat for her next competition and she was just off her best time in 50 freestyle. **Emma Ruffo** finished the meet with 5 best times in 6 events including a **PC-A** and **State** time in her first swim of 200 IM placing 2<sup>nd</sup>, a **PC-B** time in 50 butterfly improving 1.2 sec and finishing 5<sup>th</sup> and she dropped 2.7 sec in 100 IM for another **State** time and 7<sup>th</sup> place. **Cailey Tollmann** took on 6 events, improving 1.5 sec in 50 backstroke and 1.3 sec in 50 freestyle, she finished just off best in 50 breaststroke and 200 IM, placed 4<sup>th</sup> in 50 backstroke and 5<sup>th</sup> in 200 IM.

They were followed by the 9-10 boys starting with **Niko Hight** who had 100% improvement in 2 events dropping 10 sec in 50 freestyle and shaving off time in 50 backstroke. **Remy Hill-Holeman** had a fantastic meet finishing with 5 best times and a 9-10 boys **Team record** and **JO** time of 7:11.33 in the 500 freestyle breaking the record by .97 sec for 1<sup>st</sup> place, he clocked another **JO** time in 200 freestyle improving 4.8 sec to finish in 2:36.83 and another 1<sup>st</sup> place, he took off 4 sec in 100 butterfly and 2 sec in 50 butterfly.

**Michael Schaan** also had a super-fast meet finishing with 6 best times out of 8, he posted a 9-10 boys **Team record** and **JO** time in 50 butterfly by .08 sec to finish with a 35.38, took off a huge 31 sec in 500 freestyle, .9 sec in 100 backstroke and .7 sec in 100 butterfly, he placed 1<sup>st</sup> in 50 backstroke, and his butterfly and IM events. **Connor Taylor** had a great meet with 100% improvement in 4 events including a **PC-A** time in 50 backstroke improving 3 sec to place 5<sup>th</sup>, he dropped 9.8 sec in 500 freestyle for a **PC-B** time and 2 sec in 100 butterfly

for 5<sup>th</sup> place and another **PC-B** time, he also shaved off time in the 50 freestyle.

11-12 girls started out with **Mychael Bellik** who competed in 7 events achieving a **PC-A** time in 200 backstroke improving 3.5 sec, she also dropped 1.5 sec in 100 IM and finished just off her best time in the 50 freestyle. **Lily Bickmore** took on 6 events including her first 400 IM which she finished with a **PC-A** time and 7<sup>th</sup> place, she dropped time in the 50 freestyle and improved 2.2 sec in 50 butterfly for 2 more **PC-A** times and took off 8+ sec in 200 freestyle. **Julia Chappell** clocked 2 best times in 3 events taking off 1.3 sec in 100 IM, she shaved off .6 sec in 50 freestyle and finished just off her best time in 50 butterfly.

**Kaila Duffy** improved in 5 out of 8 events achieving a **PC-A** and **State** time in her first swim of 200 backstroke, she clocked an 11-12 girls **JO** time in 50 freestyle dropping .86 sec to finish with a 28.21, improved 8.8 sec in 200 IM, 1+ sec in 200 freestyle and 500 freestyle and placed 1<sup>st</sup> in 200 freestyle and 50 & 100 butterfly. **Kaela Forvilly** had a super meet with 100% improvement in 8 events, she clocked a 13-14 girls **FW** time in 200 backstroke dropping 4 sec to finish in 2:23.77 and an 11-12 **FW** time in 50 backstroke shaving .45 sec to finish in 31.49, took off 1 sec in 100 freestyle to finish at 1:00.81 for an 11-12 girls **JO** time and placed 1<sup>st</sup> in 5 events. **Hope Rakow** achieved 5 best times in 8 events, she took on and conquered her first 500 freestyle finishing with a **PC-B** time, she also improved 4.8 sec in 200 freestyle, dropped 2.6 sec in 50 backstroke and took off 2.9 sec in 200 IM.

**Megan Ruffo** had a superb meet with 100% improvement in 6 events, she dropped a humongous 23 sec in 100 breaststroke, 5 sec in 100 freestyle, trimmed off 3 sec in 50 breaststroke and 2.6 sec in 50 backstroke. **Jayden Shaw** competed in 5 events in her second meet as a Dolfin trying 4 new events and setting times to beat in her first 100 breaststroke, 100 freestyle and 50 backstroke. **Taylor Sullivan** finished the meet with 3 best times including an 11-12 girls **JO** time in 50 breaststroke where she took off 2 sec to finish in 35.71 and in 200 breaststroke where she improved a huge 13.8 sec to finish with another **JO** time of 2:53.17, she dropped 1+ sec in 50 backstroke, placed 2<sup>nd</sup> in 100 & 200 breaststroke and 4<sup>th</sup> in 50 breaststroke.

**Taylor Knowles** starts off our 11-12 boys competing in 8 events and clocking **PC-A** times in his first short course 200 backstroke and in 500 freestyle improving 18.6 sec, he took off 1+ sec in 200 freestyle

and 50 butterfly, he placed 2<sup>nd</sup> in 500 freestyle and 50 backstroke and 4<sup>th</sup> in 50, 100 & 200 freestyle. **Daniel Taylor** took on 5 events and also posted a **PC-A** time in his first 200 backstroke, he improved a huge 39 sec in 200 IM placing 6<sup>th</sup>, dropped almost 5 sec in 500 freestyle to place 7<sup>th</sup>, and 1 sec in 50 backstroke placing 7<sup>th</sup>, he was 8<sup>th</sup> in 200 backstroke.

Up next were the Dolphin 13-14 girls **Amanda Castro** posted 5 best times out of 6 events including a **PC-A** time in 200 backstroke dropping 2 sec, she improved 4 sec in 100 breaststroke and 1+ sec each in 100 freestyle and 100 backstroke. **Savannah Chappell** swam 5 events and finished with a 13-14 girls **JO** time in 200 freestyle improving 3.8 sec to finish with a 2:05.60 and 3<sup>rd</sup> place, she dropped 1.8 sec in 100 breaststroke and 1 sec in 200 IM finishing 4<sup>th</sup> and placed 4<sup>th</sup> in 200 backstroke. **Emma Gray** finished the meet with 2 best times improving 1.6 sec in 100 breaststroke, she dropped .6 sec in 200 breaststroke and was just off her best time in 100 butterfly for 5<sup>th</sup> place, she finished 6<sup>th</sup> in 400 IM and 7<sup>th</sup> in 100 freestyle. **Shelby Koontz** broke her own 13-14 girls **Team record** in 50 freestyle by .26 sec and was crowned Queen of the Hill finishing with a 24.07 to place 1<sup>st</sup> in the event, she competed in 5 other events placing 2<sup>nd</sup> in 400 IM and 3<sup>rd</sup> in 100 & 200 breaststroke.

**Anne Lancaster** competed in 7 events clocking 2 best times finishing with a **PC-A** time in 50 freestyle going under 30 sec with a 1.9 sec drop to place 4<sup>th</sup>, she shaved off .7 sec in 200 backstroke, was just off best in 100 backstroke and freestyle and placed 8<sup>th</sup> in 100 backstroke and 200 IM. **Annalisa Neal** took on 4 events improving 1.2 sec in 50 freestyle to go under 29 sec placing 6<sup>th</sup>, she took off 1.8 sec in 100 backstroke and dropped 1.2 sec in 100 breaststroke to finish 5<sup>th</sup>. **Kayla Ruffo** competed in 7 events and dropped 1 sec in 100 freestyle and improved 1.4 sec in 100 breaststroke, she just missed a best time in 200 IM and was close to best in 200 breaststroke.

They were followed by the 13-14 boys, **Ryan Chen** took on 7 events and achieved a **PC-B** and **State** time in his first 200 breaststroke to place 4<sup>th</sup>, he set a time to beat in his first 200 freestyle, shaved off time in 100 freestyle and posted a **State** time in his first swim of the 200 IM. **Justin Hight** swam 6 events finish-

ing 8<sup>th</sup> in his first 100 butterfly with a **PC-A** and **State** time, he improved 1.3 sec in 100 freestyle, set a time to beat in 100 breaststroke and improved .35 sec in 50 freestyle. **CJ Hill-Holeman** participated in 8 events, he took off 1.7 sec in 100 butterfly for a **PC-B** and **State** time and placed 8<sup>th</sup> in 500 freestyle, he also tried his first 400 IM. **Joe Sullivan** competed in 6 events, he took off .44 sec in 50 freestyle and set **PC-B** times in his first time swimming his 5 other events, he also clocked **State** times in 100 freestyle, 100 backstroke, 200 IM and 100 breaststroke.

15-18 girls **Erica Chappell** competed in 7 events shaving off time in 100 freestyle & 50 freestyle, she was just off best in 100 backstroke and 100 butterfly, she placed 1<sup>st</sup> in 200 butterfly and 4<sup>th</sup> in 100 butterfly and 500 freestyle. **Rachel Chen** finished the meet with a **PC-B** time in her very first swim of 200 backstroke, she took off 10.7 sec in the 200 breaststroke for a **State** time and 7<sup>th</sup> place and she dropped 4.2 sec in her swim of the 200 IM. **Clara Gray** competed in 7 events at the meet and placed 2<sup>nd</sup> in the 200 breaststroke and the 200 IM and she finished 4<sup>th</sup> in 100 breaststroke on **JO** pace. **Jordan Knowles** clocked 4 best times in 7 events placing 3<sup>rd</sup> in 200 backstroke with a personal best time, she improved 4.4 sec in 200 freestyle, took off 3.2 sec in 100 butterfly and trimmed .3 sec in 50 freestyle she also finished 6<sup>th</sup> in 100 backstroke.

**Rocio Meza** competed in 3 events and set a time to beat in her first swim of 100 breaststroke. **Shaelin Morefield** took on 7 events finishing in the Top 4 for the battle of the Queen of the Hill with a best time in 50 freestyle by .7 sec, she was just off her best in 200 freestyle, and she placed 1<sup>st</sup> in 100 breaststroke, 100 butterfly, 200 IM and 400 IM. **Meagan Skilling** took on 7 events finishing 1<sup>st</sup> in 200 freestyle and 100 breaststroke and she placed 2<sup>nd</sup> in 400 IM on **JO** pace and 5<sup>th</sup> in the 200 IM and 100 freestyle.

15-18 boys **Adam Dack** competed in 8 events finishing just off his best time in 100 freestyle and 50 freestyle, he placed 3<sup>rd</sup> in 100 backstroke and 4<sup>th</sup> in 500 freestyle & 200 freestyle and 200 backstroke. **Kyle Johnston** took on 7 events and finished 4<sup>th</sup> in King of the Hill battle with a best time, he posted a **FW** time in 200 IM improving 2 sec to finish with a 2:05.55 and 1<sup>st</sup> place, he also finished 1<sup>st</sup> in 200 freestyle, 2<sup>nd</sup> in 100 freestyle and 2<sup>nd</sup> in

100 backstroke. **Janosch Lancaster** participated in 8 events shaving off time in 100 breaststroke, he was just off his best in 50 freestyle, he finished 2<sup>nd</sup> in 400 IM, 3<sup>rd</sup> in 100 & 200 backstroke and he placed 2<sup>nd</sup> in the non-King of the Hill 50 freestyle.

**TJ Smithen** swam 2 events at the meet and even though he was sick he finished 1<sup>st</sup> in the non-King of the Hill 50 freestyle right on his best time and he placed 2<sup>nd</sup> in 100 breaststroke taking off .66 sec. **Jon Stamper** competed in 6 events and finished the meet with 4 best times, he took off 2.8 sec in 100 breaststroke for 6<sup>th</sup> place, dropped 1.3 sec in 100 freestyle, shaved off .8 sec in 200 freestyle for 5<sup>th</sup> place and swam a best time in 50 freestyle.

The swimmers always enjoy swimming with their teammates in relays and our swimmers did very well. In the 11-12 girls 200 freestyle relay, the team of **Forvilly, Sullivan, Bickmore and Duffy** placed 2<sup>nd</sup> with a **Team record** of 1:55.72 beating the old record by almost 4 sec, the same relay team competed in the 200 medley relay and placed 1<sup>st</sup>, the relay team of **Bellik, E Ruffo, M Ruffo and Rakow** placed 5<sup>th</sup> in the 200 freestyle relay and **Tollmann, E Ruffo, M Ruffo and Rakow** placed 6<sup>th</sup> in the 200 medley relay.

The 18 & under relay team of **Skilling, C Gray, Morefield and Koontz** placed 1<sup>st</sup> in the 200 Medley relay, the team of **S Chappell, Annalisa Neal, Duffy and E Chappell** placed 3<sup>rd</sup> and the team of **Forvilly, Sullivan, Chen and K Ruffo** placed 5<sup>th</sup>.

**Morefield, C Gray, E Gray and Koontz** placed 1<sup>st</sup> in 4 x 100 Medley relay and the 13-18 girls 200 freestyle relay team of **E Chappell, Skilling, Morefield and Koontz** placed 1<sup>st</sup>.

The 12 & under boys 200 freestyle relay team of **Knowles, M Schaan, D Taylor and R Hill-Holeman** placed 1<sup>st</sup>, **TJ Smithen, Lancaster, Johnston and Stamper** placed 1<sup>st</sup> in 200 Medley relay with a boys 17-18 **Team record** of 1:49.12, and the same group posted a 17-18 boys **Team record** in the 200 freestyle relay with a time of 1:36.55.

All of the Dolphin swimmers did very well and they seemed to have a lot of fun cheering each other on.



## Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

**November 22: Thanksgiving Day**, practice from 8:00-10:00 am for all groups.

**November 23: Family Day**, no practices.

**December 14:** No practices- Home meet.

**December 15:** Dryland at Appoggio for Seniors and Pre-Seniors.

**December 24-January 4:** Winter break, practices to follow School out of Session schedule (please confirm whether or not your swimmer will swim over the Winter Break on the website).

**December 24:** Seniors through Blue groups practice from 6:00-8:00am; White and Red Groups practice from 8:00-9:00am.

**December 25:** No practices.

**December 31:** Seniors through Blue groups practice from 6:00-8:00am; White and Red Groups practice from 8:00-9:00am.

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



## Upcoming Meets

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

**November 30-December 2: Tacoma, WA: Husky Invitational Meet**

([http://www.huskyswimmingfoundation.com/wp-content/2012\\_HuskyInvite\\_Info.pdf](http://www.huskyswimmingfoundation.com/wp-content/2012_HuskyInvite_Info.pdf))

**December 7-9: Pleasant Hill CA, Pacific Swimming Short Course Senior Championships**

(<http://www.pacswim.org/1212wcb.pdf>, qualifying times apply, see coach for details)

**HOME MEET: December 14-16, Candy Cane Chiller** (enter online by Dec. 5<sup>th</sup>, 2012)

**January 18-20: Carson City, NV, Carson Tigersharks Last Chance Meet** (meet sheet pending).

**February 9-10: Carson City, NV, Last, Last Chance Meet** (details pending)

**February 21-24: Las Vegas, NV, Nevada State Swimming Championships** (qualifying times apply)

**March 2-3: Carson City, NV, Pacific Zone All-star meet** (application required)



## Fall Frenzy Meet Results

November 9<sup>th</sup> through 11<sup>th</sup> was the Fall Frenzy meet hosted by the Carson Tigersharks. The weather was slick and icy so we were thankful that everyone got there safe and sound. Our swimmers turned in some fast times and even a **Team record**, 2 new **Junior Olympic** times and one **Far Western** time as we count down to our State meet in February.

Many of our swimmers are looking for State cuts and our older swimmers are watching their progress as they prepare for some big meets at the end of this month in Washington State and California at the beginning of December.

Starting out with two Dolphin 7 and unders, **Connor Schaan** clocked 4 best times, improving 12 sec in 100 freestyle, 6.5 sec in 50 butterfly, he posted new **State** times in 25 freestyle and 25 backstroke faster by 1+ sec in both, placed 1<sup>st</sup> in 25 freestyle and 50 butterfly and 2<sup>nd</sup> in 100 freestyle, 25 backstroke and butterfly. **McKenna Chappell** had a super meet with 100% improvement in 5 events, she achieved 4 **PC-B** times in 25 breaststroke and 50 freestyle with a drop of 6 sec in each, another in her first 100 IM placing 1<sup>st</sup>, and the last one in 25 butterfly, she took off 3.8 sec in 50 backstroke, achieved 4 new **State** times, she was 2<sup>nd</sup> in 25 butterfly and 50 backstroke.

Followed by the 9 year old girls, **Eden Neal** swam 6 best times out of 8 events dropping 5 sec in 50 backstroke and 3 sec in 100 IM, she successfully competed in her first 200 freestyle and 50 butterfly and improved 1.5 sec in 50 freestyle. **Kyla Palaroan** completed the meet with 4 new best times setting a time to beat in her first swim of the 100 IM; she improved 8 sec in 50 backstroke, dropped 1.5 sec in 50 freestyle and posted a best time in 100 freestyle. **Emma Ruffo** took on a full slate of 10 events setting a **PC-A** time in her first 100 butterfly finishing 4<sup>th</sup>, she dropped 3.7 sec in 200 freestyle, 2.8 sec in 100 breaststroke, shaved off time in 100 IM, placed 5<sup>th</sup> in 100 free-

style, and 6<sup>th</sup> in 200 freestyle and 100 backstroke.

We had three 9 year old boys swimming at the meet; **Remy Hill-Holeman** took on 8 events posting a **PC-A** time in 50 butterfly dropping 1.8 sec to go under 40 sec, he dropped 3.3 sec in 100 breaststroke and 1.2 sec in 50 backstroke, he looked solid in the 100 IM, placed 1<sup>st</sup> in 100 & 200 freestyle and 2<sup>nd</sup> in all his other events. **Michael Schaan** challenged himself with 10 events at the meet, he posted a **Team record** in 50 butterfly beating his own record by .64 sec to finish in 34.82, he took off 3.6 sec in 100 breaststroke, 2.8 sec in 100 butterfly, set a best time in 100 freestyle and placed 1<sup>st</sup> in 9 events. **Connor Taylor** swam 4 events and just missed a best time in the 50 freestyle, he placed 4<sup>th</sup> in 200 freestyle and finished 5<sup>th</sup> in 50 freestyle.

The Dolphin 11 year old girls posted some fast swims starting with **Julia Chappell** who entered 6 events dropping a huge 32 sec in 500 freestyle for a **PC-B** time and 4<sup>th</sup> place, she improved 3.6 sec in 100 freestyle for another **PC-B** time, she swam faster in 100 IM by 2+ sec and looked strong in 50 butterfly. **Sarah Hyatt** posted 3 best times at the meet, including a **PC-B** time in 50 freestyle improving 1.8 sec, she dropped 1.2 sec in 50 backstroke, swam faster in 100 IM for a best time, looked very solid in the 50 butterfly and placed 8<sup>th</sup> in 100 breaststroke.

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

**Nikki Jackson** swimming in her first meet as an 11 year old competed in 8 events; she finished the meet just off her best time, looking solid, in the 50 backstroke and the 100 backstroke. **Angel Neal** took on a full slate of 10 events and swam a best time in the 100 IM finishing faster by 2.7 sec, she also finished just off best times looking strong in her three freestyle events. **Hope Rakow** competed in 4 events dropping a half a second in the 100 IM, she conquered her first 50 butterfly setting a time to beat for the next meet and finished looking really strong in 50 freestyle and 100 breaststroke.

They were followed by the 11 year old boys; **Taylor Knowles** posted 4 best times at the meet, he dropped a huge 11 sec in the 100 butterfly, slashed 2.4 sec in 100 IM, shaved a half sec in 50 butterfly, finished with a best time in 50 backstroke, he placed 1<sup>st</sup> in 500 freestyle and 2<sup>nd</sup> in 4 other events. **Max Owens** improved 6.3 sec in the 50 freestyle and he tried his first 50 backstroke. **Daniel Taylor** chose to swim 4 events and he posted new best time in 50 backstroke and 200 freestyle placing 8<sup>th</sup> in both events, he looked strong in 50 freestyle finishing 7<sup>th</sup> and was 7<sup>th</sup> in 100 breaststroke.

Up next were the 12 year old girls, **Mychael Bellik** had a fast meet clocking 7 best times out of 9 events, she finished the 500 freestyle in under 7 minutes, improved 6 sec in 100 breaststroke, almost 4 sec in 50 butterfly, swam the 100 backstroke and 200 freestyle faster by over 1 sec and placed 5<sup>th</sup> in 500 freestyle. **Taylor Sullivan** had a perfect meet with 100% improvement in 3 events, she placed 2<sup>nd</sup> in 100 breaststroke dropping a half a sec, clocked a **PC-A** time in 100 butterfly improving 7.6 sec and placing 8<sup>th</sup> and she swam a best time in 50 freestyle to place 7<sup>th</sup>.

The Dolphin 13 year old girls included **Amanda Castro** who swam 8 events looking solid and finishing just off her best times in 100 backstroke, 100 breaststroke and 50 freestyle, she placed 7<sup>th</sup> in 100 backstroke and 7<sup>th</sup> in 100 butterfly. **Kaila Duffy** in her first meet as a 13 year old, swam 7 events, 3 for the first time, clocking a **PC-A** time in her first 200 butterfly and 400 IM and a **PC-B** time in first 200 breaststroke, she finished 1<sup>st</sup> in 200 butterfly, 2<sup>nd</sup> in 200 freestyle and 4<sup>th</sup> in 100 butterfly. **Annalisa Neal** swam 5 best times at the meet out of 7 events and finished 1<sup>st</sup> in 400 IM with a **JO** time of 5:10.09, she improved 1.1 sec in 100 backstroke for a **PC-A** time, dropped 4.6 sec in 200 backstroke and 2.3 sec in 200 IM for another 1<sup>st</sup> place finish, was 1<sup>st</sup> in 200 freestyle and 2<sup>nd</sup> in 200 breaststroke & butterfly. **Kayla Ruffo** took on 9 events, she set a time to beat in her first 200 backstroke, dropped 2 sec in 100 backstroke, 1.4 sec in 200 IM, shaved off a half sec in 100 butter-

fly finishing 8<sup>th</sup> and looked strong in 100 freestyle.

Followed by the 13 year old boys, **Justin Hight** set **PC-B** times in his first swims of 500 freestyle and 200 IM, he dropped 5.2 sec in 200 freestyle to finish 1<sup>st</sup>, swam the 50 freestyle in under 28 sec to finish 2<sup>nd</sup>, posted **State** times in 200 IM and 200 freestyle and finished 2<sup>nd</sup> in 100 butterfly and 100 freestyle posting a faster time by 1.5 sec. **CJ Hill-Holeman** had an almost perfect meet with 6 best times including 2 **PC-B** times in his first swims of 200 backstroke and the 400 IM, he dropped 4 sec in 200 breaststroke, 3.8 sec in 200 IM, took off 2 sec in 200 freestyle to finish 3<sup>rd</sup> and placed 3<sup>rd</sup> in 400 IM.

**Savannah Chappell** started out our 14 year old girls, she swam 2 events and finished just off her best times in 100 breaststroke to place 6<sup>th</sup>, she also placed 8<sup>th</sup> in 200 IM. **Emma Gray** entered 7 events and completed the meet just off her best in 100 backstroke, 200 backstroke and 200 IM, she finished 2<sup>nd</sup> in 200 freestyle and 400 IM, 4<sup>th</sup> in 200 backstroke and 5<sup>th</sup> in 200 IM. **Shelby Koontz** participated in 3 events clocking a **FW** time in 200 backstroke dropping 2.2 sec to go a 2:16.33 finishing 1<sup>st</sup>, she looked very strong in the 100 freestyle finishing fast enough for 1<sup>st</sup>, and she placed 2<sup>nd</sup> in 100 breaststroke. **Anne Lancaster** achieved best times in all but one event including 2 **PC-A** times in 100 butterfly dropping 12.5 sec and 200 butterfly improving a huge 32 sec for 3<sup>rd</sup> place, she dropped 2.2 sec in 200 IM and 1.7 sec in 100 breaststroke, she finished with 3 new girls 15-16 **State** times and she placed 3<sup>rd</sup> in 400 IM and 4<sup>th</sup> in 200 freestyle.

The Dolphins had two 14 year old boys swimming at the meet; **Ryan Chen** swam 6 strong events improving 4.2 sec in 100 freestyle, he took off 1.7 sec in 100 breaststroke to finish 4<sup>th</sup>, he looked very solid in the 200 breaststroke and 100 butterfly, and he placed 5<sup>th</sup> in 50 freestyle. **Jason Lowther** competed in 6 events 5 of which he swam for the first time in competition, he set times to beat in his first 50 & 100 freestyle, 200 freestyle, 100 backstroke and 200 IM, and placed 3<sup>rd</sup> in 100 backstroke.

We had two 15 year olds entered in the meet, **Jordan Knowles** clocked 2 **PC-A** times in her first swim of 400 IM and in 200 butterfly dropping 22 sec to go under 3 minutes, she improved 5.6 sec in 200 breaststroke, 4 sec in 200 IM, she placed 2<sup>nd</sup> in 100 & 200 freestyle, 200 IM and 100 butterfly. **Adam Dack** competed in 6 events with 2 best times improving 1.2 sec in 100 freestyle to place 2<sup>nd</sup>, he posted a best time in 200 freestyle to place 6<sup>th</sup>, he finished 6<sup>th</sup> in 100 backstroke and looked strong in 200 backstroke to finish on **JO** pace and in 1<sup>st</sup> place.

**Erica Chappell** starts out our 16 year olds swimming 4 events, she shaved off time in 100 freestyle, was just off her best time in 200 backstroke which was good enough to place 2<sup>nd</sup> and swam a solid race in the 400 IM to finish 3<sup>rd</sup>, she was 3<sup>rd</sup> in 200 butterfly as well. **Rachel Chen** swam 5 best times in 7 events recording a **PC-B** time in her very first 400 IM, a **State** time in 100 breaststroke with a best time and 3<sup>rd</sup> place, she improved 2.4 sec in 200 breaststroke to go under 3 minutes to place 2<sup>nd</sup>, dropped 4 sec in 100 backstroke and looked solid in her 2 other events. **Shaelin Morefield** competed in 4 events finishing on **FW** pace in 200 IM and in 200 butterfly to place 1<sup>st</sup>, she was just off best in 100 freestyle looking strong to finish 3<sup>rd</sup> and she placed 2<sup>nd</sup> in 200 IM and 100 breaststroke.

And we had three 17 & over boys starting with **Kyle Johnston** who placed 1<sup>st</sup> in 200 butterfly and 200 IM finishing those 2 events on **FW** pace looking really strong in 200 IM, he placed 2<sup>nd</sup> in 200 backstroke and 3<sup>rd</sup> in 100 breaststroke. **Janosch Lancaster** participated in 4 events at the meet, setting a new best time in 100 butterfly to place 1<sup>st</sup> in the event, and he looked very strong in the 200 IM and 200 backstroke. **Jon Stamper** took on 7 events and posted his first **JO** time in 50 freestyle shaving off time to finish with a 24.37 and 1<sup>st</sup> place, he took off a sec in 200 freestyle, dropped 7.8 sec in 200 IM and improved .75 sec in 100 breaststroke.



## Candy Cane Chiller Meet

Please mark your calendars for December 14th, 15th, and 16th. This is the last meet in our 2012 meet season and your last opportunity to earn any volunteer/service hours. Even if you have worked 6 sessions over the last two meets, we still need your help if your child is swimming in the meet. Let your coach know if your child will be at the meet by committing to the meet on our website so the coaches can pick their events. Parents don't forget to sign up to work on the Job Sign Up. If you sign up before December 8th, it saves the meet director from having to make numerous phone calls the last week before the meet.

If you need any additional fundraising monies (2012 Fundraising balances will be billed January 1st), you can create a Christmas themed basket to raffle at the meet. Whatever the basket brings in will be applied to your fundraising account. Please let Lorna Johnston or Julie Gray know if you are willing to make a basket.

Hospitality is also planning to have a "Soup Luncheon" on Saturday at the meet for our coaches and officials. If you have a tasty soup you would like to prepare and deliver to Hospitality on Saturday morning, please let Lorna Johnston know a.s.a.p. You can earn a few service/volunteer hours for your soup preparation.

Please take a few moments to check your Service/Volunteer hours on the tab located on your Account. Let Lorna know of any corrections/changes that need to be made for hours worked at our High Country and Molly Meets.

Thank you to all our hard working parents! We look forward to sharing a fun and festive time with everyone at the meet!



## New Swimmer Tryouts

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



## Emergency Information Update!

**All DDST Members please update your swimmers medical and your contact information whenever it changes!**

In case of an emergency at swim practice or at a swim event this information is vital so that your child's coach has current and accurate information to rely on.

Periodically you should go onto the Team Website ([ddst.org](http://ddst.org)) sign in, go to MY ACCOUNT & verify that your address, contact information, and that your swimmer's medical information is updated. Thanks for your help with this.



## Looking for 1 or 2 Meet Directors

The Candy Cane Chiller Meet will be my last meet as Meet Director as my son Kyle is a senior this year. Next August, which will be the beginning of the new DDST meet season, we will be packing and moving him to college. For those of you who are not aware, we earn a good deal of money for our team by hosting meets. We are still in need of 1 or 2 new Meet Directors. The job is much easier to do if there are at least two people because they can split up the pre-meet duties and take care of separate responsibilities during the meet.

I would be happy to have someone shadow me during the next month to see what the meet director does before, during, and after the meet so they can learn the job. I will also be available to answer questions and help the new meet directors plan and get ready for the next meet season. If you are thinking of taking on this position, please contact me and I would be happy to work with you. This is a rewarding and vital job for our team!



## DDST Key Contacts

**Board President: Margaret Jackson,**  
[president@ddst.org](mailto:president@ddst.org); 760-937-2874

**Head Coach: Kat Matheson**  
[coachkat0809@hotmail.com](mailto:coachkat0809@hotmail.com); 775-315-7701

### Assistant Coaches:

**Sarah** [sgovanswm@aol.com](mailto:sgovanswm@aol.com), 775-287-1035;

**Greg** [greg@taylorcamp.org](mailto:greg@taylorcamp.org), 775-790-0384;

**Daniel** [danielell184@hotmail.com](mailto:danielell184@hotmail.com)

**Meet Director:** meets @ [ddst.org](http://ddst.org);  
Lorna Johnston, 775-782-2382;

**Billing:** Joanna Ruffo  
[billing@ddst.org](mailto:billing@ddst.org); 775-450-5112

**Parent Liaison:** Karen Sullivan  
[ksulliva@dcsd.k12.nv.us](mailto:ksulliva@dcsd.k12.nv.us); 775-267-4035

**Web, Officials:** Jim Morefield  
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**Newsletter:** Linda Koontz  
[newsletter@ddst.org](mailto:newsletter@ddst.org); 775-782-7806

**Team Store:** Denise Bickmore  
[Teamstore@ddst.org](mailto:Teamstore@ddst.org); 775-265-1871



## DDST Scholarship Program

All DDST members & prospective members should be aware of our ongoing Dolphins Scholarship Program. Currently funded by a grant from Big George Ventures, DDST offers a limited number of full/ partial swimming scholarships for athletes, based on financial need.

DDST's focus is always to keep as many swimmers as possible in the water having fun, pursuing their goals, and gaining the many benefits of the sport. We never want to see financial hardship get in the way. By keeping dues as low as possible (consistent with a quality program), organizing fundraising opportunities for families, hosting swim meets, & offering scholarships, the Dolphins always go the extra lap to make the sport of competitive swimming accessible to athletes and families in our community.

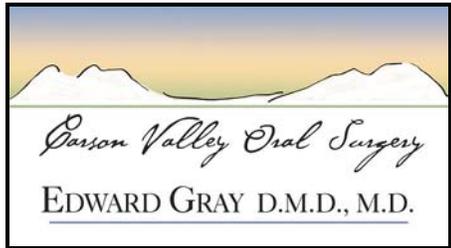
For more information on scholarship opportunities or on supporting our scholarship program, please contact Board President Margaret Jackson ([president@ddst.org](mailto:president@ddst.org)), or any Board member or coach.



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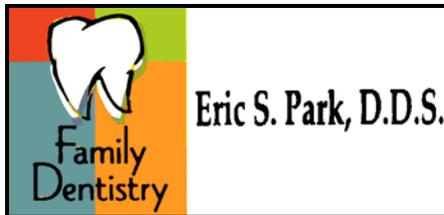
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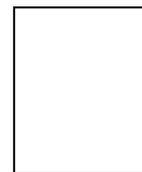
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Douglas Dolphins Swim Team  
P.O. Box 44  
Minden NV 89423



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



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

**Farewell to:** Evy Bertolone-Smith

**Welcome to** Yasha Krassovski

**Moving up: Belated Congratulations to new Pre-Senior**

**Dolphin:** CJ Hill-Holeman

**Happy December Birthdays**

to: Anne Lancaster (12/7)

Michael Schaan (12/15)

Emma Gray (12/16)

Adam Dack (12/20)

Chad & Sophia Maricich (12/22)

Taylor Knowles (12/25)

*(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



## Practice Schedules

Check [www.ddst.org](http://www.ddst.org) for updates.

**ANY Public School(s) IN Session**

**Seniors:** M-Th 2:30-4:45p, F 2:30-4:30p

**Pre-Seniors:** M-F 2:30-4:30p

**Dryland** 15 & up Tu & 14 & under Th  
4:30-5:30p, 15 & up Th 5-5:45 p,  
both Sat 10:30-11:30a

**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 **December 21<sup>st</sup>**. All submissions should be received by **Wednesday December 19<sup>th</sup>**. Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Linda Koontz, at [newsletter@ddst.org](mailto: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: Lorna Johnston, Karen Sullivan, Coach Kat, Coach Daniel, Coach Sarah, Julie Gray, Coach Greg and Jim Morefield.*

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

