

Dolfins' Monthly

DOUGLAS DOLFINS SWIM TEAM
(since 1964 – our 49th year!)

www.ddst.org

December 2012

Swimmers of the Month

Yasha Krassovskiy is White Group T Th Swimmer of the Month. Yasha has made great improvements in the last couple of months and did very well at the Candy Cane Meet! He comes to practice with a smile on his face and an eager attitude to learn and swim. Being that the Candy Cane Meet was his first, he showed great interest in knowing what to do, when to do it, and how to do it when the time came. I did not have to search for him to give him information about his events, he came to me excited and enthusiastic! Keep up the great work Yasha, you will do very well and swim with tremendous speed!

Sofia DeLange is White Group MWF Swimmer of the Month. Sofia has found a new confidence in her swimming that showed at the Candy Cane chiller. She swam 14.6 sec faster in the 100 freestyle and overall she dropped a total of 23 sec off her best times! She clocked 4 new **State** times in the 25 & 50 freestyle, 25 backstroke and 25 butterfly! Sofia has an infectious smile that she brings to practice daily, as well as a great attitude. As a coach I am very appreciative of this, great job Sofia!

Josh Smithen is Blue Group Swimmer of the Month. Blue Group as a whole had a GREAT Candy Cane Meet, however, Josh took off a total of 42 seconds! This is incredible especially since none of that time was from a distance event. Josh achieved a new State cut in his 200 freestyle and a PC-A time in his 200 breaststroke. He has been

great to work with at practice and he especially enjoys racing his team mates. This makes practice fun, exciting and challenging for all. Way to crush those times Josh!

Taylor Sullivan is the Pre-Senior Swimmer of the Month. Back in September, Taylor set a goal to qualify to swim at the senior meet in Pleasant Hill, CA in December. Taylor trained very hard, set her priorities to swim well, attended an extra meet over the hill and she was able to reach her goal! Taylor swam best times at the Senior Meet in her 100 breaststroke swimming a 1:18.37 and 200 IM swimming a 2:31.69. Taylor also had a good meet the following weekend at the Candy Cane Chiller clocking 5 best times out of 7 swims!

Janosch Lancaster is Senior Swimmer of the Month. Some Dolfin Seniors attended a meet in Washington this month that was a “shave & taper” meet. One swimmer really stood out, starting with the Washington meet and then continuing through the rest of the month. Typically swimmers will take one day off after a big meet and then get back to business. When these Seniors were told that they had one day off to A.) Relax or B.) catch-up on school-work and finals, one swimmer wanted option C.) no days off. Janosch did take the next day off but came back to work harder than ever. Yoshi (as we lovingly call him) has continued to work on his technique and races with spirit when given sprint sets. At the Candy Cane meet he swam best times in his 500 free, 100 breast and 200 breast. Very impressive Yoshi!



Goodbye Dan!!

On Thanksgiving Day we lost one of our Douglas Dolfin Alumni swimmers, Daniel Palmer. Daniel, or Dan as we remember him, was a member of the Douglas Dolfins for many years and he also swam with the High School team during his time at Douglas High School. He was 19 when he passed away.

Coach Kat remembers that he had a huge amount of raw talent in the water. She says that she recalls talking with Dan and his parents about the fact that he could really be a phenomenal swimmer if he decided that's what he wanted for his life. Dan was hard working in the water and fun out of the water. However, I am most proud of Dan for his faith in God and how he radiated love and kindness to everyone he encountered.

Coach Sarah remembers that Dan was a prankster and that he loved when the swimmers were allowed to play water polo. She also recollects that Dan had a beautiful butterfly stroke and that he was a great freestyler. But most of all, he was fun to be around and he was a wonderful young man to coach.

Coach Susan also had an opportunity to coach Dan in the water and she commented that she also believed that he was a caring young man and very respectful towards his coaches. All three coaches agree that they were privileged to have been a part of Dan's life and glad that he and his family were a part of the Douglas Dolfins team and family. We will miss you Dan!



Gale Maynor, 1946-2012

Our faithful Meet Referee and Zone-4 Official Chair lost his 8-year struggle with leukemia last Sunday, December 9th at the age of 66.

For 25 years, Gale and his wife Judy have dedicated countless hours of their lives to the age-group and high school swimmers of Nevada and the Tahoe Basin, Zone 4 and Pacific Swimming.

In addition to his many years officiating, Gale served as Zone-4 Board Chair, Chair of the Pacific Swimming Board of Review, and two different terms as Zone-4 Officials Chair. Gale & Judy both served many roles with the Douglas Dolfin swim team on the Board, as Meet Director, Hospitality coordinator, etc. Coach Sarah remembers that when the Dolfin swimmers needed an adult to supervise their water polo sessions on Saturdays, Gale volunteered to do this and he was there every Saturday without fail.

Long after their own Dolfins, Jeffrey and Michelle, had moved away, Gale continued serving at area meets, frequently as meet referee and since the 1990s refereed the northern Nevada editions of Nevada State age-group Championships. Straight through his illness, Gale was active on the pool deck & Zone-4 Board.

Gale was all about integrity, swimming the kids, giving them a level deck, encouraging parent involvement, and enjoying camaraderie with his fellow officials, so many of whom regarded him as mentor & friend.

Gale's big heart for our athletes, passion for swimming, and infectious sense of humor will be missed on our pool decks, and by all who knew him. For those of you who were not at the Candy Cane meet, we observed a moment of silence for Gale before the morning and afternoon sessions. Jim Morefield did a great job of expressing what Gale meant to all of us and to the sport of swimming in this area. Gale's family, Judy, Jeff, Michelle her husband James, were in attendance.

Well done Gale, you have modeled to us all a heart of service and dedication, we will miss you!



COACH

Kat's Corner

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The following is an excerpt from an ASCA parenting article. The article was about why it's important for coaches to select events for swimmers. I pulled out a piece of it because it's something I've been talking to the swimmers quite a bit about.

Suzi is 11 and just came back from a meet where she swam a fine 1:01 in the 100 free. Prior to that, her best time was a 1:04. Great drop!

Now it's time to enter the next meet, which is in two weeks and her mom is looking at the entry. Guess which event she will DEFINITELY choose to enter Suzi in? Yes, the 100 free (because "she did so well last time"). So she does.

Fast forward two weeks to the meet. Now, Suzi swims a 1:01.5. Suzi is "disappointed". Her mom is "disappointed. Her coach is rolling her eyes. Actually, that's a really fine swim, realizing that Suzi swam a 1:04 just a few weeks ago. But in this context, it was not satisfying. Why? Because Suzi was entered in an event that she now had not enough time to either improve because of technique improvements, improve because of training improvements, or even to Grow!

Athletes must do one of those three things to get faster.....technical improvements, training improvements or Grow! In this case, not enough time had elapsed to do any of those. Even had Suzi dropped another half second to 1:00.5, it would have been an unsatisfying improvement compared to the previous sensational 3 second drop. No way for Suzi to win in this scenario.....

The key element of this article for swimmers is what they must do to get faster. The concept of technical improvements, training improvements, or growing is crucial. The growing part is not within our control but any other improvement has to come from a swimmer deliberately making a change. They cannot just show up and mindlessly swim and expect to have repeated "great meets".

Generally I ask my swimmers to pick one detail in every stroke to work on for a month. An example might be working on never breathing on a breakout stroke. If done consistently it can become a new

habit that has nothing but good results in their swimming careers.



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Changes to Test Sets

Upcoming Changes to Group Test Sets and Group requirements. Some of you may not know that we have drastically changed the requirements to join the Douglas Dolfins. This will have a trickle up effect.

I am working on changing all levels of our program. The changes will include different swimming test sets, different age requirements for some groups, different time standards to be achieved, and I will be reevaluating the physiological and psychological milestone requirements.

This will be done with Dolfin coaching staff input and I will be consulting with coaches outside of our team who have used varied and different models. Stay tuned for more information pending Board approval.



COACH

Sarah's Corner

(sgovanswm @ aol.com)

Become a favorite. Many people think it is bad for coaches to have their favorites. The truth is that every coach does; it's human nature. It's not bad for the team as long as every swimmer has a chance to become a favorite.

Those swimmers who are favorites tend to be coachable; they buy into the team vision and team philosophy set forth by the coach, and they trust the coach's instructions & decisions. They work hard, put the team before themselves, show integrity, and are honest with themselves and others. Do you have these qualities? These are all qualities that help your team, encourage sportsmanship, and ultimately lead to success and enjoyment in swimming.

Evaluate your attitude. It's a good idea to evaluate your attitude as a team member. Think about the legacy you want to leave behind. At some point you will graduate, move, or otherwise leave your team. How do you want to be remembered? What will your teammates say about you?

Think about whether or not they will likely remark about how you were always a hard worker, always positive and upbeat, an inspiration, or someone whose impact is missed. Or if they might talk about how you were a wallflower, a slacker, a wimp & only concerned with yourself.

If you were the fastest swimmer but a poor teammate, mention of your speed will likely be followed by mention of your negativity. Your greatest legacy is one based on how you helped your teammates. Are the team goals a priority? Do you show respect to your teammates? Do you have the qualities that could make you a coach's favorite? Work now to develop a positive team attitude and leave behind a desirable legacy.

You might be one whose actions get your teammate to make a cut, and you might be one whose go-to attitude gets you to make a cut. Whatever the outcome, make sure your actions are what is best for the team, and you will end up better for it.



COACH

Daniel's Corner

(danielell84 @ hotmail.com)

Something that I want to discuss this month is our team. We as swimmers need to focus on our own individual performance, our own technique, our own work ethic and our own lives. Just as important is the focus on our teammates and their progress and struggle with these various aspects of the sport. It is very disheartening and damaging to experience the lack of support and rude/hurtful comments from your own teammates. It pains me to hear these negative comments coming out of our swimmers mouths, so change it! If someone is not performing at their best, don't assume they're being lazy, not trying, or aren't meeting your level. Encourage them to do better and support them with whatever it is their having trouble with. We NEED to give each and every swimmer, in your age group or otherwise, a kind "hello", or a "good job", or "keep pushing hard, you can do it!"

We only have each other and we NEED to make it the best experience before we grow old and look back with regret that we didn't give that cheer to our fellow teammates in the water. We like to have fun, we like it even more when we win and succeed, but swimming like life does not always yield this. So change it! Be there for your teammates to let them cry on your shoulder when they need to, offer your advice or just an ear to hear what their battling with in the pool or life. Most of all, smile, laugh, encourage and support them to let them know you care about them and will be there, win or lose, all the way. I'll leave you with this quote to remember, every day you're at practice, at a meet, or even if you come across a teammate at the store: "I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion." ~ Mia Hamm



ZONE ALL-STAR MEET APPLICATIONS DUE 1/26

Applications for the Pacific Swimming Zone All-star meet (March 2-3, Carson City) are now available @ www.ddst.org under Meets & Events or from your coach. Do not forget to sign up if you want to be considered for this fun travel meet! Applications may be handed in at the Carson Last-Chance Meet Jan 18-20, or at the Swim-a-Thon Jan 26th. See the application for answers to your questions about the meet.



Gobbler Classic Results

One Dolfin swimmer went to Folsom California to participate in a short course meet called the Gobbler Classic the weekend of November 16th-18th. **Taylor Sullivan** went there looking for a few more Senior cuts for an upcoming meet. She swam the 100 breaststroke dropping .28 sec and finishing on **JO** pace placing 7th.

She also competed in the 200 breaststroke where she dropped an impressive 5 sec, one month after improving a huge 13+ sec at the King of the Hill meet in this same event!! **Taylor** successfully achieved her 200 breaststroke cut for the Senior meet and finished 6th in this event, way to go!!



2012 Husky Invitational Swim Meet Results

Eight Senior swimmers Coach Kat and 2 adult chaperones took a journey to Federal Way Washington to compete in the Husky Invitational Swim Meet November 30th- December 2nd. This was the first time that we have participated in this meet and for those swimmers that are college bound in the next few years it was a great experience to see and participate in this level of swimming.

Over 1000 swimmers representing 83 collegiate and age group teams participated in the meet coming from as far away as Canada and Alaska with many more from all over the Western US. The meet was held at a World Class indoor facility that had hosted the 2012 US Diving Olympic Trials this past summer. One of the amazing swims the Dolpins witnessed was Yale-bound Ben Lerude, a swimmer from Reno Aquatics, placing 1st in the 1650 freestyle by ½ a pool length!

This was a very fast meet and even though some of our swimmers were dealing with injury and colds they all performed quite well. **TJ Smithen** had 100% improvement in all 5 of his events and 7 **Team records** fell at the meet. **Shaelin Morefield** earned the most points for the team at 25 and **Shelby Koontz** contributed 5 points to the total of 30 for the Dolpins.

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

The meet started out Friday morning with the **200 freestyle relay**, the

Dolfin girls finished in 48th place with **Erica Chappell** swimming her leg in a best time of 27.25, **Shaelin Morefield** and **Meagan Skilling** swam just off their best times (25.36 and 26.24) and **Shelby Koontz** was the anchor and finished her leg in a blazing speed of 23.93. The boys were up next in the **200 freestyle relay** and **Adam Dack** swam the second leg in a best time going under 26 sec, **Janosch Lancaster** also posted a best time in his leg by .2 sec going 23.60, **Kyle Johnston** and **TJ Smithen** were just off their best times going a 22.97 and a 23.56 respectively to finish with a 15-18 boys **Team record** time of 1:35.29 a record by .66 sec good enough for 46th.

Up next we had the first individual events. In the **200 IM** three Dolfin girls swam the event, **Shelby** qualified for finals in 24th place, **Shaelin** swam a best time and a 15-16 girls **Team record** improving her time by a huge 4.69 sec to finish in 2:09.71 and 49th place and **Meagan** finished in 100th place just off her best time by a half sec (out of 224 entries). The boys were up next, **Kyle** swimming with an injured ankle finished 157th on **FW** pace adding less than a sec and **TJ** finished the event with an improvement of 1.3 sec to finish in 169th place (out of 195 entries). In the **50 freestyle** **Shelby** qualified for finals in 31st place, **Shaelin** placed 121st less than .5 sec off her best time and **Meagan** finished 219th (out of 250 swimmers). **TJ** finished the event in 172nd, **Kyle** 182nd and **Janosch** in 184th with a best time by .3 sec going under 24 sec for the first time (out of 215 entries).

Friday finals: **Shelby** swam the **200 IM** and finished up 5 places in 19th with a best time by .27 sec breaking her own **Team record** to finish in 2:07.14. She also swam the **50 freestyle** and moved up to finish in 27th

place just off her best time by .02 sec. The **400 medley relay** was next, **Erica** swam a lead off best time in the 100 backstroke and **Shaelin** was just off her best in the butterfly leg leading the girls to a 40th place finish. The boys also swam the **400 medley relay** finishing in 51st place.

Saturday prelims: In the **200 medley relay** **Shelby**, **Meagan**, **Shaelin** and **Erica** swam the event and finished in 44th place well under their entry time. On to the individual events, in the **400 IM** **Shaelin** qualified for finals in 21st place with a **Team record** and an impressive drop of 4 sec to finish in 4:33.48. In the **100 butterfly** **Shelby** qualified for finals in 27th place with a best time, **Meagan** improved her time by over 1sec to finish in 107th place and **Shaelin** finished in 42nd just off her best time (out of 185 entries). **Kyle** and **TJ** swam the event with **Kyle** finishing in 111th place and **TJ** placed 122nd with a new **FW** time of 56.04 a best time by .75 sec (out of 165 entries). The **200 freestyle** was next and 3 Dolpins competed in the event, **Erica** finished in 214th place out of 240 swimmers and **Kyle** placed 129th while **Janosch** finished 184th just missing a best time. In the **100 breaststroke**, **Shelby** and **Meagan** competed finishing in 67th and 84th then **TJ** competed in the **100 backstroke** finishing the event with a best time by .7 sec to go under 58 sec for 124th place. **Janosch**, **Adam**, **TJ** and **Kyle** competed in the boys **800 freestyle relay** setting a 15-18 boys **Team record** time of 7:38.20, **Adam** swam a best time in the relay by 4 sec going well under 2 minutes and **TJ** also swam a best time in the relay by 4 sec going under 1:55.

Saturday finals: **Shaelin** dropped another half sec in the **400 IM** to better her **Team record** from prelims to a 4:33.09 moving up to 20th place.

Shelby had an amazing 100 butterfly final improving her time by over 2 sec to finish with a 13-14 girls **Team record, 2012 Junior National & 2012 National**

qualifying time of 55.86, finishing in 25th place (the top of her heat) but she had the 6th fastest 100 butterfly time in finals!

Sunday prelims: **200 backstroke** **Shelby** finished 57th with a **PRT** of 2:12.52 a best time by 3.8 sec and **Meagan** finished 81st on **FW** pace. 3 Dolfin girls swam the **100 freestyle**, **Shaelin** finished the event with a **FW** time of 55.20 a best time by .87 sec to place 128th, **Shelby** and **Meagan** also swam in the event placing 35th and 246th out of 305 swimmers. **Janosch** swam in the boys **100 freestyle** finishing under 52 sec, a best by .55 sec placing 199th, **TJ** placed 209th with a new **JO** time of 52.17 a best by 1+ sec and **Kyle** placed 159th just off his best time.

The next event was the **200 butterfly** where **Shaelin** qualified for finals in 11th place with a **Team record** of 2:05.59 a best by 1+ sec & **Kyle** finished the event in 80th place on **FW** pace.

Sunday Finals: **Shaelin** came back to drop another 1+ sec in **200 butterfly** improving her **Team record** from the morning to an amazing time of 2:04.44 finishing first in her heat in 9th place but she posted the 5th fastest 200 butterfly time in finals!

The boys swam their **400 freestyle relay** finishing in 52nd place, **TJ** with a lead off best time of 51.42, **Adam** and **Janosch** also swam best times (55.52 and 51.70), **Kyle** was the anchor leg coming in at 50.70 helping them to finish under their entry time. The girls finished 57th in their **400 freestyle relay**.

Congratulations to all of our swimmers on a job well done!



2012 Pacific Swimming Short Course Senior Championships

4 Pre-Senior swimmers, Coach Sarah & their parents made their way over the hill to Walnut Creek California for the Pacific Swimming Senior Championships December 8th and 9th. The first day was cold but thankfully Sunday was warmer as this was an outdoor meet. Travel meets give our swimmers a chance to compete against faster swimmers and there was some fast competition at this meet!

Abbreviations: IM=Individual Medley;
Times: JO=Junior Olympic.

Taylor Sullivan (12) competed in 3 events achieving a **JO** time in the 200 IM improving a huge 6+ sec to finish in 2:31.69, she dropped another .75 sec in the 100 breaststroke going under a 1:19 after improving in this event less than a month ago and she competed in the 200 breaststroke.

Kaela Forvilly (13) qualified to swim 6 events at the meet where she shaved off time in the 200 backstroke and in the 100 freestyle inching closer in her effort to go under a minute and in the 50 freestyle and 100 backstroke she just missed a best time, she also competed in the 50 freestyle & 200 IM.

Emma Gray (14) competed in 5 events at the meet and she finished her events looking very strong in the 100 freestyle and 200 backstroke adding only about a half a second, she also competed in the 100 backstroke, 50 freestyle & 100 butterfly.

Jordan Knowles (15) qualified to swim 5 events and she clocked a best time in 200 backstroke dropping over 1 sec to go under a 2:25, she finished the 200 freestyle and 100 freestyle just missing a best time in those 2 events, she also competed in the 50 freestyle and 100 backstroke.

Congratulations to all the swimmers that participated in this meet!



Swim-a-Thon® January 26th

The Dolphins' annual USA Swimming **Swim-a-Thon® fundraiser** will be taking place Saturday January 26th, at the Swim Center. The team will have the whole pool to ourselves with White and Red groups swimming from 6:00 to 8:00 pm, followed by Blue, Pre-senior, and Senior groups from 8:00 to 10:00 pm.

All the money collected for the swim-a-thon will be used to benefit DDST and our swimmers and will go towards your fundraising money needed for 2013.

WHAT YOU NEED TO KNOW:

- **All Dolphins can participate!** Your coach will suggest a distance and time limit appropriate to your age and ability. Swimmers will have up to 1 or 2 hours to complete their swims.
- **Incentive prizes for all participants!** The more you earn, the more prize options become available. Incentive prizes include DDST dog tag, DDST water bottle, DDST beanie, DDST T-shirt, DDST hooded sweatshirt, DDST zippered fleece jacket or DDST parka.
- **Encourage family, friends, neighbors, and local businesses** to support **your** swim team!
- **Pledges** are gathered from sponsors. Flat amounts can be collected before you swim (to save a return visit). **Pledges** are donated through the DDST website via Team Unify Swim a thon. You may still collect cash and checks for donations, but we ask that you enter these donations manually via our website. All money is due by Friday, February 8. Please view the "Help" video on our website to help your swimmer set up his or her swim a thon profile page.
- **Snacks** for the swimmers will be organized by **Julie Gray**; an e-mail will be sent out asking for volunteers

to bring certain snacks as it gets closer to the event.

- **Each swimmer participating in the event needs to be accompanied by an adult** so that each swimmer has someone to count laps for them. Counting laps is easy to do and it will give you the opportunity to cheer your swimmer on!
- All pledge money must be submitted with your prize choice by **February 8th, 2013!** If ALL of your money is collected and you are ready to turn it in the evening of the swim a thon you may do so; otherwise, after the swim a thon you may turn ALL of your money in to Julie Gray by the 8th of February (more specific instructions to follow).
- Incentives earned will not be ordered until all of your pledge money has been turned in.

If you have any questions about the swim a thon contact Jim Morefield at webmaster @ ddst.org or Julie Gray grayju1235 @ wildblue.net with any questions.



Help For New Parents

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

Contact Karen Sullivan
(ksulliva @ dcsd.k12.nv.us, 775-267-4035) or another key contact (see p. 7) 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.



Thank You Lorna & Syndi

Lorna Johnston has been the Dolpins Meet Director since 2006 and she is retiring this year!! The Candy Cane Meet was her last meet and we wanted her to know how much we really appreciate all that she has done. She is a great organizer and even though sometimes the job seemed very big, she got it done!!

Syndi Skilling has also been our Hospitality Coordinator for a long while. She will also be retiring this year!! It is so important to have an appetizing Hospitality set-up for our coaches and officials. Syndi has done this job very well and we have received many compliments about our Hospitality Service.

Our meets have been well attended in the past by other teams in large part because of the work of these two women and our other many parent volunteers! It takes a lot of volunteers to ensure that swim meets run smoothly so that all of the participants can have a great experience! We hope to continue this tradition of hosting well-run meets where swimmers, parents, coaches and officials feel welcome!!



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

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.

January 18: No practice due to Carson meet.

February 1, 8, 15 (Fridays): Relay practice for all State relay swimmers except 13-14 and Open relay swimmers 4:30-5:30pm.

February 19: State Pep Rally and Pasta Feed, 5:30-7:00pm

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



Countdown to State!

2 months(!) until the 2013 Nevada State Championships (February 21-24) in Las Vegas Nevada!! Swimmers & parents we have 2 local meets left to qualify for the State meet.

The 1st meet will be in Carson Jan 18th-20th and it is open for registration (ask a coach or Karen Sullivan if you don't know how to enter this meet). Carson will also host the Very Last Chance meet in early Feb (9-10), sign-ups are not yet available. The 2013 State time standards are the same as the 2012 standards.

If you are not sure what the State qualifying times are for your swimmer, ask your coach or find the qualifying times on our website under Records/Times, then Time Standards.

The State meet will be held at the Desert Breeze Aquatic Center in Las Vegas. Each family attending the meet is responsible for their own hotel reservation. Jim Morefield provided one hotel option last month, the **Element Las Vegas Summerlin**.

If this is where you choose to stay, you are encouraged to call and book your reservations as soon as possible. Group rate is \$119 per night + taxes. **RESERVATIONS:** Courtney Rolfsness, (702) 589-2013, ask for the Douglas Dolpins group rate. These reservations are pre-paid and non-refundable after Jan 20th, 2013.



New Swimmer Tryouts

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



From the Meet Director...

Thank you to all our hard working parents and swimmers!!! You helped make our Candy Cane Chiller Meet a great success! This was the last meet in our meet season which began in August with the High Country League Championships and included the Molly Lahlum Memorial Autumn Freeze Meet in September and our Candy Cane Chiller Meet. We host three home meets and ask our swim families to volunteer a minimum of 6 sessions (30 hours) over the meet season.

I know everyone is busy at this time of year but please take some time during the Winter Break to check your Service Hours on your account and make sure they have been updated accurately. Let Lorna Johnston know if there are any problems or discrepancies so we can rectify it before you are billed for any 2012 Service hours not worked (\$10 per hour). We bill for these hours March 1st of the following year. Feel free to contact Lorna if you have any questions about the service hours and/or meets.

Thank you to the following parents for all their hard work at the Candy Cane Chiller Meet:

Computer – Deb Duffy, Rosemary Hill, Nikki Willis & Chris Forvilly; **Colorado** – Chris and Pattie Dack, Nicole Knowles & Kathy Chappell; **Clerk of Course** – Denise Bickmore, Margaret Jackson, Beckie Tollmann, Julie Gray, Kathy Chappell & Tricia Smithen; **Runner** – Robbie Hight, Jeremy Hutchings, Janine Petrick-Sullivan, Julie Gray, Mary Shaw, Linda Fields, Jason Tollmann & Ed Gray; **Head Timer** – Anna Carroll (Carson Tigersharks), Tricia Smithen, Derwin Palaroan & Jim Sullivan; **Announcer** – Kathy Chappell & Robbie Hight; **Music** – Greg Taylor; **Officials** – Jim and Leslie Morefield, John Ruffo; **Awards** – Marion Lancaster, Chris Smithen & Tricia Smithen; **Marshalls** – Tyler Thew, Alisa Ashbaugh, Chris Smithen, Mary and Joe Hicks, Terry Lowther, Bob Parry, Walter

Zeron, John Collins, Claudia DeLange, Scott Dickey & Robert Koontz; **Hospitality** – Syndi Skilling, Karen Sullivan, Stephanie Kearney, Janna Collins, Mary Jo Hollis, Ali Dickey, Grace Chen, May Parry, Hope Castro, Kathy Lowther & Farin Hutchings; **Snack Bar** – Linda Koontz, Felicia Gantar, Christine and David Rakow, Jeff and Kim Hill, Mike Bellik, Ted Neal, Christina Palaroan, Chad and Kameron Owens; **Soup Preparation** – Margaret Jackson, Stephanie Kearney, Grace Chen/May Parry, Yevgeniya Krassovskaya, Kat Simmons, Alisa Ashbaugh, Syndi Skilling, Kathy Lowther & Ali Dickey; **Set Up** – Derwin Palaroan, Scott Dickey, Jim Morefield & Chris Dack

I would like to give a special thank you to **Syndi Skilling** who has been our Hospitality Coordinator for the past five years. This was her last meet as her daughter is a senior and will be leaving us soon. Syndi has set a high standard for our Hospitality and we have many coaches and officials who enjoy coming to our meet because of the food!

I would also like to thank **Linda Koontz** who has been the Snack Bar Coordinator for the last few years. Many people are unaware how many extra hours the coordinators spend in their positions. They do all the planning, shopping, supervising, and extra trips to the store during the meet to make sure we have everything we need.

I would also like to thank **Deb Duffy** for all her extra hours “behind the scene” as Head Computer person. She has spent countless hours training, troubleshooting, setting up, and then running all our meets.

Jim and Leslie Morefield have been our team officials for several years and have been instrumental in recruiting and training more officials from our team and area. You see them at every meet on deck from beginning to end supervising the officials and running our meets. A huge thank you to both of them for their many hours of hard work!

Lastly, I would like to thank **Chris and Pattie Dack** and **John and Nicole Knowles** who run our Colorado Timing

System during all of our meets. It requires hours of mental concentration to make sure every race runs smoothly and is recorded accurately. All of you have made my job as Meet Director much easier because you do your jobs so well! Thank you from the bottom of my heart!



State Mom Bling T-Shirt Decals

There is still time to order a Team Mom Bling Decal if you would like to show your Team Spirit at the State Meet or any Meet that you are attending with your DDST Swimmer. Please let Karen Sullivan know if you would like to order a Bling Decal by next week.

We will be setting a date to get together before the State meet to iron these on to a shirt that you will need to purchase and bring with you. Any color shirt will do, the bling is red and our colors are red and Navy so a Navy shirt would work or any other color you choose. You may even want to order more than one decal! Let Karen know 775-750-5016!



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 daniellell84 @ hotmail.com

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

Billing: Joanna Ruffo billing @ ddst.org; 775-450-5112

Parent Liaison: Karen Sullivan ksulliva @ dcasd.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; 775-265-1871



Please help DDST fill their Timing Chairs at Away Meets

Our next 3 meets will be away meets, therefore if your swimmer is attending any away meet, please plan on having a parent attend one of your swimmers sessions to help time for our team. This is all Dolfin parents' responsibility!

When the Douglas Dolpins attend "away" meets, each visiting team is required to supply timers for the meet. If you have not timed before it is really pretty easy. Timers are usually provided with refreshments from the host team and you also get a front row seat for the meet! At most away meets the host team will have a specific lane & /or chairs assigned to each visiting team. The lane assignments are based on how many swimmers the team has brought to the meet. Often we are assigned a whole Lane to fill with Timers.

Team parents attending the meet should find out if someone has started a timing schedule and volunteer to fill one of the timing slots. If no one has started a schedule yet, get one started and approach each family to sign up for a slot. If our timing chairs are not filled, this will slow down and possibly stop the meet until all the timing chairs have volunteers. Remember, without timers the swimmers may not get accurate official times. **Our goal is to have all team parents participate in timing at away meets so that no one is left timing for long periods of time.** If we all do our share, it will not fall on a few parents. Please be there for your swimmers and the team.



State Pep Rally & Pasta Feed

Please join us in the Swim Center mezzanine **Wednesday February 19th, 5:30-7:00 pm**, for the Dolpins' annual State Pep Rally & Pasta Feed! This is for everyone and is the Dolpins' way to get pumped up for STATE CHAMPIONSHIPS. This party has been a tradition since 1994, we will carbo-load our swimmers and everyone will learn a few team cheers!

Be sure to wear or bring some warm clothes as all the swimmers will be participating in an outdoor team building activity! So bring your favorite healthy pasta dish to share with everyone (drinks, utensils and plates will be provided) and let's send our swimmers to State Championships pumped & ready to swim fast! More information to follow about this event.



Upcoming Meets

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

January 18-20: Carson City, NV, Carson Tigersharks Last Chance Meet (<http://www.pacswim.org/0113cars.pdf>).

February 9-10: Carson City, NV, Very 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 14 and under (application required)

March 15-17: San Ramon, CA- Pacific Junior Olympics (qualifying times apply)

April 4-7: Morgan Hill, CA-Far Western Championship (qualifying times apply)



DDST Scholarship Program

All DDST members & prospective members should be aware of our ongoing Dolpins 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 Dolpins 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.



Candy Cane Meet Results

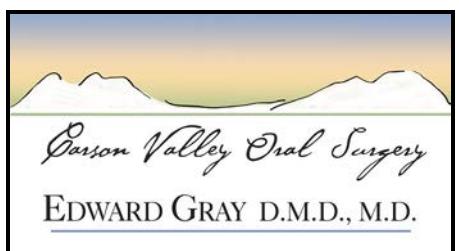
Please look for the Candy Cane Meet Results in the January 2013 Newsletter!



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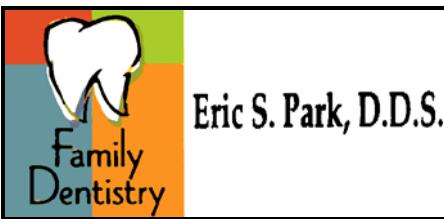
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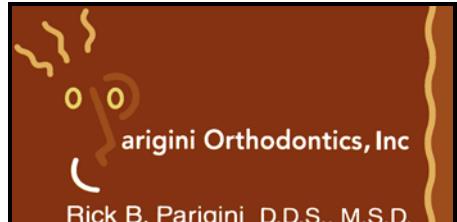
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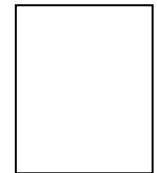
Audiology & Hearing Aids
of Nevada

St. Gall Catholic Church

Taildragger Cafe



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



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed! A row of five dolphin icons.

Transitions

Welcome back to: Emily Dack & Cameron Morefield;

Welcome to: Ashley Ponsness and Jessica James; **Moving up:**

Congratulations to new Blue Group members: Remy Hill-Holeman, Jason Lowther, Hope Rakow, and Daniel Taylor.

Happy December and January Birthdays to: Ashley Ponsness (12/28), Joey Smithen (1/16), Jon Stamper (1/17), Yakov Krassovskiy (1/25), Josh Beam (1/30) and Sarah Hyatt (1/31).

(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

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 21st. All submissions should be received by Wednesday December 19th. 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, Lorna Johnston, Julie Gray, Jim Morefield and Coach Daniel.

Latest news online: www.ddst.org.

