

Dolphins' Monthly

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

www.ddst.org

January 2013

Swimmers of the Month

Cole Petrosky is White Group T-Th Swimmer of the Month. Since joining our team, Cole has hit the water swimming. He's a "go-getter" at every practice. He is eager to continue to the next set and takes instruction with a willing attitude. He swam like a true "dolphin" during the Last Chance Meet and swam 144 laps at the swim-a-thon! Cole is an incredible and energetic swimmer who has a bright future as a dolphin!

Barrett Lee is White Group M-W-F Swimmer of the Month. She was chosen for her hard work at practice, great attitude and amazing accomplishments this past month. Barrett always comes to practice early with a smile on her face and she is always pushing to swim as fast as she can. She competed at the last chance meet swimming 4 new events and posting 3 new A times. At our Swim A Thon, she completed 200 lengths in 112 min and 51 secs, breaking the team record. Great job Barrett, keep up your hard work!

Rachel Hollis is Red Group Swimmer of the Month. She has had a fantastic attitude every day. She is always ready to swim on time, eager to get going! She gets along great with her teammates and always seems to have a smile on her face. Recently, she finished a hard set with the group. It was the first time she had successfully completed the set... when I pointed it out to her, she was beaming. Rachel had a faster swim-a-thon time than last year and has been consistently improving every meet! Great Job!!!

Mychael Bellik is Blue Group Swimmer of the Month. She has had the best attendance for Blue group this month, which shows dedication. However, if you don't stay focused and work hard, great attendance is not to your advantage. Mychael has been making the most out of

her practices and she has been focused on technique and training with fervor. Her attitude at practice and meets has been stellar. She has certainly been a shining star this month!

Anne Lancaster is Pre-Senior Swimmer of the Month. She was chosen because she made 100% of all swim practices, she had a great Swim A Thon and because of her fast meet performance in Carson. Anne swam 9 sec faster in her 500 freestyle swimming a 5:57.4 and she swam a beautiful 100 butterfly in a time of 1:08.7. She also participated in the 200 lap Swim A Thon and finished in 74 min and 32 sec. Keep up the hard work Anne!

Jon Stamper is Senior Group Swimmer of the Month. He joined the team after a great year of High School swimming. He didn't have much swim experience, but he does have a great work ethic and determination. Like most swimmers who pick up the sport when they are older, he has had struggles with the whole "breathing thing". Jon has persevered through many tough practices and continues to improve every day. He is juggling being a swimmer and becoming a firefighter/EMT. Despite the schedule conflicts, he has been a great leader for our team. We are glad Jon is a Douglas Dolphin!



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, February 5th, 2013, at 6:30 pm**. Parents are encouraged to attend and 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



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, 775-267-4035.



Get your Bling On!!

DDST moms, if you ordered a bling DDST iron-on to show your spirit they are in! We are planning a get together Saturday February 9th to iron them on to our shirts. The ironing will begin at 4:00pm at Karen Sullivan's house, 1594 Saratoga Court, Minden, 89423. If you would like to bring an appetizer, beverages will be served so that we can socialize while we get our Bling on! If you plan on coming to Karen's house to iron, be sure to bring the shirt or shirts that you want to iron your bling onto (**shirts will not be provided**). Karen says that she has 9 extra iron-ons available to purchase if you did not order one, let her know if you would like one.

Please RSVP Karen if you will be attending the ironing at 267-4035. If you are unable to attend the ironing, let Karen know and she will put your iron-on in your file folder. Remember this is not just for State, you will be able to wear it at any meet to show your spirit. We hope to see you there!!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

Swim Parents Can Learn About the Developmental Process in Sports...And Respect It.

By John Leonard

One of the most frequently asked questions in swimming is "how come I'm not as fast as "those guys?" Sometimes this can come from child to parent, or child to coach. Occasionally, and unfortunately, it can come from Parent to child (pretty destructive, though unintentionally so.)

Living in the USA, there are as many ways of training young athletes as there are coaching devising the training. Most are based on sound developmental principles that result in long term appropriate development and physical progress. Occasionally, someone drifts off into some inappropriate training for a particular age. Quite often, since all children develop differently, some children are underserved by a particular type of training.

But the most common correct response to the question is "they are physically developed earlier than you are." "They" may be bigger, taller, more coordinated, and most importantly, **STRONGER** than another swimmer. Children develop at different rates, hence the concept of chronological age and biological age. You can be 12 with the "look" of a 10 year old boy, or you can be twelve with a need to shave every other day and the build of a late teenager. And the difference in girls of the same chronological age is even more pronounced. The point being, children can be "spot on" in terms of age and development, they can be "early developers" and they can be "late developers". As a vast generalization, those children whose genetic heritage comes from closer to the equator, tend

towards early development. Those near the northern latitudes for their heritage, tend to be late developers.

One is not "better" than the other". They are simply, different. And of course, whatever developmental "advantage" or "disadvantage" they are at early in life, tends to even out quite dramatically in the later teen years. Humans all wind up looking very similar.

The danger is that the slower developing child may become discouraged by their lack of competitive success, despite great practice attendance, great skill development and hard work. Size and strength DO matter in the sprint events. One solution that is highly long term satisfactory, is for the late developer to focus on the event distances that especially reward diligence in training and diligence in learning...the 200's of the strokes, the 400 IM, and the distance free events. IF our slow developer eventually has a growth spurt and shows promise in the sprint events, they will have the best possible background preparation by having spent time in the 200-400-1500 range earlier in their career.

A second issue is that parents of fast-developing children may become incorrectly focused on "winning races" since that is what their child may do...rather than on the real business of age group swimming...the perfection of technique and solid aerobic training background. It's easy for any of us as parents to dream dreams of the Olympic Games when our 10 year old is dominating his local opposition, or even national competition.....but they are biologically advanced, which, by definition, will later "even out".

[It is] Very important for parents to recognize that your child will develop at their own time and rate.....and comparing them (favorably or unfavorably) with others does them (and the others) a serious dis-service.

The only valid comparison that is also meaningful, is the child swimming against their own best times. And may they make steady progress in that measurement!

All the Best for Good Swimming!
JL

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**State Pep Rally & Pasta Feed**

Please don't forget to join us in the Swim Center **mezzanine Wednesday February 19th, 5:30-7:00 pm**, for the Dolphins' annual State Pep Rally & Pasta Feed! We invite all swimmers to participate in the rally as we get pumped up for **STATE CHAMPIONSHIPS**.

We will carbo-load our swimmers and I encourage **everyone** to **bring some clothes appropriate to wear outside if the weather is cold so you can participate in some team building activities**.

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!



COACH

Sarah's Corner

(sgovanswm @ aol.com)

Fear is one of the greatest hurdles for a swimmer to overcome in their quest for greatness. Fear arrives in many different masks so that you never quite know where it will be lurking, or when to expect it. However, I will show you one of the most potent ways of overcoming it - and you're going to think I have gone a little crazy (But you will see that I am right!).

First of all, do you really love your swimming? I hope so, because the sure way to beat fear is through love. OK, OK, let me explain. Anyone who really 'hates' competing at a particular pool is actually feeling fear when they swim there - and swimming with fear means they will almost always 'bomb out' there. Right? Whereas the Club swimmers from that particular pool (who think it's the greatest pool in the world!) will always do well there. Why? Because they love it.

Another example - a swimmer 'hates' competing against a particular competitor. Why? Because deep down they fear this competitor - and while they fear them, they will never beat them. Yet other swimmers who get along fine with this competitor will never have any problem beating them, because they will not be wasting their precious energy worrying about them!

My point is that Fear saps your energy, whereas Love energizes you. In short, love beats fear every time. Let me show you how to use this principle better. Whenever you dislike any of the conditions at a meet - the pool, the warm-up pool, the competitors, coaches, etc; you must visualize in your mind the exact opposite. The only way to succeed over conditions you dislike is by regularly imagining that you really 'love' the conditions - the pool, enjoying the competitors, just feeling how much FUN the whole experience is going to be. When you do this, the fear will slowly but surely evaporate and disappear.

If the whole meet is an ORDEAL to one swimmer, and great FUN to another - you tell me, who's going to swim better? It's a no-brainer. The swimmer who's relaxed and enjoying the meet - including ALL of its conditions, such as the pool and your competitors will always do better. Imagine every meet being a fun, positive experience, and don't waste your precious energy hating the conditions. We ALL know who wins the race between swimmers with a positive attitude and swimmers with a negative attitude.

The Mind controls the body, and the mind is unlimited. The best of success.



Countdown to State!

There are 3 weeks until the Nevada State Championships and there are about 50 Dolphins qualified for the meet! Are you ready!! You all have worked hard to get your State cuts, don't stop working just yet, you are almost there! Swimmers, get to every practice you can. Parents please go onto the Team website and check which days your swimmer will be swimming at the State meet, the coaches will be signing each swimmer up for their events.

Remember that February 1, 8 & 15 (Fridays) there will be relay practice at the pool from 4:30-5:30pm for all State relay swimmers except 13-14 & Open relay swimmers. Check with a coach to see if this applies to your swimmer. We want relay swimmers to have as much practice swimming their relay together as possible before the meet.

If you are planning on going to the State meet in Las Vegas, hopefully you have already booked your hotel and have made arrangements to get to the meet.

Have you ordered your team State shirt yet? If not please order it on the team website as soon as possible. You will be reimbursed \$7 from the team if you have State cuts, you put in an order for a DDST State shirt & you participate at the State meet in Las Vegas. The Coaches would like all swimmers who will be at the State meet in Vegas to have team shirts to wear at the meet!



DDST Key Contacts

Board President: Margaret Jackson,
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COACH

Greg's Corner

(greg@taylorcamp.org)

Wow! What a great Swim-A-Thon! Looking over the last 3 years for our Red Group, we have had some tremendous improvement!!

Sydney Kearney went from 154 laps in 2 hours to finishing in 200 lengths in 115 mins... and this year she swam 200 lengths in 104 mins! **Megan Ruffo** took off 25 mins this year! **Emma Ruffo** went from completing 134 lengths in 2 hours to finishing 200 lengths in 109 mins and this year she finished 200 lengths in 82 mins!

Two new swimmers to the Swim-a-Thon **Maegan Collins** posted a great time of 89 mins to finish 200 lengths and **Alanna Smithen** also completed 200 lengths with a great time of 102 mins! **Rachel Hollis** took off a huge 14 seconds per length!!

Our two Red Group boys also did very well... **Michael Schaan** made his goal of 200 lengths and shaved off 4 seconds a lap! **Connor Taylor** also got a best swim shaving off 10 seconds a length!

I am really proud of all of our Red Group swimmers and the fantastic parents we have cheering them on! They are truly following the USA Swimming "10 COMMANDMENTS FOR SWIM PARENTS"

I. Thou shall not impose thy ambitions on thy child.

II. Thou shall be supportive no matter what.

III. Thou shall not coach thy child.

IV. Thou shall only have positive things to say at a competition.

V. Thou shall acknowledge thy child's fears.

VI. Thou shall not criticize the officials.

VII. Thou shall honor thy child's coach.

VIII. Thou shall be loyal and supportive of thy team.

IX. Thy child shall have goals besides winning.

X. Thou shall not expect thy child to become an Olympian.



COACH

Daniel's Corner

(danielell84 @ hotmail.com)

I want to discuss a mental philosophy that applies to our time in the water, our time as athletes, and our time as people in daily life. The Power of Positive Thinking. There are circumstances in our lives that will be trying, circumstances that we shall have no control of, circumstances that may seem bleak or impossible.

A set that seems too hard even for Mr. Phelps or an event that we dread each time we step up onto the blocks. A reaction from an opponent, a family member, a teammate or a coach that we do not favor. Whatever life throws our way we only have one choice- how will we choose to deal with it. So why not with a smile? A thought that says, "I cannot control what I cannot control, so let me have control of my reaction and attitude towards the matter!" Life is not going to be a bed of roses laid by butterflies, but if we can laugh and enjoy that treacherous situation, how much better life would be! So let's do it! Go into that set with the thought, "I will do my best and have 10-butt loads of fun doing it!" Jump off those blocks during that dreaded event and think, "I'm going to give all I've got and have 12-butt loads of fun doing it!"

The Power of Positive Thinking by Norman Vincent Peale. *"We can't escape pain; we can't escape the essential nature of our lives. But we do have a choice. We can give in and relent, or we can fight, persevere, and create a life worth living, a noble life. Pain is a fact; our evaluation of it is a choice."* ~Jacob Held



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

YOUR FREE AD HERE FOR 3 MONTHS, Contact the Newsletter Editor, blkooantz92@yahoo.com (3)



Upcoming Meets

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

February 8-9: Carson City, NV, Very Last Chance Meet (entries closed)

February 21-24: Las Vegas, NV, Nevada State Swimming Championships

(https://www.teamunify.com/ddst/UserFiles/File/Meet%20Info/0213state_meetsheet.pdf, qualifying times apply, coaches will sign up the swimmers for their events)

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, meet sheet pending)

April 4-7: Morgan Hill, CA-Far Western Championship
(<http://www.pacswim.org/0413FWChamps.pdf>, qualifying times apply,).

April 19-21: Folsom, CA Spring Splash Long Course Meet (meet sheet pending).



Help For New Parents

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

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



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

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

February 18: Holiday, School Out Practices.

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

February 21-22, & 25: 4:00-5:00 Practice for all swimmers not attending State Championships.

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



DDST Scholarship Program

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

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

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



2012 Candy Cane Chiller Meet

We ended our year and meet season with the Candy Cane Chiller Meet held at our home pool December 14-16th. It was a fun Sprint Meet and many of our older swimmers were able to compete in sprints that they have not been able to do since they were 12. The swimmers also got to participate in fun relays that were mixed with ages from 7 to 18 and another that allowed mixed boy and girl relays. This was a great way for the younger and older swimmers to mingle and have fun swimming in relays together.

Many of our Pre-Senior and Senior swimmers had just finished competing before this in Washington State or in California so this meet was all about fun for some of these swimmers.

Several swimmers achieved 100% improvements in all of their events at the meet including **Marin Collins**, **Sofia DeLange**, **Rachael Hollis**, **Maegan Collins** and **Sydney Kearney**. And many swimmers posted new State times at the meet!

We start out with our 7-8 year old girls, **McKenna Chappell** competed in 5 events and finished 8th with a **PC-A** time in 50 backstroke, she achieved a **PC-B** time in her first 50 butterfly, improved 4.8 sec in 100 IM and swam a 20.03 in 25 freestyle, a best time. **Marin Collins** had an amazing meet swimming 6 events with 100% improvement, she dropped 8.7 sec in 100 IM for a **PC-B** time, improved 7+ sec in 25 butterfly for a **PC-B** time of 26.42, finished 8th in 50 breaststroke and clocked 4 new 7-8 girls **State** times. **Kylie Compton** finished the meet with 5 best times, she dropped 2.5 sec in 100 IM to finish in 1:54.26, placed 4th in 100 freestyle improving 3.2 sec, she finished 5th in 50 freestyle and 8th in 25 butterfly.

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

Sofia DeLange had a fast meet with 100% improvement in 6 events, she placed 7th in 100 freestyle taking off a huge 14.6 sec for a **PC-A** time, finished 8th in 25 freestyle with a time of 18.57 for another **PC-A** time and she posted **four** 7-8 girls **State** times at the meet and 2 **PC-B** times. **Grace Dickey** competed in 6 events clocking a 7-8 girls **State** and **PC-B** time in her first 25 backstroke, she finished the 25 freestyle in 19.15, a new **PC-**

A time, clocked a **PC-B** time in 25 butterfly and shaved off time in 50 freestyle.

Lilia Fields took on 5 events at the meet, she dropped .6 sec posting a 52.54 in 50 freestyle and she set **PC-B** times in her first swim of the 100 freestyle and 50 breaststroke. **Barrett Lee** swimming in her first meet as a Dolphin placed 6th in 50 butterfly, clocked a **State** and **PC-A** time in 25 freestyle of 18.66 and **State** and **PC-B** times in 50 backstroke and 50 butterfly and tried her first 25 breaststroke and 100 IM.

Next up we had our 9-10 girls, **Rachael Hollis** had a super meet with 100% improvement in 5 events, she placed 8th in 25 freestyle, improved 12 sec in **100 IM**, dropped a huge 19.4 sec in **100** breaststroke finishing in 1:53.59 and clocked 3 **PC-B** times one in **50** backstroke with a best time. **Maggie Hutchings** achieved 2 best times at the meet dropping almost a sec in 50 freestyle with a 43.43, she was just off her best time in 100 breaststroke and she swam a fast 25 freestyle. **Eden Neal** posted 4 best times during the course of the meet; she took off 7.8 sec in 100 freestyle clocking a 1:35.65, improved 2.8 sec in 50 freestyle and swam a best time in 100 IM.

Emma Ruffo achieved 6 best times at the meet including 2 girls 9-10 **State** times in 50 backstroke and breaststroke, she placed 4th in 200 freestyle, 2nd in 200 IM and posted 2 **PC-A** times one in 100 IM taking off 1.8 sec to finish in 1:30.61. **Alanna Smithen** clocked **three** 9-10 girls **State** times, finishing 7th in 50 butterfly with a **PC-B** and **State** time improving 11 sec and 7th in 100 backstroke with a 14+ sec improvement with a 1:33.28 a **PC-A** and **State** time, she also posted **PC-B** times in 100 freestyle and IM. **Cailey Tollmann** took on 9 events placing 5th in 100 backstroke and 4th in 200 IM, she posted a **PC-B** time in 100 freestyle with a 1:25.53, improved 1.1 sec in 50 butterfly and swam a personal best in 100 IM.

They were followed with our six 9-10 boys, **Josh Beam** competed in 4 events setting times to beat in his first 25 freestyle and 50 backstroke clocking a 1:08.56 and he tried his first 100 IM and 50 butterfly. **Ashton Davenport** swam 5 events in his first official meet as a Dolphin setting times to beat in his freestyle and backstroke events for his next meet, including a 43.31 in 50 freestyle and he swam a super-fast 25 freestyle. **Niko Hight** competed in 3 events setting a time in the 25 freestyle and he dropped 1.6 sec in his 50 freestyle to finish in 54.36.

Remy Hill-Holeman took on 7 events at the meet, he finished 2nd in 50 freestyle just off his best time, improved 1.5 sec in 50 breaststroke (45.86) and took off 1.4 sec in 100 IM. **Yakov Krassovskiy** signed up to swim 3 events in his first meet as a Dolphin and set times to beat in 25 freestyle, 50 freestyle and 50 breaststroke (56.03). **Connor Taylor** swam a full slate of 10 events finishing with 7 best times, he placed 2nd in 200 freestyle dropping a huge 18.7 sec (3:01.57) for a **PC-B** and **State** time, was 3rd in 100 butterfly, posted a **PC-B** time in 100 freestyle improving 5 sec and a **PC-A** time in 100 backstroke.

Our 11-12 girls also did very well starting with **Clarice Albert** who achieved 4 best times at the meet dropping 2+ sec in 100 freestyle and 50 freestyle and posted times to beat in her first 100 IM (1:31.52) and 200 freestyle. **Madison Ashbaugh-Komp** competed in 8 events, she dropped almost 3 sec in 100 freestyle, improved 2+ sec in 50 freestyle (39.56) and 100 breaststroke and set a best time in 50 butterfly. **Mychael Bellik** finished 7th in the 500 freestyle, she took off almost a sec in 100 freestyle to finish in 1:10.68, swam a personal best in 100 backstroke, placed 3rd in 50 freestyle and 6th in 50 backstroke & 100 freestyle. **Lily Bickmore** posted 7 best times in 9 events, improving 2.4 sec in 100 IM (1:18.63) for a 11-12 girls **State** and **PC-A** time and 8th place, she dropped 3.4 sec in 100 breaststroke for a **PC-B** time, placed 6th 50 butterfly and 8th in 50 & 100 backstroke.

Julia Chappell achieved 3 best times in 5 events, posting a 11-12 girls **State** and **PC-A** time in 50 backstroke (37.09) dropping 5.5 sec and placing 4th, she improved 3.8 sec in 100 backstroke finishing 7th and clocked a personal best in 50 breaststroke. **Maegan Collins** had an amazing meet competing in 9 events with 100% improvement dropping 70 sec total!, she improved a huge 40 sec in 200 IM (3:13.81), took off 5 sec in 200 freestyle, 100 freestyle and 100 breaststroke and almost 6 sec in 100 IM and 50 backstroke. **Amelia Hicks** took on 3 events at the Candy Cane meet and dropped a humungous 13 sec in 50 breaststroke posting a 56.80 and she also tried her first 100 freestyle. **Sarah Hyatt** took on 6 events clocking an 11-12 girls **State** time in 100 breaststroke improving .78 sec for a 1:34.48, took off 1.7 sec in 50 breaststroke, improved in 50 backstroke for a **PC-B** time and she set a time to beat in her first 100 butterfly.

Nikki Jackson dropped 3.5 sec in 200 IM (2:54.33) to finish in 7th, posted a per-

sonal best in 50 freestyle and improved 1.1 sec in 100 IM, she looked fast in 200 freestyle finishing just off her best and placed 7th in 50 butterfly. **Sydney Kearney** had a fantastic meet finishing 7 events with 100% improvement dropping almost 8 sec in 100 IM finishing in 1:22.80, improved 3.2 sec in 50 backstroke, 6.7 sec in 50 butterfly and she posted 5 **PC-B** times one in her first swim of 500 freestyle. **Angel Neal** achieved 4 best times including 2 **PC-B** times in 100 breaststroke dropping 3.4 sec & and in 50 freestyle, she took off almost 4 sec in 50 butterfly (40.21) and swam a best in 50 breaststroke. **Hope Rakow** finished with 7 best times out of 9 events, placing 6th in 500 freestyle taking off almost 9 sec and going under 7 minutes, she improved 6.6 sec in 200 IM (2:58.31) and swam personal bests in 50 backstroke, 50 breaststroke & 100 IM.

Megan Ruffo took on a full slate of 10 events with 8 best times, posting 2 **PC-B** times in 500 freestyle dropping a huge 26 sec and 50 breaststroke, she improved 4+ sec in 100 breaststroke and butterfly, swam a 2:51.52 in 200 freestyle and conquered her first 200 IM. **Jayden Shaw** took on 5 events and dropped a humongous 15+ sec in 100 freestyle (1:43.89) and 3+ sec in 50 freestyle, she also tried her first 100 backstroke. **Taylor Sullivan** competed in 7 events placing 1st in 50 backstroke, she dropped 2.7 sec in 50 butterfly to finish 3rd, improved almost 2 sec in 100 butterfly (1:15.61) and placed 3rd in 100 freestyle and 100 backstroke. **Lindsey Thew** swimming in her first meet as a Dolphin tried 7 events and successfully set times to beat for her next meet in 50, 100 & 200 freestyle, 50 backstroke (50.85), 50 breaststroke and 100 IM.

We had four Dolphin 11-12 boys swimming in the meet starting with **Taylor Knowles** who competed in 7 events and swam a personal best in 50 freestyle hovering right at 30 sec to finish 2nd, he clocked a **PC-A** time in 50 butterfly (35.74), placed 2nd in 50 backstroke, 3rd in 100 freestyle and 5th in 100 butterfly and IM. **Max Owens** competed in 3 events at the Candy Cane meet setting a time to beat in his first 100 freestyle (1:30.27) and he also tried his first 50 butterfly. **Joey Smithen** posted 6 best times at the meet finishing with 2 boys 11-12 **State** and **PC-A** times in 200 freestyle improving a huge 19 sec and in his first swim of 200 IM (2:50.03), he clocked a **PC-A** time in 50 breaststroke and placed 2nd in 100 breast-

stroke. **Daniel Taylor** swam 6 events and finished with a boys 11-12 **State** and **PC-B** time in 100 IM improving 7+ sec to finish 8th, a **PC-B** time in 100 freestyle for 8th place (1:14.60), he improved 5 sec in 100 breaststroke placing 6th and was 5th in 200 freestyle.

Chayce Beam starts out our 13-14 girls, she competed in 2 events conquering her first 200 freestyle and she also competed in the 50 backstroke (1:07.64). **Amanda Castro** took on 9 events and dropped 1.3 sec in 100 backstroke (1:13.37) for a 13-14 girls **State** and **PC-A** time, placed 7th in 200 IM, and was just off best in 100 freestyle and 100 breaststroke. **Savannah Chappell** competed in 4 events at the meet placing 1st in 400 IM, she finished 3rd in 100 backstroke (1:08.99) and 200 freestyle and she looked strongest in her 50 events and 100 backstroke.

Emily Dack back in the water after recuperating from injury eased into 4 events scoring a best time in 50 freestyle (34.07) and competing in the 50 backstroke, 50 breaststroke and 100 freestyle looking very strong in 50 breaststroke. **Kaila Duffy** in her first meet as a 13 year old took on 10 events, she dropped almost 5 sec in 200 breaststroke (3:06.92) for a 13-14 girls **State** time, clocked another **State** time in 100 backstroke, placed 4th in 50 freestyle, swam a best in 100 breaststroke and finished 4th in her butterfly events.

Kaela Forvilly also in her first meet as a 13 year old, swam the four 50 events for fun placing 5th in 50 backstroke (32.60), 6th in 50 breaststroke and 6th in 50 freestyle.

Emma Gray also swam the four 50 events for fun placing 1st in 50 freestyle (27.11), 2nd in 50 butterfly and 6th in 50 backstroke, this was her last meet as a 14 year old. **Shelby Koontz** competed in 8 events placing 1st in all her events, she looked very strong in 100 backstroke finishing right on her best time and in 200 butterfly missing a personal best by less than .2 sec (2:23.75). **Annalisa Neal** took on 9 events and clocked a best time in 200 freestyle good enough for 7th, she placed 3rd in 500 freestyle and 50 breaststroke and 4th in 200 backstroke looking really strong with a 2:36.62. **Kaela Ruffo** clocked 5 best times at the meet, improving a huge 23 sec in 400 IM going under 6 minutes for a girls 13-14 **State** time and

4th place and dropped 2.3 sec in 200 freestyle (2:28.82).

They were followed by our 13-14 boys, **Ryan Chen** clocked a boys 13-14 **State** time and 5th place in his first 100 backstroke, dropped 7+ sec in 200 IM to finish 6th with a **PC-B** time of 2:42.79, he placed 7th in 100 freestyle with a **PC-B** time and was 5th in 50 freestyle. **Justin Hight** placed 1st in 50 freestyle going under 27 sec with a 1 sec drop, he finished 2nd in 200 freestyle taking off 2+ sec, was 3rd in 100 freestyle improving 2+ sec to finish right at 1:00.41 for a **PC-A** time and was 3rd in 100 backstroke. **CJ Hill-Holeman** posted 4 best times at the meet, finishing 5th in 200 IM, he improved 1 sec in 100 breaststroke for a 13-14 boys **State** time and 7th place, he was 2nd in 200 backstroke and took off almost 8 sec in 200 breaststroke (3:01.48) to place 3rd. **Jason Lowther** competed in 9 events dropping almost 3 sec in 100 freestyle (1:12.23), he placed 6th in 100 breaststroke, improved 2+ sec in 200 IM, and clocked a best time in 200 freestyle.

Josh Smithen dropped a huge 21 sec in 200 freestyle for 7th place and a boys 13-14 **State** time, he was 1st in 200 breaststroke (2:53.80) achieving another **State** and **PC-A** time, he posted improved 11 sec in 200 IM to finish 2nd (**PC-A**) and was 1st in 100 breaststroke. **Joe Sullivan** placed 2nd in 100 freestyle dropping 2+ sec finishing right at 1:00.54 with a **PC-A** time, he posted a 13-14 boys **State** and **PC-A** time in 100 backstroke placing 2nd, improved 8.6 sec in 200 IM for 4th and finished 2nd in 50 & 100 breaststroke. **Sebastian Zeron** swimming in his very first meet as a Dolphin set an official time to beat in his first 100 backstroke (1:34.35) and set times in the 50 backstroke and 50 breaststroke.

Erica Chappell starts out our 15-18 year old swimmers, she competed in 5 events and placed 1st in 500 freestyle, she finished 4th in 100 backstroke, and swam just off best in 100 butterfly (1:06.23) looking strong with another 1st place finish. **Rachel Chen** also took on 5 events she placed 5th in 100 breaststroke, finished 7th in 50 breaststroke and she touched the wall in 50 freestyle & 100 backstroke (1:16.61) just off her best times. **Jordan Knowles** dropped over a sec in 100 butterfly (1:08.52) for a new 15-18 girls **State**

time, she finished 2nd in 50 butterfly, 3rd in 100 butterfly and she placed 5th in 50 freestyle looking strong.

Anne Lancaster in her first meet as a 15 year old, took on 9 events with almost 100 improvement, she placed 3rd in 400 IM where she dropped 8 sec (5:13.84), was 5th in 200 breaststroke, took off 1+ sec in 100 butterfly & 200 freestyle and finished 3rd in 200 IM. **Shaelin Morefield** competed in the four 50 events for fun placing 1st in 50 freestyle with a 26.28, 50 backstroke and 50 butterfly and 2nd in 50 breaststroke. **Meagan Skilling** swam two 50 events for fun placing 1st in 50 breaststroke with a 34.51 and 2nd in 50 backstroke.

Adam Dack competed in 5 events placing 2nd in 500 freestyle, he finished 7th in 100 breaststroke in 1:18.82 for a **PC-A** time, placed 8th in 100 freestyle and was just off best in 50 freestyle looking fast in that event. **Kyle Johnston** competed in 3 events for fun placing 2nd in 50 backstroke and 100 backstroke (59.04) and 4th in 50 breaststroke.

Janosch Lancaster took on 7 events at the meet and improved almost 4 sec in 100 breaststroke (1:10.43) finishing 2nd, he dropped 5 sec in 200 breaststroke for a new **JO** time of 2:33.26 placing 2nd and was 1st in 500 freestyle.

Kevin Smithen took on a full slate of 10 events improving 2 sec in 100 freestyle to place 4th with a 55.12 and 2 sec in 100 backstroke to place 5th, he was 2nd in 100 butterfly, swam a **PC-A** time in his first swim of 400 IM and clocked a best time in 100 breaststroke. **TJ Smithen** swam 9 events at the meet, he clocked best times in 100 backstroke (57.52) and 400 IM and he placed 1st in his freestyle, backstroke and 400 IM events. **Jon Stamper** competed in a full slate of 10 events clocking a **State** and **PC-A** time in his first swim of 200 backstroke (2:28.52) finishing 3rd, he dropped 1+ sec in 100 backstroke, 100 freestyle and 100 breaststroke, placing 5th in 100 breaststroke and 50 freestyle.

Great job to all of our Dolphin swimmers that participated in the meet!!



Swim-a-Thon[®] Results

Our annual Swim-A-Thon fundraiser was held Saturday January 26th, and we would like to send out a special thanks to **Julie Gray** for organizing the event and to **Greg Taylor** for providing the music. **Christine Rakow** and **Pattie Dack** also pitched in at the event to make sure that it went smoothly for all of our swimmers and we want to thank all of our parents that brought in snacks & drinks for the swimmers!

62 swimmers participated in the Swim A Thon which is a better turn out than last year! Coach Kat believes that one of the best things about the Swim-A-Thon, is that our swimmers are often surprised by how many lengths they were able to complete!

For this swim-a-thon, as in previous years, our swimmers were encouraged to swim as many lengths as possible in 2 hours. However, our older swimmers were challenged to swim 200 lengths (over 3 miles) in less than 2 hours! We had 5 swim-a-thon **Team records** fall this year and 2 swimmers were able to swim 200 lengths in under one hour!

Our top swimmers by age group were: **Barrett Lee** who broke the **Team record** for the 8 and under girls swimming 200 lengths in 112 minutes and 51 seconds, beating the record by 3 seconds. **Connor Schaan** was the youngest swimmer to participate in the Swim-A-Thon and he completed 70 lengths which is 12 more than he swam last year.

Our fastest swimmers from age 9 on up all finished 200 lengths each, **Emma Ruffo** finished in 82 minutes and 30 seconds. She had the fastest 9-10 girls time and she improved her own time from last year by over 27 minutes!! **Remy Hill-Holeman** crushed the 9-10 boys **Team record** by 13 minutes and 56 sec posting a time of 83 minutes and 50 seconds.

Taylor Sullivan was the fastest 11-12 girl completing her lengths in 71 minutes and 50 seconds. **Taylor Knowles** turned in the fastest 11-12 boys time of 74 minutes and 5 seconds. This year he was faster by 12 minutes and 18 sec from his last years' time.

Shelby Koontz posted the fastest time of the night finishing in 59 minutes and 14 seconds. She beat the 13-14 girls **Team record** by 1 minute and 10 sec! **CJ Hill-Holeman** clocked a time of 65 minutes

and 51 seconds, verified to be the fastest 13-14 boys time.

Shaelin Morefield posted the 2nd fastest time of the night and a 15-16 girls **Team record** finishing in 59 minutes and 17 seconds. She bettered her Team record from last year by 18 seconds. **Kevin Smithen** turned in the fastest 15-16 boys time posting a time of 74 minutes and 19 seconds.

TJ Smithen turned in the 3rd fastest time of the night. He finished the event with a time of 60 minutes and 51 sec smashing the 17-18 boys **Team record** by 4 minutes and 11 sec.

The top 3 finishers by practice groups: Senior swimmers : **Shelby Koontz**, **Shaelin Morefield** and **TJ Smithen**. Pre-Senior swimmers: **Annalisa Neal**, **CJ Hill-Holeman** and **Emma Gray**. Blue group swimmers: **Ryan Chen**, **Taylor Knowles** and **Kayla Ruffo**. Red group swimmers: **Emma Ruffo**, **Megan Ruffo** and **Maegan Collins**. White group M-W-F swimmers: **Barrett Lee** 200 laps, **Emily Willis** 162 laps and **Chayce Beam** 142 laps. White group T-Th swimmers: **Cole Petrosky** 144 laps, **Ryan Signorella** 126 laps and **Niko Hight** 110 laps.

Swimmers, your donors have until Friday, February 8th, to make Swim-a-Thon donations online. Any checks received must also be entered on-line by the recipient family by February 8th, and turned in to Julie Gray. I will be checking my folder daily until then, but please feel free to contact me by email at [grayju1235 @ wildblue.net](mailto:grayju1235@wildblue.net) if you plan to leave swim a thon donations in my file as they shouldn't remain there overnight or over the weekend.

Pictures of the incentive prizes are available for viewing on our website. If you wish to have an incentive item that is a **lower level** incentive than your donation level reached, please let me know by email grayju1235 @ wildblue.net.

The top money raisers will be announced in the next newsletter, but as it stands right now White M-W-F has raised the most money for the fundraiser with Blue group a very close second! We will see who clinches 1st after the February deadline as well as which swimmer brought in the most donations!

Congratulations to all of the swimmers that participated in the Swim-A-Thon, you all did an amazing job!!



Last Chance Meet

55 Dolfín swimmers came out to swim at the Carson Tigersharks Last Chance Meet January 18-20th. Many swimmers were looking for State Cuts so that they could qualify to swim at the Nevada State Championships in Las Vegas next month. We saw plenty of State Cuts at the meet along with some fast swimming. 5 Dolfín swimmers, **Jessica James, Ashlyn Nelson, Ashley Ponsness, Randall Corbin** and **Cole Petrosky**, were swimming in their very first official meet and they did very well. We saw two Team records fall and several Dolphins had 100% improvement in all of their events.

Starting out with our lone 6 and under, **Connor Schaan** competed in 7 events placing 3rd in 25 backstroke and 4th in 25 freestyle, he also shaved off time in 25 butterfly with a 28.30.

McKenna Chappell starts out our 7-8 girls, she swam 5 events at the meet placing 5th in 50 backstroke (51.47) looking really strong and she finished 6th in 100 IM. **Kylie Compton** finished the meet with 5 best times, she clocked a **PC-B** time in 25 breaststroke dropping 1.5 sec, she improved 3 sec in 100 IM, she swam a 17.29 in 25 freestyle and she placed 2nd in 25 her freestyle events. **Sofia DeLange** swam 3 events with 100% improvement, posting a **PC-A** time in 50 backstroke improving almost 4 sec to 51.15 finishing 4th, she swam a personal best in 25 freestyle for a 4th place finish and set a time to beat in 25 breaststroke.

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

Grace Dickey signed up for 4 events including 3 new events setting a 7-8 girls **State** time in 50 backstroke, she placed 3rd in her first 50 butterfly with a 59.70, 7th in 25 freestyle and tried her first 100 IM. **Lilia Fields** competed in 5 events 4 of which were new events, she posted two 7-8 girls **State** and **PC-B** times in her first 100 IM and 50 backstroke (58.04), posted 2 **PC-B** times in 25 freestyle a best by 2 sec and 25 breaststroke. **Jessica James** swimming in her first official meet as a Dolfín took on 5 events and finished with **State** and **PC-B** times in 100 freestyle placing 8th and in 25 butterfly finishing 7th, she achieved a third **PC-B** time in 50 freestyle (49.38), and tried her first 25 backstroke and 50 breaststroke. **Barrett**

Lee swimming in her 2nd official meet competed in 4 events clocking 4 new 7-8 girls **State** times, 3 **PC-A** times and 1 **PC-B** time, she finished 1st in 25 butterfly (21.53), 3rd in 50 breaststroke and freestyle and 2nd in 25 backstroke.

Next up was our 9-10 girls starting with **Maggie Hutchings** who took on 4 events, she finished the meet just off her best times in 50 backstroke finishing with a time of 53.80 and 100 breaststroke looking very strong. **Ashlyn Nelson** also swimming in her first meet as a Dolfín successfully competed in 2 events setting times to beat in her first 100 breaststroke and 100 IM posting a 1:57.67. **Kyla Palaroan** achieved 5 best times in 6 events improving 8+ sec in 100 freestyle (1:40.54), a huge 9.2 sec in 100 IM, she swam a personal best in 50 breaststroke and set a time to beat in her first 100 backstroke. **Emma Ruffo** had a great meet competing in 9 events with 100% improvement, she clocked two 9-10 girls **State** times in 50 freestyle and 50 butterfly (51.43), she took off a huge 60 sec in 500 freestyle, 4+ sec in 100 freestyle and backstroke (5th), she was 4th in 50 backstroke and clocked 4 **PC-A** times. **Cailey Tollmann** swam 7 events finishing with 6 best times including **State** times in 100 IM, 200 freestyle and 50 freestyle, she placed 6th in 100 backstroke, a **PC-B** time in 200 freestyle dropping a huge 14+ sec and she took off 2 sec in 100 IM (1:33.79).

We had six 9-10 Dolfín boys competing at the meet; **Josh Beam** swam 2 events with 100% improvement, he dropped 7.3 sec in 50 freestyle to finish in 49.66 and set a time to beat in his first 100 backstroke. **Ashton Davenport** took on 4 events posting 3 best times, he dropped 11 sec in 50 backstroke to finish in 49.56, took off almost 10 sec in 100 backstroke and swam faster in 100 freestyle by 2.5 sec. **Niko Hight** also took on 2 events with 100% improvement finishing his 50 backstroke in 54.19 which was faster by 12 sec and he dropped 3 sec in 50 freestyle.

Remy Hill-Holeman had a great 500 freestyle achieving a 9-10 boys **Team** record in the event finishing with a time of 7:05.70 taking 5.6 sec off his own record on **JO** pace, he was 3rd in 100 breaststroke dropping 3.8 sec, 3rd in 100 backstroke with a **PC-A** time and 3rd in 500 freestyle. **Michael Schaan** also scored a

9-10 boys **Team** record in 50 butterfly with a time of 34.78 shaving time off his own record to finish 3rd, he improved 3.8 sec in 200 freestyle, placed 2nd in 100 butterfly and 50 freestyle and 3rd in 100 IM. **Connor Taylor** achieved a 9-10 boys **State** time in 100 butterfly placing 5th with a drop of almost 5 sec (1:43.56), he finished the 50 freestyle with a **PC-A** time improving 1.3 sec for 8th, swam a best in 50 breaststroke and placed 8th in 100 IM.

The 11-12 girls did very well at the meet starting with **Mychael Belik** who took on 7 events at the Last Chance meet, she took off .9 sec in 100 backstroke to finish in 1:21.72, was just off her best times in 100 IM and looked very strong in 200 freestyle. **Lily Bickmore** posted 5 best times in 10 events including two 11-12 girls **State** and **PC-A** times in 100 backstroke taking off 1.8 sec and 200 freestyle improving almost 4 sec and she placed 6th in 100 butterfly with a **PC-A** time of 1:18.08 dropping 7 sec. **Julia Chappell** clocked 4 best times at the meet including two 11-12 girls **State** times in 100 backstroke and 100 butterfly, she improved 6.4 sec in 100 butterfly (1:21.84), 1.2 sec in 100 backstroke, and swam best times in 50 freestyle and 100 IM.

Maegan Collins competed in 3 events at the Last Chance meet, she dropped .7 sec in 50 breaststroke and almost .4 sec in 50 freestyle to finish in 33.62. **Sarah Hyatt** swam faster in 3 events at the meet achieving a **PC-B** time in 100 freestyle improving 3.7 sec (1:15.83), she dropped a huge 11.8 sec in 100 backstroke and took off 4.3 sec in 100 IM and she looked very fast in 50 freestyle and 50 backstroke. **Nikki Jackson** finished the meet with 6 best times in 8 events including 11-12 girls **State** and **PC-A** times in 200 IM dropping 2+ sec for a 2:51.99 and in her first swim of 400 IM, she achieved a 3rd **State** time in 50 freestyle and improved 1.3 sec in 100 freestyle.

Sydney Kearney took on 6 events at the meet and improved 1 sec in 100 freestyle to finish in 1:12.16, she dropped a half sec in 50 breaststroke and looked really strong in 50 backstroke and 100 IM just missing personal bests. **Angel Neal** finished the meet with 4 best times improving 1.5 sec in 100 breaststroke (1:35.18), she shaved off almost a half sec in 50 backstroke and 50 breaststroke and swam a best time in 50 freestyle.

Ashley Ponsness tried 2 events in her first official swim meet setting a time to beat, 43.89, in her first 50 freestyle and she tried the 50 breaststroke. **Hope Rakow** swam 5 best times out of 8 events, she dropped 3.7 sec in 100 IM (1:22.91), improved 2.2 sec in 100 breaststroke, was faster by 1.3 sec in 50 breaststroke and posted personal bests in 50 & 100 freestyle.

Megan Ruffo finished the meet with 7 best times, she posted 4 **PC-B** times in 50 freestyle, 200 freestyle dropping 6 sec (2:45.43), 100 breaststroke improving 1 sec and 100 IM taking off 5+ sec. **Taylor Sullivan** competed in 1 event at the meet improving 12 sec in 500 freestyle to finish in 6:11.75 which was good enough for 1st place. **Emily Willis** clocked 3 best times in 7 events at the meet, she dropped a half sec in 100 backstroke, improved 1 sec in 100 freestyle and took off 1.9 sec in 50 freestyle posting a 47.62.

Three 11-12 boys participated at the meet, 2 swimming in their first meet, **Cole Petrosky** competing in his first official meet took on 3 events setting times to beat in 50 freestyle (40.27), 50 backstroke and 50 breaststroke. **Corbin Randall** competed in 2 events in his first meet as a Dolphin successfully set times to beat in 50 freestyle and 50 backstroke (48.60). **Daniel Taylor** had a fast meet achieving 11-12 boys **State** and **PC-B** times in 200 IM improving 6 sec and in 200 freestyle dropping 8 sec (2:41.80), he posted a third **State** time in 100 freestyle and set a time to beat in his first 100 butterfly.

The 13-14 girls start out with **Chayce Beam** who participated in 5 events at the meet taking off over 10 sec in 50 freestyle (43.15) and 10 sec in 100 freestyle, she also tried her first 100 backstroke and 200 IM. **Amanda Castro** placed 3rd in her first swim of 400 IM with a 13-14 girls **State** and **PC-A** time, she achieved a 2nd **State** and **PC-B** time in 200 breaststroke dropping 19 sec to finish in 3:09.07 and she just missed a best time in 200 IM. **Savannah Chappell** finished 2nd in 100 butterfly improving almost 2 sec, she was 3rd in 1650 freestyle with a **State** and **JO** time in her first swim of the event finishing in 19:31.93, placed 4th in 100 backstroke for a **JO** time of

1:05.65. **Emily Dack** took on 5 events at the meet dropping 3 sec in 100 breaststroke (1:46.83) and set a time to beat in her first 200 breaststroke, she also looked strong and finished just off her best in 100 freestyle.

Kaila Duffy posted 6 best times in 8 events, she placed 1st in 200 butterfly improving 4.2 sec, she dropped 9+ sec in 200 breaststroke to finish in 2:57.43 for a **PC-A** time, placed 5th in 200 IM with a best time by 2 sec, was 5th in 200 freestyle and she took off 7.3 sec in 500 freestyle. **Shelby Koontz** finished 1st in 1650 freestyle with a **FW** time of 18:49.20 a best by 11+ sec, she placed 2nd in 500 freestyle with another **FW** time of 5:19.87 dropping 7.2 sec and was just off best in 200 freestyle. **Annalisa Neal** improved 1.6 sec in 200 IM to finish in 2nd place, she placed 2nd in 100 & 200 breaststroke, improved 2.7 sec in 200 backstroke (2:33.39) to place 5th & swam a best time in 200 freestyle. **Kayla Ruffo** clocked 3 best times in 6 events dropping 9.7 sec in 500 freestyle (6:36.66), she sliced off 1.7 sec in 100 breaststroke, swam a personal best in 200 IM and just missed a best time in 100 freestyle.

Next up was the 13-14 boys, **Ryan Chen** had a great meet with 100 % improvement in 7 events, he was 5th in 200 breaststroke dropping 11+ sec, 8th in 100 freestyle for a 13-14 boys **State** time, he posted another **State** and **PC-B** time in his first swim of 400 IM (5:51.59) and achieved 3 more **PC-B** times one in 200 freestyle where he sliced off 9+ sec. **Justin Hight** swam best times in 3 of his 6 events, he placed 4th in 200 backstroke dropping 3 sec, was 4th in 200 IM taking off 6+ sec for a 2:35.03, 5th in 50 freestyle and he improved almost 2 sec in 500 freestyle.

CJ Hill-Holeman clocked 6 best times in his events, finishing 4th in 400 IM improving almost 10 sec for a **PC-A** time, was 5th in 500 freestyle, posted a boys 13-14 **State** and **PC-B** time in 100 breaststroke dropping almost 2 sec to finish in 1:28, he took off 5.6 sec in 200 backstroke and 4 sec in 200 IM to place 5th. **Jason Lowther** took on 6 events finishing the meet with 4 best times, he was 7th in 100 breaststroke (1:27.50) taking off 1.6 sec to finish with a **PC-B** time, 8th in 200 breast-

stroke with a new 13-14 boys **State** time, he dropped 2.5 sec in 200 IM and 1.2 sec in 100 backstroke.

And then we had our 15-18 girls starting with **Erica Chappell** who competed in 5 events placing 4th in 1650 freestyle and 500 freestyle, she finished 6th in 100 butterfly and looked really strong in 50 freestyle (27.84), 100 backstroke and 100 butterfly.

Rachel Chen participated in 7 events clocking 2 **PC-B** times in her first swim of 500 freestyle and in 200 freestyle swimming a best by 7.3 sec (2:28.46) and she just missed a best time in 200 IM and 50 freestyle.

Emma Gray finished 5th in 200 IM, she was 5th in 100 freestyle and 6th in 200 backstroke, she dropped 1+ sec in 100 backstroke (1:07.04) to finish 6th, improved 1.6 sec in 200 IM, shaved off time in 100 butterfly and was just off best in 500 freestyle.

Jordan Knowles competed in 6 events, she placed 5th in 500 freestyle with a new best time, was 8th in 100 freestyle and was really close to her best times in 100 breaststroke, 50 freestyle (28.02) and 200 freestyle. **Anne Lancaster** swam faster in 6 of her 8 events, she was 7th in 500 freestyle dropping almost 9 sec to go under 6 minutes, she improved 2.8 sec in 100 butterfly (1:08.74), 1+ sec in 100 freestyle and 200 freestyle and finished with a new best time in 200 IM.

Shaelin Morefield placed 1st in 500 freestyle shaving off some time, was 1st in 1650 freestyle with a 25 sec drop finishing with a **FW** time of 18:36.59, she finished 1st in 100 breaststroke, 2nd in her 3 other events and was just off best in 200 backstroke.

Lastly was the two Dolphin 15 and over boys, **Kyle Johnston** swam 2 events placing 1st in 1650 freestyle with a time of 18:54.98. **Janosch Lancaster** competed in 6 events placing 2nd in 200 IM with a best time by 1 sec, he was 3rd in 500 freestyle and 100 freestyle, he improved a huge one minute and 42 sec in 1650 freestyle, dropped a half sec in 100 butterfly finishing just at 1:00.64 and improved almost a sec in 200 IM.

Great job Dolphins!!



Douglas Dolphins Swim Team

2013+ Meet & Event Schedule

(rev. 2/2013)

[visit www.ddst.org for updates, changes, and links to on-line entries, meet sheets, results, etc.]

DATES	MEET or EVENT	COURSE	ENTRIES	LOCATION / HOST
Jan 5-6	**Pacific Coast All-star Meet (14-u)	25 Y	all-star	Santa Rosa CA / TBA
Jan 18-20	Carson Last Chance Age Group Open	25 Y	individual	Carson City NV / <u>CARS</u>
Jan 26	HOME: Swim-a-Thon® & Fundraiser 6-10 pm	25 Y	–	Minden NV / <u>DDST</u>
Feb 8-9	#Carson Very Last Chance State Qualifier	25 Y	individual	Carson City NV / <u>CARS</u>
Feb 19	State Pep Rally & Pasta Feed! 5:30-7:00	–	–	Minden NV
Feb 21-24	**Nevada State Short Course Championships	25 Y	team	Las Vegas NV / <u>SAND</u>
Mar 1	DDST Annual Awards Banquet, 5:30-8:30 pm	–	–	Gardnerville NV/St. Gall
Mar 2-3	**Pacific Zone All-star Developmental Meet (14-u)	25 Y	all-star	Carson City NV / Zone-4
Mar 15-17	**Pacific Junior Olympics Championships	25 Y	individual	San Ramon CA / <u>SRVLA</u>
Apr 1-5	PRACTICES CONTINUE through Spring Break	–	–	Minden NV / <u>DDST</u>
Apr 4-7	**Far Western Short-course Championships (tentative)	25 Y	individual	Morgan Hill CA / <u>ALMA</u>
Apr 19-21	(SN) Sierra Marlins Spring Splash long course	50 M	individual	Folsom CA / <u>SMST</u>
May 10-11	**High School - Northern Nevada Regionals	25 Y	–	Carson City NV
May 18	**High School - Nevada State Championships	25 Y	–	Carson City NV
May 24-26	Carson Tigersharks Intermountain Classic	50 M	individual	Carson City NV / <u>CARS</u>
May 30-June 2	**Santa Clara International Grand Prix	50 M	team	Santa Clara CA / <u>SCSC</u>
June 14-16	Reno Summer Splash Invitational	50 M	individual	Reno NV / <u>RENO</u>
June 16-21	Salo Swim Camp	–	–	Los Angeles CA / USC
June 21-23	Bishop Swim Team Invitational	25 Y	individual	Bishop CA / <u>BST</u>
June-July	#HOME: Twilight Practice Meets, 3:00 pm	25 Y	team	Minden NV / <u>DDST</u>
July 5-7	#Tahoe Swimming At Altitude Meet	25 Y	individual	South Lake <u>TAHOE</u> CA
July 12-14	**Adam Szmids Junior Olympics Championships	50 M	individual	Concord CA / <u>TERA</u>
July 17-22	**Speedo Champions Series Summer Sectionals	50 M	team	Santa Clarita CA
July 30	HOME: TEAM PHOTOS!	–	–	Minden NV
July 31-Aug 4 ??	**Far Western Long-course Championships (tentative)	50 M	individual	San Jose CA / <u>WEST</u>
Aug 6-10	**Western Zone Championships (14-u)	50 M	all-star	Roseville CA / TBA
Aug 8-10	**North American Challenge Cup	50 M	all-star	Federal Way WA
Aug 9-11	HOME: High Country League Championships	25 Y	team	Minden NV / <u>DDST</u>
Aug 12-15	TEAM FUN WEEK! (no practices)	–	–	Beach, Wild Island, etc.
Sep 20-22	HOME: Molly Lahlum Memorial Autumn Freeze	25 Y	team	Minden NV / <u>DDST</u>
Oct 12	HOME: Fall Festival Fundraiser	–	–	Minden NV
Oct 18-20	Fall Classic & King of the Hill Challenge	25 Y	individual	Carson City NV/ <u>RENO/SPKS</u>
Oct 31	HALLOWEEN FUN! 4:30-5:30	–	–	Minden NV
Nov 6 ??	State Pep Rally & Pasta Feed! 5:30-7:00	–	–	Minden NV
Nov 8-11 ??	**Nevada State Short Course Championships	25 Y	team	Las Vegas NV / <u>TBD</u>
Dec 6-8	**Pacific Short Course Senior Championships	25 Y	individual	Pleasant Hill CA/ <u>WCAB</u>
Dec 6-8	**Husky Invitational Senior Championships	25 Y	team	Federal Way WA
Dec 6-8 ??	**14-under Junior Olympic Championships (tentative)	25 Y	individual	Morgan Hill CA / <u>MHSC</u>
Dec 13-15 ??	HOME: Candy Cane Chiller ??	25 Y	individual	Minden NV / <u>DDST</u>
Dec 19	HOLIDAY FUN!	–	–	Minden NV
Dec 23-Jan 3	GRINCH WEEK! - Winter Break Practices continue!	–	–	Minden NV / <u>DDST</u>
Jan 8-12, 2014	**Speedo Champions Series Winter Sectionals (tentative)	25 Y	team	Long Beach CA/ <u>TBD</u>
Jan 10-12 ??	**Pacific Coast All-star Meet??	25 Y	all-star	<u>TBD</u>
Jan 17-19	Carson Age Group Open Meet	25 Y	individual	Carson City NV / <u>CARS</u>
Jan 25	HOME: Swim-a-Thon® & Fundraiser 6-10 pm	25 Y	–	Minden NV / <u>DDST</u>
Feb 14-16	HOME: St Valentine Age Group Open Meet	25 Y	individual	Minden NV / <u>DDST</u>

– Optional for Seniors; recommended for all other groups.

Meets in this color are all-star, tentative, or FYI only.

** – Entries must meet qualifying times or other selective criteria – see coaches or www.ddst.org for details.

(SN) – Sierra Nevada Swimming sanctioned meet – team official(s) required for 11 or more swimmers!

ENTRIES: **team** – approved and submitted by coach, entry fees billed; **individual** – submitted and paid directly to host team in advance (entry fees are always non-refundable); **all-star** – application required, selection criteria vary.

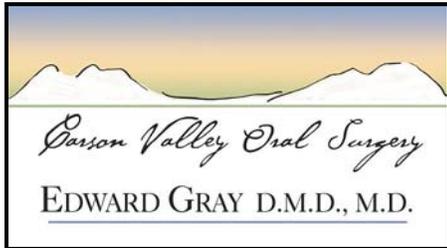
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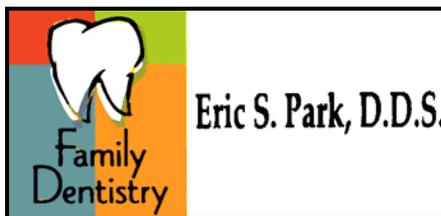
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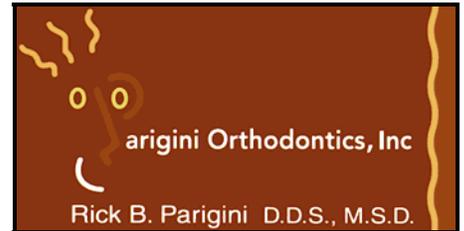
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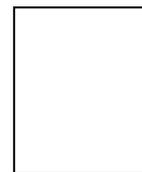
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Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Farewell and good luck to: Rocio Meza and Megan Skilling

Welcome to: Harley Keenan, Cole Petrosky and Corbin Randall

Happy February Birthdays to:

Cole Petrosky (2/3), Shaelin Morefield (2/4), Rocio Meza (2/17) and Megan Ruffo (2/26).

Happy March Birthdays: Barrett

Lee (3/1), Remy Hill-Holeman (3/8), Clara Gray (3/12), Angel Neal (3/15), McKenna Chappell (3/16), Ryan Signorella (3/18), Daniel Taylor (3/23), Corbin Randall (3/27), Lindsey Thew (3/29), Max Owens (3/30) and Justin Hight (3/31).

(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 **March 27th**. All submissions should be received by **Monday March 25th**. 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 Daniel, Coach Sarah, Coach Greg, Julie Gray and Jim Morefield.

Latest news online: www.ddst.org.

