

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(since 1964 – our 50<sup>th</sup> year!)

[www.ddst.org](http://www.ddst.org) August/September 2013

## Swimmers of the Month

**Jack Stevenson** is the Silver group swimmer of the month. Jack is always on time with a smile and positive outlook each practice. Jack puts 100% in every practice and will do anything his coaches ask of him no matter how long it takes. He took on 5 events at the High Country Meet and brought in a best time in the 50 breaststroke. Good job, Jack. Keep up the good work!

**Kyla Palaroan** is White swimmer of the month. Kyla has a great attitude and is a team player. Kyla had great attendance this summer and had great results at our High Country Championship meet, dropping time in 5 of her 7 races and achieving a new PC-B time. Kyla is a very sweet and coachable swimmer, and I love working with her! Way to go, Kyla!

**Jayden Shaw** is the Red Group Swimmer of the Month. Jayden is new to Red Group but she has been there for almost every practice and working hard! She also had a perfect High Country Meet with huge improvements in time! Her swimming gets better every day and I look forward to seeing what she can do at our next meet. Great job, Jayden!

**Megan Ruffo** is Blue Group's Swimmer of the Month. She had a great summer. Just try and keep up with her at practice. She has been a great lane leader always listening to the focus of given sets. Most of the time coaches care much more about swimmers focusing on any given task within the set than we do about pure speed. For example, we may say something like "think about not crossing your centerline on this set". With focus, tech-

nique improvements and near perfect attendance this summer, Megan set herself up for a spectacular, 100 % improvement, High Country Meet with a total of 46 seconds dropped! Way to go Megan Ruffo!!

**CJ Hill-Holeman** is the Pre senior Swimmer of the Month. CJ was chosen for his outstanding performance and his positive attitude at practice. CJ chose this summer to refocus his training, and the results showed at the High Country Championship meet with 8 new best times including a 21 sec improvement in the 1000 freestyle. I am looking forward to working with him this upcoming season. Nicely done, CJ!

**Shelby Koontz** is the Senior Swimmer of the Month. While most of us missed Shelby's extraordinary dance moves at our High Country Meet, it is important to note that she was not taking the weekend off. She was representing our team, our Zone, and our LSC at a meet called the North America Challenge Cup. This meet is to compete against Southern California Swimming and international teams from Canada and Mexico. Shelby had a great meet, and went a Lifetime Best in her 50 Free, 100 Free, 400 Free and 400 IM which was also a Pacific Reportable Time. Great Job Shelby, way to REPRESENT!



## High Country Meet Wrap Up

Wow! We received many compliments from swimmers and coaches on how much fun our High Country Meet was! Most meets have a few problems behind the scenes but because you all pitched in and helped as much as you did, things seemed to go pretty well!

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

**Computer** – Deb Duffy, Nikki Willis, Rosemary Hill-Holeman, Chris Forvilly. **Colorado** – Chris & Pattie Dack, John & Nicole Knowles and Dennis DeLange. **Clerk of Course** – Julie Gray, Denise Bickmore, Joanna Ruffo, Jenna Beam, Lorna Johnston, Margaret Jackson. **Marshalls** – Christina Palaroan, Cary Jordan, Mr. and Mrs. Lund, Bob Parry, Jeffrey James, Chris Smithen, Derwin Palaroan, Kelly Schaan, and Walter Zeron. **Head Timer** Kathy Chappell, David Stevenson and Derwin Palaroan. **Runner** – Robbie & Teresa Hight, Claudia DeLange, Linda Fields, Julie Gray, Felicia Gantar and Chad Owens. **Announcer** – Clint Holeman and Robbie Hight. **Music (For Finals)** – Greg Taylor. **Awards** – Marion Lancaster, Chris, Tricia and Mary Smithen. **Parent Organizer** – Ali Dickey and Malia Taylor. **Snack Bar** – Kathy & Terry Lowther, Ted Neal, Jared & Doreen Hyatt, David & Christine Rakow, Chris Beam, Mike and Raegan Bellik, Kathy Chappell and Shamra Petrosky. **Hospitality** – Karen Sullivan, Janna Collins, Beckie Tollmann, Fecicia Gantar, Grace Chen, May Parry, Birgit Widegren. **Officials** – John Ruffo, Jim & Leslie Morefield. **Set Up/Tear Down** – Jim Morefield, Mr. Lund, Teresa Hight, Chris Dack, Marion Lancaster and Russ Petrosky.

Our next meet will be the Molly Lahlum Memorial Autumn Freeze Meet September 20<sup>h</sup>, 21<sup>st</sup>, and 22<sup>nd</sup> which is only a few weeks away. The 13 & older swimmers will swim in the morning sessions and the 12 & under

swimmers will swim the afternoon sessions. Please check the DDST website to sign up!



COACH

## Kat's Corner

(coachkat0809@hotmail.com)

Have you checked out the USA Swimming website? There is lots of great information available. The following article came from the website.

**By Chris Rosenbloom//PhD, RD, CSSD**

Want to shave 1.82 seconds off your 100 meter free? How about 7.93 seconds off your 200 IM? David (not his real name), a 16 year old swimmer did just that by improving his food choices to support his training and conditioning. He dramatically slashed his times after committing to improving his food choices in the months leading up to a national level meet. His reward? His best times...ever. How did he do it? He completed a detailed 3-day food and activity record and then had it analyzed by a Registered Dietician/Nutritionist who individualized a plan to build on his already good habits. Like many of you, David already practiced sound dietary habits: he ate before swim practice, he timed his intake to support recovery, he ate high quality protein, and he got sufficient calcium and vitamin D through foods. **What he needed to tweak in his diet was:**

**1. Increasing total calorie intake.** He was averaging 70-85% of the needed calories to support growth, physical development and training.

**2. Increasing carbohydrate intake.** He was getting 44% of his calories or 6.2 grams of carbohydrate per kilogram of body weight and he needed 6-8 grams per kilogram to support training,

**3. Decreasing total fat intake.** His fat intake was 35% of total calories and while the recommendation is to keep fat intake in the range of 25-35%, an athlete to needs more carbohydrate will need to decrease fat intake to accommodate the need for muscle fueling carbs.

**4. Choosing more nutrient-rich foods** to increase the intake of 2 nutrients that were low in his diet: vitamin E and iron.

**David used these 4 simple strategies to boost his nutrition:**

**1. Increased fruit and veggie intake to boost carbohydrate intake**

- A. Added a fruit cup to morning after practice swim snack
- B. Added an apple, pear, orange, etc. to lunch
- C. Added an additional veggie to dinner like a baked sweet potato, green beans, cauliflower, or any other veggie he liked.
- D. Snacked on summer fruits: watermelon, cantaloupe, berries
- E. Topped his favorite dessert, pound cake, with berries

**2. Chose more iron-rich foods**

- A. Substituted corn dogs with a roast beef sandwich or a small cheeseburger
- B. Ate dark meat chicken (leg, thigh) in addition to chicken breast
- C. Included a vitamin C source with breakfast, like orange juice, strawberries, or other citrus
- D. Tried grilled flank steak for dinner, a lean cut of beef, high in iron

**3. Decreased high fat foods**

- A. Tried lower fat ice cream instead of full fat ice cream
- B. Substituted low fat hot dogs for full fat hot dogs
- C. Reduced milk fat from 2% milk to 1% or fat free milk

**4. Increased calories with healthy, tasty foods**

- A. Snacked on nuts and trail mix (good source of vitamin E)
- B. Ate pineapple (contributed with love from his aunt's own tree)
- C. Increased sports drink from 8 oz to 12-16 oz
- D. Snacked on cottage cheese and fruit with whole grain crackers
- E. Drizzled vanilla Greek yogurt with honey and added chopped walnuts

It wasn't always easy, as David said sometimes he just wasn't hungry, and it was hard to reach the higher calorie level. But, improving nutrition paid off and now he is on a quest to improve his standing at his state meet. Last year he finished 25<sup>th</sup> in the 100 and 200 free and the top 24 finishers move on... This year I think he will be one of the swimmers moving on.

Chris Rosenbloom is the sports nutrition consultant for Georgia State University Athletics and is the editor of the Academy of Nutrition and Dietetics Sports Nutrition Manual, 5<sup>th</sup> edition, 2012. She welcomes questions from swimmers, parent and coaches. Email her at [chrisrosembloom@gmail.com](mailto:chrisrosembloom@gmail.com)



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COACH

## Sarah's Corner

(sgovanswm @ aol.com)

### Choosing Smart Goals:

- S – Specific** (Make your goals clear and precise, not fuzzy and vague)  
**M – Measurable** (Make goals tangible enough so that they can be measured)  
**A – Attainable** (Set realistic goals—not so big that they seem impossible)  
**R – Relevant** (Set goals that stretch you, yet match your identity)  
**T – Timely** (Make goals fit into the time frame you can manage)

### Shoot for the Stars!

This is the beginning of our team's training cycle and it is imperative for each Dolphin to have goals in mind. In the next few weeks I will be sitting down and going over specific goals with each swimmer. I am planning on having a **parent meeting for all pre senior parents Wednesday the 18th at 4:15pm.** We will be going over our groups training cycle, group goals, concerns and questions. I am looking forward to this season and I am aiming for the most successful season yet!



## Special Practice Schedules

**PLEASE NOTE THE FOLLOWING special practice days coming up:**

**September 20:** No Practice due to Molly Meet

**October 18:** No Practice due to Meet

**October 25:** Nevada Day, no school, school out session

**October 31:** All groups Halloween Fun & pumpkin races 4:30-5:30

**November 6:** State Pep Rally & Pasta Feed 5:30-7:00

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



COACH

## Greg's Corner

(greg@taylorcamp.org)

I hope everyone's "back to school" was smooth! Yes, we had a few hiccups with the smoke, but hopefully that will be settling down. It got me to thinking about what can you do if you can't swim? We have always encouraged variety. My kids know when they go to play football or gymnastics, they are some of the most fit kids there. But what if swimming gets cancelled? What are other options for staying fit? Here is a good article that focuses on that!

## 7 Lapless Ways to Stay in Shape

By Mike

Gustafson//Correspondent

Welcome to that weird, between-seasons period of every swimmer's life. School starts in a few weeks, yet summer swimming for a number of age groupers is over. This is likely the first real "break many swimmers encounter during their swim year. There's no school swimming. There's no club swimming. It's a lull of activity.

Breaks are needed, but you don't necessarily want to be completely sedentary, either. You don't want to show up to the first day of practice after gaining 40 pounds from continuing your Michael Phelps Diet (hint: "12,000-calorie swimmer diets" only work if you're still swimming.) here are some great ways to stay in shape that don't involve 100x100's butterfly.

**Go to the lake/beach.** If you live near a beach, utilize it! Not only are they fun, but they're also great for a different style of water training. That doesn't mean drive to the beach, spread a blanket, and simply go to sleep. Jumping in waves, swimming and treading water, stroking out to a buoy and back (as long as you're swimming with other people)...these are great ways to keep that feel of the water yet not be at practice.

**Try (gasp!) land sports.** There's a misconception that all swimmers are hopelessly uncoordinated, constantly tripping over themselves, unable to catch, throw, jump, leap...For the most part, swimmers are athletic. They just haven't had any time to play any other sport besides swimming. Well, this is your one time of the year to play some basketball without worrying about injuries. Join a kickball league, or play beach volleyball, or shoot some hoops. My swim team used to play ultimate Frisbee games whenever the weather was warm. It was fun, it kept us running and jumping, and it was way better than another round of stretch cords.

**Stretch.** I am probably the least flexible person in the history of competitive sports. As of this writing, not only can I not touch my toes, but I can barely touch my knees. It's bad. If you're similar, don't lose your small gains in flexibility between seasons. Wake up the morning, go on a little walk somewhere, and stretch. Or do some arm circles and stretch your arms. Always warm up before you stretch (to prevent injury), but try to keep relatively loose and flexible.

**Yoga.** Yoga is a phenomenal dryland exercise for swimmers. Most yoga classes work your core body and improve flexibility, both key fundamentals in the world of swimming. Not only that, but it relaxes you while working your body, teaching you to breathe properly and maintain (some-what) a Zen-like presence. If you swim for a YMCA team, check in with other group classes. Many YMCAs offer yoga courses for free or cheap.

**Water polo.** If you absolutely need your daily chlorine fix, instead of doing laps on your own, find a group of people who want to play water polo. At swim practice, we occasionally played water polo as a welcome game break from lap swimming monotony. In water polo, you kick, pull, and tread water, so there's still a relative amount of swimming happening...but it's also tons of fun. It helps keep you competitive in the water.

**Go on an adventure.** Grab your hiking shoes, come water and some food, and head out on an adventure. Swim practices often keep swimmers locked into a daily schedule, which limits the amount of adventuring you can do. You have to be at a certain afternoon practice at a certain pool every single day of the week. Now that you have free time, take a road trip to those nearby falls or that state park or the nearby sand dunes. Go on an adventure, park your car somewhere and hike. Swimmers spend so much of their day locked within the concrete confines of the pool, many swimmers get cabin fever. Use this break to get out. Explore. Hike a trail. Ask a teammate to go with you and get as far away from a pool as possible.

**Bike.** When you're in college, you'll bike everywhere. Biking is a great way to get a great workout without feeling like you're working out. Similar to the previous point, swimming can sometimes feel like you're on an underwater treadmill. The average swimmer by college graduation stares at a black line for over 10,000 hours. Biking is a wonderful way to break up the monotony, and it's also 1/3<sup>rd</sup> of the triathlon, should you ever feel inclined to take up triathlons later in life. And on that note, while triathlons would be a great way to stay in shape, a triathlon is almost a little too much. Remember: You want to maintain your shape and also not get competitively or physically burned out. These activities will get you off your couch and out of your house, but they won't make you feel like you've got the heart rate of a holiday workout.

[http://www.usaswimming.org/ViewNewsArticle.aspx?](http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&Alias=Rainbow&Lang=en&ItemId=5484&mid=11510)

[TabId=0&Alias=Rainbow&Lang=en&ItemId=5484&mid=11510](http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&Alias=Rainbow&Lang=en&ItemId=5484&mid=11510)



## COACH

**Danielle's Corner**

(dnllsoto@yahoo.com)

**“I've learned from experience that is you work harder at it, and apply more energy and time to it, and consistency, you get a better result. It comes from work.” Louis C.K.**

I would like the team as a whole to think about Consistency; consistency during swim practice, consistency of going to practice, and also the consistency of a positive attitude during practice and meets. The harder one works during each practice the better the results during a swim meet. In order for that to be accomplished three things are vital: going to practice regularly, attitude during practice, and work ethic during practice. Showing up for practice is one of the major parts of swimming. Without practice swimmers can't learn or correct mistakes and technique.

Technique is only part of it. Cardio and physical endurance is the other half. What should be brought to practice (other than equipment) is a positive attitude and consistency during practice. By a positive attitude I don't mean a bad day is not acceptable. Bad days happen and that is ok. What is not acceptable is back talking, constant complaining or being mean to other swimmers.

This leaves the last topic of work ethic; it is not enough to just come to practice, it is what is done during practice that counts. Going to practice every day or 80% of the time and giving 100% will give better results and improvements than going to practice 50% of the time and giving 80%. Giving the best one can every practice is the best way to go for not only swimming but for everything.

**DDST Scholarship Program**

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

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

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

**DDST Key Contacts**

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## Junior Olympics

The Long Course Junior Olympics Swimming Championships took place July 12-14 in Concord, CA with 5 Douglas Dolphins swimmers taking part in the meet. Every DDST competitor turned in best times, and we saw 6 new team records!

**Emma Ruffo** (10) did well in her first JO meet swimming 3 events and achieving best times in the 200m freestyle and 100m backstroke. She dropped 1.43 sec in the 200m freestyle for a time of 2:53.54, right on **JO** pace, and shaved off .09 sec in the 100m backstroke for a time of 1:35.03.

**Remy Hill-Holeman** (10) also competed in 3 events and set 2 new boys 10 & under **team records** in the 200m freestyle with a time of 2:56.26 taking off 4.98sec, and in the 400m freestyle with a time of 6:18.62.

(Abbreviations: **PC-X**=Pacific Swimming Standards; **JO**=Junior Olympic; **FW**=Far Western

**Taylor Knowles**, swimming 3 events, took of 1.14 sec in the 100m freestyle for a time of 1:13.30, 1.99 sec in the 50m backstroke for a new **JO** time of 36.51 and was right on **JO** pace in the 100m backstroke.

**Joey Smithen** had an outstanding first long course JO meet. He competed and improved in all 4 of his events and brought in 2 new **FW** times in the 50m freestyle with a time of 30.28 sec, and in the 50m breaststroke with a new boys 11-12 **team record** time of 40.49 sec. He was right on **JO** pace in the 50m butterfly with a time of 34.54 sec and in the 100 butterfly with a time of 1:20.20.

**Janosch Lancaster**, competing in 7 events for the 17-18 boys, dropped time in 4 of his races and achieved a new **team record** time in the 50m freestyle of 27.03 sec. He also dropped .13 sec in the 200m backstroke, 26.84 sec in the 200m breaststroke for a new **PC-A** time of 2:56.48, establishing a team record, and 5.67 sec for a new **JO** time and **team record** in the 400m individual medley of 5:26.64. He came back to

swim the 400m individual medley in finals and broke his own **team record** once again with a new **JO** time of 5:24.30.



## Speedo Summer Sectionals

**Shaelin Morefield** was our sole DDST representative at the Speedo Champions Series Summer Sectionals held in Santa Clarita, CA July 17-22. Sectionals is a Senior championship, with all ages competing together. Shaelin performed impressively, setting 6 new 17-18 girls **team records** and clocking 2 **Winter Junior National** times. She dropped .46 sec in the 50m freestyle prelims, turned in a new **team record** time of 2:32.44 in the 200m backstroke prelims and a **Junior National Bonus** time and new **team record** of 1:04.02 in the 100m butterfly, winning her bonus final heat to place 25th. In the 200m butterfly finals, Shaelin dropped 2.75 sec for a new **Junior National** and **team record** time of 2:19.28, winning consolation finals to place 9<sup>th</sup>. She set 3 more 17-18 girls **team records**, taking off 1.69 sec in the 200m individual medley prelims for a time of 2:30.14, dropping 3.37 sec in the prelims of the 400m individual medley for a time of 5:13.64 and taking off 1.38 sec in the 200m freestyle time trials for a time of 2:15.13. Congratulations and well done, Shaelin!



## North American Challenge Cup

The 2013 North American Challenge Cup International Age Group Competition was held this year in Federal Way, WA August 8-10. Participants included top swimmers ages 11 and up from Pacific Swimming, Pacific Northwest Swimming, Southern California Swimming and Mexican Swimming Federation. Canada did not attend this year due to World Championships.

Two of our own Dolphins were chosen to represent Pacific Swimming, **Shelby Koontz** and **Shaelin Morefield**.

Shelby competed in 6 individual events and 3 relays for the 15-16 girls age group. She brought in **best times**, **2<sup>nd</sup> place** finishes and new 15-16 girls **team records** in the finals of the 50m freestyle and 100m freestyle events with times of 27.22 sec. and 59.17 sec respectively. She also brought in a new **team record** in the preliminaries of the 400m freestyle with a **best time** of 4:47.36. She scored another **2<sup>nd</sup> place** finish and **best time** in the finals of the 100m butterfly with a time of 1:04.38, and she finished **8<sup>th</sup>** in the 400m individual medley finals. She swam the 3<sup>rd</sup> leg for the Pacific Swimming 400m free and 400m medley relay teams that both finished **1<sup>st</sup> place** with a time of 4:01.79 and 4:29.07 respectively. She also swam the 1<sup>st</sup> leg of the 800m free relay team that finished **5<sup>th</sup> place** with a time of 9:09.61. Her split time in that relay of 2:12.12 was another girls 15-16 200m freestyle **team record**.

Shaelin competed in 6 individual events and 3 relays for the 17-18 girls age group. She came in **1<sup>st</sup> place** in the finals of the 200m butterfly with a time of 2:20.17 and **2<sup>nd</sup> place** in the finals of the 100m butterfly with a new **best time** and 17-18 girls **team record** of 1:03.67. Her new **team record** of 2:58.09 in the 200m breaststroke brought her a **5<sup>th</sup> place** finish in finals, and she came in **5<sup>th</sup>** in the 100m breaststroke finals with a time of 1:23.05. Shaelin also swam the 2<sup>nd</sup> leg for the Pacific Swimming 17-18 girls 400m free relay team that finished 3<sup>rd</sup> with a time of 4:11.91. She swam the 1<sup>st</sup> leg for the 800m free relay team that finished 3<sup>rd</sup> with a time of 9:10.19 and the 3<sup>rd</sup> leg for the 400m medley relay team that came in 3<sup>rd</sup> place with a time of 4:32.03.

The girls enjoyed the team atmosphere of the meet, complete with uniforms and rivalries, especially with Southern California Swimming, who won the meet with 1768 points, compared to Pacific Swimming's 2<sup>nd</sup> place finish with 1361 points. They also en-

joyed the exchange of cultures (and gear!) with members of the 2nd place team from Mexico. And finally, they will always remember the night their school bus broke down along the highway after the meet, 30 minutes away from dinner at their hotel!



## Upcoming Meets

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

**September 20-22: HOME MEET: Molly Lahlum Memorial Autumn Freeze Meet,** view meet sheet & enter meet on [ddst.org](http://ddst.org)

**October 18-20: Carson City, NV, Reno/Sparks King of the Hill Meet.** Entires open soon & close Wed., Oct. 9.

**November 8-11: Henderson, NV, Nevada State Championships:** meet sheet pending, entires to be finalized by coaches Oct. 27.

**December 6-8: Federal Way, WA, Husky Invitational Senior Meet (tentative)**

**December 12-14: Greensboro, NC, Speedo Winter Junior National Championships**  
(qualifying times apply)



## 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](mailto: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.



## High Country Meet Results

The 2013 High Country Meet had a great turnout with over 400 swimmers competing. We saw better weather this year with no rain, wind or lightning to shut down finals. Many of our Summer swimmers participated in their first championship meet and showed what skills they learned over the past 2 months. The icing on the cake was that the Douglas Dolphins took first place in overall team points!

Beginning with the 6 & under swimmers, **Caitlin Taylor**, our youngest Dolphins competitor, dropped 1.08 sec in the 25 freestyle and an impressive 13.33 sec in the 25 backstroke to place 6<sup>th</sup> in both events.

(Abbreviations: **PC-X**=Pacific Swimming Standards; **JO**=Junior Olympic; **FW**=Far Western; **PRT**= Pacific Recognition Time)

**Marin Collins** competed in the 7-8 girls races, taking on 9 events and achieving 4 best times. She dropped 1.70 sec in the 25 freestyle, 1.87 sec in the 50 backstroke for 4<sup>th</sup> place, .58 sec in the 25 breaststroke for 5<sup>th</sup> place and 4.51 sec in the 25 butterfly for a new **PC-A** time and 5<sup>th</sup> place. **Sofia Delange** also took on 9 events, dropping time in 6 of them and winning **2<sup>nd</sup> place high point** for the 7-8 girls. She took off .74 sec in the 25 freestyle, 2.93 sec in the 100 freestyle and 1.74 sec in the 50 backstroke, finishing 1<sup>st</sup> in those events. She finished 2<sup>nd</sup> in the 50 freestyle, 25 backstroke, 4<sup>th</sup> in the 25 butterfly with a new **PC-A** time and 3<sup>rd</sup> in the 100 individual medley with a new **State** time of 1:52.37.

**Grace Dickey** swam 3 events with 100% improvement and a new **State** time of 1:32.34 and 2<sup>nd</sup> place finish in the 100 freestyle. She dropped 8.98 sec in the 50 backstroke for a new **PC-A** time and 2.66 sec in the 25 butterfly for a new **State** time of 24.54.

**Julianne James**, swimming in her first championship meet, took on 5 events and set times to beat in the 25 and 50

freestyle, 25 backstroke and 25 breaststroke. **Stephanie Lin**, also racing in her first championship meet, competed in 6 events, and set times to beat in the 25 and 50 freestyle, 25 backstroke and 25 breaststroke.

**Connor Schaan** was first up for the Dolphins 7-8 boys, taking on 9 events with near 100% improvement. He took off 7.76 sec in the 50 freestyle for a new **State** time of 44.06 and placed 5<sup>th</sup>, a huge 22.89 sec in the 100 freestyle for a new **PC-B** and **State** time of 1:42.27 and 4.86 sec in the 25 butterfly for a new **PC-B** and **State** time of 23.44. He came in 2<sup>nd</sup> in the 50 butterfly with a new **PC-B** time and 6<sup>th</sup> in the 25 freestyle with a new **PC-A** time. **Matthew Yturvide** saw some big improvements in 6 of his 8 events. She dropped 8.30 sec in the 25 freestyle, a huge 15.77 sec in the 50 freestyle, set a time to beat of 2:26.22 in the 100 freestyle, took off .94 sec in the 25 backstroke, dropped 5.06 sec in the 50 backstroke and set another time to beat of 37.87 in the 25 butterfly.

**McKenna Daniels** was up first for the 9-10 girls setting times to beat of 50.13 sec in the 50 freestyle and 1:01.57 in the 50 backstroke in her first championship meet. **Lilia Fields** competed in 7 events and took off 2.05 sec in the 50 freestyle, 1.77 sec in the 50 breaststroke, 3.93 sec in the 50 butterfly and 3.96 sec in the 100 individual medley. She set a time to beat in the 100 breaststroke of 2:14.13.

**Maggie Hutchings** had a near 100% improvement meet, swimming 6 events, dropping 3.52 sec in the 50 freestyle, .94 sec in the 50 backstroke, 1.24 sec in the 50 breaststroke for a new **PC-A** time and an impressive 9.10 sec in the 100 breaststroke for another new **PC-A** time. She set a time to beat of 1:37.77 in the 100 freestyle. **Jessica James** was another 100% improvement Dolphins swimmer, competing in 5 events and achieving new **PC-B** times in the 50 freestyle and in the 50 backstroke. (just .10 sec away from a State time) She took off 10.46 sec in the 100 freestyle, 6.03 sec in the 100 breast-

stroke and 5.82 sec in the 100 individual medley.

**Marayah Jimenez** took on 5 events in her first championship meet, setting times to beat in the 50 freestyle, 100 freestyle, 50 backstroke and 50 breaststroke. **Barrett Lee** competed in 9 events, finishing 11<sup>th</sup> place in both the 200 freestyle dropping 1.27 sec and 50 butterfly where she dropped 8.73 sec. She took off 2.52 sec in the 50 breaststroke, finishing 16<sup>th</sup>, 1.69 sec in the 50 backstroke and set a time to beat of 1:39.92 in the 100 individual medley.

**Sophia Maricich** had a 100% improvement meet, taking on 3 events and dropping a huge 27.30 sec in the 50 freestyle and 19.63 sec in the 50 backstroke. She set a time to beat of 57.10 sec in the 50 butterfly with a 17<sup>th</sup> place finish.

**Eden Neal** took on 9 events and placed 11<sup>th</sup> in the 100 butterfly with a time to beat of 2:09.09 and 15<sup>th</sup> in the 200 freestyle. She dropped 1.52 sec in the 50 butterfly. **Ashlyn Nelson** swam 7 events in her first championship meet, setting times to beat in the 50 freestyle, 100 freestyle, 50 backstroke, 50 breaststroke and 100 backstroke where she placed 17<sup>th</sup> with a time of 1:47.80. **Kyla Palaroan**, also taking on 7 events, achieved a new **PC-B** time in the 50 freestyle, dropped 4.50 sec in the 100 freestyle, 11.24 sec in the 200 freestyle, 2.93 sec in the 50 backstroke and 1.65 sec in the 50 breaststroke.

**Sydney Palaroan** competed in 5 races and set a time to beat of 1:48.65 in the 100 freestyle. She dropped a huge 11.78 sec in the 50 freestyle and 3.66 sec in the 50 backstroke. **Emma Ruffo** saw some big improvements in 6 of her 9 events, achieving 3 new **JO** times in the 200 freestyle where she finished 3<sup>rd</sup> with a time of 2:35.25, in the 500 freestyle where she finished 2<sup>nd</sup> with a time of 6:44.91 and in the 100 backstroke where she finished 3<sup>rd</sup> with a time of 1:21.53. She dropped 3 sec in the 100 freestyle to finish 5<sup>th</sup>, .09 sec in the 50 backstroke to finish 7<sup>th</sup> and .54 sec in the 50 butterfly to finish 6<sup>th</sup>.

**Alanna Smithen** had a near 100% improvement meet, taking on 8 events

and achieving new **PC-A** and **State** times in the 50 freestyle taking off 2.41 sec and in the 100 freestyle taking off 7.29 sec. She brought in a new **State** and **PC-B** time in the 100 individual medley where she dropped 8.20 sec, and new **PC-A** times in the 50 backstroke, the 100 backstroke and the 50 butterfly where she dropped 4.73 sec.

(Abbreviations: **PC-X**=Pacific Swimming Standards; **JO**=Junior Olympic; **FW**=Far Western; **PRT**= Pacific Recognition Time

**Josh Beam** had 100 % improvement in all 4 events he swam for the 9-10 boys. He set a time to beat in the 50 breaststroke, dropped 4.98 sec in the 50 freestyle, 4.92 sec in the 100 freestyle and 3.26 sec in the 50 backstroke.

**Matthew Beam** also took on 4 events and set a time to beat in the 100 freestyle with a time of 2:17.46. **Niko Hight** swam 7 events, dropping 6.68 sec in the 50 freestyle, 1.48 sec in the 50 backstroke and setting times to beat in the 100 freestyle, the 100 backstroke, and in the 50 butterfly of.

**Remy Hill-Holeman** had a strong meet, taking on 9 events and winning **2<sup>nd</sup> place high point** for the 9-10 boys. He dropped 1.87 sec in the 100 freestyle, 1.08 sec in the 50 backstroke, 1.81 sec in the 50 breaststroke, finishing 3<sup>rd</sup> in those events. He dropped 2.60 sec in the 100 breaststroke where he came in 1<sup>st</sup> place with a time of 1:33.87, and took off 1.74 sec in the 50 butterfly finishing 4<sup>th</sup>. **Salvin Kirk**, competing in his first championship meet, took on 3 events, the 50 freestyle, 50 backstroke and 100 breaststroke. **Corbin Sanchez**, competing in his first championship meet, raced in 5 events and set times to beat in the 50 freestyle, 100 freestyle, 50 backstroke and 100 backstroke.

**Michael Schaan** had an awesome meet, tackling 8 events and clocking 2 new **PRT** times in the 50 butterfly where he placed 2<sup>nd</sup> and dropped 1.25 sec for new boys 9-10 **team record** of 33.31, and in the 100 butterfly where he came in 3<sup>rd</sup> and took off 4.30 sec for another **team record** time of 1:18.57.

He set 2 other **team records** in the 50 freestyle where he placed 2<sup>nd</sup> and dropped 1.98 sec for a new **JO** time of 30.38, and in the 200 individual medley with a time of 2:49.27 placing 3<sup>rd</sup>. In the 100 individual medley he again placed 3<sup>rd</sup> dropping 1.61 sec, and he placed 1<sup>st</sup> in the 50 breaststroke right on **JO** pace. **Ryan Signorella** took on 5 events setting times to beat in the 50 freestyle where he placed 19<sup>th</sup>, in the 100 freestyle, the 50 breaststroke and in the 100 individual medley.

**Jack Stevenson** also took on 5 events and set times to beat in the 50 freestyle, 100 freestyle, 50 backstroke, 100 backstroke and improved 3.29 sec in the 50 breaststroke. **Connor Taylor**, taking on a full slate of 9 events finished 5<sup>th</sup> place in the 50 butterfly, 6<sup>th</sup> place in the 100 butterfly and 500 freestyle and 9<sup>th</sup> place in the 50 freestyle, 50 backstroke and 100 backstroke. He dropped 1.31 sec in the 50 breaststroke.

**Cooper Yturbide** raced in 6 events with 100 % improvement. He dropped 6.23 sec in the 50 freestyle, 9.13 sec in the 100 freestyle, 2.83 sec in in the 50 backstroke, a huge 56.04 sec in the 100 backstroke where he placed 16<sup>th</sup>, 7.21 sec in the 50 breaststroke and set a time to beat in the 100 individual medley.

First up for the 11-12 girls was **Clarice Albert** who swam 7 events and turned in 2 new **PC-B** times in the 50 freestyle where she took off 1.66 sec and in the 100 freestyle where she dropped 4.73 sec. She dropped 14.39 sec in the 200 freestyle, 2.92 sec in the 50 breaststroke, 10.46 sec in the 100 breaststroke and set a time to beat in the 50 butterfly. **Mychael Bellik** competed in 9 events, placing 7<sup>th</sup> and dropping 3 sec in the 500 freestyle. She dropped 3.70 sec in the 200 backstroke prelims and another 1.35 sec in the 200 backstroke finals for a new **PC-A** time and a 4<sup>th</sup> place finish. She also took off 3.26 sec in the 50 butterfly for a new **PC-B** and **State** time. **Lily Bickmore** took on 9 events and qualified for finals in the 50 and 100 freestyle where she placed 8<sup>th</sup>, and the 50 backstroke where she took off .68 sec in finals to place 6<sup>th</sup> with a new **State** time. She

also placed 4<sup>th</sup> in the finals of the 50 butterfly dropping 1.95 sec, the 100 butterfly taking off .48 sec and 4<sup>th</sup> in the 200 individual medley.

**Julia Chappell** tried her hand at 6 events, making finals in the 100 backstroke, taking off 1.86 sec and placing 6<sup>th</sup> and in the 100 butterfly dropping 2.45 sec and placing 8<sup>th</sup>. She clocked a new **PC-A** time in the 50 butterfly and a new **PC-B** time in the 200 individual medley. **Maegan Collins** had a strong meet clocking 3 new **State** times in the 100 freestyle, the 200 freestyle with a new **PC-A** time dropping 19.01 sec and in the 100 butterfly. She brought in 2 new **PC-B** times in the 500 freestyle dropping a huge 30.79 sec and finishing 9<sup>th</sup> and in the 50 backstroke dropping 3.41 sec. **Sarah Hyatt** had an awesome 100% improvement meet, tackling 9 events and finishing 3<sup>rd</sup> in the 100 breaststroke finals with a new **State** and **PC-A** time dropping 6.82 sec, 6<sup>th</sup> in the 50 breaststroke finals dropping 3.26 sec for another new **State** and **PC-A** time and 8<sup>th</sup> in the 500 freestyle dropping a huge 26.25 sec for a new **PC-B** time. She also clocked new **PC-B** times in the 100 freestyle, 200 individual medley and a new **State** and **PC-B** time in the 50 butterfly.

**Nikki Jackson** competed in 9 events looking strong in the 500 freestyle where she placed 5<sup>th</sup>, in the 100 individual medley where she placed 6<sup>th</sup> in finals dropping 2.99 sec for a new **PC-A** and **State** time and placing 8<sup>th</sup> in the 200 individual medley finals. She dropped 11.23 sec in the 100 backstroke for another new **State** time. **Angel Neal** swam 9 events, placing 11<sup>th</sup> in the 500 freestyle and 6<sup>th</sup> in the 200 backstroke finals dropping 6.20 sec in that race. **Hope Rakow** turned in a near 100% improvement performance, competing in 9 events with 5 new **State** times in the 100 free-

style where she took off .34 sec, in the 100 breast finals where she dropped 2.05 sec and placed 6<sup>th</sup>, in the 50 butterfly where she dropped 2.88 sec for a new **PC-B** time, in the 100 butterfly and in the finals of the 200 individual medley where she dropped 7.64 sec for 6<sup>th</sup> place. She clocked a new **PC-A** time in the 50 freestyle.

**Jayden Shaw** tackled 6 events with big time improvements. She took off 8.71 sec in the 50 freestyle, a huge 16.70 sec in the 100 freestyle, 7.42 sec in the 50 backstroke, 24.20 sec in the 100 breaststroke and set times to beat in the 50 breaststroke and 50 butterfly.

**Cailey Tollmann**, just aging up into the 11-12 girls, swam 8 events and placed 7<sup>th</sup> in the 50 backstroke finals taking off .41 sec. She dropped 1.62 sec in the 50 freestyle, .03 sec in the 200 freestyle, 1.33 sec in the 100 backstroke and 1.40 sec in the 50 breaststroke. **Emily Willis** took on 6 events and saw some strong improvements in the 50 freestyle taking off 2.68 sec, in the 100 freestyle taking off 4.47 sec, the 50 breaststroke dropping .46 sec and the 100 breaststroke dropping 2.18 sec.

**Ethan Duby**, swimming for the 11-12 boys, took on 2 events in his first championship meet and set a time to beat of 46.62 in the 50 freestyle. **Chris Manning**, also competing in his first championship meet, swam 6 events and set times to beat in the 50 and 100 freestyle, 50 backstroke and 50 breaststroke. **Max Owens** swam 5 events and looked strong in the 50 freestyle where he dropped 4.76 sec (.67 sec away from a State time), in the 100 freestyle taking off 6.12 sec and dropping 3.31 sec in the 50 backstroke. **Noah Primak** took on 5 events in his first championship

meet, setting a time to beat of 47.03 in the 50 freestyle.

**Corbin Randall** competed in 5 events and set times to beat in the 100 freestyle, 50 breaststroke, 50 butterfly and 100 butterfly. **Joey Smithen** made finals in all 9 of his events and was awarded **2<sup>nd</sup> place high point** in the 11-12 boys age group for his efforts. He placed 1<sup>st</sup> in the 50 freestyle dropping .40 sec and in the 50 backstroke dropping 2.79 sec for a new **JO** time of 32.19. He came in 2<sup>nd</sup> with new **JO** times in the 100 freestyle taking off 1.84 sec, in the 100 backstroke dropping 7.91 sec, in the 100 breaststroke prelims taking off 2.17 sec, and in the 200 medley dropping a huge 18.74 sec for a time of 2:31.29. **Daniel Taylor**, taking on 9 events, saw 7<sup>th</sup> place finishes in the finals of the 50 freestyle, the 50 breaststroke and 100 breaststroke where he took off 3.56 sec for a new **PC-B** time. He came in 8<sup>th</sup> in the 100 backstroke dropping 4.06 sec and took off 1.90 sec in the 200 individual medley for another new **PC-B** time.

Next up was our 13-14 girls group with **Chayce Beam** swimming 4 events at the meet setting a best time in the 50 freestyle with a time of 40.73, she posted a time to beat in her first 100 butterfly and she also set a time to beat in her first 100 backstroke. **Amanda Castro** participated in 9 events at the meet, she finished the 50 freestyle right on her best time, she took off almost 4 sec in the 100 breaststroke finishing with a time of 1:24.78, she was also just off her best time in the 100 backstroke. **Emily Dack** competed in 9 events at the meet, she finished right on best in the 200 breaststroke, she improved her best time by almost a sec in 100 breaststroke and she slashed 3 sec off her

time in the 100 butterfly finishing with a time of 1:34.84. **Kaila Duffy** posted 6 best times at the meet, improving her 100 freestyle time by 1+ sec to finish with a time of 1:00.56 in prelims placing 8<sup>th</sup> in the event, she dropped 6 sec in the 500 freestyle, 15 sec in 1000 freestyle to place 4<sup>th</sup> with a **PC-A** time, she took off 2 sec in the 100 butterfly to finish 2<sup>nd</sup> and placed 4<sup>th</sup> in 200 butterfly with another 2 sec drop.

**Kaela Forvilly** took on 9 events and posted a best time in 50 freestyle finishing 4<sup>th</sup> with a time of 28.31, she improved 2 sec in 400 IM to finish 6<sup>th</sup>, she placed 2<sup>nd</sup> in 100 backstroke & 200 backstroke and 4<sup>th</sup> in 100 freestyle and 100 breaststroke. **Madison Jordan** swimming in her 2<sup>nd</sup> meet as a Dolphin, took on 6 events with 100% improvement, she swam a **PC-B** time in 50 freestyle, took off 5 sec in 100 backstroke, 3 sec in 100 butterfly and improved her time in 100 freestyle by 1 sec finishing in 1:14.29. **Annalisa Neal** competed in 9 events, she improved 1 sec in 500 freestyle to place 3<sup>rd</sup>, she finished 3<sup>rd</sup> in 100 breaststroke with a time of 1:17.37, placed 4<sup>th</sup> in 200 breaststroke, 8<sup>th</sup> in 200 IM and 3<sup>rd</sup> in 400 IM just off her best time.

**Kayla Ruffo** clocked 8 best times at the meet, taking off 8 sec in the 400 IM and 5 sec in the 200 IM, she finished 5<sup>th</sup> in 200 butterfly improving 7+ sec to post a time of 2:41.72, dropped 4 sec in 100 breaststroke for a **PC-A** time, slashed 1 sec in 100 freestyle and finished with a best time in 50 freestyle. **Megan Ruffo** swam 7 events with 100% improvement, she took off 9 sec in 200 freestyle, 10 sec in 100 butterfly, almost 12 sec in 200 IM posting a time of 2:58.11, and 5+ sec in 100 breaststroke and 100 freestyle dropping approximately 45 sec in time at the meet! **Taylor Sullivan** participated in 9 events improving a whopping 24 sec in 400 IM to place 5<sup>th</sup>, she finished 5<sup>th</sup> in 100 freestyle taking off 3+ sec with a time of 1:00.78, she was 4<sup>th</sup> in 200 freestyle dropping 7 sec, 5<sup>th</sup> in 200 IM, and slashed 2 sec off her 100 butterfly time.

**Ryan Chen**, swimming for the 13-14 boys group, clocked 8 best times out of 9 events, finishing 6<sup>th</sup> in 100 butterfly improving 4 sec to post a **PC-A** time of 1:05.45, he set a **PC-A** time in 100 breaststroke, took off a huge 22 sec in 400 IM, 6+ sec in 200 freestyle (**PC-B** time), improved 5+ sec in 200 breaststroke and 4 sec in 100 freestyle (**PC-B** time). **Justin Hight** competed in 5 events before he was sidelined with an injury, he improved 2 sec in 100 freestyle clocking a time of 56.40, he took off 9+ sec in 100 breaststroke to finish with a **PC-B** time, 3 sec in 200 freestyle and dropped 1 sec in 200 IM.

**CJ Hill-Holeman** took on a full slate of 9 events with 8 best times, improving 21 sec in 1000 freestyle for a **PC-A** time, placing 3<sup>rd</sup> in 200 butterfly taking off 14+ sec to finish with another **PC-A** time 2:34.08, he was 6<sup>th</sup> in 500 freestyle, slashed 7 sec off in 100 breaststroke & 3+ sec in 200 breaststroke. **Cole Petrosky** completed 6 events with 5 best times, including a 11 sec drop in 200 freestyle to finish in 2:54.55, he dropped almost 7 sec in 100 breaststroke, 5 sec in 100 backstroke and 100 freestyle and improved his 50 freestyle by 1 sec.

**Josh Smithen** competed in 9 events clocking 3 new **JO** times in 100 freestyle improving 1+ sec to finish 3<sup>rd</sup> with a time of 54.66, in 100 backstroke placing 2<sup>nd</sup> with a **JO** time of 1:02.42 dropping 5+ sec and in prelims of 100 butterfly taking off 3 sec to finish 3<sup>rd</sup> with a **JO** time of 1:01.23. **Joe Sullivan** swam 7 events with 100% improvement, taking off time in 50 freestyle to place 3<sup>rd</sup> with his first **JO** time of 24.79, he was 5<sup>th</sup> in 100 freestyle, improved a huge 21 sec in 200 freestyle to place 6<sup>th</sup>, took off 7 sec in 200 IM placing 7<sup>th</sup> and 4+ sec in 100 backstroke for 5<sup>th</sup>. **Sebastian Zeron** clocked 4 **State** times taking off a humongous 83 sec for 8<sup>th</sup> place in 500 freestyle and a **PC-B** time, he was 6<sup>th</sup> in 100 freestyle improving 7+ sec to finish under 1 minute with a **PC-A** time (58.74), placed 8<sup>th</sup> in 100 butterfly with a **PC-A** time slashing 5+ sec and

dropped 7 sec in 200 freestyle (**PC-B** time).

First up for the 15 and over girls was **Erica Chappell** who competed in 6 events, she made finals in 400 IM finishing 4<sup>th</sup> on **JO** pace, 200 freestyle and 200 backstroke placing 2<sup>nd</sup> on **FW** pace with a 2:22.38 and 100 butterfly placing 3<sup>rd</sup> on **JO** pace, she also competed in 1000 freestyle placing 3<sup>rd</sup> in the event. **Savannah Chappell** competed in 9 events, she placed 2<sup>nd</sup> in 400 IM with a new **JO** time of 5:05.67 improving her time by almost 7 sec, she placed 4<sup>th</sup> in 200 backstroke and 200 IM on **JO** pace, and 4<sup>th</sup> in 100 backstroke and in 200 butterfly with a best time.

**Rachel Chen** swam 9 events finishing with 5 best times taking off 2 sec in 200 freestyle, over 1 sec in 100 butterfly for a **PC-B** time, she improved an incredible 8 sec in 400 IM posting a time of 6:03.38 and also clocked best times in the 200 IM and the 50 freestyle posting a **PC-A** time. **Clara Gray** competed in 4 events she placed 1<sup>st</sup> in 200 breaststroke on **FW** pace clocking a time of 2:39.20, 3<sup>rd</sup> in 100 breaststroke just off best time and on **FW** pace and 6<sup>th</sup> in 100 freestyle, she also made finals in 50 freestyle finishing 8<sup>th</sup>.

**Emma Gray** swam a full slate of 9 events, she made finals in 4 events and improved on her prelim time in each of her finals, she finished 5<sup>th</sup> in 50 freestyle and 5<sup>th</sup> in 200 IM just off her best time in 2:26.67 and placed 7<sup>th</sup> in 400 IM and 100 butterfly. **Leah Heydman** swam 4 events in her first meet as a Dolphin, she set times to beat in 100 freestyle clocking a **PC-B** time of 1:09.94, 100 breaststroke and 50 freestyle finishing with a 33.32. **Jordan Knowles** took on 9 events qualifying for finals in 6, she finished 3<sup>rd</sup> in 200 freestyle with a 2:08.14 and 5<sup>th</sup> in 100 butterfly improving both of these times by 1+ sec, she placed 7<sup>th</sup> in 100 freestyle with a best time and 7<sup>th</sup> in 200 backstroke and finished 6<sup>th</sup> in 100 backstroke. **Anne Lancaster** swam in 9 events at the meet and she finished the 500 freestyle in 8<sup>th</sup> place with a 6:06.52, she also finished just off

her best times in the 100 freestyle and 100 breaststroke and scored points for the team in the 400 IM.

**Adam Dack** was first up for the 15 and over boys and competed in 9 events making finals in 8, he finished 2<sup>nd</sup> in 200 backstroke on **JO** pace, 2<sup>nd</sup> in 200 butterfly shaving time off his best, he placed 3<sup>rd</sup> in the 500 & 1000 freestyle and 3<sup>rd</sup> in 400 IM with a new best time of 4:56.27, he also swam a best time in prelims for 200 freestyle taking off .7 sec.

**Andy Esparza** competed in 7 events with best times in 5, he placed 7<sup>th</sup> in 100 breaststroke improving his time by a huge 9+ sec with a time **PC-A** time of 1:15.25, finished 5<sup>th</sup> in 50 freestyle with a best time, he also took off 6 sec in 200 freestyle, 3+ sec in 100 backstroke and 1 sec in 100 freestyle.

**Janosch Lancaster** took on 9 events, was the **15-18 boys High Point Winner** and placed 1<sup>st</sup> in 5 events including the 200 breaststroke, 50 freestyle, 200 IM clocking a best time and 100 backstroke, he improved 4 sec in 400 IM with a 4:36.07, and took off 2 sec in 100 butterfly finishing under 1 minute.

**Jason Lowther** participated in 8 events with 100% improvement finishing 3<sup>rd</sup> in 200 breaststroke dropping 8 sec in prelims and 7 sec in finals to finish in 2:57.97 (**PC-B** and **State** time), improved 16+ sec in 200 freestyle, 5 sec in 200 IM, 6 sec in 100 breaststroke (**PC-B** time) and 3+ sec in 100 backstroke, almost 48 sec dropped in all his events! **Kevin Smithen** took on 9 events and finished with 3<sup>rd</sup> in 100 backstroke with a new **JO** time of 1:02.28 improving 2+ sec, he placed 3<sup>rd</sup> in 200 butterfly with a best time, was 3<sup>rd</sup> in 50 freestyle on **JO** pace and in 3<sup>rd</sup> in 100 freestyle. **Jon Stamper** competed in 7 events and finished with 6 best time, dropping 6 sec in 200 freestyle, 4 sec in 100 butterfly, 2 sec in 100 backstroke, 2+ sec in 200 breaststroke clocking

a 2:47.91 and 1 sec in 100 freestyle finishing in 54.29.

There were approximately 30 Dolfin relays that competed at the High Country Meet and with that we had 4 new **Team records** set. The first **Team record** was established in the 10 and under boys 200 freestyle relay of **Remy Hill-Holeman, Connor Taylor, Cooper Yturbide** and **Michael Schaan** that clocked a time of 2:24.37. The 10 and under boys 200 medley relay team of **Niko Hight, Remy Hill-Holeman, Michael Schaan** and **Connor Taylor** established another record with a time of 2:48.74. The 13-14 400 medley relay group of **Kaela Forvilly, Taylor Sullivan, Kaila Duffy** and **Annalisa Neal** swam a time of 4:33.77 that beat the record from 2009 by 1+ sec. The 13-14 boys team of **Justin Hight, Ryan Chen, CJ Hill-Holeman** and **Josh Smithen** posted a time of 3:53.97 in the 400 freestyle relay beating that 14 year old record by 8 sec.

## Fall Festival Update

There may be a change of plans regarding the October 12 Fall Festival. An email update will be coming soon after the September 12 Board of Directors meeting. Hold on to those pumpkins for now!!! We will still put them to good use!

## Happy September Birthdays

Jayden Shaw 9/3, Hope Rakow 9/8, Grace Dickey 9/13, Kevin Smithen 9/14, Eden Neal 9/15, Lily Bickmore 9/17, Marin Collins and Alana Smithen 9/23.

## Happy October Birthdays

Sebastian Zeron 10/4, Jessica James 10/14, Nikki Jackson 10/20, Joe Sullivan and Magie Jahreis 10/24, Kylie Compton 10/26 and Madison Ashbaugh-Komp 10/30.

## Next Board Meeting

The next DDST Board of Directors meeting is **Sept. 12, 2013** at 7:00 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 Big George Ventures, 2240 Meridian Parkway, Suite B. Board Contact info: [www.ddst.org/boardmembers.htm](http://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 at

([ksulliva@dcsd.k12.nv.us](mailto:ksulliva@dcsd.k12.nv.us), 775-267-4035)

## Lost & Found!

**LOST OR FOUND ITEM?** List Dolphins-related items here and get them home! Newsletter Editor [newsletter@ddst.org](mailto:newsletter@ddst.org) 775-690-0124 (2)

1 pair of navy Dolphins shorts sz medium, free. Call 782-7806.

1 Lucky 08 navy State Shirt size youth large (shrunk), free. Call 782-7806.

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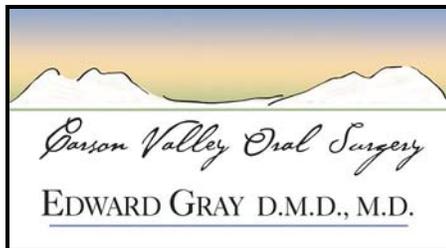
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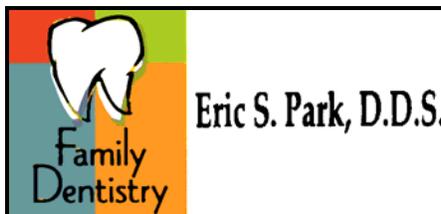
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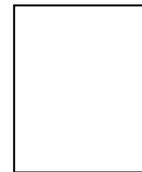
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Douglas Dolphins Swim Team  
P.O. Box 44  
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

**Farewell and good luck to:** Summer Group

**Moving up: Congratulations to new:**

**Silver Dolphins:** Zack Foster, Aspen Tollman, Cooper & Matthew Yturbide, Ethan Duby, Abby Hutchings, Noah Primak, Stephanie Lin.

**White:** Josh Beam, Brooke Cameron, Gracie Daniels, Addison Gregory, Sophia Maricich, Alex Molyneux, Chris Manning, Corbin Randall, Ryan Signorella, Daniel Willis. **Red:** Chayce Beam, Max Owens, Ashley Ponsness, Jayden Shaw, Emily Willis. **Blue:** Maegan Collins, Clarice Albert, Maddie Jordan, Cailey Tollman. **Pre Senior:** Amanda Castro, Sebastian Zeron



## Practice Schedules

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

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

**Seniors:** M-Thurs 2:30-4:45p, F 2:30-4:30p, Dryland Wed. & Thurs 5:00-6:00p

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

**Dryland** Tuesday and Wed, 4:45-5:45p

**Blue:** M-Th 4:45-6:00p, F 4:15-5:30p

**Red:** M-Th 5:00-6:00p (optional Fast Fridays 4:15-5:30p with Blue group)

**Silver:** Wed & Fri 4:15-5:00p

**White:** M, Tu & Th 4:15-5:00p

**All Public Schools OUT of Session**  
(common break days, public holidays except Summer break)

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

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

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

**Red:** M-Th 5:00-6:00p

**White:** M, Tu, Th 4:15-5:15p

**Silver:** W & Fr 4:15-5:00p



## Next Newsletter

The next *Monthly* will appear about **October 31st**. All submissions should be received by **Mon., Oct 28th**. 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, Julie Gray, at [newsletter@ddst.org](mailto:newsletter@ddst.org) or 775-690-0124**. 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 contributions: Coach Kat, Coach Sarah, Coach Greg, Coach Danielle, Jim Morefield, Shaelin Morefield, Hope Castro, and Linda Koontz.*

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

