

# Dolphins' Monthly

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

[www.ddst.org](http://www.ddst.org) October/November 2013

## Swimmers of the Month

**Zach Foster** is Silver Group Swimmer of the Month. Zack is always on time and is always prepared for practice. He is never afraid to ask questions, and he lets other swimmers go ahead of him in the lane to make them feel better. Asking questions is part of the learning process and well as practicing technique. Showing that you care about your teammates makes the team experience better for everyone. Good job, Zack. Keep up the good work!

**Addison Gregory** is the White Group Swimmer of the Month. Addison has done an outstanding job in our group. She is very coachable and a hard worker. In the recent King of the Hill meet she took off 12.5 sec in the 200 freestyle and 1.5 sec in the 100 freestyle. She is what you call a model athlete, and we are looking forward to seeing her progress with the Dolpins.

**Emily Willis** is the Red Group Swimmer of the Month. Emily has been working very hard since joining the Red Group. She has been consistently taking time off at every meet. She just killed her breaststroke times at the King of the Hill Meet, dropping nearly 5 seconds off both her previous 50 and 100 breaststroke times. Having the best attendance record in the Red Group is paying off. Congratulations, Emily, and keep smiling and working hard!

**Lily Bickmore** is Blue Group Swimmer of the Month. She has a 97% practice attendance record and has been working really hard focusing on technique improvement. Using

these deliberate practice methods, Lily has a 100% improvement meet at King of the Hill where she also tried 2 new events, the 200 backstroke and 200 butterfly. Lily is a thoughtful and caring team mate and a pleasure to coach. Congratulations to Lily Bickmore!

**Josh Smithen** is Pre Senior Swimmer of the Month. Josh was chosen for his performance and the King of the Hill meet where he achieved 2 Far Western cuts in the 100 backstroke and 50 freestyle and 3 Junior Olympic cuts in the 100 breaststroke, 200 and 400 individual medley races. He also has been doing great with his training. We are looking forward to seeing Josh compete in the upcoming swim meets.

**Janosch Lancaster** is the Senior Swimmer of the Month. In spite of the fact that Janosch couldn't compete at King of the Hill due to the age limitation rules, he attended more practices than any other Senior level swimmer. Instead, he has his sights set on the Senior Walnut Creek meet in December. Training through meets that the rest of your team mates are competing in takes focus and drive. Staying motivated in key in this type of meet cycle. Not only has "Yoshi" been diligent about this attendance, but he has also made some other life commitments to ensure success in swimming. Keep up the great work Janosch!



## New Swimmer Tryouts

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

## Scholastic All-American Dolfin!

Dolphins' Senior Group member **Shaelin Morefield** has been named by USA Swimming to the 2012-2013 Scholastic All-America Team. Shaelin shares this honor with one other swimmer from Northern Nevada and 1,356 men and women nationwide. (Complete list at usaswimming.org) The Scholastic All-America program is open to 10<sup>th</sup>-12<sup>th</sup> grade USA Swimming members who earn a 3.5 GPA or better, and achieve a Junior National Bonus Time in competition. Congratulations Shaelin, and keep up the great work in and out of the pool!



## Pacific Top 10 & Top 25

For the 2012-2013 season ending August 31<sup>st</sup> two Dolpins achieved top 10 times (for their age) in Pacific Swimming and top 25 age group times.

Among Pacific Swimming 14 year old girls, **Shelby Koontz** posted the 3<sup>rd</sup> fastest 200y IM time with a 2:04.52, was ranked 4<sup>th</sup> in 100y freestyle, 5<sup>th</sup> in 50y freestyle, 200y freestyle and 100y butterfly, 7<sup>th</sup> in the 100y breaststroke, and she had the 25<sup>th</sup> fastest 1650y freestyle in the 13-14 year old group.

For Long Course at age 15, **Shelby** clocked the 3<sup>rd</sup> fastest 50m freestyle with a time of 27.22. She was ranked 3rd in the 100m butterfly with a time of 1:04.38 7<sup>th</sup> in the 400m individual medly and 8<sup>th</sup> in the 100m freestyle.

Among 16 year old girls **Shaelin Morefield** placed 5<sup>th</sup> in 200y butterfly with a 2:04.44. She also was ranked

9<sup>th</sup> in the 1650y freestyle and 10<sup>th</sup> in the 400y individual medley.

In the 17 year old girls group, **Shaelin** placed 5<sup>th</sup> in the 200m butterfly with a time of 2:19.28, 6<sup>th</sup> in the 1650y freestyle, 7<sup>th</sup> in the 100m butterfly, 8<sup>th</sup> in the 400m individual medley and 10<sup>th</sup> in the 200y individual medley. Shaelin also achieved a Senior ranking (all ages 13-35+) of 18<sup>th</sup> in the 200m butterfly with a time of 2:19.28, the first Douglas Dolpins swimmer to claim this title.

The 17-18 boys 200y freestyle relay team of **TJ Smithen, Janosch Lancaster, Jon Stamper** and **Kyle Johnston** were ranked 3<sup>rd</sup> place, and the 17-18 boys 200y medley relay team of **Lancaster, Smithen, Johnston** and **Stamper** were ranked 4th.

Congratulations to our top-10 and top-25 swimmers! All of the Pacific Swimming top-10 single-age and top-25 age-group results can be viewed at [www.pacswim.org/swim-meet-times/top/12-13](http://www.pacswim.org/swim-meet-times/top/12-13).



#### COACH

## Kat's Corner

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The following is adapted from an article by Grant Stenzel entitled **27 Questions To Ask In Lieu of "How Was School Today?"** We have put a spin on this article to make it more relevant to swim practice!

**27 Questions To Ask In Lieu of "How Was Swim Practice Today?"**  
**Ever ask your son or daughter "How was practice today?" and they reply "fine" or "good" or "awful?" I know my kids do! Here are some other questions to ask to help you get conversation going.**

Did anything make you laugh at practice today?

What did you do during warm up/main set/cool down/dryland?

Did your teammates say anything funny today?

Did you learn anything useful at swim today?

Did you see anyone at the swim center you don't usually see?

Did anyone wear a weird suit/cap to practice?

Which of your coaches should be on the show What Not To Wear?

If you had to hang out with one of your coaches, which would it be? What would you do?

What happened at practice today that you wish you could change?

What is one good thing that happened at swim today?

Who did you hang out with after practice? What did you talk about?

If you could be the most popular, fastest, or the smartest kid on the swim team, which would you choose and why?

How is this group level different than your last group?

Are there any pool/practice rules that you think are unfair?

If you were on a game show and the questions were about the things you learned today at practice, what questions would they ask?

Did you learn something at swim today that would be something I don't know?

Was there anything at practice today that was distracting?

What do you think your coaches were like as kids?

Who is your nicest friend on swim team? Why?

If you could relive practice today, what would you do different?

If you had to choose a song to describe swim practice today what would it be?

If you were the coach what would you have done differently?

Give me ten words to describe practice today.

What would be a good question for me to ask so that I don't ask the question "how was practice?"

**Some important things to remember:**

Listen to your kids, notice themes, people, and problems; ask follow-up questions in the future.

Do not interrupt!

Do not over-react or make snap judgments about their teammates or coaches when listening to your child tell you about swim practice; it will make your child think twice about talking to you again.

I tell my kids right up front that I am going to keep asking them questions until I get the amount of information I am looking for. (I do this in a joking manner even though they know I am not joking)

Pay attention to what your son or daughter is excited to share about and ask questions relating to that subject in the weeks to come.

Use reflective listening. For example: So when your coach used you as an example, you felt embarrassed. Wow, I would have been embarrassed too.

If they have had a really bad swim practice and don't want to talk about it initially, respect their wishes. Give them some time to process and calm down and approach them later.

You are both learning a new pattern of behavior; be patient. Start small and work to increase the conversations a little more each week. Your child is not going to go from one minute of conversation to fifteen in a day.

Model good communication by sharing part of your day.

You know your child the best, get creative and think about what interests them and tailor questions that would best fit your child.

Don't try and have a conversation right before they are going to do something, they will try and rush through it. Choose a time that is convenient for both of you. Dinner is a great time.

Set aside a special time to talk. (I take each of my children out to breakfast once a week)

<http://www.stenzelclinical.com/blog/27questions>



**INSIDE THIS ISSUE:**

<i>Scholastic All-American Dolfin!</i>	1
<i>Key Contacts</i>	5
<i>Upcoming Meets</i>	5
<i>Help for New Parents</i>	5
<i>Next Board Meeting June 4<sup>th</sup></i>	6
<i>Swim Practice Transportation!</i>	6
<i>DDST Scholarship Program</i>	6
<i>Thank You Sponsors!</i>	11
<i>Happy Birthdays!</i>	12
<i>Practice Schedules</i>	12



COACH

**Sarah's Corner**

(sgovanswm @ aol.com)

**Great Article before State, a must read!!****Get in Control: Anxiety-Reducing Techniques**

There are two types of anxiety. The first is somatic (dealing with the physical symptoms of anxiety), and the second is cognitive (dealing with the mental and emotional symptoms). This article will address how to gain control of your anxiety so you can regain control of your performance.

**Reducing Somatic Anxiety**

Since somatic anxiety has to do with the body, any technique that helps to reduce the physiological response (racing heart, tight muscles, stomach issues) falls into this category. Keep in mind that techniques that decrease physical signs of anxiety will also decrease cognitive anxiety.

**Techniques for Reducing Somatic Anxiety:**

1. Deep breathing-There are numerous methods for using deep breathing to reduce anxiety. Basically, if you breathe in through your nose and out through your mouth as slowly and deeply as possible you'll be in good shape. You should never feel like you're holding

your breath or forcing it out. Try to imagine breathing through your heart; it can better help to decrease your heart rate. Focusing on your breathing and counting each breath as you exhale can distract your mind from worried thoughts.

2. Progressive Muscle Relaxation (PMR)-Take a few minutes each day to go through all of your muscle groups, tightening a muscle for a few seconds and then relaxing it. By doing this progressive relaxation you can recognize where you are carrying physical tension and learn to physically loosen your muscles so that you can perform your best. Physical tension leads to mental tension and vice versa.
3. Biofeedback-There are several computer programs that can help teach you how to breathe properly and to control your thinking. It can help swimmers to "see" changes related to techniques they are trying.
4. Prerace routines-By doing the same thing before each event, you will focus on what you need to do to swim well rather than the situation. Your pre-race routine should include: music that creates your ideal arousal/energy level, imagery of how you want to swim or that physically relaxes you, positive focus and self-talk, and deep breathing and PMR.

**Reducing Cognitive Anxiety**

Cognitive anxiety typically comes from two places: Fear of Failure or Inappropriate Focus. It's important to know that you control the way that you think. While your brain might be wired to worry, you still have the ability to logically think through these worries and refocus your mind more appropriately. It's not always as easy as people make it sound, but with practice you can create more effective mental habits.

**Fear of Failure Results From:**

1. Lack of confidence
2. Too much emphasis on the outcome.
3. Focus on emotions related to failure rather than success
4. High self-expectations and self-imposed pressure
5. Being untapered/physically tired
6. Lack of trust in coach
7. Returning from injury or illness

**Techniques for Reducing Failure-Related Anxiety**

1. Don't dwell on potential outcomes prior to or during a race; just focus on racing
2. Focus on success related emotions (how good will it feel when you win or get a good time/swim the way you trained)
3. Play the odds; you're more likely to swim well than you are to have an awful race
4. Set realistic expectations, especially when untapered or returning from injury or illness (don't expect a personal record if it's been a hard training week)
5. Work on communication with your coach; get him/her to explain their training philosophy and the physiology behind why it works.

**Examples of Inappropriate Focus:**

1. Uncontrollable/situational factors (competitors, event importance, parents, injury, etc...)
2. Past races/meets
3. Future thinking (What does it mean if I lose?)

**Techniques for Reducing Focus-Related Anxiety**

1. If you don't control it, let it go. Make a list of your worries and cross off anything that you can't directly impact. If you can control it, make a plan.
2. Simplify the race. Focus on what you need to do to swim well (quick start, strong turns, powerful kicks, etc...)

3. Focus on right now, how to make it a great race
4. Focus on the task (swimming) rather than the situation (championship)
5. Trust that if you swim like you've trained to, the outcome will take care of itself

**Summary**

Anxiety does not have to keep you from performing your best. You may have some physical activation (faster heart rate, quicker breathing) but you can control this. Work on reducing both the physiological signs of anxiety as well as the cognitive anxiety. Leave some time for a pre-race routine that allows you to physically and mentally relax. While it requires training, you can regain control of your body by taking control of your mind.

<http://www.usaswimming.org/ViewNews?Article.asp?TabId=0&itemid=4493&mid=8712>



## COACH Greg's Corner

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State is coming soon! It is one of our traveling meets...so a little extra planning needs to go into it to make it a successful meet for your swimmer.

Here are a few tips:

The keys to a good road trip are:

1. Eat the proper foods.
2. Get plenty of rest.
3. Make the days as normal as possible.

The swimmer's diet should consist of low fat, high carbohydrate foods. Appropriate breakfast foods are pancakes, bagels, French toast, cereal, and fruits. Pancakes and toast should be served without butter or margarine. Syrup and jams are OK. Drink low fat milk. At lunch, avoid fried foods at fast food places. Sandwiches with lean meat or

skinless poultry are good. Peanut butter and jelly sandwiches are good and easy, but watch the peanut butter because it is high in fat. Soup and crackers are also fine, but avoid cream-based soups. Stay away from soft drinks and drink low fat milk or juices.

For dinner, choose restaurants that offer high carbohydrate items such as pasta, salads, rice, vegetables and fruits. If you must have pizza, get one with a thicker crust and get low fat toppings like green peppers, onions, Canadian bacon or mushrooms. Avoid fatty meats and extra cheese.

Be nutrition conscious at all meals. Remember: don't sacrifice great performances by eating conveniently while on the road.

Understand that swim meets can be extra exhausting. While away from the pool, swimmers need to rest and relax/napping between trials and finals is a good idea. When swimming in an afternoon session, swimmers may sleep a little later than usual. Do not allow swimmers to stay up late or run around socializing while at the hotel. This wastes important rest time as well as disturbing others.

During "free time" on the road, swimmers and parents should avoid excessive talking about the meet, particularly anything negative. Instead, think very positive thoughts for short periods of time.

Diet, rest, and attitude are keys to maintaining a "fresh feeling" through a tough, long meet. Remember these guidelines when you are on the road and minimize the effect of road trips on performance.

[http://newsouthswimming.com/SubTab\\_Generic.jsp?team=ncnss&stabid=12852](http://newsouthswimming.com/SubTab_Generic.jsp?team=ncnss&stabid=12852)

**COACH****Danielle's Corner**

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**The Importance of Hydration Before, During and After Practice**

It has come to the attention of the coaches that there are more and more dehydrated swimmers. It is not enough to only drink water during practice. Swimmers should also drink water before and after swimming. An easy way to combat dehydration is to always have a water bottle at practice and drink a sip of water every 15-20 minutes. Dehydration not only happens while involved in sports, but also in regular day to day routines. Keep hydrated and keep healthy! Below is an article about proper hydration:

**Hydrate Right**

Proper hydration is one of the most important aspects of healthy physical activity. Drinking the right amount of fluids before, during and after every physical activity is vital to providing your body the fluids it needs to perform properly. Sports dieticians assist athletes by developing individualized hydration plans that enhance performance in training and competition while minimizing risks for dehydration, over-hydration and heat illness and injury.

**Hydration Goal**

The overall goal is to minimize dehydration without over-drinking. Adequate hydration varies among individuals. Practical ways to monitor hydration are:

Urine color: The color of the first morning's urine after awakening is an overall indicator of hydration status. Straw or lemonade colored urine is a sign of appropriate hydration. Dark colored urine, the color of apple juice, indicates dehydration. Dark urine is often produced soon after consuming vitamin supplements.

Sweat loss: Change in body weight before and after exercise is used to estimate sweat loss. Since an athlete's sweat loss during exercise is an indicator of hydration status, athletes are advised to follow customized fluid replacement plans that consider thirst, urine color, fluid intake sweat loss and body weight changes that occur during exercise.

### Minimize Dehydration

Dehydration can occur in virtually every physical activity scenario. It doesn't have to be hot. You don't have to have visible perspiration. You can become dehydrated in the water, at a pool or lake, or skiing on a winter day.

Dehydration results when athletes fail to adequately replace fluid lost through sweating. Since dehydration that exceeds 2% body weight loss harms exercise performance, athletes are advised to begin exercise well hydrated, minimize dehydration during exercise and replace fluid loss after exercise.

Be alert for conditions that increase your fluid loss through sweat:

Air temperature: The higher the temperature, the greater your sweat losses

Intensity: The harder you work out, the more you perspire

Body size and gender: Larger people sweat more. Men generally sweat more than women.

Duration: The longer the workout, the more fluid loss.

Fitness: Well-trained athletes perspire more than less fit people. Why?

Athletes cool their bodies through sweat more efficiently than most people because their bodies are used to the extra stress. Thus, fluid needs are higher for highly trained athletes than for less fit individuals.

Remember swimmers sweat, too. Like any athletic activity, when you swim, your body temperature rises and your body sweats to keep from overheating. You may not notice because you are in the water, but you can become dehydrated. Swimmers, from competitive athletes to families

splashing around, need to drink fluids before, during and after swimming, even if you don't feel thirsty.

### Warning Signs

Know the signs of dehydration. Early signs are: thirst, flushed skin, premature fatigue, increase body temperature, faster breathing and pulse rate, increased perception of effort and decreased exercise capacity.

Later signs include: dizziness, increased weakness and labored breathing with exercise.

### Fluid Replacement

Replace fluids during exercise to promote adequate hydration. Drink water rather than pouring it over your head. Drinking is the only way to rehydrate and cool your body from the inside out. Sports drinks are more appropriate than water for athletes engaged in moderate to high intensity exercise that lasts an hour or longer. Rehydrate after exercise by drinking enough fluid to replace fluid losses during exercise.

[www.eatright.org/public/content.aspx?id=7084](http://www.eatright.org/public/content.aspx?id=7084) Or check out: [www.hprc-online.org/nutrition/hprc-articles/how-often-should-I-drink-fluids-during-exercise](http://www.hprc-online.org/nutrition/hprc-articles/how-often-should-I-drink-fluids-during-exercise)



## DDST Key Contacts

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## Upcoming Meets

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

**November 8-11: Henderson, NV, Nevada State Swimming Championships** (qualifying times apply)

**December 6-8: Pleasant Hill, CA, Pacific Swimming Short Course Senior Championships.** Enter online by Wednesday, November 27 (qual. times apply)

**December 12-14: Greensboro, NC, 2013 Speedo Winter Junior National Championships** (qual. times apply)

**January 8-12, Long Beach, CA, 2014 Speedo Championship Series Winter Sectional Championship**, see Coach Kat by 12-13-13 to enter, qualifying times apply.

**January 17-19, Carson City, NV, Carson Tigersharks Short Course Trials & Finals** (details to follow)

**HOME MEET: February 14-16, St. Valentine Age Group Open** (meet announcement pending) Entries due 2/5/14



## Help For New Parents

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

**Contact Karen Sullivan (ksullivan @ dcisd.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.

## DDST Championship Travel Fundraiser

The Douglas Dolpins held their first ever Championship Travel Car Wash and Bake Sale Fundraiser on Saturday, October 5 at Big Daddy's Bicycles and Fitness in Gardnerville. We had a nice group of hard working Dolpins and parents wave signs, wash cars and sell baked goods from 10 am to 4 pm. The weather cooperated and helped provide a good turn-out. We made over \$1,140 on our first try at this type of fundraiser in an attempt to fill a void in funding some of our travel meets such as Junior Nationals, Seniors, Sectionals, Far Westerns, Junior Olympics and State.

A huge "Thank You" to the following families that participated in this event as well as to Coach Greg who stopped by with his enormous trailer on his way to a camping trip! The Chappell, Hight, Bellik, Gray, Morefield, Chen, Knowles, Delange, Forvily, Dack, Dickey, Bickmore, Sullivan, Willis and Ruffo families all attended this fundraiser. Nice job, everyone!

Thanks also to Big Daddy's Bicycles for providing the parking lot space and water to wash cars!



## Next Board Meeting

The next DDST Board of Directors meeting is **November 5, 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 Big George Ventures, 2240 Meridian Parkway, Suite B. Board

Contact info:

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



## Special Practice Schedules

### PLEASE NOTE THE FOLLOWING practice days coming up:

**November 6:** State Pep Rally & Pasta Feed, all group practices end by 5:30 pm. Bring a healthy dish to share & support the State Championship Team upstairs at the pool mezzanine.

**November 8:** Silver Group practice only, 4:15-5:00 pm

**November 11:** Verteran's Day, no practice all groups

**November 12:** Post State Practice, all groups combined 4:15-6:00

**November 28:** Thanksgiving practice, all groups 8:00-10:00am (more details to follow)

**November 29:** No practices all groups, Family Day

**December 23-January 3:** Winter Break Practices. Sign- ups available closer to winter break on [www.ddst.org](http://www.ddst.org).



## Swim Practice Transportation!

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



## 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



## Pool Use Outside Practice Times

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

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

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



# Autumn Freeze Molly Meet Results

This year the Molly Lahlum Memorial Autumn Freeze Meet really lived up to its name! We had cold, stormy weather and saw our first snow of the season fall on Job's Peak. The Dolphins had 64 swimmers brave the elements with **Lilia Fields, Stephanie Lin, Emma Ruffo, Sarah Hyatt, Sydney Kearney, Max Owens and Ryan Chen** achieving 100% or near 100% improvement. We also saw several new **State** times and a new **Far Western** time.

For those of you who are new to the team, we renamed this meet in 2009 in remembrance of one of our own swim team members who passed away that year. Molly and her family will always hold a special place in the Douglas Dolphins family.

**Cammie Jahreis** was our only 6 and under swimmer who swam 3 events, finishing 2<sup>nd</sup> & dropping 3.88 sec in the 25 free for a new **PC-B** time of 22.93 and achieving 1<sup>st</sup> place and a new **State** time in her first swim of the 50 backstroke.

**Marin Collins** started out our 7-8 girls swimming 10 events. She came in 3<sup>rd</sup> in the 50 backstroke, dropped .50 sec in the 25 breaststroke and came in 4<sup>th</sup> in the 50 butterfly. **Kylie Compton** swam 8 events & brought in 2 new **State** times in the 25 breaststroke, dropping 2.89 sec, and in the 50 breaststroke, taking off 13.06 sec for a new **PC-B** time. She finished 1<sup>st</sup> in the 50 & 100 freestyle and 2<sup>nd</sup> in the 25 & 50 backstroke, 25 butterfly and 100 individual medley.

**Matthew Yturbide** was our only 7-8 boys competitor. He finished 5<sup>th</sup> in the 25 butterfly, taking off 1.93 sec in that event and 7<sup>th</sup> in the 50 freestyle.

**McKenna Daniels** was first up for the 9-10 girls. She tried her hand out in the 100 freestyle and was close to best in the 50 backstroke. **Sofia Delange** dropped an impressive 4.42 sec in the 50 breaststroke and 7.33 sec in the 100 individual medley. **Grace Dickey** took on 6 events, dropping 3.99 sec in the 50 freestyle and set times to beat in her first swims of the 200 freestyle, 100 backstroke and 100 individual medley. **Lilia Fields** also competed in 6 events with 100% improvement. She dropped 3.33 sec in the 50 freestyle, .33 sec in the 100

freestyle, 1.69 sec in the 50 breaststroke, 2.29 sec in the 100 breaststroke, 3.25 sec in the 50 butterfly and 3.56 sec in the 100 individual medley. **Harley Keenan** took on 3 events and set a time to beat in the 50 freestyle. **Barrett Lee** took on a full slate of 10 events dropping 1.41 sec in the 50 freestyle for a new **PC-B** time of 38.06, .99 sec in the 100 freestyle, and 3.20 sec in the 100 breaststroke. She also achieved 3 other new **PC-B** times in the 50 & 100 backstroke, and 100 individual medley. **Stephanie Lin**, another 100 % improvement swimmer, tried her hand for the first time in the 20 backstroke and 50 butterfly and dropped 6.59 sec in the 50 freestyle. **Kyla Palaroan** competed in 8 events, dropping 3.24 sec in the 100 backstroke and a huge 13.05 sec in the 50 butterfly. **Emma Ruffo** took on 9 races with near 100% improvement. She dropped .62 sec in the 50 freestyle, .81 sec in the 50 backstroke, .66 sec in the 50 breaststroke, 1.96 sec in the 100 breaststroke placing 2nd, .03 sec in the 50 butterfly, 1.39 sec in the 100 butterfly, 2.05 sec in the 100 individual medley & a huge 14.65 sec in the 200 individual medley coming in 3<sup>rd</sup> place. **Aspen Tollman** set times to beat in the 50 freestyle, 50 backstroke and 50 butterfly.

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

**Josh Beam** was first up for the 9-10 boys taking on 3 events and looking strongest in the 50 backstroke where he took off 1.27 sec. **Niko Hight** competed in 6 races and dropped 1.53 sec in the 100 freestyle, .38 sec in the 50 backstroke & 2.08 sec in the 100 backstroke. **Ryan Signorella** took off 2.35 sec in the 50 freestyle, 6.62 sec in the 100 freestyle placing 5<sup>th</sup>, a huge 10.65 sec in the 100 individual medley and brought in a 4<sup>th</sup> place finish in the 50 backstroke. **Jack Stevenson** tried 2 events and looked strongest in the 50 breaststroke. **Connor Taylor** brought in 2<sup>nd</sup> place finishes in the 100 butterfly and 100 individual medley. **Cooper Yturbide** shaved a little time off in his 100 individual medley and came in 8<sup>th</sup> in the 100 freestyle.

**Madison Ashbaugh-Komp** was our first 11-12 girls swimmer who tackled 7 events & turned in another near 100 % improvement performance. She took off .23 sec in the 50 freestyle, 5.21 sec in the 100 backstroke, 3.30 sec in the 50 breaststroke, 3.17 sec in the 100 breaststroke, 1.24 sec in the 50 butterfly and a huge 9.75 sec in the 100 individual medley. **Julia Chappell** turned in a new

**State** and **PC-A** time in the 200 freestyle taking of 9.18 sec. She also turned in a **PC-B** time in her first 400 individual medley. **Maegan Collins** took on 9 races taking off .69 sec in the 100 breaststroke, 5.33 sec in the 200 individual medley and 1.38 sec in the 50 butterfly for a new **PC-B** time of 37.58. **Addison Gregory** set times to beat in the 50, 100 and 200 freestyle races as well as the 50 butterfly. **Sarah Hyatt**, yet another near 100% improvement Dolphins swimmer, competed in 7 races & dropped .43 sec in the 50 freestyle, 4.02 sec in the 100 freestyle for a new State time of 1:09.24, 3.18 sec in the 500 freestyle, 3.04 sec in the 50 backstroke for a new **PC-B** time of 37.72 1.22 sec in the 50 butterfly and turned in a new **PC-A** time in the 100 individual medley of 1:18.91 taking off 2.85 sec. **Nikki Jackson** raced in 9 events looking strongest in the 50 backstroke dropping .02 sec, in the 50 butterfly, dropping .88 sec and achieving a new **PC-A** time of 5:56.56 in the 400 individual medley with a 5<sup>th</sup> place finish. **Sydney Kearney** had a 100% improvement performance, trying 4 races and turning in 2 new **PC-B** times of 38.71 sec in the 50 backstroke taking off 3.89 sec and 37.15 sec in the 50 butterfly dropping 1.86 sec. She took of 1.57 sec in the 50 breaststroke for a new **State** time and 1.06 sec in the 50 freestyle. **Ashley Ponness** competed in 5 events dropping 4.64 sec in the 50 freestyle and setting times to beat in the 50 breaststroke and 100 breaststroke. **Hope Rakow** took on 8 events looking strongest in the 200 freestyle and 50 backstroke. **Cailey Tollman** had a full meet of 10 events and dropped .92 sec in the 200 freestyle, 1.23 sec in the 200 individual medley and was just off best in the 50 backstroke. **Emily Willis** took on 8 races, dropping .94 sec in the 100 freestyle, 5.45 sec in the 200 freestyle and setting a time to beat in the 50 butterfly.

**Ethan Duby** was our first 11-12 boys swimmer. He set times to beat in the 100 freestyle, 100 backstroke and 50 butterfly. **Zack Foster** was up next, setting times to beat in the 50 freestyle, 50 backstroke and 50 butterfly. **Chris Manning** dropped a huge 10.09 sec in the 100 freestyle, .85 sec in the 50 backstroke and set a time to beat in the 100 individual medley. **Max Owens** took on a big load of 9 events with near 100% improvement. He dropped .45 sec in the 50 freestyle, .32 sec in the 100 freestyle and an impressive 14.36 sec in the 200 freestyle for a new **State** time of 2:46.58. He took off 3.50 sec in the 50 butterfly, 4.22 sec

in the 100 individual medley and set times to beat in the 100 backstroke and 200 individual medley. **Noah Primak** looked good in his 50 freestyle, dropping .68 sec and setting times to beat in the 50 backstroke and 100 individual medley. **Corbin Randall**, another near 100% improvement swimmer, dropped 6.42 sec in the 100 freestyle, 1.23 sec in the 50 butterfly and set a time to beat in the 100 backstroke. **Daniel Taylor** raced in 6 events, achieving a new PC-A time of 30.72 and first place in the 50 freestyle and 4<sup>th</sup> place in the both the 100 freestyle and 50 backstroke, dropping 1.17 sec in that race. He set a time to beat in his first swim of the 1000 freestyle.

Next up we had our 13-14 girls, beginning with **Chayce Beam** who took off a huge 27.03 sec in her 200 freestyle. **Myleah Bellik** competed in 8 events and dropped an impressive 14.99 sec in her 1000 butterfly and 16.37 sec in her 200 individual medley. **Amanda Castro** also swam 8 events turning in a new **State** time in the 1650 freestyle of 23:48.97 and taking off 1.82 sec in the 200 individual medley. **Emily Dack**, swimming 8 races, dropped .63 sec in the 100 freestyle, 3.55 sec in the 200 freestyle and .56 sec in the 200 backstroke. **Kaila Duffy**, taking on 9 races, also set a time to beat (and **State**) in the 1650 freestyle of 21:18.26, placing 5<sup>th</sup>. She also placed 5<sup>th</sup> in the 1000 freestyle, 3<sup>rd</sup> in the 200 butterfly, and dropped 2.71 sec in the 400 individual medley. **Kaela Forvilly** placed 2<sup>nd</sup> in 2 of her 5 events; the 100 backstroke and the 200 backstroke. **Annalisa Neal** placed 3<sup>rd</sup> in 3 of her 9 events; the 1000 freestyle, shaving off .33 sec, the 1650 freestyle and the 400 individual medley. **Kayla Ruffo** dropped almost a minute in her 1000 freestyle for a new PC-B time of 13:27.57 placing 8<sup>th</sup> and shaved off .85 sec in her 200 backstroke. **Megan Ruffo** swam in 6 races and dropped 5.23 sec in the 100 backstroke. **Jayden Shaw**, also took on 6 events and dropped .23 sec in the 100 freestyle and set times to beat in the 100 backstroke and 100 butterfly. **Taylor Sullivan** swam a full slate of 10 events, turning in new **State** times in the 1650 freestyle of 21:25.14 and 2:35.21 in the 200 backstroke. She finished 3<sup>rd</sup> in the 200 breaststroke, 4<sup>th</sup> in the 200 individual medley and took off .70 sec in the 100 butterfly.

**CJ Hill-Holeman** was the first 13-14 Dolphins boys swimmer. He improved in 5 of his 8 races dropping 4.86 sec in the 200 freestyle, 2.27 sec in the 200 breaststroke finishing 4<sup>th</sup>, and 1.20 sec in the 200 individual

medley. He set a new PC-A time and finished 4<sup>th</sup> in the 1650 freestyle, a new PC-A time in the 400 individual medley coming in 2nd and finished 1<sup>st</sup> place in the 200 butterfly. **Cole Petrosky** dropped .93 sec in the 50 freestyle and 7.54 sec in the 200 freestyle. **Joe Sullivan** competed in 10 events, finishing 1<sup>st</sup> place in the 100 and 200 freestyle, 2nd in the 200 backstroke, with a new State time, and in the 100 butterfly, 3<sup>rd</sup> in the 200 breaststroke and 4<sup>th</sup> in the 200 individual medley. **Sebastian Zeron** finished 4<sup>th</sup> in the 50 freestyle and 200 backstroke where he took off 7.24 sec and set times to beat and **State** times in the 200 butterfly where he placed 2nd, 200 individual medley and 1650 freestyle.

**Savannah Chappell**, next up for the 15-16 girls, dropped 2.45 sec in the 400 individual medley placing 4th right on JO pace, 3<sup>rd</sup> in the 200 freestyle and 4<sup>th</sup> in the 100 backstroke. **Jordan Knowles** taking on 9 races, came in 4<sup>th</sup> in her first try at the 1650 freestyle, in the 1000 freestyle and the 200 butterfly. **Shelby Koontz** finished 1<sup>st</sup> place in 4 of her 8 events with a new FW time in the 200 breaststroke where she dropped 4.16 sec. Her other 1<sup>st</sup> place finishes were in the 100 freestyle, 100 butterfly and 400 individual medley. She came in 2<sup>nd</sup> in the 500 freestyle, 100 backstroke and 100 breaststroke and 3<sup>rd</sup> in the 200 individual medley. **Anne Lancaster** swam a full slate of 10 events turning in a new PC-B time of 13:35.55 and dropping 26.86 sec in the 1000 freestyle and setting a time to beat in the 1650 freestyle.

**Ryan Chen**, one of two 15-16 boys Dolphins, had a 100% improvement meet, taking off 4.78 sec in the 200 freestyle, a huge 25.97 sec in the 500 freestyle, setting new **State** times in the 1650 freestyle, where he placed 4<sup>th</sup>, and 200 backstroke and turning in a new PC-A time and 4<sup>th</sup> place finish in the 200 breaststroke. He dropped 14.18 sec in the 200 butterfly, .48 sec in the 200 individual medley and 6.78 sec in the 400 individual medley. **Adam Dack** took off 1.37 sec in the 200 freestyle, 3.79 sec in the 200 breaststroke where he came in 3<sup>rd</sup> place and 1.09 sec in the 400 individual medley right on JO pace. He also finished 3<sup>rd</sup> in the 200 butterfly.

**Erica Chappell** was the first 17-18 girls Dolphins competitor. She finished 2<sup>nd</sup> place in all of her 5 races including the 50 and 200 freestyle, 100 backstroke, 100 butterfly and 400 individual medley. **Rachel Chen** set a time to beat in the 1000 freestyle, finishing 4<sup>th</sup>, came in 4<sup>th</sup> in the 200 backstroke and

dropped 2.79 sec in the 200 individual medley. **Shaelin Morefield** placed 1rst in the 100 breaststroke and 200 butterfly, on FW pace, and 2<sup>nd</sup> in the 100 freestyle and 200 individual medley.

**Janosch Lancaster**, our only 19 and over boys competitor, finished 1<sup>st</sup> in all 8 of his events, dropping 3.09 sec in the 1650 freestyle and an impressive 14.89 sec in the 200 butterfly for a new SEN-II time of 2:20.11.



## King of the Hill Challenge

The King of the Hill Challenge is an exciting meet where swimmers 11 and up sprint their way in the 50 freestyle from a field of 64 down to the top 2. Each race whittles the contestants down till only 2 swimmers are left to fight for the right to be called King or Queen of the Hill.

This year we had 4 Dolphins make it into the top 8. **Emma Gray** made it to the top 8, finishing in 7<sup>th</sup> place with a time of 26.34, right on JO pace. **TJ Smithen** made it to the top 6, coming in 5<sup>th</sup> place with a time of 23.85, also on JO pace. **Shaelin Morefield** made it to top 4, placing 3<sup>rd</sup> with a time of 25.74, on FW pace. **Shelby Koontz** made top 2, then proved the point that sometimes it's all about the way you finish a race, as she came back from behind in the final challenge to capture **Queen of the Hill** with a time of 24.00 on PRT pace. Her time was a DDST 15-16 girls **Team Record!**

Other notable King of the Hill Dolphins competitors included **Kaila Duffy** who dropped .32 sec in preliminaries for a time of 27.84 and eventually finished 15<sup>th</sup> with a time of 28.16. **Jordan Knowles** came in 16<sup>th</sup> with a time of 28.34. **Josh Smithen** dropped 1.06 sec in the 50 freestyle preliminaries to swim a new FW time of 24.46. He eventually placed 9<sup>th</sup> overall with a time of 26.18. **Ryan Chen** dropped .98 sec from his best time to place 21<sup>st</sup> with a time of 26.57, and **CJ Hill-Holeman** brought in a new PC-A time of 27.68, taking off .57 sec to finish 25<sup>th</sup>.

We saw Dolphins in all age groups turn in some very fast swims during the rest of the 3 day meet. There were 17 new **State** times, 5 new **JO** times, 2 new FW times, 1 new **PRT** time and 2 new **Team Records**.

Starting with **Cammie Jahreis**, our only 6 and under swimmer, who brought in a new **State** time in the 50 freestyle, a new **PC-A** time in the 25 backstroke where she finished 6th, dropped .68 sec in the 50 backstroke and set a time to beat in the 100 freestyle.

**Marin Collins** was the 1<sup>st</sup> of our 9-10 girls, and she took off 2.52 sec in the 50 backstroke and set a time to beat in the 100 breaststroke. **Harley Keenan** had a 100% improvement meet dropping .58 sec in the 50 freestyle and setting times to beat in the 50 backstroke and 50 breaststroke. **Barrett Lee** also had a 100% improvement meet with 5 new **State** times in the 50 freestyle where she dropped 2.28 sec, the 50 backstroke where she took off 3.86 sec, 100 backstroke where she dropped 6.12 sec, the 50 butterfly where she dropped 4.41 sec for a new **PC-B** time and the 100 butterfly where she took off 12.18 sec for a new **PC-B** time and 6<sup>th</sup> place. She also swam another **PC-B** time in the 100 breaststroke, taking off 1.71 sec in that race. **Eden Neal** was just off best in the 50 breaststroke and looked strong in the 200 individual medley where she dropped 30.43 sec for 8<sup>th</sup> place. **Emma Ruffo** dropped time in 5 of her 7 events, taking off .56 sec in the 50 freestyle, .91 sec in the 50 backstroke, .74 sec in the 50 butterfly, .96 sec in the 100 butterfly where she placed 4<sup>th</sup>, and .95 sec in the 100 individual medley. She came in 1<sup>st</sup> in the 200 freestyle on JO pace and 4<sup>th</sup> in the 100 freestyle. **Aspen Tollman** had 3 personal bests, dropping 3.02 sec in the 50 freestyle, .29 sec in the 50 backstroke and looked strong in the 50 breaststroke.

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

**Niko Hight** was one of 2 Dolphins 9-10 boys competitors. He took off 2.89 sec in the 100 freestyle, set a time to beat in the 100 individual medley and came in 5<sup>th</sup> in the 100 backstroke, taking off 3.38 sec in that event. **Remy Hill-Holeman** dropped .31 sec in the 50 backstroke to finish 6<sup>th</sup>, 3.33 sec in the 100 butterfly with a new **PC-A** time to finish 2<sup>nd</sup> place, and came in 5<sup>th</sup> in the 50 freestyle.

**Clarice Albert** was first up for the 11-12 girls. She had a strong meet, dropping time in 5 of her 6 events, shaving off .03 sec in the 100 freestyle and 3.25 sec in the 100 individual medley. She set a new **PC-B** and **State** time in the 50 backstroke

where she dropped 14.38 sec, and 2 other new **PC-B** times in the 50 breaststroke, taking off 1.17 sec and 100 breaststroke, taking off 4.46 sec. **Julia Chappell** dropped 21.13 sec and came in 3<sup>rd</sup> in her only event, the 500 freestyle, which was a new **PC-A** time. **Maegan Collins** finished 7<sup>th</sup> in the 500 freestyle dropping 13.16 sec with a new **State** time of 6:39.72. She also dropped .44 sec in the 50 freestyle and .52 sec in the 50 backstroke. **Addison Gregory** took off an impressive 12.41 sec in her 200 freestyle and 1.57 sec in the 100 freestyle. **Sarah Hyatt** had an awesome meet with near 100% improvement. She turned in a new **State** and **PC-A** time in the 200 individual medley dropping 10.66 sec, set a time to beat placing 3<sup>rd</sup> in the 400 individual medley, dropped .60 sec in the 50 backstroke, 3.25 sec in the 100 backstroke, .43 sec in the 50 butterfly and .17 sec in the 50 breaststroke where she placed 7<sup>th</sup>. **Nikki Jackson** dropped 3.65 sec in the 200 freestyle to finish 5<sup>th</sup>, 1.28 sec in the 500 freestyle for a new **PC-A** time of 6:29.26 and placed 4<sup>th</sup> in the 100 butterfly. **Angel Neal** swam 4 events and looked strong in the 50 backstroke. **Ashley Ponsness** set a time to beat in the 100 individual medley, dropped 1.84 sec in the 50 freestyle and dropped 5.22 sec for a new **State** time in the 100 breaststroke finishing 12<sup>th</sup> place. **Cailey Tollmann** competed in 6 events and took off 3.53 sec in the 100 backstroke and set a time to beat in the 200 backstroke. **Emily Willis** dropped .93 sec in the 50 freestyle, 4.23 sec in the 50 breaststroke and 4.79 sec in the 100 breaststroke.

**Zack Foster** was the first Dolphins 11-12 boys swimmer. He dropped 3.90 sec in the 50 freestyle and set times to beat in the 50 breaststroke and 100 individual medley. **Taylor Knowles**, coming back from an injury, swam 8 events and dropped 1.00 sec in the 100 freestyle, .24 sec in the 50 backstroke finishing 4<sup>th</sup>, .39 sec in the 100 backstroke finishing 4<sup>th</sup>, 2.69 sec in the 200 individual medley and 16.05 sec in the 200 backstroke for a new **JO** time of 2:30.07 and 3<sup>rd</sup> place. Chris Manning competed in 2 events and dropped 5.82 sec in the 50 backstroke.

**Mychael Bellik**, our first 13-14 girls competitor, swam 7 events had a near 100% improvement meet, dropping 1.08 sec in the 100 freestyle, 3.42 sec in the 200 freestyle, finishing 5<sup>th</sup> in the 1650 freestyle with a new **State** time of 22:51.89, dropping 2.13 sec in the 100 backstroke, 10.09

sec in the 100 butterfly and 14.20 sec in the 200 individual medley for a new **PC-B** time. **Lily Bickmore** competed in 8 events with 100% improvement and dropped .66 sec in the 50 freestyle, 6.45 sec in the 200 backstroke, 3.04 sec in the 100 breaststroke, .83 sec in the 100 butterfly, 3.04 sec in the 200 butterfly, .23 sec in the 200 individual medley and 14.05 sec in the 400 individual medley. She set a time to beat in the 200 breaststroke. **Emily Dack** took on 7 events, dropping .11 sec in the 100 freestyle, 6.61 sec in the 200 backstroke for a new **PC-B** time, 3.11 sec in the 100 butterfly and 3.47 sec in the 200 individual medley. **Kaila Duffy** took off time in 5 of her 7 events, dropping .96 sec in the 100 backstroke for 4<sup>th</sup> place, 5.79 sec in the 200 backstroke, 1.47 sec in the 100 breaststroke for 3<sup>rd</sup> place, 1.74 sec in the 200 individual medley and 13.49 sec in the 400 individual medley. **Kaela Forville** swam 6 events dropping time in the 200 breaststroke finishing 3<sup>rd</sup>, .28 sec in the 100 butterfly and she came in 4<sup>th</sup> in the 100 breaststroke. **Annalisa Neal** took on 7 events and finished 7<sup>th</sup> in the 200 freestyle taking off .49 sec, 4<sup>th</sup> in the 200 butterfly and 5<sup>th</sup> in the 200 individual medley taking off 1.70 sec. **Kayla Ruffo** had a strong meet, swimming 6 events and dropping 1.96 sec in the 200 freestyle, 6.91 sec for a new **PC-B** time in the 100 backstroke, 8.06 sec in the 100 butterfly finishing 7<sup>th</sup> for another new **PC-B** and **State** time and dropping .79 sec in the 200 individual medley. **Megan Ruffo** turned in a 100% improvement performance, competing in 7 races and dropping 1.69 sec in the 100 freestyle, .73 sec in the 200 freestyle, 1.51 sec in the 100 breaststroke, 3.36 sec in the 100 butterfly, 11.66 sec in the 200 breaststroke for a new **State** and **PC-B** time and 10.30 sec in the 200 individual medley for another new **PC-B** time. **Taylor Sullivan** also swam 7 events and finished 5<sup>th</sup> in the 200 freestyle, 7<sup>th</sup> in the 200 backstroke where she dropped 3.06 sec, 3<sup>rd</sup> in the 200 butterfly where she achieved a new **State** time, 4<sup>th</sup> in the 200 individual medley and 5<sup>th</sup> in the 200 individual medley.

**CJ Hill-Holeman** was one of two 13-14 Dolphins boys competitors. He took off time in 5 of his 6 events, achieving 2 new **PC-A** times in the 200 backstroke dropping 16.03 sec and finishing 4<sup>th</sup>, and in the 200 individual medley taking off 8.23 sec. He achieved a new **PC-B** and **State** time in the 100 backstroke, dropped .62 sec in the 200

freestyle where he came in 5<sup>th</sup> and 1.26 sec in the 200 butterfly where he came in 2<sup>nd</sup>. **Josh Smithen** turned in an amazing near 100% improvement performance finishing 1<sup>st</sup> place in the 200 freestyle dropping 4.72 sec, 1.96 sec in the 100 backstroke with a new FW time of 1:00.46 and the 200 individual medley where he dropped 4.97 sec for a new **JO** time of 2:15.15. He achieved 2 other new **JO** times and 2<sup>nd</sup> place finishes in the 100 breaststroke with a time of 1:11.83 and in the 400 individual medley with a time of 4:52.59, came in 2<sup>nd</sup> in the 100 freestyle and 4<sup>th</sup> in the 200 breaststroke shaving off .04 sec.

**Savannah Chappell** took on 5 events as our first 15-16 girls competitor turning in a new **JO** time of 11:24.56 in the 1000 freestyle where she placed 3<sup>rd</sup>. She dropped 1.63 sec in the 100 breaststroke placing 6<sup>th</sup>, .06 sec in the 100 butterfly placing 4<sup>th</sup> and finished 3<sup>rd</sup> in the 100 backstroke. **Emma Gray** competed in 7 events and along with her 7<sup>th</sup> place finish in the girls King of the Hill, placed 3<sup>rd</sup> in the 200 backstroke and 400 individual medley where she dropped 2.94 sec on JO pace and 5<sup>th</sup> in the 200 individual medley. **Jordan Knowles** dropped 2.14 sec in the 200 individual medley placing 3<sup>rd</sup>, came in 5<sup>th</sup> in both the 200 backstroke and 100 butterfly and 6<sup>th</sup> in the 200 freestyle. **Shelby Koontz**, our girls King of the Hill winner, turned in another new **Team Record** and **PRT** in the 1000 freestyle where she took off 32.89 sec and finished 2<sup>nd</sup> place. She brought in another 1<sup>st</sup> place finish in the 100 backstroke, on FW pace, 3<sup>rd</sup> place in the 200 breaststroke and 4<sup>th</sup> in the 100 breaststroke.

**Ryan Chen**, our sole 15-16 boys competitor, had a near 100% improvement meet dropping 3.42 sec in the 100 freestyle, .18 sec in the 200 freestyle where he came in 7<sup>th</sup>, 5.52 sec in the 200 breaststroke where he came in 6<sup>th</sup>, 1.56 sec in the 100 butterfly also a 6<sup>th</sup> place and 2.42 sec in the 200 individual medley.

**Erica Chappell** started out our 17-18 girls group. She finished 1<sup>st</sup> in the non-King of the Hill 50 freestyle and 400 individual medley, 2<sup>nd</sup> in the 200 freestyle, 100 backstroke and 100 butterfly. **Rachael Chen** raced in 6 events and dropped 3.76 sec in the 200 individual medley placing 3<sup>rd</sup> and finished 5<sup>th</sup> in the 200 backstroke. **Shaelin Morefield**, who came in 3<sup>rd</sup> place in the girls King of the Hill, finished 1rst place in the 100 backstroke, 100 breast-

stroke, 200 breaststroke and 100 butterfly. She placed 5<sup>th</sup> in the 100 freestyle.

**TJ Smithen**, our final Dolphins competitor competed in 7 events along with placing 5<sup>th</sup> in the boys King of the Hill Challenge. He finished 1<sup>st</sup> place in both the 100 freestyle and 200 individual medley, 2<sup>nd</sup> in the 100 and 200 backstroke and 400 individual medley and 4<sup>th</sup> place in the 100 breaststroke and 100 butterfly.



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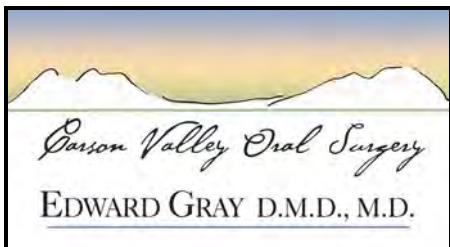
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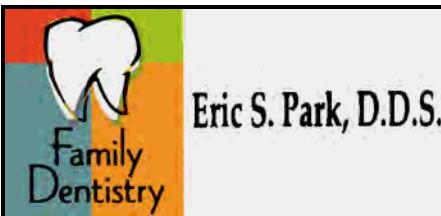
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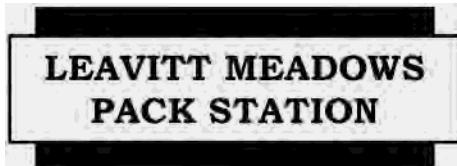
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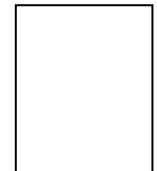


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## SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed! 

### Transitions

#### Moving up: Congratulations to new:

Pre Senior Dolfins: Julia Chappell & Joey Smithen.



#### Happy November Birthdays to:

Kaela Forvilly (11/2), Kaila Duffy (11/4), Emma Ruffo (11/19) and Kayla Ruffo (11/28)



### 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 December 4th. All submissions should be received by Mon., Dec. 2nd. 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** 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 & Debbie Jordan

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

