

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 50th year!)

www.ddst.org

December 2013

Swimmers of the Month

Caroline Marriott is Silver Group Swimmer of the Month. Caroline is determined to do her best no matter what she is faced with during workouts. She always shows up for swim practice on time with a smile on her face. She is always ready and eager to jump in the pool when practice begins. Nice job, Caroline!

Chris Manning is White Group Swimmer of the Month. Chris's attendance is outstanding and his attitude at practice is always positive. He is especially encouraging to his other teammates. He is also very coachable and fun to work with. We can't wait to spend more time with Chris and watch him grow as a Dolphins athlete! Great job, Chris.

Chayce Beam is Red Group Swimmer of the Month. Chayce has one of the best attendance records of Red group, and it is paying off! She is always there with a smile ready to jump in and swim. She is determined to swim faster and have fun, trying 3 new events this year and improving her times over 30 seconds so far. She has demonstrated new determination and improvement since joining Red group. Chayce, keep up the hard and fun work!

Taylor Knowles is Blue Group Swimmer of the Month. Taylor shows up for practice cheerful and ready to train hard. His attendance is 95% or better, showing his dedication to swimming. "Jeffrey" had a fantastic Nevada State meet with 100% improvement, qualifying for finals in the 50 free, 50 back and 100 back and clocking a new PC-A time in the 500

free. Congratulations Taylor on a job well done!

Josh Smithen is Pre-Senior Swimmer of the Month after his outstanding State meet. During the months before State Josh wowed us with his new training habits, training with a new focus that paid off in Las Vegas with three new Far Western qualifying times. Josh has been a pleasure to work with, and we are looking forward to this upcoming season with him. Keep up the hard work, Josh!

Adam Dack is the Senior Group Swimmer of the Month. Adam really had a great State Championship meet, swimming 4 events in Finals and achieving 6 Lifetime Best times. He clocked a new PC-A time in the 100 breast and 2 new Far Western cuts in the 1650 free and 200 back. Adam is already training hard, working toward his next goal of a new team record. Way to go, Adam!



Upcoming Meets

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

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 (sign ups open on www.ddst.org)

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



COACH

Kat's Corner

(coachkat0809@hotmail.com)

DRINK UP

Swimmers are immersed in water for hours at a time. They forget that 70% of their body consists of water also. When athletes are studied to find what conditions allow them to train and perform best one thing is very clear; if your body is not well hydrated you will not perform at your best.

An athlete cannot wait to be thirsty before deciding to drink up. The plan should be to drink about two glasses or 16 oz of fluids shortly before your workout. During your work in the pool you should plan on about 8 oz every half hour of swimming. Smaller bodies, of course, can use less.

We live at altitude, and this time of year our air is very dry, so the need for hydration before and during your workout will be even more important during these winter months. Water works fine for fluid replacement, but studies have shown that a little flavoring makes an athlete more likely to drink. Feel free to use a sports drink of some type if it helps you grab your water bottle more frequently.



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, 775-267-4035)



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COACH

Sarah's Corner

(sgovanswm @ aol.com)

UNDERSTANDING & OVERCOMING RESISTANCE

Water resistance affects a swimmer in different ways. One way is through the impact of water with a swimmer and the subsequent flow of water around the body. This is called "form resistance." Another way is through water turbulence and waves that are created by moving water. This is called "wave resistance". A third way is through water sticking to a swimmer's suit or skin and creating "friction resistance". These three resistance components all have a negative effect on swimming performance and should be reduced whenever possible.

Form resistance is the most significant type of resistance and a swimmer's technique influences it tremendously. Form resistance is the resistance from the water that is dependent upon body position. The more horizontal the body position becomes in the water, the more form resistance decreases. Swimmers should try to stay up near the water surface (especially with the hips) during all strokes. A slanted body position will enlarge the frontal surface area in the vertical direction and increase the resistance. Extreme lateral swaying in the water is another example of increasing the re-

sistance due to greater frontal surface area. Simply put, try to make swimmers look more like racing boats than barges.

Wave resistance is caused by turbulence at the water surface created by the moving swimmer. Again, the canoe shape is critical so that the water flows easily and smoothly around the shape. Resistance rebounds off the sides and bottom of a pool, which is why deeper pools are generally considered "faster" pools. What can the swimmer do about wave resistance? First, push off underwater, not on top. Research shows that a push-off that is .6 meters deep is 20% more efficient than a push-off that is .2 meters deep. Second, when swimming in the end lane in competition, stay away from the side walls.

Friction resistance originates from the contact of the skin and hair with the water. Well-fitting suits and swim caps are elementary ways to reduce friction resistance. Swimmers shave body hair before important meets to minimize the effects of friction resistance. Note that friction resistance is probably the least significant resistance a swimmer faces. When dealing with young swimmers there are philosophical questions involved in encouraging or discouraging shaving body hair and purchasing expensive racing suits. A coach should review his or her position on the use of these suits and on shaving because it will become an issue with parents at some point.

DECREASING RESISTANCE

Streamlining and adjustments to body position and body balance are two ways to significantly reduce resistance.

Streamlining. The first "stroke" that the coach should teach is underwater swimming with streamlining. The hydrodynamic principle of streamlining applies to all four strokes. The streamline position should be used during starts and turns when the body is completely submerged underwater. The head placement is most critical to min-

imizing the water resistance. The most streamlined position is with the ears just slightly above the arms and the arms squeezed as tightly as possible. Just the slight motion of lifting the head doubles the resistance from the water. Often the head will lift before breaking the water surface after starting or turning, even at the elite level. This doubling of the resistance can add up to the precious tenths of second, especially during races of long duration. The resistance is not dramatically affected if the head is placed forward toward the chest.

Body Position and Balance. The human body tends to float upright in the water. This position is created by a center of gravity located somewhere near the hips and the center of buoyancy located in the lungs. Thus, the upper body tries to lift and the lower body tends to sink. A swimmer must "balance" his or her upper and lower body in the water so that both are perfectly horizontal in the water – the optimal position for fast swimming. This can occur in several ways: Put the arms and hands above the head, out in front of the body in the water. This shifts weight forward and thus moves the center of the gravity closer to the center of buoyancy. Lower the head by placing the chin closer to the chest. Lowering the head helps raise the hips and legs by shifting the center of gravity forward, closer to the center of buoyancy. Push the "buoy" or lungs downward. This brings the center of gravity closer to the surface. Decreasing resistance is a major key to improvement. If the swimmer does not decrease resistance, the natural tendency to get the body into position is to kick harder. Kicking hard is extremely important to fast swimming, but it should not be emphasized to compensate for poor body position. Decrease resistance and kick hard...don't kick hard because of high resistance.



COACH

Greg's Corner

(greg@taylorcamp.org)

I read this article recently and liked it. Why? Because it said, among other things, to drink chocolate milk. Drinking chocolate milk is not a bad thing. We are indoors now where it is warmer and the swimmers are working hard, with their faces getting purple and red from the workouts signaling the need for better hydration. While eating right is important, drinking right is even more important for athletes. Please make sure your swimmer has a water bottle at practice and at school and is using it. During these cold months we tend to see more dehydration because it is too cold to drink water when, in fact, they probably need it more. Make sure you check your swimmer's gear and make sure they get plenty to drink this season.

Top Tips for Building Muscle and Improving Body Composition

By Chris Rosenbloom, PhD,
RDN, CSSD
11/26/2013

Many young swimmers ask me what to eat to build muscle and lose fat. When I get that question, I ask the swimmer to take a step back and try to spell out his or her goals, because the truth is, it is hard to build muscle (a process that requires additional calories and protein) and lose fat at the same time (a process that requires reducing calorie intake and increasing calorie-burning exercise).

Another reason I ask about goals is that it is never a good idea to work on improving body composition in-season. It is hard to alter your diet to try to cut calories when hard training and com-

petitive meets are happening at regular intervals.

Recently I talked to a young athlete who showed me the cover of her favorite fitness magazine and said she wanted that body. I reminded her that magazine models are not only taller and thinner than most women, but they also have their photos airbrushed and photo-shopped to make them look even more perfect.

With those reminders, it is possible to improve body composition (notice I did not say lose fat or lose weight) through a combination of strength training, aerobic exercise, food choices and food patterns.

Eat regular meals throughout the day to fuel your body. Swimmers need regular meals to provide energy for sport and fuel for recovery. Aim for 3 meals and 3 small snacks each day. Check the nutrition archives of USA Swimming for articles on how best to achieve this.

Include protein at every meal and snack. Protein provides the building blocks for protein muscle synthesis. No need to overload on protein (protein powders and shakes are not necessary to get high quality protein), but include a protein-rich food at each eating occasion. Milk, yogurt, cheese, milk or yogurt smoothies, eggs, turkey, chicken, lean beef and pork, nuts, seeds, beans and peas are all good sources of protein. An egg sandwich for breakfast, a carton of yogurt for a snack, a turkey and cheese sandwich for lunch, a handful of nuts in the afternoon, spaghetti and meatballs for dinner, and a bowl of cereal and milk in the evening all provide high quality protein for swimmers.

Feed your muscles after a strength workout. A small protein carbohydrate snack after weight training can provide needed amino acids to build muscle and strengthen muscle fiber. Low-fat chocolate milk has been extensively studied as a recovery beverage, and while not as glamorous as commercial protein shakes, it does the job very well. A combination of protein and

carbohydrate eaten shortly after strength training is recommended to speed the nutrients to muscles.

Be realistic. Not everyone will have a six-pack of abs. (There is no evidence that a six-pack improves swimming performance!) What is important is your health, how well you perform in training and competition, and how you feel about yourself.

For those who want to know, this is what your swimmers have said their favorite Christmas songs are!

(Type in the link)

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1399&itemId=3103&mid=8980>

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=O&Alias=Rainbow&Lang=en7ItemId=5723&mid=11545>



Special Practice Schedules

PLEASE NOTE THE FOLLOWING practice days coming up:

December 23-January 3: Winter Break Practices. Sign-ups available closer to winter break on www.ddst.org.

Mon. December 23 & 30th: 7-9 am Blue through Senior groups. 4-5 pm White group, 5-6 pm Red group.

Tues. December 24th & 31st: 7-9 am Blue through Senior groups. 8-9 am Silver, White and Red group.

Wed. December 25th & Jan. 1: NO PRACTICE ALL GROUPS.

Thurs. December 25 & Jan. 2: 7-9 Blue through Senior groups. 4-5 pm White group, 5-6 pm Red Group.

Fri. December 27th & Jan. 3rd: 7-9 am Blue through Senior groups, 4-5 pm silver group. No fast Friday for Red Group today)



Next Board Meeting

The next DDST Board of Directors meeting is **January 7, 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



FROM THE MEET DIRECTOR

February Valentine Meet-Important Information:

The February Valentine meet is the last meet of our season. Meet Director Linda Koontz will be finalizing each families' hours and contacting each family who are short hours by e-mail in January. For those who are really short and would like to earn some extra hours, please contact Linda Koontz as soon as possible, so she will know who to contact as opportunities arise. Her email is blkooontz@yahoo.com.

PLEASE NOTE: We need for someone to assist in planning and shopping for the snack bar for the Valentine Meet. If anyone is interested please let Linda know ASAP. If there is a specific job that you would like to train to do at the meet please let me know that also.

VITAL & URGENT!: This upcoming Valentine meet will be Linda Koontz' last meet as Meet Director. We will need two people to step up and train with Linda at the February meet to learn how to be a meet director. This is a CRITICAL position for the team as hosting meets makes the team about \$20,000 per year! We need to be able to host these events; they are the bread and butter that enable DDST to continue to offer quality coaches and a consistently competitive swimming program. Training will include

responsibilities before, during and after the meet. Please contact Linda Koontz at blkooontz92@yahoo.com or Board President Kathy Chappell at chappell.kathy@gmail.com



2014 Swim a Thon

The Dolphins 6th annual USA Swimming Swim-a-Thon® & fundraiser is taking shape now, culminating with the Swim-a-Thon® itself on Saturday evening, January 25th, at the Swim Center.

A Swim-a-Thon® is a great opportunity for swimmers of **ALL ages and abilities** to learn something new about themselves and **be amazed** with their own abilities. In the process, swimmers also earn money for the team by getting pledges from businesses, family, neighbors, etc.

WHAT YOU NEED TO KNOW:

All Dolphins participate! Your coach will suggest a distance and time limit appropriate to your age and ability. Swimmers will have up to 1 or 2 hours to complete their swims.

Incentive prizes for all participants! The more you earn, the more prize options become available. Watch our website for information on prizes coming soon.

Encourage **family, friends, neighbors, and local businesses** to support your swim team.

Pledges are gathered through your **personal on-line Swim a thon landing page. (Coming Soon!)** You will sign in first, then click on the Swim a thon banner. Be sure to watch and follow the instructions in the online video and other items in Red.

All pledge money must be submitted along with your prize choice by **Friday February 7th, 2014** to Jenna Beam (jennabeam@mac.com) or Julie Gray (grayju411@gmail.com). January 25th will be a fun and festive evening with the whole pool to ourselves. Younger swimmers will swim

between 6 and 8 pm, followed by the older swimmers from 8-10 pm, while parents, coaches and teammates count laps and cheer them on!

Be watching for more Swim a thon announcements and get ready to put in some miles for your team.

DDST Key Contacts

Board President: Cathy Chappell
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Vice President: Robbie Hight,
righth8@charter.net, 775-721-7183

Secretary & Safety Officer: Nikki Willis
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Sarah, sgovanswm@aol.com, 775-287-1035;

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Danielle, dnllsoto@yahoo.com
Meet Director: meets @ ddst.org;

Linda Koontz, 775-782-7806;

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

Parent Liaison: Karen Sullivan
ksulliva@dcsd.k12.nv.us; 775-267-4035

Web, Officials: Jim Morefield
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Newsletter: Julie Gray
newsletter@ddst.org; 775-690-0124

Team Store: Denise Bickmore
Teamstore@ddst.org; 775-265-1871



Help For New Parents

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and our Parent Liaison is available to answer all your questions and show you the ropes. **Contact Karen Sullivan (ksulliva@dcsd.k12.nv.us, 775-267-4035)** or another key contact to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



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.



NEVADA STATE SWIMMING CHAMPIONSHIPS

The Doulgas Dolphins took 34 swimmers to the 2nd Nevada State Swimming Championship of the year in Henderson, Nevada November 8-11. The Dolphins competed against swimmers from 20 other Nevada teams. Schedule changes moved the State Meet from February to November, so this meet was the 2nd time in 2013 that many Dolphins have gotten to travel to the Las Vegas area. What a great meet it was with sunny, warm weather, nice facilities and some amazing performances! This meet we saw five 100% improvement performances, 12 new JO times, 12 new FW times, 3 new PRT times, 9 new team records, 25 top 8 finishes and 2 individual state champions!

McKenna Chappell was our only 8 and under Dolphins competitor. She took on 7 events and dropped 3.22 sec in the 50 freestyle, 11.62 sec in the 100 freestyle for a new **PC-A** time of 1:39.60, 2.94 sec in the 50 backstroke placing 20th in that event, 2.41 sec in the 25 breaststroke, .16 sec in the 25 butterfly and .42 sec in the 100 individual medley.

Barrett Lee swam in the 9-10 girls events where she competed in 5 events turning in a new **PC-A** time of 1:27.55 in the 100 backstroke. She also dropped .16 sec in the 50 backstroke and 2.08 sec in the 100 butterfly where she placed 17th.

Emma Ruffo, also swimming for the 9-10 girls, took on 7 events and dropped .59 sec in the 100 freestyle, placing 14th. She also placed 14th in the 100 backstroke, 16th in the 200 freestyle right on JO pace and 13th in the 100 butterfly.

Connor Taylor, our only 9-10 Dolphins boys swimmer, competed in 7 races and dropped 2.43 sec in the 100 freestyle, placed 19th in the 200 freestyle, 19th in the 50 butterfly and 17th in the 100 individual medley.

Julia Chappell was first up for the Dolphins 11-12 girls. She achieved 2 new **PC-A** times in the 50 backstroke prelims dropping 2.64 sec and in the 100 butterfly finals taking off 2.38 sec and placing 16th. She placed 13th in the 500 freestyle finals taking off 8.67 sec and 14th in the 100 backstroke finals taking off 3.23 sec.

Maegan Collins took on 4 events achieving 100% improvement. She dropped .86 sec in the 100 freestyle prelims, 3.83 sec in the 200 freestyle prelims, 5.43 sec in the 100 butterfly prelims and 2.80 sec in the 500 freestyle finals where she placed 20th.

Sarah Hyatt competed in 6 races and dropped .06 sec in the 50 breaststroke prelims and .34 sec in the 100 individual medley prelims.

Hope Rakow swam in 4 events and achieved a new **PC-A** time in the 100 freestyle prelims of 1:07.74 taking off 1.57 sec. She dropped .90 sec in the 50 butterfly prelims and .81 sec in the 100 butterfly prelims.

Taylor Knowles was first up for the Dolphins 11-12 boys. He had a 100% improvement meet with 2 **top-8** finishes dropping .33 sec in the 50 freestyle finals for 8th place, 3.07 sec in the 200 freestyle prelims, 23.58 sec in the 500 freestyle finals for a new **PC-A** time of 6:09.56 and 15th place, .42 sec in the 50 backstroke finals for 9th place, 1.23 sec in the 100 backstroke finals for 7th place, 3.34 sec in the 100 breaststroke prelims and 2.34 sec in the 100 individual medley prelims.

Joey Smithen had an amazing State meet competing in 7 events with 100% improvement and finishing **Top-8** in all of them with 2 new **team records**. He dropped 1.61 sec in the 50 freestyle finals for a new **FW** time of 25.73 and 2nd place, 3.95 sec in the 100 freestyle prelims for another new **FW** time of 56.27 and then came back in the finals dropping another .66 to place 2nd with a new **PRT** time of 55.61. He took off 0.96 sec in the 50 backstroke prelims and dropped another .73 sec in the finals for another new **FW** time and 2nd place finish. His **team records** were in the 50

breaststroke finals where he dropped 3.63 sec for a new **PRT** time of 33.02 and 3rd place and in the 100 breaststroke finals where he dropped 5.50 sec for a new **FW** time of 1:14.42 also placing 3rd. Joey dropped 1.76 sec in the 50 butterfly prelims for another new **FW** time of 28.79 sec and another .31 sec in the finals for another new **PRT** time of 28.48 sec and 4th place. In the 100 butterfly he dropped 5.91 sec in the prelims for a new **FW** time of 1:05.75 and placed 4th in the finals on **FW** pace.

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

Daniel Taylor took on 7 races and dropped .08 sec in the 50 freestyle prelims, .68 sec in the 50 backstroke prelims, .20 sec in the 100 backstroke prelims, 2.37 sec in the 100 breaststroke prelims and 3.47 sec in the 100 individual medley prelims.

Mychael Bellik was first up for the Dolphins 13-14 girls, taking on the long, hard 1650 freestyle and placing 21st. Her first 500 yards of the 1650 freestyle was 36.91 sec better than her previous 500 freestyle. She came in at 12:46.65 at the 1000 yard mark which was a huge 2:00.07 better than her previous 1000 freestyle.

Lily Bickmore tried her hand at 3 events turning in 100% improvement with 2 new **PC-A** times of 1:12.00 in the 100 butterfly prelims dropping 3.31 sec and 5:39.16 in the 400 individual medley finals taking off 7.94 sec. She also dropped 4.40 sec in the 200 butterfly prelims.

Amanda Castro competed in 7 events achieving a new **PC-A** time of 1:11.82 in the 100 backstroke prelims dropping 1.55 sec and in the 400 individual medley with a time of 5:36.96 taking off 10.92 sec in that event. She also took off .69 sec in the 100 breaststroke prelims, .33 sec in the 200 breaststroke prelims and 2.47 sec in the 200 butterfly prelims.

Kaila Duffy raced in 7 events and dropped 2.12 sec in the 500 freestyle prelims, .35 sec in the 100 breaststroke

prelims and .78 sec in the 200 butterfly prelims. She placed 14th in the 100 butterfly finals.

Kaela Forvilly took on 7 events dropping .56 sec in the 50 freestyle prelims and finishing 10th in the 100 backstroke finals, 12th in the 200 backstroke finals and 14th in the 100 breaststroke finals.

Annalisa Neal also took on 7 races where she turned in a new **JO** time of 2:42.99 in the 200 breaststroke prelims taking off .49 sec and finished 16th in the finals.

Kayla Ruffo competed in 5 events turning in 2 new **PC-A** times of 1:11.99 in the 100 butterfly prelims dropping 1.72 sec and 5:31.94 in the 400 individual medley finals dropping 10.26 sec.

Megan Ruffo competed in 2 events and dropped 2.56 sec in the 400 individual medley finals.

Taylor Sullivan, also swimming 7 events, dropped .86 sec in the 50 freestyle prelims, .10 sec in the 100 backstroke prelims, .08 sec in the 200 breaststroke prelims, .60 sec in the 200 individual medley prelims and 7.10 sec in the 400 individual medley finals for a new **JO** time of 5:07.40.

Josh Smithen, our first 13-14 Dolphins boys competitor, had a remarkable meet. He swam a new **FW** time in the 100 freestyle prelims of 52.66 and placed 3rd in the finals still on **FW** pace. Next he dropped 3.41 sec in the 200 freestyle prelims for a new **JO** time of 1:58.13 and placed 8th in the finals. In the 200 breaststroke prelims he turned in a new **JO** time of 2:34.13 dropping 4.80 sec then dropped another 2.99 sec in the finals for a new **FW** time of 2:31.14 and 3rd place. In the 100 butterfly prelims he dropped 1.13 sec for another new **FW** time of 1:00.10 and finished 3rd in the finals improving another 1.33 sec. for a time of 58.77. He also came in 6th place in the 100 backstroke finals and 10th in the 400 individual medley.

Sebastian Zeron took on 7 events with an impressive 100% improvement meet and new **PC-A** times of 25.78 in the 50 freestyle prelims taking off 2.13

sec, 2:07.93 in the 200 freestyle prelims taking off 13.60 sec, 20:34.08 in the 1650 freestyle dropping 57.22 sec and placing 17th, 1:17.33 in the 100 breaststroke prelims dropping 8.36 sec, 2:30.93 sec in the 200 butterfly finals taking off 16.58 sec and placing 12th. His 500 yard split in the 1650 was 18.98 sec better than his previous 500 freestyle and his 1000 yard split was 49.81 sec better than previous and a new **PC-A** time of 12:32.68.

Erica Chappell, first up for the 15 and over girls, swam 7 events and placed 23rd in the 200 backstroke finals right on **JO** pace, 16th in the 200 butterfly finals and dropped .61 sec in the 100 individual medley prelims then returning in finals to drop another 1.03 sec for a new **JO** time of 2:23.76.

Savannah Chappell also competed in 7 races and shaved off .04 sec in the 200 freestyle prelims, placing 22nd in the finals dropping another .92 sec. She dropped 2.35 sec in the 200 freestyle prelims right on **JO** pace, placed 10th in the 1650 freestyle, 20th in the 100 backstroke finals on **FW** pace, 19th in the 200 backstroke finals and 21st in the 200 individual medley finals where she took off 3.71 sec.

Rachael Chen, competing in 2 events with 100% improvement, dropped .29 sec in the 100 breaststroke prelims and .07 sec in the 200 breaststroke prelims.

Clara Gray raced in 4 events right on **FW** pace in the 100 breaststroke finals where she placed 17th and in the 100 breaststroke finals where she came in 11th place.

Emma Gray took on 7 events and dropped 4.12 sec in the 200 backstroke prelims for a new **JO** time of 2:22.36, then returned in finals to drop another 3.96 sec for a new **FW** time of 2:18.40 and 17th place. She dropped 2.44 sec in the 200 individual medley prelims and another 1.42 sec in the finals for a new **JO** time of 2:22.69 and 22nd place. She also took off 2.39 sec in the 400 individual medley.

Jordan Knowles competed in 7 events and turned in a new **JO** time of

2:23.31 in the 200 backstroke prelims dropping 1.09 sec and returning in finals on JO pace to finish 24th. She dropped .23 sec in the 100 butterfly prelims and another 1.24 sec in the finals for another new **JO** time of 1:05.43 finishing 23rd. In the 200 butterfly prelims she took off .96 sec for a new **JO** time of 2:33.32 then returned in finals to take off an additional 6.26 sec for a **JO** time of 2:27.06 and 20th place. In the 400 individual medley she dropped 12.98 sec for yet another new **JO** time of 5:10.21.

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

Shelby Koontz had an impressive meet, taking on 7 events and setting 4 new girls 15-16 **team records** of 23.84 in the 50 freestyle finals where she came in 2nd, 51.20 sec in the 100 freestyle finals again coming in 2nd, 1:53.77 in the 200 freestyle finals placing 5th and 2:05.02 in the 200 individual medley finals winning the girls 15 and over **State Championship** in that event. She came in 11th in the 100 backstroke finals, dropped 1.59 sec in the 100 breaststroke finals on PRT pace placing 2nd and 1.00 sec in the 400 individual medley where she placed 6th.

Shaelin Morefield tackled 7 events and placed 8th in the 20 freestyle finals, 12th in the 100 freestyle finals, 10th in the 200 freestyle finals, 13th in the 100 backstroke finals and 6th in the 200 breaststroke finals. She was the 15 and over girls **State Champion** in the 200 butterfly finals with a time of 2:04.49, setting a new girls 17-18 **team record**, and placed 13th in the 400 individual medley finals.

Ryan Chen took on 6 events and dropped .65 sec in the 20 freestyle prelims, 2.17 sec in the 100 breaststroke prelims and 4.20 sec in the 200 individual medley for a new **PC-A** time of 2:22.62. He dropped 5.84 sec in the 200 breaststroke finals to place 20th and 6.86 sec in the 200 backstroke finals, coming back in a swim off to drop another 2 sec for a time of 2:28.45.

Adam Dack took on a full slate of 8 events dropping 5.62 sec in the 200 freestyle finals for 16th place, 1.19 sec in the 200 backstroke prelims and another .96 sec in finals for a new **FW** time of 2:11.62 and 21st place. He took off 1.57 sec in the 100 breaststroke prelims for a new **PC-A** time of 1:17.25, 1.26 sec in the 100 butterfly prelims and 5.18 sec in the 200 butterfly finals for 12th place finish. He dropped a huge 1:13.99 in the 1650 freestyle for another new **FW** time of 17:49.13.

TJ Smithen made finals in all 7 of his events placing 16th in the 50 freestyle, 19th in the 100 freestyle dropping .57 sec, 9th in the 100 backstroke finals on FW pace, 12th in the 100 breaststroke dropping .89 sec & on JO pace, 9th in the 100 butterfly, 8th in the 200 butterfly and 20th in the 200 individual medley finals.

Joe Sullivan tackled 7 races dropping 1.26 sec in the 100 freestyle prelims, 3.27 sec in the 200 freestyle prelims, 1.93 sec in the 100 backstroke prelims and 10.12 sec in the 200 breaststroke prelims returning to drop another 2.25 sec in finals for a new **PC-A** time of 2:40.58 and 19th place.

The 400 freestyle girls A relay team of **Shelby Koontz, Shaelin Morefield, Savannah Chappell** and **Erica Chappell** placed 4th with a time of 3:47.37 while the B team of **Emma Gray, Jordan Knowles, Rachael Chen** and **Clara Gray** finished 12th with a time of 4:02.44. **S. Chappell, Koontz, Morefield** and **E. Chappell** teamed up again in the 400 medley relay to bring in a new girls 15-18 **Team Record** time of 4:14.95 while the B team of **Knowles, Chen, E. Gray** and **C. Gray** finished 13th with a time of 4:34.88. The girls 13-14 400 freestyle B relay team of **Kayla Ruffo, Megan Ruffo, Lily Bickmore** and **Amanda Castro** placed 11th with a time of 4:28.64 while the A relay team of **Taylor Sullivan, Kaila Duffy, Annalisa Neal** and **Kaela Forvilly** placed 7th with a time of 4:04.88. **Mychael Bellik, K. Ruffo, Castro** and **Bickmore** teamed up to finish 13th in the girls 13-14 400 medley relay with a

time of 5:05.93, and the A team of **Forvilly, Neal, Duffy** and **Sullivan** teamed up again to place 8th with a new 13-14 girls 400 medley **Team Record** time of 4:29.06. For the 11-12 girls 200 medley relay **Maegan Collins, Sarah Hyatt, Julia Chappell** and **Hope Rakow** joined up to place 9th with a time of 2:22.88.

The A team of **Josh Smithen, Adam Dack, Joe Sullivan** and **TJ Smithen** placed 6th in the boys open 400 freestyle relay with a time of 3:34.72 while the B team of **Ryan Chen, Sebastian Zeron, Taylor Knowles** and **Joey Smithen** came in 11th with a time of 4:00.12. In the 400 medley age open relay **Dack, Josh Smithen, TJ Smithen** and **Sullivan** again teamed up for 8th place with a time of 4:00.51. The B team of **Knowles, Joey Smithen, Chen** and **Zeron** came in 13th with a time of 4:28.25.



Parents Corner

Sticking With Swimming....

What Can a Parent Do?

by the staff of USA Swimming

The Unfortunate Path that Many Swimmers Follow: The swimmer's career often starts with 8-under success and high parental enthusiasm. The child is encouraged by parents and others to excel and a big deal is made out of every accomplishment. As the child changes age groups and moves into the 9-10 group, even the most successful child may struggle because he or she has a harder time finding success against 10 year olds. What successes are achieved may not be as noticeable. Unfortunately, as many as **one-third of the young swimmers and their families do not make it past this point.**

By the time swimmers are 10 or 11 years old they (or their parents) may realize that twice a week practices or summer only swimming is not enough

to compete with others who are practicing more frequently. Physical ability and natural coordination can still help athlete to stay competitive and have success but it is getting harder to stay on top. More big changes and rude awakenings are lurking in the future.

The first Big Change: From 10/under to 11 & 12: Events become longer going from 25's and 50's to 50's and 100's and even some 200's and distance freestyle events. Competition changes from sprint competition to race/pace competition. In some programs, one half of the athletes and their families do not make this change. They never give the coaches or the program a chance to help the athlete adapt to the changing nature of swimming competition.

The second Big Change: From age 12 to 13&14/Senior swimming: Events change again. Now it is all 100's & 200's along with 400/500 and 1000/1650. The athlete must develop a work ethic and intensify the training aspect of swimming. Physical changes affect both male and female athletes. Athletes get bigger and stronger, but many, especially the girls, may struggle to cope with their "new bodies." This can be one of the most rewarding phases of an athlete's career, yet many will give up.

The third Big Change: A focus on college swimming: Swimmers who remain in the sport start to look at the possibility of swimming in college. Questions arise concerning the choice of colleges, the level of swimming, the possibilities of scholarships and the willingness to compete and train for another four years.

Let's put these changes into "real" numbers: Suppose a team has 12 Novice swimmers. Only 8 will remain in swimming past the first Big Change. Only 4 will remain in swimming past the second Big Change. Only 2 will remain in swimming past the third Big Change.

The Role of the Parent in Navigating the Big Changes:

sometimes, unfortunately, it is the parents who are responsible for their child leaving the sport. For example: Parents who are former athletes, especially former swimmers, may have unreasonably high expectations. Parents believe that they are in charge of the athlete's happiness and that only "winning" can bring happiness. Parents believe that early success equates with long term success. The 8-under star will, of course, become an Olympian. Parents may not understand the need for technical and skill development before "swimming fast."

Parents must examine their own motives. Form a philosophy that emphasizes the process, not the outcome. Be the guides on the "fun path" not the "victory path." When parents use these words, their emphasis is misplaced:

We - Beat - Win - Fast -
Lost - Try - Only - My

What Can Parents Do to Reverse the Trend? Parents must develop, progress and grow the just as athletes do. Experience is the key and communication is the mode. Swimmers already have coaches, friends and teammates. They need a parent to fill the parental role. "Coaches coach children, parents raise children."

Here are some of the benefits your child will garner if he or she sticks with swimming:

Life Lessons: Only one swimmer can win the race. Does this mean everyone else is a loser? Of course not! Swimmers need to constantly be reminded that a top-notch effort on their part will result in personal satisfaction and a contribution to their team. Most USA Swimming clubs design a program of competitive training and competition for our younger swimmers based on long term development. Therefore, we may not stress early competitive success with a great deal of fanfare. Remember that swimmers under the age of 12 are very inconsistent which can be frustrating to a parent or to the swimmers

themselves. Fun and patience are the keys here.

Leadership: In many cases, our team leaders and successful Senior swimmers were not outstanding age group swimmers. Those who "stick with it" often develop into outstanding leaders, having learned patience, dedication and commitment. Steady progress and understanding the meaning of various accomplishments will make a motivated, well adjusted Senior swimmer.

USA Swimming clubs go to great lengths to provide opportunities for all swimmers equally, although sometimes it may seem that more emphasis and time is spent on Senior swimming. An 8-under will swim no more than 45 minutes two or three times a week, while a Senior swimmer may be in the water 18 hours per week! Both swimmers are having their needs met as part of a long term progression. Understanding the long term benefits and the long term progression will help parents navigate the waters of a swimmer's career. If you associate "time" with "attention", the longer a swimmer stays with swimming the more attention he or she will receive.



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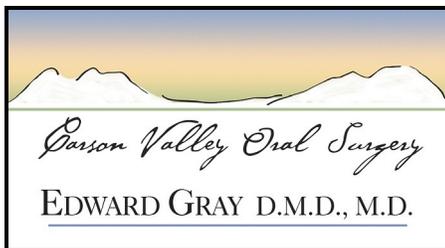
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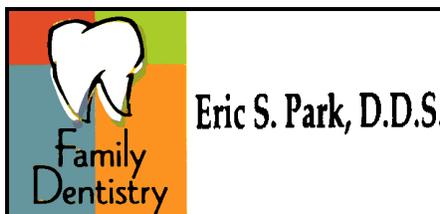
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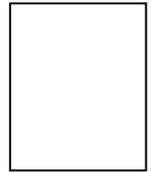
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Douglas Dolphins Swim Team
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www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Happy December Birthdays to:

Emma Gray (12/16), Adam Dack (12/20), Sophia Maricich (12/22), Taylor Knowles (12/25), Ashley Ponsness (12/28).

Happy January Birthdays: Jack Stevenson (1/9), Joey Smithen (1/26), Yakov Krassoviskiy (1/25), Abby Hutchings (1/26), Josh Beam (1/30), Addison Gregory (1/31), Sarah Hyatt (1/31).



Practice Schedules

Check www.ddst.org for updates.

ANY Public School(s) In Session

Seniors: M-Thurs 2:30-4:45p, F 2:30-4:30p, **Dryland:** Thurs 5:00-6:00p, Sat 9:30-10:30 am.

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

Dryland 14 & under Wed. 4:45-5:45, 15 & over Thurs. 5-6 pm, all ages Sat. 9:30 am.

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 **February 1st**. All submissions should be received by **Wed., Jan. 29th**. 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, Linda Koontz, Jim Sullivan & Debbie Jordan

Latest news online: www.ddst.org.

