

# Dolphins' Monthly

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

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

February 2014

## Swimmers of the Month

**Aspen Paschke** is Silver Group Swimmer of the Month. Her attendance for the December 2-31 testing cycle was 100%. The Carson Blizzard Blast was Aspen's very first meet and although she was nervous, she did a stellar job competing. She showed her bravery again by trying many new events at the recent Valentine Meet. Aspen has certainly hit the ground running in her new career as Swimmer Extraordinaire! Fantastic Job, Aspen!

**Lilia Fields** is White Group Swimmer of the Month. She was chosen for her great attendance, her meet performance and her hard work at practice. Lilia comes to practice every day with a positive attitude and puts 110% in her swimming. All these qualities are why Lilia swam best times in all 7 of her events and dropped a total of 42 seconds at the Carson Blizzard Blast meet. Keep it up, Lilia!

**Barrett Lee** is Red Group Swimmer of the Month. Barrett has been working very hard at Red group practice and it is showing. Her consistent attendance, attention to detail and just plain swimming hard paid off at the January Carson Blizzard Blast. She had 4 new best times, two of them being new PC-B times. Keep up the hard work, Barrett!

**Cailey Tollmann** is Blue Group Swimmer of the Month. She rocked an awesome performance at the Carson Blizzard Blast with 100% improvement and dropped a total of 14 second off her life-time bests. She also tackled the 500 freestyle for the first time. A

willingness to try new events and trust in your training is part of being a great athlete. Nice work, Cailey!

**Joe Sullivan** is Pre senior level Swimmer of the Month. Joe was chosen for the huge improvements he has made in stroke work and training. It is exciting to see the new changes Joe makes every day when he walks out onto the pool deck. With this kind of effort, Joe's swimming will certainly blossom into something great. Congratulations, Joe! Keep it up!

**Shaelin Morefield** and **TJ Smithen** are the Senior level Swimmers of the Month. Both Shaelin and TJ made the 2014 Swim a thon a priority, even though the DHS Homecoming Dance took place on the same night. Balancing outside demands and being actively involved in supporting team activities is an important part of belonging to a team and deserves praise. Great job to you both on showing such dedication and for providing examples of outstanding leadership to the younger members of the Douglas Dolphins!



## Next Board Meeting

The next DDST Board of Directors meeting is **March 4, 2014** 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)



COACH

## Kat's Corner

[coachkat0809@hotmail.com](mailto:coachkat0809@hotmail.com)

In this helpful article for youth sports parent, Dr. Patrick J. Cohn, a leading youth sports psychology expert, discusses 7 steps parents can take to help their child perform with more confidence. It was written for hockey players but has been adapted for other athletes for the purpose of this newsletter.

## 7 Strategies to Help Your Athlete Be More Confident

Swimming competition can be both mentally and physically challenging for young athletes. Kids may feel nervous, unsettled, or feel more pressure to do their best. Young athletes may experience excitement or nervous jitters before and during competition. Swimmers who feel jitters are the ones who may under perform. Some young swimmers may have a fear or embarrassment or making mistakes. Some make comparisons with other swimmers which is not always healthy for kids' confidence. Some swimmers are worried about impressing a coach or parent and some are held back because they lack confidence and have doubts. Other athletes may try to perform perfectly and tie themselves up in knots doing so. Here are 7 mental game tips to help swimmers perform their best in competition.

**Let Go of Fear in Sports.** Most of the fear athletes experience is not

about being in danger or harming themselves. The fear I am talking about is a psychological threat that is often based on an athlete's perception of the importance of a performance or meet and what others think about his or her performance. Most of the time, a swimmer's fear is worry related to poor results, their negative consequences and many things that are often not under their control. The first step is to identify the beliefs, attitudes and expectations that lead to a fear of failure. Swimmers must keep the positive aspects of their mental game such as motivation and commitment to sport and avoid beliefs or attitudes that support a fearful, cautious or over-serious attitude which causes them to perform tentatively and not swim their best.

**Swim Freely Instead of Holding Back.** During mental toughness training, I teach my students about two mindsets that contribute to success in sports. The first is the training or practice mindset. Great athletes know the value of training. They strive to get better and to improve. They have a tremendous amount of motivation and work ethic, which help them to practice hard so they can master their skills. The trusting or performance mindset is equally important for success in sports. Trust is the ability to let skills "happen" instinctively by relying on practice instead of consciously directing movements. The performance mindset is the ability to rely on practice, perform freely and allow skills to flow without excess thought. If swimmers are stuck in the practice mentality when they compete, they will limit their ability to perform their best because of too much analysis, trying too hard to be perfect and loss of trust.

**Focus on Self Not Others-Make No Comparisons.** Swimmers must start with the understanding that most intimidation is sports in self-induced. Other competitors will sometimes use direct intimidation or play head games with each other but the choice can be

made to not pay attention and to look the other way. However, athletes can't look the other way when they are their own worst enemy because they are intimidated by their own thoughts about the level of competition, meet conditions or venue. Swimmers who lack confidence often look for others to help them feel confident. Likewise, these swimmers intimidate themselves by putting some other swimmers on a pedestal, making comparisons and feeling like they do not belong at the current level of competition. Tips for helping your athlete overcome self-intimidation: Help your athlete avoid putting other athletes on a pedestal and making comparisons to others they think are superior. Help your swimmer focus on their own strengths instead.

#### **Swim for Yourself, Not Others.**

Social approval is an important phenomenon in my discussions with athletes that I coach. Many athletes rely too much on social approval to boost their own levels of self-worth and that if others respect their sports performance, this will make them a better person. They worry about performing poorly because it may have an influence on what others might think about them. Thus, athletes who want approval from others can become anxious or are afraid to fail in competition. What happens when your athlete wants approval, but can't get it? It will affect how he or she feels about themselves as a person. Tips to Stop Worrying What Others Think: Help your athlete understand why they value (sometimes too much) others' opinions. Help them respect themselves and stop thinking too much about what others might think. Help your swimmer know who they are on the inside and how to separate self-esteem and performance.

**Swim Functionally-Don't try to be Perfect.** An important lesson I teach my students is to learn how to perform efficiently instead of perfectly. I call this a "functional mindset." It starts with the idea that athletes DO NOT have to be perfect to perform

their best. They are human and humans can't be perfect. They will have to accept mistakes. Professional tennis coach Brad Gilbert calls the functional mindset "winning ugly" which he wrote a book about. Tips for how to swim functionally: Have your kid use the warm up to get a feel for their performance. Don't use the warm up to judge the quality of their technique. Have your swimmer think "win ugly". Use whatever works to help them get the job done. Be happy with a performance that dropped time or felt strong even if it didn't feel perfect.

**Be Confident.** My definition of self-confidence is how strongly an athlete believes in his or her ability to execute a physical skill. Confidence is derived from a baseline assessment of past performances, training and preparation. As the athletes' competency or skill mastery grows, their confidence becomes proportionately stronger. I think of confidence as a cure-all for what ails an athletes' mental game. If a swimmer has high self-confidence, it will be hard to get anxious or tense or worry about results because they already know that they will swim well. They are relaxed and focused and not fretting about competition. Doubt is the number one killer to a confident mindset. Pessimistic, perfectionistic and over-motivated athletes tend to hold on tight to doubts which if unchecked can ruin mindset and derail performance. Athletes who can recognize doubt and turn it into statements of confidence can counter the negative influence that doubt may have over them. The first step in overcoming doubt is be aware of the thoughts that deteriorate confidence and counter the doubts with thoughts that will lead to better outcomes.

**Focus on the Process, not Results.** An athlete's objective is to focus their attention on performance "cues" which might help them perform their best. A performance cue is any thought feeling or image that helps you perform your

best. Understanding what is not relevant is an important step in helping your athlete improve focus by understanding the distraction. Many athletes tend to overload their brains with too much information, sending mixed signals to the body. In this indecisive state the body will not execute with the desired outcome or rhythm. Once an athlete can define performance cues and can clearly recognize non-relevant distractions, they are now in a better position to become fully immersed into their performance, an important quality of "being in the zone."

Learning any new skill takes time. It does not matter if your swimmer is learning physical skills or mental skills, repetition and application are necessary parts of everyday practice and performance. Helping your swimmer commit to improving their mental toughness over time (even when they are performing well), will lead to a consistent mental game and performance in any situation.

<http://coloradoavalanchecares.com/columns/parenting/7-ways-to-help-your-athlete-play-with-more-confidence/#sthash.7onhMlmQ.dpuf>



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**COACH**

**Sarah's Corner**

([sgovanswm@aol.com](mailto:sgovanswm@aol.com))

Some of your athletes may have come home this past month and talked about doing CSS training. You might have asked them, "What is CSS?" In the coaching and training world we often shorten 'lactate threshold' to just 'threshold' as it means the same thing. In a laboratory we would measure threshold by taking small samples of blood as you exercise at increasing intensities and look for the characteristic increase in blood lactate when you reach your threshold swim speed. Blood tests like that are expensive and tricky to perform in a wet environment. Fortunately, there is a better way to find your threshold speed. Enter CSS.

CSS is an acronym for Critical Swim Speed. It's an approximation of your lactate threshold speed. You can find it by doing a couple of swimming tests with no blood draws involved. You just need a stopwatch. It's not precisely the same as lactate threshold, but it will be within a couple of seconds per 100 meters. This will be accurate enough to guide your training. If you would like to learn more about CSS please go to:

<http://www.swimsmooth.com/training.html#ixzz2sfIHjbH2>



**New Swimmer Tryouts**

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



**COACH**

**Greg's Corner**

([greg@taylorcamp.org](mailto:greg@taylorcamp.org))

There is a line on the Red Group testing sheet that says "Begins to develop Positive Self-Talk". Most of the Red Group has no idea what this means, so I wanted to address this. There is a great write-up that talks about the ladder of success and one of the points it makes is about Positive Self-Talk.

Which Step Have You Reached Today?

1. I Won't Do It.
2. I Can't Do It.
3. I Want To Do It.
4. How Do I Do It?
5. I'll Try To Do It.
6. I Can Do It.
7. I Will Do It.
8. Yes, I Did It!

This is called The Ladder (or Steps) of Achievement. It shows how your attitude towards a goal or task can impact your ability to achieve it. The Ladder of Achievement suggests that an attitude of "I can't" has almost no chance of success while "I won't" is no chance at all.

Change "I can't" and "I won't" to I CAN, I WILL and I DID! Understand what motivates you to do well, and then you can harness your energy in the right directions.

Failure can happen during a race or a meet or a task. It is not a person. Failure is not the person, it's not you, it's the performance. Learn to separate who you are from what you do.

Lean to talk to yourself positively. When the negative thoughts come, learn to replace them with positive ones. Change I can't into I can.

Change I won't into I will. Then change I will try into I did. Remember the old saying, "if you think you can or think you can't, you are probably right."

"The greatest achievement is not in never failing but in getting up every time you fall." Keep trying and it will happen. What you believe, you can, with effort and persistence, achieve. Dream a dream, believe in that dream, work towards achieving it and live the dream.

Anything worth having is worth working to achieve. Talent is important, but there are many talented swimmers who don't make it to the top. TOUGH TENACIOUS TRAINING makes up for most talent limitations.

**Successful people are not afraid to fail. They have the ability to accept their failures, and continue on, knowing that failure is a natural consequence of trying. The law of failure is one of the most powerful of all the success laws because you only really fail when you quit trying.**

(ASCA Website:

<http://swimmingcoach.org/category/motivation/>)



COACH

## TJ's Corner

The Dippin Dolphins Group is the newest program that has been instituted for the Douglas Dolphins Swim Team. This is a developmental program designed to create a fun, positive outlook on swimming for the younger swimmers. The training for this group integrates technical skills and games that are designed to establish proper body-line, kick head position and stroke. I am super excited and thankful that I have been given the opportunity to coach this new group! I am looking forward to our progress in the upcoming months. Go Dolphins!



## DDST Scholarship Program

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

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

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



## DDST Key Contacts

**Acting Board President: Kathy Chappell**  
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## Upcoming Meets

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

**March 1-2, Burlingame, CA, 2014 Pacific Zone All Star Meet**, Zone 4 team, for ages 9-14, applicants only, see meet section on [ddst.org](http://ddst.org).

**March 14-16, Concord or San Ramon, CA, Pacific Swimming Junior Olympic Championships**, sign up on Swimconnection by Wed. March 5, qualifying times apply.

**March 29-30, Fernley, NV, Fernley Age Group Novice Meet**, for Silver through Red Group, enter online at [Swimconnection.com](http://Swimconnection.com) by Fri. March 21. See meet info on [ddst.org](http://ddst.org) for details.

**April 3-6, Morgan Hill, CA, Far Western Short Course Championships**, sign up on swim connection by Wed. March 26, qualifying times apply.

**April 11-13, Folsom, CA, Spring Splash Long Course Meet**, (for all Dolphins), meet info pending, sign ups by Wed. April 3, meet fills fast, enter ASAP when meet opens.



## Help For New Parents

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

**Contact Karen Sullivan ([ksulliva@dcsd.k12.nv.us](mailto:ksulliva@dcsd.k12.nv.us), 775-267-4035)** or another key contact to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



## Important Dates

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

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

**Fri. February 21: Swim a thon Make-up day.** During your regular practice time or at 3:30.

**Fri. February 28:** Deadline to turn in Swim a thon funds.

**Fri. March 7: Deadline to order Swim a thon incentives.** Email your choice to [jennabeam@mac.com](mailto:jennabeam@mac.com) or call 775-781-6060.

**Tues. March 11:** Parent Meetings for White group @ 4:45. Red group @ 5:45.

**Wed. March 12:** Parent Meetings for Senior and Pre-seniors @ 4:45. Silver group @ 4:55. Blue group @ 5:45.



## SENIOR II MEET

The Dolphins and Coach Kat traveled to Walnut Creek, CA to compete in the Pacific Swimming Short Course Senior II Trials and Finals Meet December 6-8. The 10 Dolphins that made the trip faced freezing temperatures and windy conditions at this outdoor winter meet, but that didn't stop them from turning in a total of 15 new personal bests including 3 new JO times, 2 new FW times and one new Team Record!

**Kaila Duffy** was our first girls competitor. She took on 3 events and dropped .22 sec in the 100 breaststroke prelims.

**Taylor Sullivan** was next up and she competed in 6 events, dropping 2.53 sec in the 400 individual medley and 3.55 sec in the 200 breaststroke finals.

**Josh Smithen**, also swimming 6 events, made finals in the 200 breaststroke and 200 backstroke. He dropped a huge 14.20 sec in the 200 backstroke prelims for a new **JO** time of 2:15.59, then returned in the 200

backstroke finals to drop another 3.65 sec for a new **FW** time of 2:11.94.

**Emma Gray** took on 5 races looking strongest in the 50 freestyle and 100 freestyle prelims.

**Jordan Knowles** swam 6 races, making finals in the 200 butterfly right on JO pace. Her 100 butterfly prelim looked strong as well.

**Adam Dack** competed in 5 events and made finals in the 100 backstroke, 200 backstroke on FW pace, and 200 butterfly on JO pace.

**Kevin Smithen** had a great meet with 5 new best times. He swam a new **JO** time of 52.14 in the 100 freestyle prelims, dropped .48 sec in the 100 backstroke prelims returning to drop another .33 sec in the finals, took off .62 sec in the 100 butterfly and 3.30 sec in the 200 butterfly prelims for another new **JO** time of 2:20.59.

**Clara Gray** swam in 4 races looking strongest in the 200 breaststroke where she made finals right on FW pace.

Abbreviations: JO=Junior Olympic; FW=Far Western; PRT=Pacific Recognition Times

**TJ Smithen** had a very successful meet, making finals in 5 events and turning in a new, 17-18 boys **Team Record** in the 100 backstroke with a best time of 56.04. He dropped 2.50 sec in the 100 breaststroke finals for a new **FW** time of 1:04.48, 6.62 sec in the 200 breaststroke finals for another new **FW** time of 2:21.58, 1.99 sec in the 200 butterfly finals and 1.57 sec in the 400 individual medley.

**Janosch Lancaster** took on 7 events, made 4 finals, and was just off best time in the 400 individual medley and 100 backstroke finals.



## Lost & Found

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



## JUNIOR NATIONALS

The Douglas Dolphins coaches and swimmers are pleased to announce that 2 of our teammates, **Shelby Koontz** and **Shaelin Morefield**, qualified for and competed in the 2013 Speedo Winter Junior National Meet that took place December 12-14 in Greensboro, NC at the Greensboro Aquatic Complex, a premier sports facility in the S.E. United States that features leading edge concepts in aquatic design.

Junior Nationals is one of three major National Championship meets in USA Swimming that also includes the US Open/ National Championships and the Olympic Trials every 4<sup>th</sup> year. The distinction is that Junior Nationals is limited to 18 and under swimmers.

**Shelby** and **Shaelin** found it exciting to be involved in such a high-level meet where they could listen to and talk with their peers. As expected with such a large amount of swimmers in the facility, air quality was a bit of a problem on the pool deck, causing most coaches, officials and swimmers by the last day to develop a hacking cough. The swimmers affectionately nicknamed this cough the "GAC attack" after the name of the facility, and it became a badge of honor to have experienced this meet along with surviving the "GAC attack"!

There were over 1,200 swimmers from all over the nation at this classy, well-run and well-attended meet. In order to compete, swimmers needed to make qualifying times before December 3, 2013. The strength of the competition was impressive with numerous meet records and National Age-group records broken, including the first 17 year old ever to break 19 seconds in the 50 freestyle.

**Shelby Koontz** competed in 5 events, turning in **2 new 15-16 girls Team Records** in the 50 freestyle where she dropped .15 sec for a PRT time of 23.66 and in the 100 butterfly with another PRT time of 56.23 sec.

In the 100 breaststroke time trials she dropped .03 sec for a PRT time of 1:05.81. She was also right on PRT pace in the 100 freestyle and in the time trial of the 200 individual medley.

**Shaelin Morefield** also took on 5 events and was right on PRT pace in the 100 butterfly, 200 butterfly, where she was just .26 sec off her personal best, and 400 individual medley time trials where she achieved a **new 17-18 girls Team Record** time of 4:33.31. She also competed in the 200 individual medley and looked strong in the 50 freestyle time trials.

Congratulations, girls, on making this prestigious meet and on your fantastic swims! Your coaches and teammates are very proud of you!



## CARSON BLIZZARD BLAST

The Carson Tigersharks hosted a new meet this year January 17-19 called the Blizzard Blast. Swimmers from 11 & up competed in the morning with the goal of making a Saturday Finals session and the 10 & under Dolphins swam in the afternoon.

The 10 & under Dolphins did well and had many new best times to show for it. **Sofia Delange** took on 6 events with 100% improvement dropping .35 sec in the 50 freestyle, 1.87 sec in the 100 freestyle, 1.50 sec in the 50 backstroke, 6.51 sec in the 50 butterfly, 2.55 sec in the 100 individual medley and set a time to beat of 1:39.57 in the 100 backstroke.

**Lilia Fields** also competed in 7 events with **100% improvement** taking off 3.44 sec in the 50 freestyle, a huge 13.91 sec in the 100 freestyle, 5.56 sec in the 50 backstroke, 1.66 sec in the 50 breaststroke, 2.12 sec in the 100 breaststroke, 5.98 sec in the 50 butterfly and 9.37 sec in the 100 individual medley.

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

**Barrett Lee** took on 8 races and turned in 2 new **PC-B** times of 1:18.70 in the 100 freestyle dropping 10 sec and 48.33 sec in the 50 breaststroke dropping 4.18 sec in that event. She also took off .16 sec in the 50 freestyle coming in 8th and 3.98 sec in the 100 breaststroke for 7<sup>th</sup> place.

**Ashlyn Nelson** had a **near 100%** improvement meet taking on 4 events and dropping .35 sec in the 100 freestyle, 4.31 sec in the 50 breaststroke and setting a time to beat of 44.41 sec in the 50 butterfly.

**Remy Hill-Holeman** competed in 8 races, improving .74 sec in the 50 freestyle placing 3rd, .13 sec in the 50 breaststroke coming in 1st and .60 sec in the 50 butterfly coming in 3rd all on JO pace. He also came in 2<sup>nd</sup> in the 100 breaststroke and 100 butterfly.

**Ryan Signorella** raced in 3 events and turned in a new **PC-B** time of 37.73 in the 50 freestyle where he took off 2.57 sec and came in 9<sup>th</sup> place.

**Connor Taylor** was our last 10 & under swimmer. He took on 2 events and was just off best in the 50 butterfly where he placed 7<sup>th</sup> and he came in 8<sup>th</sup> in the 50 butterfly.

First up for the 11-12 girls was **Julia Chappell** who posted 3 new **PC-A** times of 30.26 sec in the 50 freestyle, 2:42.72 in the 200 individual medley prelims where she dropped a huge 10.40 sec, then returning in finals to drop another 2.63 in finals for a time of 2:40.09 placing 5th. She also made finals in the 200 freestyle placing 5<sup>th</sup>, 200 backstroke where she came in 4<sup>th</sup> and she placed 3<sup>rd</sup> in the 1000 freestyle.

**Maegan Collins** competed in 5 races and dropped 3.67 sec in the 100 breaststroke, 1.67 sec in the 100 butterfly prelims placing 5<sup>th</sup> in finals, and set a time to beat of 13:55.86 in the 1000 freestyle where she came in 4<sup>th</sup>.

**Sarah Hyatt** took on 6 events with **near 100%** improvement turning in 3

new **PC-A** times of 1:06.82 in the 100 freestyle, 1:25.34 in the 100 breaststroke prelims and 1:24.97 in that final dropping another .37 sec placing 3rd. She also took off 1.17 sec in the 100 backstroke, a huge 11.11 sec in the 100 butterfly and set a time to beat of 3:02.26 in the 200 breaststroke where she came in 6<sup>th</sup>.

**Aspen Paschke** took on the 50 freestyle and set a time to beat of 44.80.

**Emma Ruffo**, just aging up, had a **near 100%** improvement meet dropping .16 sec in the 50 freestyle, .23 sec in the 100 freestyle, 2.60 sec in the 100 backstroke, 1.65 sec in the 200 individual medley and set times to beat of 2:49.34 in the 200 backstroke and 6:04.94 in the 400 individual medley where she came in 5<sup>th</sup>. She also came in 8<sup>th</sup> in the 500 freestyle.

**Cailey Tollmann** was yet another Dolphins swimmer with **100% improvement**. Taking on 6 events, she dropped 2.36 sec in the 100 freestyle, 2.83 sec in the 200 freestyle for a new **PC-B** time of 2:41.62, 1.36 sec in the 100 backstroke, 5.06 sec in the 200 backstroke, 3.70 sec in the 200 individual medley and set a time to beat of 6:54.89 in the 500 freestyle.

**Emily Willis** also competed in 6 races with **near 100%** improvement dropping 7.65 sec in the 100 freestyle, 7.19 sec in the 200 freestyle, 8.44 sec in the 100 backstroke and set a time to beat of 4:37.65 in the 200 breaststroke.

**Lily Bickmore** was our first 13-14 girls competitor. She took on a full load of 9 events and dropped .30 sec in the 50 freestyle, 2.75 sec in the 100 backstroke and was just off best in the 100 breaststroke. She placed 6<sup>th</sup> in the 200 butterfly.

**Emily Dack** raced in 7 events dropping .13 sec in the 50 freestyle, .66 sec in the 100 freestyle and 2.22 sec in the 100 breaststroke.

**Kaila Duffy** competed in 8 races making finals in the 200 freestyle placing 6th, 200 backstroke coming in 7<sup>th</sup> and 100 breaststroke taking off .06 sec and placing 5<sup>th</sup> in finals of that race.

She turned in 2 new **PC-A** times of 12.16.38 in the 1000 freestyle placing 5th and 1:11.16 in the 100 backstroke and dropped 1.13 sec in the 200 breaststroke finishing 6<sup>th</sup>.

**Kaela Forvilly** took on 7 events making finals in the 200 backstroke, 100 breaststroke placing 8th and 200 individual medley finishing 6<sup>th</sup>. She took off 4.87 sec in the 500 freestyle and 4.90 sec in the 400 individual medley where she placed 4<sup>th</sup>.

**Megan Ruffo** also took on 7 races and turned in a new **PC-B** time of 31.56 in the 50 freestyle, dropped .39 sec in the 100 backstroke and .30 sec in the 100 breaststroke.

**Taylor Sullivan**, competing in 7 events, dropped a huge 1:21.08 in the 1000 freestyle coming in 10<sup>th</sup> and .66 sec in the 200 butterfly where she finished 5<sup>th</sup>. She also placed 3<sup>rd</sup> in the 200 breaststroke.

**CJ Hill-Holeman** was first up for the boys 13-14 Dolphins. He took on 9 races and made finals in the 200 freestyle where he dropped 3.51 sec placing 5th, 100 butterfly, dropping 2.48 sec coming in 4th, and 200 individual medley dropping 2.05 sec for a new **PC-A** time of 2:27.15 placing 8th. He also turned in new **PC-A** times of 27.12 in the 50 freestyle, 5:45.93 in the 500 freestyle taking off 22.33 sec and 5:14.72 in the 400 individual medley finishing 7th. He also came in 1<sup>st</sup> in the 200 butterfly

**Taylor Knowles**, just aging up, had a **near 100%** improvement meet dropping 1.19 sec in the 100 freestyle, 2.27 sec in the 200 backstroke prelims returning to drop another 1.95 sec placing 4th in finals, 16.95 sec in the 200 individual medley and set a time to beat of 13.03.82 in the 1000 freestyle coming in 5<sup>th</sup> place.

**Cole Petrosky** took on 6 events with **100% improvement** dropping 1.54 sec in the 50 freestyle, 3.97 sec in the 100 freestyle, 3.92 sec in the 200 freestyle, 2.13 sec in the 100 backstroke and set times to beat of 1:31.61 in the 100 butterfly and 3:14.13 in the 200 individual medley.

**Sebastian Zeron** took on the 200 freestyle and 200 individual medley.

**Erica Chappell** was our first 15 and over girls competitor. Taking on 3 events, she placed 6<sup>th</sup> in the 200 backstroke finals, 2<sup>nd</sup> in the 100 butterfly finals and 4<sup>th</sup> in the 200 individual medley finals.

**Rachel Chen** also took on 3 events and made finals in the 100 breaststroke where she came in 11<sup>th</sup> place.

**Jordan Knowles** competed in 7 races and came in 4<sup>th</sup> in the 500 freestyle just off best time, 8<sup>th</sup> in the 200 breaststroke and 5<sup>th</sup> in the 100 butterfly finals. She also made finals in the 100 breaststroke.

**Shelby Koontz** raced in 7 events placing 1<sup>st</sup> in the 200 freestyle, 200 backstroke finals, 100 breaststroke finals, 200 butterfly dropping 9.28 sec for a new **FW** time of 2:14.29 and the 400 individual medley. She also placed 2<sup>nd</sup> in the 100 backstroke and 200 breaststroke.

**Kayla Ruffo**, just aging up, had a **near 100%** improvement meet, taking on 8 events and dropping .80 sec in the 50 freestyle, .57 sec in the 100 freestyle, 1.85 sec in the 200 freestyle finals, a huge 34.90 sec in the 1000 freestyle where she came in 7<sup>th</sup>, .66 sec in the 100 breaststroke prelims, 3.08 sec in the 200 breaststroke, coming in 10<sup>th</sup> and 2.96 sec in the 200 individual medley.

**Ryan Chen** was our first 15 and over boys competitor. He took on 8 races dropping .44 sec in the 200 freestyle prelims, 2.97 sec in the 100 backstroke, 1.23 sec in the 100 breaststroke finals placing 8<sup>th</sup>, 1.16 sec in the 100 butterfly finals and 10.16 sec in the 400 individual medley for a new **PC-A** time of 5:11.96 and 7<sup>th</sup> place.

**Joe Sullivan** was our last Dolphins competitor. He took on 8 events, dropping .75 sec in the 50 freestyle coming in 5<sup>th</sup> place, 2.07 sec in the 100 freestyle, a huge 30.31 sec in the 500 freestyle for a new **PC-A** time of 5:39.70 and 5<sup>th</sup> place, .36 sec in the 100 breaststroke finals for 7<sup>th</sup> place and set a time

to beat of 5:01.95 in the 400 individual medley with a 6<sup>th</sup> place finish.



## 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.



## February Birthdays

Happy February Birthdays to Cole Petrosky (2/3), Shaelin Morefield (2/4), Alex Molyneux (2/9), Maegan Collins (2/24) and Megan Ruffo (2/26).

## March Birthdays

Barrett Lee (3/1), Remy Hill-Holeman (3/8), Clara Gray (3/12), Eden Neal (3/15), McKenna Chappell (3/16), Ryan Signorella (3/18), Daniel Taylor (3/23), Max Owens (3/30), Justin Hight (3/31).



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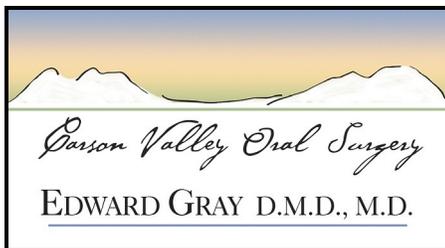
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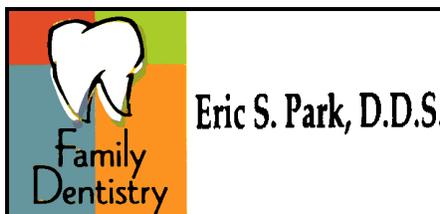
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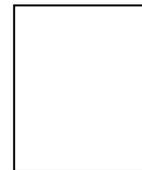
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Douglas Dolphins Swim Team  
P.O. Box 44  
Minden NV 89423



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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

**Farewell and good luck to:** Abby & Maggie Hutchings, Jessie & Julianne James, Sydney Kearney, John Stamper, Ashley Ponsness, Madison Ashbaugh-Komp, Amanda Castro, Anne Lancaster, Annalisa & Angel Neal, McKenna Daniels, McKenna Chappell & Maddie Jordan.

**Moving up: Congratulations to new:**  
**Dippin Dolphins** Mason Dickey, Keira & Kalia Duffy & Zack Jahreis.

**Silver Dolphins** Anna Northcutt & Aspen Paschke.

**Pre Senior:** Jason Lowther



## Practice Schedules

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

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

**Seniors:** M-Thurs 2:30-3:30p (HS) 3:30-4:45 DDST, F 2:30-3:30p (HS) 3:30-4:30 DDST, Dryland Thurs 5:00-6:00p, Sat 9:30-10:30

**Pre-Seniors (HS age) M-F 2:30-3:30p (HS) 3:30-4:15 DDST. Pre-seniors (non HS age) M, Tu, Th 3:30-4:45, Wed and Fri 2:30-4:30. Dryland 14 & under Wed. 4:45-5:45, Thurs. 5:00-6:00p 15 & over, Sat. 9:30 all ages**

**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

**Dippin Dolphins:** Wed. 5-5:45



## Next Newsletter

The next *Monthly* will appear about **March 28th. All submissions should be received by Mon., March 24th.**

Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Julie Gray, at [newsletter@ddst.org](mailto:newsletter@ddst.org) or 775-690-0124.** Items can also be left in our family folder, in the team file box by the trophy case at the pool lobby.

*A big thank you to this month's contributions: Coach Kat, Coach Sarah, Coach Greg, Coach TJ, Debbie Jordan, Linda Koontz & Jim Morefield.*

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

