

Dolphins' Monthly

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

www.ddst.org

March/April 2014

Swimmers of the Month

Anna Northcutt is Silver Group Swimmer of the Month. Anna is early to practice every day and always reads what workout we are doing for the day before she gets into the water. She continues to push herself during practice, and it shows with how much her swimming has improved. Keep it up, Anna!

Kylie Compton is White Group Swimmer of the Month. Kylie set a goal to move up to Red group and was able to achieve that goal. She had 100% attendance at practice and worked hard to pass all of her test sets. Kylie is always cheerful and easy to coach. We wish her luck in her new group and are excited to watch her grow! Good job, Kylie!

Connor Taylor is Red Group Swimmer of the Month. Connor was the only Dolphins swimmer to take time off at the Zone All-Star Meet, achieving a new PC-B time in the process. We could all tell he worked very hard in the weeks leading up to the All-Star Meet and has since kept it up in Red group practice. We look forward to future meets with great results this summer!

Megan Ruffo is Blue Group Swimmer of the Month. She had the best attendance rate for March and chose to participate in the optional NNA Spring Meet for her own personal reasons and she wanted more completion experience. Being able to evaluate strengths and weaknesses is a crucial life skill. Deciding to compete with the intent to improve as an athlete

deserves a big round of applause! Congratulations, Megan!
Jason Lowther is Pre-Senior Swimmer of the Month. Jason was chosen for the huge improvements he has made in the past few months. He is also a very cheerful guy. He is always the lane comedian which keeps the workouts interesting. Keep up the fast swimming, hard work and keep making us laugh! Way to go, Jason!

Erica Chappell is Senior Swimmer of the Month. Erica has been focused and dedicated to improvement. During the high school swimming season our participating club swimmers have opportunities to do high school activities instead of the traditional workout. Erica has bypassed some of these fun activities to ensure she is training as hard as she must to obtain her season goals. I am really proud of her self-discipline and determination to be her best. Congratulations, Erica!



Board Meeting Change

The next DDST Board of Directors meeting is **May 8, 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 have been changed to the **second Thursday** of each month at 6:30pm at Big George Ventures, 2240 Meridian Parkway, Suite B. Board Contact info: www.ddst.org/boardmembers.htm



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

DID YOU KNOW?

Curious how those daily laps in the pool affect calories burned?

Activity, Exercise or Sport (1 hour)	130 lb	155 lb	180 lb	205 lb
Swimming laps, freestyle, fast	590	704	817	931
Swimming laps, freestyle, slow	413	493	572	651
Swimming backstroke	413	493	572	651
Swimming breaststroke	590	704	817	931
Swimming butterfly	649	774	899	1024
Swimming leisurely, not laps	354	422	490	558
Swimming side-stroke	472	563	654	745
Swimming synchronized	472	563	654	745
Swimming, treading water, fast, vigorous	590	704	817	931
Swimming, treading water, moderate	236	281	327	372
Water aerobics, water calisthenics	236	281	327	372
Water polo	590	704	817	931
Water volleyball	177	211	245	279
Water jogging	472	563	654	745
Diving, spring-board or platform	177	211	245	279

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COACH

Sarah's Corner

(sgovanswm @ aol.com)

Here's the good news about psych-outs and intimidation: **No other swimmer has control over you! No other swimmer can psych you out or intimidate you unless you inadvertently do things which will allow this to happen!** That is, in order to get intimidated, you have to "make a choice," to pay attention to that particular swimmer. You have to allow your focus of concentration to drift to someone else and then fail to bring your focus back to what you are doing. This is how you give someone "psych-out power" over you.

WHAT CAN YOU DO TO PREVENT PSYCH-OUTS & INTIMIDATION?

There are two things that you must get good at doing in order to neutralize another swimmer's power over you, two things that will make you immune to getting psyched out:

1. **Stay aware of your focus of concentration before and during your races** – In order to correct any mistake, you must first become aware that you're making one. The first step in "psych-out proofing" yourself is you have to immediately **become aware** the moment that your concentration has drifted to

someone else, either before or during your race. This awareness puts you in a position to neutralize that mental mistake by doing No. 2, below

2. **Quickly and gently return your focus to what YOU are doing** – Losing your focus and letting it drift to another swimmer by itself won't hurt you. What will hurt you and fuel your feelings of intimidation is not immediately bringing your concentration back to what YOU are doing. It's a break in concentration that you don't catch that will undermine your self-confidence and stress you out. It's only when you allow your thoughts and focus to "hang out" with another swimmer that you'll start to feel intimidated by them.

HOW CAN I PRACTICE THIS "PSYCH-OUT PROOFING" SKILL?

Keep in mind that mental skills are just like physical ones: The more you practice them, the better you'll get! Even if you've been an easy target for psych-outs in the past, you can systematically train yourself to be mentally tough for the future. Here's how:

- **Arrange specific things that you can systematically focus on before your race.** These would be all of the steps of *your pre-race ritual*. (listening to music, stretching, jumping up and down, slowing and deepening your breathing, mentally reviewing your race strategy, etc.). *Your job is to use these specific steps as a way to distract you from the intimidation-causing distractions from the other swimmer.* That is, if you put all of your concentration on the steps of your pre-race ritual, there will be no "mental room" to focus on the stress-inducing thoughts about this other

racer. For example, Diane, got behind the blocks, turned her music up loudly on her iPod, focused on stretching her legs out first, then her arms, all the while keeping her eyes locked on a spot behind the blocks. *The trick is always to get more interested in what YOU are doing than what you think someone else is doing.*

- **Be sure to concentrate mentally on what YOU are doing while you're doing it physically.** Your pre-race ritual will only help you avoid getting psyched out if, while you're doing it physically, you're concentrating mentally on each step of that ritual. So when Diane stretched the left side of her body before the right, she made sure that she only thought about and focused on the feel of what she was doing, rather than on her thoughts about Sue.

- **Every time you get to race in practice from a start, you want to practice going through this very same ritual, focusing ONLY on what YOU are doing.** Look for opportunities in practice, and even during dry land where you can practice keeping your concentration on what YOU are doing and on no one else. Those times that you find your thoughts and focus going to another swimmer, be sure to immediately return your focus back to what YOU are doing.

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COACH

Greg's Corner

(greg@taylorcamp.org)

With three kids who swim and do a lot of other sports as well, a lot of parents want talk to me about being in other sports. First of all, I HIGHLY recommend it. Our program is a year-around program. It will always be here. It is easy to get burned out on it, and one thing that really helps prevent that burnout from even starting is to occasionally try something else. It will help them swim better and swimming will always help them in other sports!

As some of you already know, Daniel and Connor were recently accepted to National's for snowboarding, and they had just started competing this year! Early in the year I was talking to their coach and he told me how much he loved coaching them. He went on to say that because of swimming they already knew how to compete and mentally get into a race. Also being patient behind the blocks made them patient while waiting for their turn on the course. They were very fit and had good core strength which made it easier to skip to techniques and skills on the mountain and in the gym. It was amazing insight, and it showed at the end of the season when they were unexpectedly invited to Nationals. There are lots of activities out there. Here are some insights on how they relate to swimming:

Excerpt from:

<http://swimswam.com/top-8-cross-training-sports-for-young-swimmers/>

Volleyball- In this instance, it's more of a matter of correlation than causation. The same body type that makes for good volleyball players makes for good swimmers. The exploding off of the legs can really help with starts and turns however. I've also had several swimmers report that the strength they develop from swimming does a lot to improve their volleyball serves.

Cross-Country Running- Cross-country runners often make good swimmers because they have great overall conditioning which allows them to train long and hard. The mental conditioning of long runs also helps prepare them. Finally, they develop highly efficient muscles that are needed for swimming. Couple this with some upper-body development, and you've got the beginnings of a great swimmer. Note, however, that this combination is more effective when the athletes are younger. Most adult runners struggle mightily in the pool.

Football (American)- The pure strength and raw power that football players develop often can develop great pure speed. They also tend to have a real intensity and discipline to their training, which results in them usually be the harder workers in practice. Football players rarely develop to distances much longer than 100's due to the bulkiness and lack of efficiency in their muscles, but for those first 50+ yards, they have a ton of thrust. The upper body strength usually serves them well in the butterfly events.

Dance- Every summer, I bemoan the number of swimmers I have who are lost to dance, either temporarily (their competitions always seem to fall on championship weekend), or permanently. They are almost always in the better third of my swimmers. Dancers develop perfect muscles for swimming, that is to say long and lean, and powerful legs. Plus, they have great ankle flexibility (point your toes like a ballerina!) which gives them powerful kicks.

Baseball/Softball- The key here is the way stickball players use their hips. In both baseball and swimming, the big key to generating power is the hips. This is much more obvious in the baseball swing, however, than it is in the freestyle stroke. It is also something that is difficult to think out, and requires swimmers to feel it out.

Swimmers who start developing this feeling on the diamond really seem to have a much easier time grasping it in the water. Shoulders is the real thing to

look out for here, so make sure your kid gets a quality coach who teaches them proper throwing mechanics.

Soccer- There are many soccer players who, without even training, demonstrate a lot of ability in the pool. Soccer helps develop overall conditioning, along with lower body strength and fast-twitch muscles. It also puts very little strain on the shoulders which might manifest itself in the form of tendonitis/rotator cuffs/etc. as the swimmer ages and logs more pool time.

Water Polo- Ok, this might seem like a no-brainer. But aside from the obvious (swimming), it helps the swimmers get a very good feel of how their bodies move in the water. It can also help strike a balance between keeping a swimmer in the pool/swimming shape year round, and not making them swim monotonous laps year round.

Gymnastics/tumbling- For evidence, see one Kukla Yolane, who in just 3 years went from gymnast to a 14-year old swimming phenomenon and Australian National Champ. You can always tell a gymnast in the pool, because their turns are awesome, and they learn very quickly. All of the flipping and twisting helps them develop incredible core strength, but even more importantly, they develop the body awareness to recognize what their body is doing wrong and how to correct their strokes. Most other swimmers don't really get this skill until they're teenagers. Gymnasts also have incredible starts, derived from their power. They also make incredible gym-rats, and do extremely well in the weight room.



Lost & Found

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor newsletter@ddst.org 775-690-0124.



COACH

TJ's Corner

My topic for this Coach's corner is going to be on ATTENTION and LISTENING.

But first, what is **Attention** and what is **Listening**?

Attention: The ability to focus on a specific item e.g. toy, television, or (swim) game of a sort. We want to transfer focus from one item to another e.g. from a toy/game to you and maintain that focus for a specific length of time. e.g. a swim practice.

Listening: Listening is the ability to focus on an auditory event and understand or try to make sense of it. Children with attention difficulties often have problems with listening accurately. Weak attention and listening skills may impact on a child's ability to learn.

Our goal as coaches is to shift the attention and focus from any one particular item to swimming. How do we accomplish this? Well first, we need to understand how children learn. Children learn primarily through a cycle: Receiving Information (attention/listening), Remember, Understand, Evaluate and Respond.

A child needs good ATTENTION/LISTENING skills, to REMEMBER what has been said.

They are then more likely to UNDERSTAND, EVALUATE, and therefore RESPOND accordingly.

Good attention and listening skills are needed so that a child can develop early social interactions with adults and other children, understand words and follow instructions accurately, develop vocabulary and grammar and participate in conversations, practice discussions and make friends, develop incidental learning from the world around them and learn how to read a set and pace clock.

Developing these skills is not only necessary for life in the pool but also for school, home life, and public

interaction. And "we" as coaches need to understand how children learn and teach appropriately for all development level.

How to help grab attention:

You must be heard clearer and louder than anything else the child will be tempted to listen to.

Be an interesting speaker, speak slowly and with enthusiasm!

Decide which activities require quiet and which ones allow a certain amount of noise.

Focus the child's attention onto each task by using verbal prompts e.g. saying their name.

Help them to be aware of when they need to make a particular effort to listen by using a visual cue such as pointing to your ears.

I hope this will help with some attention and listening difficulties.

Go Dolphins!

**Important Dates**

PLEASE NOTE THE FOLLOWING practice days coming up:

April 18: new Swimmer Tryouts 5:30 pm

April 21-25: Spring Break Holiday Practice Schedule plus optional extra, long-course training. Extra, long-course training at the Carson Aquatic Facility to be billed at \$3.00 per practice, per swimmer.

April 19 & 26 (Saturdays): Long-Course training at the Carson Aquatic Facility: (Dryland at Appoggio cancelled on these dates)

Senior, Pre-senior: 9:45-11:45 am

Blue, Red group: 11:45 am-12:45 pm

White, Silver: 12:00 pm-12:45 pm

April 21 (Monday): 7:00 am-9:00 am **Senior and Pre-senior only** at Carson pool.

There will also be our regular morning Spring Break work-out at the Carson Valley Swim Center if you can't make it to Carson City.

**Upcoming Meets**

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

May 16-17, Carson City, NV, High School Northern Nevada Regionals.

May 23-25, Carson City, NV, Carson Tigersharks Intermountain Classic Long-Course Meet, enter online on

http://ome.swimconnection.com/pc/CAR_S20140523 by Wednesday, May 14.

May 24, Las Vegas, NV, High School Nevada State Championships.

June 19-22, Santa Clara, CA, Santa Clara International Grand Prix, qualifying times apply.

June 20-22, Bishop, CA Bishop Swim Team Invitational, meet announcement pending.

June 27-29, Reno, NV, Reno Summer Splash Long-Course Meet, meet announcement pending. Watch our website for sign up and enter ASAP when open as meet fills quickly.

July 11-13, San Jose, CA, Adam Schmitz Pacific Swimming Long-Course Junior Olympic Championships, meet information pending, qualifying times apply. Sign up by Wed., July 2 on swimconnection.com. Bonus events allowed.

**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 (ksullivan@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 Key Contacts

Acting Board President: Kathy Chappell
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Team Store: Denise Bickmore
Teamstore@ddst.org; 775-265-1871



Swim-a-Thon® Wrap-Up

We want to send a big "Thank You" to all swimmers who participated in this year's Swim a thon! As you know, our team relies heavily on donations from families and our community. We could not be a team without this generosity. Top Dollar donation awards go to **Christopher Manning!** **Cammie Jahreis** was right behind him and **Sebastian Zeron** was a close 3rd. **Cole Petrosky** was 4th top dollar swimmer! Top Roster awards go to White group who brought in the most donations. Red group was 2nd and Pre-senior group was 3rd. 4th was the Silver group with 5th place going to the Blue group and 6th going to the Senior swimmers.

A big "Thank You" to Jenna Beam who organized this event and the incentive prizes!



FROM THE MEET DIRECTOR

Thank you to all our hard working parents and swimmers!!! You helped make our St. Valentine Meet a great success! This was the last meet in our meet season which began in August with the High Country League Championships. We host three home meets and ask our swim families to volunteer a minimum of 7 sessions (35 hours) over the meet season. This allows DDST to keep our dues low thus making swimming an affordable option to many families. Many families went way over the 35 hours they needed to work during the meet season and we could not have run our meets as smoothly without their extra work.

Thank you to the following parents for all their hard work at the St. Valentine Meet:

Computer – Deb Duffy, Nikki Willis & Chris Forvilly

Colorado – Chris & Pattie Dack, Nicole Knowles, Jason Tollmann, Allan Lund & Dennis DeLange

Clerk of Course – Denise Bickmore, Margaret Jackson, Mr. Purcell, Ali Dickey, Felicia Gantar, Clint Holeman, Angela Manning, Joanna Ruffo, Brian Northcutt & Cynthia Gregory,

Runner – Scott Foster, Julie Gray, Robbie Hight, Cynthea Gregory, Linda Fields & Terry Lowther

Head Timer – Sarah Zeron, Pete Jahreis & Chad Owens

Announcer – Jim Sullivan, Kathy Chappell, Robbie Hight & Chris Smithen

Music – Greg Taylor

Officials – Jim & Leslie Morefield, John Ruffo & Janine Petrick

Awards – Mary Smithen, Wendi Yturbide, Jennifer Northcutt, Annalisa Neal & Anna Lancaster.

Marshalls – Jackie & Robert Compton, Pete Jahreis, Chris Smithen, Linda Fields, Chad Owens, Jerry, Jeff Keenan, Russ Petrosky, Anna Lancaster & Cynthea Gregory

Hospitality –Karen Sullivan, Janna Collins, Michelle & Dominic Molyneux, Jackie Compton, Kris Purcell, Claudia DeLange, Wendi Yturbide, Kathy & Terry Lowther, Brigit Wildegren & Joey Pecorilla, Beverly Griffith-Williams, Michelle Keenan, Cathie Lund & Felicia Gantar

Snack Bar –Stephanie Kearney, Olivia Zeron, Wendi Yturbide, Scott Foster, Loran Neal, Ted Neal, Marion Lancaster, Steffi Paschke, Annette Fulstone, Chris, Angela Manning, Michelle Molyneux & Grace Chen.

Food Preparation for Hospitality – Wendi Yturbide, Margaret Jackson, Cynthia Gregory, Jennifer Northcutt, Ali Dickey & Maggi Jahreis

Set Up and Tear Down – Michelle and Dominic Molyneux, Walter Zeron, Chris Manning, Jim Morefield, Bill, Russ Petrosky, Mr. Purcell & Chris Dack

Many people are unaware how many extra hours the meet coordinators spend in their positions. They do all the planning, shopping, supervising, and extra trips to the store during the meet to make sure we have everything we need. I wanted to thank some of those key people who go above and beyond to help our meets run smoothly:

Deb Duffy spends countless hours as Head Computer person before and after each meet training, troubleshooting, setting up, and then running all our meets! It is not an easy job and she does it well.

Karen Sullivan and **Janna Collins** organize our Hospitality area, they have done a fantastic job with it throughout the meet season and the officials and coaches all really appreciate how well they are taken care of at our meets.

Jim & Leslie Morefield have been instrumental in recruiting and training more officials from our team and area. You see them every meet on deck from beginning to end supervising the officials and running our meets. A huge thank you to both of them for their many hours of hard work! And I

would also like to thank Jim for all the advice and help he gave me before and after each meet, it would be hard to do my job without access to his knowledge and experience.

Chris & Pattie Dack & Nicole

Knowles who run our Colorado Timing System during all of our meets. It requires hours of mental concentration to make sure every race runs smoothly and is recorded accurately.

Stephanie Kearney spent a tremendous amount of time with snack bar, finding donations, shopping and organizing the snack bar area. (**Michelle Keenan** was also a big help with the buying for the Valentine meet!)

Also, I really appreciate those who willingly stepped up to fill a hole or to train for a new job at the Valentine meet. Your willingness to do something extra to help was greatly appreciated: **Jason Tollmann, Dennis DeLange, Allan Lund, Marion Lancaster, Grace Chen and Chris Smithen.**

Lastly, for those of you who are not aware of this, **Kathy Chappell** has agreed to step in as Meet Director for the upcoming meet season. This is a big job and she will need all the help she can get from as many people as possible! Thanks, Kathy, for stepping up and agreeing to take this on.



ST. VALENTINE MEET

The Douglas Dolphins Swim Team hosted the St. Valentine Meet at the Carson Valley Swim Center February 14-16. The Dolphins, using this opportunity to do some friendly team bonding, paired each younger Dolphin with an older team member "buddy" to cheer them on and provide support.

Competition at this event included swimmers from Northern Nevada Aquatics, Sparks Piranhas, Reno Aquatics, Lakeridge Swim Team, Carson Tigersharks, Fallon Barracuda Swim Team, Truckee-Tahoe Swim

Team, Tahoe Swim Club, Winn Swim Team and MLK Jr. Blue Dolphin Youth Swim. The Dolphins did well, overall, with 17 team members finishing the Top 10 in High Points for their respective age groups.

First up for the 7-8 girls was **Cam-mie Jahreis** who took on 8 events, dropping 1.15 sec in the 25 freestyle, 2.92 sec in the 50 backstroke, finishing 11th, and set times to beat in the 25 & 50 breaststroke, and 25 & 50 butterfly.

Daniel Willis was our first 7-8 boys competitor taking on 8 events with **100%** improvement and finishing **2nd High Point** in his age group. He dropped 8.41 sec in the 50 freestyle and 8.67 sec in the 50 backstroke for 2 new **PC-B** times of 49.34 and 1:00.21 respectively. He also took off 2.31 sec in the 25 breaststroke 5.98 sec in the 50 breaststroke, placing 2nd, and set times to beat in the 100 freestyle finishing 4th, the 25 butterfly coming in 5th, the 50 butterfly placing 2nd, and the 100 individual medley.

Matthew Yturvide raced in 6 events, dropping 3.21 sec in the 50 freestyle to finish 8th, 2.24 sec in the 25 backstroke also placing 8th, and 7.97 sec in the 50 backstroke.

Kylie Compton was our first 9-10 girls swimmer, competing in 6 races. She dropped .51 sec in the 50 freestyle, 4.02 sec in the 100 individual medley and set a time to beat in the 200 freestyle.

Sofia Delange took on 8 events, turning in 2 new **PC-B** times of 36.29 sec in the 50 freestyle, dropping 4.35 sec and 1:35.78 in the 100 backstroke, taking off 3.79 sec and placing 12th. She also dropped 1.57 sec in the 50 backstroke, 2.91 sec in the 100 individual medley and set times to beat in the 200 freestyle and 100 breaststroke.

Grace Dickey tried her hand at 4 events and took off 1.30 sec in the 50 backstroke, 4.32 sec in the 100 individual medley and set a time to beat in the 100 breaststroke.

Lilia Fields raced in 7 events, taking off 2.59 sec in the 100 breaststroke

and setting times to beat in the 200 freestyle and 100 backstroke.

Harley Keenan, also taking on 7 races, dropped 1.98 sec in the 50 freestyle, set times to beat in the 100 freestyle, 100 breaststroke and 50 butterfly and took off 7.07 sec for a new **PC-B** time of 44.70 sec in the 50 backstroke.

Barrett Lee challenged herself with a full slate of 10 races, turning in a new **PC-B** time of 2:53.29 in the 200 freestyle where she dropped 15.57 sec and coming in 7th in the 100 backstroke.

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

Stephanie Lin competed in 7 events and dropped 4.47 sec in the 50 freestyle, 12.67 sec in the 50 backstroke, 15.51 sec in the 50 butterfly and set a time to beat in the 100 freestyle.

Alex Molyneux took on 4 events and set times to beat in the 50 and 100 freestyle and 50 backstroke.

Eden Neal had a **100%** improvement meet, competing in 6 events and dropping 2.12 sec in the 50 freestyle, 4.13 sec in the 100 freestyle, 4.28 sec in the 200 freestyle, 1.28 sec in the 50 breaststroke, 2.83 sec in the 100 breaststroke and 9.83 sec in the 50 butterfly.

Anna Northcutt was another **100%** improvement swimmer. She dropped 1.09 sec in the 50 freestyle, 1.09 sec in the 50 breaststroke and set a time to beat in the 50 backstroke.

Niko Hight was our first Dolphins 9-10 boys competitor. He took on 6 races and dropped 4.86 sec in the 50 freestyle coming in 12th place, .46 sec in the 100 freestyle, .54 sec in the 50 backstroke, 1.70 sec in the 100 individual medley and set a time to beat in the 50 breaststroke.

Ryan Signorella took on 3 events with **100%** improvement dropping .81 sec in his 50 freestyle placing 7th, 5.30 sec in the 50 breaststroke and set a time to beat in the 100 backstroke.

Connor Taylor raced in 4 events, dropping 2.11 sec in the 50 backstroke for 4th place, .21 sec in the 50 butterfly for 3rd place and 4.96 sec in the 100 individual medley for 6th place and a new **PC-A** time of 1:27.74.

Cooper Yturbide competed in 7 races and took off 2.90 sec in the 50 freestyle, 10.18 sec in the 100 freestyle, 8.36 sec in the 50 backstroke, 7.01 sec in the 50 breaststroke placing 8th, 15.23 sec in the 100 individual medley and set a time to beat in the 50 butterfly finishing 10th.

Clarice Albert was our first in the girls 11-12 group with a full load of 10 events and impressive time improvements. She achieved 3 new **PC-B** times of 2:34.28 in the 200 freestyle taking off 13.89 sec, 44.20 sec in the 50 breaststroke, taking off .30 sec, and 1:20.86 in the 100 individual medley, dropping 7.41 sec. She also took off 1.93 sec in the 50 freestyle, 2.97 sec in the 100 freestyle, .09 sec in the 100 breast, 4.06 sec in the 50 butterfly and set a time to beat in the 200 breaststroke, placing 7th.

Julia Chappell was next up, taking on 5 races and finishing 5th in the 500 freestyle, 3rd in the 100 backstroke, 3rd in the 100 butterfly where she dropped 1.07 sec. She also took off 4.48 sec in the 100 individual medley.

Maegan Collins had a strong meet, dropping time in 8 of her 9 events. She took off 2.08 sec in the 50 backstroke, 3.25 sec in the 50 breaststroke for a new **PC-B** time of 42.30 sec, 5.63 sec in the 100 breaststroke for another new **PC-B** time of 1:30.97, 2.75 sec in the 50 butterfly, .35 sec in the 100 butterfly, 2.00 sec in the 100 individual medley and 10.67 sec in the 200 individual medley.

Addison Gregory had a 100% improvement meet, swimming 6 events and dropping 3.31 sec in the 50 freestyle, 5.12 sec in the 100 freestyle, 4.43 sec in the 50 butterfly and setting times to beat in the 50 backstroke, 50 breaststroke and 100 individual medley.

Nikki Jackson competed in 9 races, finishing 6th in the 100 freestyle where she took off 1.61 sec, 5th in the 200 freestyle, 8th in the 500 freestyle taking off 2.62 sec, 9th in the 50 backstroke taking off 2.25 sec for a new **PC-A** time of 36.10, 8th in the 50 butterfly and 8th in the 100 individual medley dropping 1.86 sec.

Aspen Paschke took on 8 events, most of them for the first time. She set times to beat in the 100 freestyle, 50 backstroke,

100 backstroke, 50 and 100 breaststroke, 50 butterfly and 100 individual medley.

Hope Rakow competed in 10 races dropping 2.57 sec in the 200 freestyle finishing 10th, 1.38 sec in the 50 backstroke, .13 sec in the 50 butterfly, .57 sec in the 100 butterfly placing 8th, 2.56 sec in the 100 individual medley and .48 sec in the 200 individual medley.

Emma Ruffo took on 9 events, dropping 6.15 sec in the 200 freestyle placing 7th, 1.27 sec in the 50 backstroke, 2.31 sec in the 100 breaststroke, 1.38 sec in the 50 butterfly, 1.18 sec in the 100 individual medley, 5.20 sec in the 200 individual medley, 2.25 sec in the 400 individual medley placing 6th and set a time to beat in the 200 breaststroke where she also came in 6th place.

Alanna Smithen, also competing in 9 races, dropped .95 sec in the 50 freestyle, 1.02 sec in the 100 freestyle, 7.11 sec in the 100 individual medley and set times to beat in the 200 freestyle, 50 breaststroke and 200 individual medley.

Cailey Tollman had a strong meet, dropping time in 8 of her 9 events. She took off .34 sec in the 50 freestyle, .33 sec in the 100 freestyle, 1.06 sec in the 50 backstroke, .86 sec in the 100 backstroke placing 7th, 3.52 sec in the 200 backstroke for a new **PC-A** time of 2:45.73 and 3rd place, 1.63 sec in the 50 breaststroke, 4.10 sec in the 100 individual medley and 4.58 sec in the 200 individual medley for a new **PC-B** time of 2:56.19.

Emily Willis tried her hand at 4 races, dropping 1.30 sec in the 50 backstroke and 2.37 sec in the 50 butterfly.

Zack Foster, the first Dolphins 11-2 boys swimmer, tried 2 events, setting a time to beat in the 100 freestyle and dropping 4.99 sec in the 50 backstroke where he came in 8th place.

Chris Manning turned in a strong performance, dropping 4.67 sec in the 50 freestyle, 8.21 sec in the 100 freestyle, 4.67 sec in the 50 breaststroke, coming in 8th, 11.73 sec in the 100 individual medley and setting a time to beat in the 100 breaststroke where he came in 5th place.

Max Owens had an excellent meet, competing in 8 events and finishing in a 3-way tie for 6th place **High Point** in his age group with 100% improvement. He turned in 4 new **PC-B** times of 30.83 sec in the 50 freestyle taking off 3.50 sec and placing 5th, 1:09.92 in the 100 freestyle dropping 7.19 sec and coming in 6th, 2:34.87 in the 200

freestyle dropping 11.71 sec placing 6th and 1:25.56 in the 100 individual medley where he came in 9th taking off 11.12 sec. He also took off 3.82 sec in the 50 backstroke, 11.65 sec in the 100 backstroke, 4.58 sec in the 50 butterfly and 26.92 sec in the 200 individual medley.

Jack Stevenson also turned in a 100% improvement performance, competing in 3 races and dropping 15.52 sec in the 100 freestyle, 2.04 sec in the 50 backstroke and setting a time to beat in the 100 breaststroke.

Daniel Taylor finished 9th place **High Point** for 11-12 boys, racing in 6 events and dropping .29 sec in the 200 freestyle where he came in 5th, 48.09 sec in the 500 freestyle where he placed 7th dropping 1.85 sec, in the 50 breaststroke coming in 5th, 2.71 sec in the 100 individual medley again placing 5th and setting a time to beat in the 200 breaststroke where he came in 1st place.

Mychael Bellik was the first Dolphins 13-14 girls swimmer. She was another 100% improvement Dolphin, tackling 8 races, with 3 new **PC-B** times of 30.68 in the 50 freestyle where she took off 1.02 sec, 1:07.47 in the 100 freestyle where she took off 2.13 sec and 1:18.28 in the 100 backstroke where she took off .65 sec. She also dropped 2 sec in the 200 freestyle, 5.89 sec in the 200 backstroke where she came in 11th, 7.97 sec in the 100 breaststroke, .96 sec in the 100 butterfly placing 12th and 1.36 sec in the 200 individual medley.

Lily Bickmore took on a full load of 9 events, dropping 5.27 sec in the 200 freestyle placing 11th, 28.48 sec in the 500 freestyle, 7.85 sec in the 200 backstroke coming in 10th, 2.59 sec in the 200 breaststroke coming in 11th, and 4.91 sec in the 200 individual medley where she finished 5th. She also finished 7th in the 100 butterfly.

Emily Dack raced in 7 events, dropping .85 sec in the 200 freestyle and 4.31 sec in the 500 freestyle.

Kaila Duffy was 9th place **High Point** for the 13-14 girls, tackling 7 races and dropping .45 sec in the 100 freestyle and .37 sec in the 100 backstroke coming in 5th in both, 2.40 sec in the 200 backstroke coming in 7th, 1.67 sec in the 200 breaststroke finishing 3rd place, 5.88 sec in the 400 individual medley where she came in 4th and 4.76 sec in the 200 butterfly coming in 2nd with a new **JO** time of 2:29.65.

Kaela Forvilly was the 3rd place **High Point** winner, swimming 8 events and

dropping .29 sec in the 100 freestyle and 1.53 sec in the 200 freestyle placing 3rd in both events, 2.69 sec in the 100 butterfly for 9th place, and setting a time to beat in the 200 butterfly of 2:43.95 for 4th place. She also placed 6th in the 50 freestyle, 2nd in the 100 breaststroke, 4th in the 200 breaststroke and 6th in the 400 individual medley.

Sarah Hyatt swam 8 races and dropped 8.57 sec in the 500 freestyle, 6.32 sec in the 200 breaststroke for 7th place and set times to beat in the 200 freestyle and 200 backstroke. She also finished 10th in the 100 breaststroke.

Megan Ruffo took on a full slate of 10 events and dropped 4.06 sec in the 200 freestyle, 37.52 sec in the 500 freestyle, 3.19 sec in the 100 backstroke, .93 sec in the 100 butterfly placing 9th and set a time to beat in the 200 backstroke. She also turned in a 10th place finish in the 200 breaststroke.

Taylor Sullivan raced in 7 events and finished 8th place **High Point**. She took off .27 sec in the 100 freestyle for 6th place, 2.31 sec in the 200 butterfly for 3rd place and came in 8th in the 50 freestyle, 6th in the 500 freestyle, 2nd in the 200 breaststroke, 3rd in the 100 butterfly and 4th in the 200 individual medley.

CJ Hill-Holeman was the first up for the DDST 13-14 boys. He dropped time in 6 out of 9 events and finished 9th place **High Point**, turning in 2 new **PC-A** times in the 200 freestyle dropping 1.65 sec for a time of 2:09.58 and dropping 37.66 sec in the 1000 freestyle for a time of 12:05.17 and 2nd place. He also took off 1.24 sec in the 100 breast for 8th place, 4.49 sec in the 200 breast for 6th place, 1.07 sec in the 200 butterfly coming in 3rd and 1.23 sec in the 200 individual medley for 6th place.

Taylor Knowles competed in 9 races dropping 1.14 sec in the 100 freestyle, .85 sec in the 200 freestyle and coming in 6th in the 100 backstroke, 7th in the 200 backstroke, taking off 1.24 sec in the 100 breaststroke, .16 sec in the 200 individual medley and setting a time to beat in the 200 breast for 9th place.

Cole Petrosky took on 6 races, dropping 3.33 sec in the 100 freestyle, 2.32 sec in the 200 freestyle, 2.17 sec in the 100 backstroke and 6.46 sec in the 100 breaststroke.

Joey Smithen competed in 7 events, coming in 7th place **High Point** for 13-14 boys and dropping .29 sec in the 50 freestyle for 4th place, 22.53 sec in the 200

freestyle for a new **PC-A** time of 2:07.05 and 7th place, setting times to beat in the 500 freestyle, 200 backstroke where he came in 3rd, 200 breaststroke where he finished 1st and 200 butterfly where he placed 2nd.

Josh Smithen also raced in 7 events and took 4th place **High Point**. He placed 2nd in both the 50 and 200 freestyle, 3rd in the 500 freestyle where he dropped 56.87 sec for a new **PC-A** time of 5:34.01 and 3rd place, 1st place in the 200 backstroke, 100 breaststroke and 200 butterfly where he dropped 33.79 sec and achieved a new **JO** time of 2:26.84.

Sebastian Zeron claimed the 5th place **High Point** for the 13-14 boys with a 100% improvement in his 7 events, coming in 3rd in the 50 freestyle dropping .47 sec, 2nd in the 100 freestyle taking off 2.42 sec for a new **JO** time of 54.98, 5th in the 200 freestyle dropping 2.28 sec, 5th in the 100 breaststroke taking off 2.21 sec, 5th with 2 new **PC-A** times of 2:43.77 and 2:23.28 in both the 200 breaststroke and 200 individual medley respectively. He also set a time to beat in the 400 individual medley for 3rd place.

Erica Chappell was the first of the DDST 15-18 girls, taking on 5 events and placing 4th in both the 1000 freestyle and 400 individual medley and 7th in the 200 breaststroke where she dropped 8.98 sec for a new **PC-A** time of 2:49.83.

Savannah Chappell also competed in 5 events, placing 10th place **High Point** for 15-18 girls, 7th in the 200 freestyle, 5th in the 500 freestyle, 5th in the 200 breaststroke where she took off 14.04 sec for a new **PC-A** time of 2:48.02 and 6th place in the 100 butterfly.

Rachel Chen took on 6 races looking strongest in the 200 breaststroke where she came in 12th.

Clara Gray competed in 4 races, placing 6th in the 100 breaststroke and 4th in the 200 breaststroke.

Emma Gray finished 8th place **High Point** for the 15-18 girls, taking on 7 events, dropping .33 sec in the 100 freestyle for 6th place and coming in 2nd in the 200 butterfly where she took off 4.61 sec for a new **JO** time of 2:30.32. She also came in 3rd in the 100 backstroke, 5th in the 100 butterfly and 5th in the 400 individual medley.

Jordan Knowles also competed in 7 races, coming in 6th in the 100 backstroke, 7th in the 400 individual medley, 7th in the

100 breaststroke where she took off 1.70 sec for a new **PC-A** time of 1:20.46, and 9th in the 200 individual medley where she dropped .60 sec.

Shelby Koontz took on 8 races, finishing 3rd place **High Point** and dropping 2.34 sec in the 500 freestyle for 2nd place, and .15 sec in the 200 butterfly for 1st place. She also took 1st in the 100 freestyle, 2nd in the 100 backstroke, 200 backstroke, 200 individual medley, 100 breaststroke and 5th place in the 200 freestyle.

Shaelin Morefield finished 4th place **High Point**, competing in 7 events and placing 2nd in the 50 freestyle, 1st place in both the 100 freestyle and 100 butterfly, 3rd place in the 200 freestyle, 5th in both the 100 breaststroke and 200 individual medley and 7th in the 500 freestyle.

Kayla Ruffo had a strong meet, taking off time in 6 of her 7 races and placing 5th in the 1000 freestyle where she took off 4.12 sec, 8th in the 200 backstroke where she dropped 11.58 sec for a new **PC-B** time of 2:45.16, 9th in the 200 breaststroke, dropping 4.67 sec for a new **PC-A** time of 2:54.75, 4th in the 200 butterfly taking off 3.59 sec and dropping 1.94 sec in the 200 freestyle.

Ryan Chen was first up for the DDST 15-18 boys, turning in a strong performance and dropping time in 6 of 8 events. He took off .80 sec in the 100 freestyle, 7.10 sec in the 200 freestyle, 3.03 sec in the 100 backstroke where he came in 7th, 19.39 sec in the 200 butterfly for a new **PC-A** time of 2:26.96 coming in 5th, 2.13 sec in the 200 individual medley and 11.89 sec in the 400 individual medley where he placed 5th. He also came in 5th in the 200 breaststroke and 7th in the 200 backstroke.

Adam Dack took on 9 events and finished 9th place **High Point** for 15-18 boys. He dropped .72 sec in the 1000 freestyle for 1st place, .48 sec in the 200 breaststroke for 8th place, and 2.08 sec in the 200 individual medley for 10th place. He also took 5th in the 200 backstroke, 9th in the 100 butterfly and 2nd in the 200 butterfly.

Jason Lowther had a 100% improvement meet, racing in 6 events and turning in 2 new **PC-B** times of 28.98 sec in the 50 freestyle where he took off .25 sec and 2:36.34 in the 200 individual medley where he dropped 9.13 sec. He also took off 3.26 sec in the 100 freestyle, 8.39 sec in the 200 freestyle, 3.45 sec in the 100 breaststroke for 11th place and 6.72 sec in the 200 breaststroke for 10th place.

Kevin Smithen took on 7 races, dropping .46 sec in the 50 freestyle for 5th place, 5.82 sec in the 200 freestyle, 36.25 sec in the 500 freestyle. He set a time to beat in the 200 breaststroke placing 6th, and finished 4th in the 200 butterfly.

TJ Smithen competed in 8 events and took **4th place High Point**, coming in 7th in the 500 freestyle, 2nd in the 1000 freestyle where he dropped 1:09.27 for a new **PC-A** time of 11:33.53, 3rd in the 200 backstroke, 6th in the 100 breaststroke, 2nd in the 100 butterfly, 1st in the 200 butterfly and 6th in the 200 individual medley.

Joe Sullivan finished with **10th place High Point** honors dropping .29 sec in the 50 freestyle for 4th place, 4.02 sec in the 200 freestyle for 9th place, 5.50 sec in the 200 backstroke for 6th place, 2.01 sec in the 200 individual medley for 12th place and set a time to beat in the 1000 freestyle for 3rd place.

Katie Patrick competed in the 50 freestyle for the 19 and over girls. She set a time to beat of 56.07 sec.

Janosch Lancaster also competed in the 19 and over age group, taking on 9 events and dropping 5.08 sec in the 500 freestyle.



PACIFIC ZONE ALL-STAR MEET

Every year Pacific Swimming Association hosts an All-Start Meet where each of the 5 Pacific Swim Zones compete against each other. This meet, which took place in Burlingame, CA, was geared towards athletic development in swimmers 14 years and younger. Swimmers were selected by an application process and got their first taste in competing without their regular coach, met and traveled with swimmers outside their home team, and generally broadened their horizons by swimming outside their comfort zone.

The Zone 1 North team is made up of swimmers from San Mateo and San-

ta Clara counties. The Zone 1 South team includes swimmers from Santa Cruz, San Benito and Monterey counties. Zone 2 team encompasses swimmers from Alameda, Contra Costa, and the Stockton/Modesto counties. The Zone 3 team includes swimmers from San Francisco, Napa, Sonoma, Mendocino, Marin and Humboldt counties. The Douglas Dolphins sent 8 team members, along with swimmers from Reno, Carson City, Lake Tahoe, Mammoth Lakes and Bishop, to help represent the Zone 4 team.

Remy Hill-Holeman was one of two 9-10 year boys Dolphins representatives. He placed 16th in the 50 freestyle, 17th in the 50 butterfly and 6th in the 100 individual medley. He also swam the 2nd leg of the boys 9-10 200 freestyle "A" relay that placed 7th and anchored the 200 medley "A" team that finished 9th.

Connor Taylor, another Dolphins 9-10 boy swimmer, placed 18th in both the 50 backstroke and 100 individual medley and 17th in the 50 breaststroke where he dropped 3.83 sec for a new **PC-B** time of 49.50 sec. He also took the 3rd leg of the Zone 4 boys 9-10, 200 medley "A" relay as well as the 2nd leg of the 200 medley "A" team.

Nikki Jackson was our only DDST 11-12 girls representative. She placed 20th in both the 50 freestyle and 100 breaststroke, 19th in the 100 butterfly and swam the 2nd leg of the Zone 4 girls 11-12, 200 freestyle relay that placed 8th and the 3rd leg of the 200 medley relay that came in 9th.

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

Competing for the 13-14 girls group was **Kaila Duffy** who placed 15th in the 50 freestyle, 19th in the 100 breaststroke and was 11th in the 100 butterfly, right on best time and JO pace. She swam the 1st leg of the Zone 4, 13-14 girls 200 freestyle "A" relay that placed 8th and the 3rd leg of the girls 200 medley "B" relay.

Kaela Forvilly also swam in the 13-14 girls division where she came in 11th in the 100 backstroke, 20th in the 100 breaststroke and 16th in the 200 individual medley. She took the 1st legs of both the Zone 4 girls 13-14, 200 freestyle "B" relay that placed 9th and the 200 medley "A" relay that finished 7th.

Taylor Sullivan was DDST's final girls 13-14 year representative. She placed 17th in the 100 backstroke, 16th in the 100 breaststroke and 15th in the 200 individual medley. She also swam the 2nd legs of both the Zone 4 girls 13-14, 200 freestyle "B" relay and the 200 medley "A" relay.

CJ Hill-Holeman raced in the Zone 4 boys 13-14 year age group. He placed 18th in the 50 freestyle, 19th in the 200 freestyle and 17th in the 200 individual medley. He also swam the 2nd leg of the Zone 4 boys 13-14, 200 freestyle "A" relay that came in 10th and the 1st leg of the 200 medley "B" relay.

Josh Smithen, also competing for the Zone 4, 13-14 boys, finished 8th in the 50 freestyle and 13th in both the 200 freestyle and 100 backstroke. He anchored both the Zone 4 boys 13-14, 200 freestyle "B" relay that placed 9th and the 200 medley "A" relay that finished in 6th place.



Short Course Junior Olympics

The Douglas Dolphins didn't send a large contingent to the Pacific Swimming Short Course Junior Olympic Trials and Finals Meet held in Concord on March 14-16, but the Dolphins that did make the trip were rewarded with beautiful, balmy, 80 degree weather and big time improvements!

Kaela Forvilly took on 5 events, dropping a huge 11.87 sec in the 13-14 girls 400 individual medley to place 18th with a new **JO** time of 4:59.47. She also dropped .59 sec in the 100 backstroke prelims, returning to drop another 1.0 sec and finish 3rd in conso-

lation finals, took off 1.14 sec in the 100 breaststroke prelims and was just off best in the 200 individual medley prelims. In the 200 backstroke prelims she took off 4.35 sec for a new **FW** time of 2:14.74 and came back to drop another 1.87 sec in consolation finals placing 2nd.

Taylor Knowles looked strong in the 13-14 boys 200 backstroke.

Emma Gray, racing in her first JO meet, took on 4 events and looked strong in the 50 freestyle, finished on JO pace in the 200 backstroke prelims, dropped 1.42 sec in the 200 individual medley prelims and 5.35 sec in the 200 butterfly prelims. She came back to place 2nd in the 15-18 girls 200 butterfly consolation finals where she shaved off another .43 sec.

Jordan Knowles, also competing at her first JO level meet, took on 3 events and looked strong in the 200 backstroke prelims, dropped 1.30 sec in the 100 butterfly prelims right on JO pace and .31 sec in the 200 butterfly prelims. She returned in the 15-18 girls 200 butterfly consolation finals to finish 4th place.



FERNLEY MEET

For the younger Douglas Dolphins swimmers there is usually a long gap in opportunities for competition between the end of the short-course season in February and the beginning of the long-course season that begins in April. This year, however, 9 Dolphins were able to attend the Fernley Age Group Novice Meet hosted by Northern Nevada Aquatics March 29-30, with many improvements on personal best times.

Daniel Willis took on 10 events for the 7-8 year old boys, dropping 2.61 sec in the 50 freestyle, 3.03 sec in the 50 freestyle for 3rd place, .38 sec in the 100 freestyle for 4th place, .43 sec in the 25 breaststroke for 3rd place. He also finished 3rd in the 50 breaststroke.

Barrett Lee competed for the 9-10 girls, racing in 10 events and taking off 1.84 sec in the 200 freestyle for 2nd

place, 1.20 sec in the 100 breaststroke for 3rd place, 5.63 sec in the 100 individual medley, again placing 3rd, and a huge 31.17 sec in the 200 individual medley where she finished 4th place.

Anna Northcutt tried her hand at 3 races and set a time to beat of 1:59.81 in the 100 freestyle.

Niko Hight competed for the 9-10 boys and dropped 7.28 sec in the 100 freestyle, placing 5th, 4.86 sec in the 100 backstroke also finishing 5th and .78 sec in the 50 butterfly where he came in 6th place.

Aspen Paschke swam for the 11-12 girls and improved in all 3 of her events. She took off 1.58 sec in the 50 freestyle, 3.97 sec in the 50 backstroke and 10.11 sec in the 100 breaststroke.

Emma Ruffo, taking on 7 races for the 11-12 girls, dropped .99 sec in the 100 freestyle, placed 4th in the 200 freestyle, dropped .11 sec in the 100 backstroke, finishing 5th, and also placed 5th in the 200 individual medley.

Emily Willis competed in 9 races for the 11-12 girls and dropped .21 sec in the 50 freestyle, 9.20 sec in the 200 freestyle, 1.68 sec in the 50 butterfly, 7.12 sec in the 100 individual medley and set a time to beat of 4:05.91 in the 200 individual medley where she finished 8th.

Lily Bickmore raced in 10 events for the 13 and over girls, taking off 1.08 sec in the 100 freestyle, 1.48 sec in the 50 backstroke, finishing 3rd, 2.27 sec in the 50 breaststroke for 3rd place, .78 sec in the 50 butterfly for 2nd place, 2.18 sec in the 100 individual medley and 6.31 sec in the 200 individual medley for a new **PC-A** time of 2:34.45 and 5th place.

Megan Ruffo was the final Dolphins competitor, racing for the 13 and over girls, and finished 7th in the 200 freestyle, 8th in the 100 breaststroke and 6th in the 100 butterfly.



April Birthdays

Julia Chappell (4/1), Erica Chappell (4/3), Noah Primak (4/4), Katie Patrick (4/5), Kalia Duffy & Connor Taylor (4/11), Emily Willis (4/15), Daniel Willis & Cooper Yturbide (4/27), Niko Hight (4/29).



May Birthdays

Ashlyn Nelson (5/1), Jane Cox (5/2), Kyla Palaroan (5/9), Jordan Knowles (5/11), Sydney Kearney (5/13), Kaitlyn Molyneaux (5/17), Rachael Chen (5/18), Anna Northcutt (5/20), Jason Lowther (5/27).



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)

April 18: new Swimmer Tryouts @ 5:30 pm.



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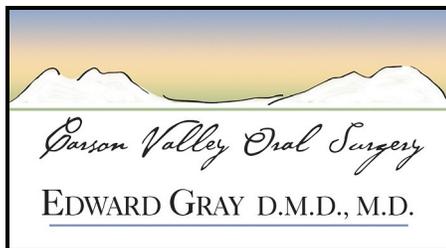
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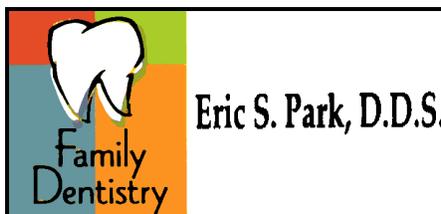
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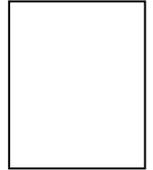
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Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Moving up: Congratulations to new:

Dippin Dolphins Jane Cox, Aina Owens.

Silver Dolphins: Skylar Chernago, Todd Gosselin.

White Dolphins: Zack Foster, Harley Keenan, Cooper Yturbide, Aspen Paschke, Stephanie Lin, Jack Stevenson & Cammie Jahreis.

Red Dolphins: Sofia Delange, Lilia Fields, Ashlyn Nelson & Kylie Compton.

Blue Dolphins: Alanna Smithen & Barrett Lee

Pre-senior Dolphins: Lily Bickmore & Taylor Knowles



Practice Schedules

Check www.ddst.org for updates.

SCHOOL YEAR SCHEDULE

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 Wed. 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 Wed. 5:00-6:00p, Sat. 9:30-10:30a.

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 **June 8th. All submissions should be received by Fri., June 6th.** 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, Coach TJ, Linda Koontz & Jim Morefield.

Latest news online: www.ddst.org.

