

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 52nd year!)

www.ddst.org

March 2017

Swimmers of the Month

Paxton Rasmussen is Dippin Dolphins Swimmer of the Month. Paxton swam 3 events in his very first meet last month. He now has legal times in the 50 free, 100 free, and the 25 backstroke. He also accomplished 36 laps in the Swim a Thon. Not bad for a 6 year old, who hasn't even been swimming a year. Paxton has a great attitude, and a willingness to swim anything, either in practice or a meet. He isn't afraid to ask questions, and treats his coach and teammates with consideration and respect. For those reasons, Paxton has earned Swimmer of the Month. Awesome job Paxton!!!

Zoe Yenkole is Silver Group Swimmer of the Month. During the last set of evaluations, Zoe was really hoping to move up. When she didn't, she was disappointed, but not discouraged. She sought understanding as to why she didn't move up, and used that information to drive and inspire her to work on the things she needed for next time. She showed up for almost every practice, competed in every meet and event she could, improving her times and earning new ones. She also participated in the Swim-a-Thon, achieving 176 laps in 1:49.26. By the next round of evaluations, Zoe was ready, and she successfully accomplished her goal. I'm extremely proud of Zoe for figuring out what she needed to do, to get where she wanted to be, and doing it. She showed great maturity and a willingness to work hard for her goals. Zoe is also a very kind and respectful teammate. She's a good leader and wonderful human being. Great job Zoe!!!

Caitlin Taylor is White Group Swimmer of the Month. 5 A times and 3 best times at last month's Valentine Meet. Quite an impressive haul for an 8 year old. With two older brothers who swim, I think Caitlin has been taking plenty of notes on how to compete like a seasoned pro. Caitlin has a laid back, happy go lucky attitude that I think fools not only her competitors, but sometimes even her coach! One would never expect that, behind that cute smile and tiny little body, is a torpedo waiting to take off through the water! I love having Caitlin and her great personality in my group. She keeps me laughing and keeps me on my toes. I'm really looking forward to seeing what she has in store for us at her next meet. Keep up the good work Caitlin, congratulations!!!

Corbin Sanchez is Red Group Swimmer of the Month. Corbin has been showing an impressive amount of drive and determination in the past couple of months. He pays attention and works extremely hard in practice. Last month, at the Valentine Meet, all of Corbin's hard work paid off. He had several successful swims, including 4 seconds off his 50 free, 12 seconds off his 100 free, and 33 seconds off his 200 free. He also swam the 500 free for the first time. That was just the freestyle events...Corbin got best times in his backstroke, breaststroke, butterfly, and IM events too! Corbin has really taken himself to a whole new level in swimming, and as a coach, it is one of the coolest things to see happen. I'm so proud of you Corbin, congratulations on all your achievements!!!

Calvin Stevenson is Blue Group Swimmer of the Month. We have been intensely focusing on wall space in Blue Group. And what that means is, we're looking for speed into the wall

and speed out of the wall with a tight streamline and NO BREATHING ON THE BREAKOUT! It is an essential component of any race. Calvin has been working really hard at refining this skill and his races are showing the results of his dedication. He had a 100% improvement on his freestyle events at the Valentines meet and got a new "BB" time in his 50 backstroke. He also went a Lifetime Best in his 100 IM. Calvin can also be seen supporting his teammates cheering for them while he isn't swimming his events. He gives positive energy to his work and his team and is a pleasure to coach. Calvin continued his streak by swimming at JO's and finalling in his 100 Free. Making it to finals in your first ever Junior Olympics is awesome, Calvin! Keep up the good work!

Justin LoPresto is PreSenior Swimmer of the Month. Justin's focus in the pool has been phenomenal! Daily we work on so many aspects of swimming. Every set has so many elements designed into it. Things like technique, paces, race strategies and mental toughness. Justin doesn't just swim up and down the lane; he applies himself mentally and physically. His swimming results have certainly shown his hard work. He also has had to learn some tough lessons on aspect of swimming that are uncontrollable. Justin was a selected swimmer of the Zone 4 All Star Team. He was very excited (as well as others from our team) to represent our team and our zone at this meet. Due to weather, the decision was made for safety reasons that our athletes would not be able to attend. This was a heart-breaking moment for our athletes but I must say that Justin handled the news well and continued with his training to the best of his capability. Keep

an eye on Justin; his future is quite bright!

Joe Sullivan is Senior Swimmer of the Month. How many of you know Joe? The swimmers in his group know him but I'm going to guess not a lot of others on the team know him. He's a kind of "fly under the radar" guy. There are rumors that even his friends have to break into his house on occasion just to spend time with him. Why would they do that, you ask? Because Joe is a very caring and generous individual who shares positivity and a great sense of humor. The Valentines Meet was a great meet for him not necessarily for his swimming results, even though he did go a Life Time Best in his 200 breast, but more for his Valentines Buddy experience. He commented on how much he enjoyed our Valentines Buddy program. I am super proud of Joe and all of our senior level swimmers who offered their time to share passion for this sport. He continues to be a great leader during the High School swim season and it is my hope that he will have a chance to shine in college as well.



Lost & Found

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor newsletter@ddst.org 775-267-9697.



INSIDE THIS ISSUE:

<i>Swimmers of the Month</i>	1
<i>Lost & Found</i>	2
<i>Next Board Meeting</i>	2
<i>Upcoming Meets</i>	3
<i>Recreational Pool Use</i>	4
<i>Locker Room Etiquette</i>	4
<i>2017 St Valentine Meet</i>	4
<i>2017 Junior Olympics</i>	6

COACH

Kat's Corner

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By Elizabeth Wickham

What can parents do to help their children's performance in swimming and school? I learned about managing thoughts and that parents can help their children achieve great results from TrainUgly.com and sports parenting expert David Benzel's webinars*. It comes down to this: swimmers need to start with positive thoughts about themselves. These thoughts or beliefs turn into actions, such as going to more practices or working on their strokes. Those actions will turn into successful results.

That sounds simple, correct? It looks like a foolproof plan for success.

BELIEF — ACTION — RESULTS

The catch is in our beliefs or thoughts. It's the little voice in our head that can make or break the results we want. If we—or our children—have self-defeating words bouncing through our brains, those negative and destructive thoughts need to be changed.

Here are a few ideas on how to help your children get the results they want:

ONE: We can manage our thoughts.

We can tell our kids that they are in control of their thoughts. If a negative thought pops into their head, like "I'm no good at this," or "I'll never drop enough to time to get the cut," explain that they can ask, "Where did that thought come from?" They can focus on how hard they've been working or that they can achieve their goals. It doesn't help to simply say, "Don't think that way!"

TWO: We experience 60,000 thoughts per day, which is about one thought per second. If we can separate ourselves from our thoughts, these destructive beliefs will lose their power over us. Negative self-talk hurts our actions and results. If our children believe that they can improve, then they will be more likely to take actions to get better.

THREE: There's only one moment that deserves our attention—and that is

now. If we worry about the past, it's usually with regret and fear. Focusing on the future will fill our heads with anticipation and doubt. There is truth in the phrase, "Live in the moment." We can help our children understand this concept, too.

FOUR: Let our kids problem solve. The pool is a perfect place for our children to experience failure and get right back up and try again. If we try to make every little thing more comfortable for them, whether it's talking to the coach or running to school with forgotten homework, we're not giving our kids room to grow and learn. Instead, our kids may pick up that they aren't capable and they can't handle problems. Despite our best intentions, they could end up feeling insecure and unprepared for the real world.

FIVE: Belief and positive thoughts start with us. If we don't buy into our kids' swim program or coach, then it's doubtful that our children will. With negative beliefs starting with us and filtering down to our kids, we're limiting our children's ability to achieve great results. If our kids don't believe in their coaches' plans, then it will be harder for them to get the results they want. They have to believe in the process, and so do we.

*Here's a link to David Benzel's webinars and articles through USA Swimming's [parent resources page](http://parentresourcespage.com).

How do you help your kids manage their thoughts?

<https://swimswam.com/5-ways-parents-can-help-swimmers-performance/>



Next Board Meeting

The next DDST Board of Directors Meeting will take place **Thursday, April 13th at the East Fork Firestation on Douglas Ave.** Board Contact info: www.ddst.org/boardmembers.htm. As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.



COACH

Emily's Corner

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The Importance of Practice – and Our Reluctance to Do It

By Jennifer Long |

As leaders [or parents], we're accustomed to being good at what we do. [We forget that] learning something new is hard, especially at the beginning when we're likely to struggle and make mistakes. The reality is, the only way to learn something new is to practice. In his book, *Outliers*, Malcolm Gladwell suggests that it takes 10,000 hours of practice to become expert at something. Perhaps more of a realist, Josh Kaufman, author of *The Personal MBA*, writes that to go from "knowing nothing to being pretty good" actually takes about 20 hours of practice – that's 45 minutes every day for a month. So whether you aspire to "pretty good" or "expert," practice is essential. Yet practicing can be difficult and painful [and painful to watch] when we're used to having a high degree of competence.

Perhaps this is why most leaders are resistant to the idea of practice – often, the more senior the leader, the more reluctant they are to practice something new. Many leaders believe that intellectual understanding is enough, that all they need to do is read about something or discuss it in order to be able to do it well. But we know that skill development is vital.

Swimming is my favorite analogy. Two of my teenage children are competitive swimmers, which means I have been volunteering at swim meets for over a decade. My volunteer job is to monitor races and ensure that swimmers follow legal stroke technique. I have received hours and hours of training – lecture, video, discussion, and observation – on what constitutes proper, legal technique. I can tell you exactly what the butterfly should look like: the kick and the pull, and how the arms have to be synchronous, and how the touch and turn need to work. I know

all about how to swim butterfly. But I can't swim the butterfly at all. Not even 25 yards. That's the difference between intellectual understanding and the skill development.

As leaders, we generally have the intellectual capacity to quickly grasp concepts and ideas, which can lead us to mistakenly believe we also know how to execute on them right away. The reality is that we don't – not until we practice, get feedback, refine our approach, and practice again – for somewhere between 20 and 10,000 hours. This is hard to do. Learning something new means being clumsy at it initially, making mistakes, course-correcting, and trying again. It's uncomfortable. And even when we know the skill is valuable, it often makes our work more difficult at first, causing many leaders to stop trying new things and revert to old habits.

Knowing the importance of practice, how do we build it into our training experiences? And how do we hold ourselves [and our swimmers] accountable for the hard work of practice?

1. Acknowledge the Challenge

Be honest about the difficulty of learning something new, especially when you're in a leadership role. Expect mistakes. Celebrate effort and risk-taking rather than expertise and skill level. Create a culture where leaders are rewarded for trying new things and building new skills, even when their early attempts are less-than-perfect.

2. Limit the Scope

Training often includes information on many different behaviors, approaches, skills, and techniques. It isn't possible to practice and master all of them at one time. Encourage leaders to choose one or two things that have a high potential for enhancing their work, and focus their practice on just those things – at least to start...

Making a commitment to [have your swimmer attend] practice is essential to maximize the impact of training. After all, practice is the only way to become proficient in a new skill or behavior.

Jennifer Long is senior manager, programs, at Harvard Business Publishing Corporate Learning. Email her at jennifer.long@harvardbusiness.org.



From the Meet Directors

Our last meet of the season was a success! A HUGE thank you to all the families that volunteered their time and contributed in other ways to help make the meet run efficiently. The younger swimmers really enjoyed their buddies again this year. I know this is one of their favorite meets because of the amazing older swimmers who take them under their wings.

Way to go guys, you really stepped up your game this year!

Our next meet is our BIG one. It's the High Country Championships in early August. This will be the first meet to start getting your volunteer hours in so start thinking about what exciting position you would like fill. Maybe you'd like to try a new position???

It's 3 full days of non-stop fun.

A GIGANTIC thank you to all of our awesome coaches. Our swimmers wouldn't be here enjoying this sport so much without you. Thank you, thank you, thank you!!

Again, we cannot thank all of our wonderful, hard-working volunteers enough! We couldn't put on our meets without your help.

You are all appreciated!

Wendy Yturbide & Joanna Ruffo
Meet Directors



Upcoming Meets

April 21-23, 2017: Sierra Marlins Spring Splash Long Course. Folsom, CA. Open for entries, but fills fast.

April 27-29, 2017: Mission Viejo Meet of Champions. Mission Viejo, CA. Requires qualifying times.

May 12-13, 2017: High School Northern Nevada Regionals: Carson City, NV.

May 20, 2017: High School Nevada State Championships: Carson City, NV.

May 26-28, 2017: Carson Tigersharks Intermountain Classic Long Course. Carson City, NV.



Recreational Pool Use

Pool Use Outside Practice Times

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

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

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



Locker Room Etiquette

Parents and swimmers, the Swim Center staff asks that you please remember to **bring all belongings out onto the deck or leave them inside a locker** while at swim practice. Several swimmers have been leaving items on benches meant for people to sit on, or designated for handicap patrons. **All benches must be kept clear of personal items!** Also you should know that some swimmers have had items

stolen from the locker rooms, so it would be safer to have their belongings with them out on deck.



2017 St Valentine Meet

The Douglas Dolphins hosted St. Valentine meet, held February 17-19, was filled with plenty of sweet treats. Todd Gosselin took down a team record in the 200 breaststroke, 164 personal records were achieved, and 8 swimmers competed in their very first meet. If that doesn't leave you with a sweet tooth, then an overall team improvement of 816.11 seconds certainly will!

Abbreviations: IM = Individual Medley.
PR = Personal Record

Sammie Ingram hit the water strong swimming for the 6 and under girls, with fast 1st place finishes and new PRs in both the 50 backstroke and 25 breaststroke, while finishing 2nd in the 25 backstroke and 3rd in the 25 freestyle.

In his debut swim meet for the 6 and under boys, **Paxton Rasmussen** put up 3 new times to beat of 1:07.69 in the 50 freestyle placing 3rd, 2:46.87 in the 100 freestyle placing 2nd, and 40.90 in the 25 backstroke placing 4th. **Jackson Yturbide** set PRs in 3 of his 5 events by dropping 30.18 sec overall including 1.30 sec in the 25 freestyle, 15.66 sec in the 50 freestyle, and 13.22 sec in the 25 backstroke.

Ella Martin competed in 9 events for the 7-8 girls, setting PRs of 50.34 in the 50 freestyle, 1:54.96 in the 100 freestyle, 32.75 in the 25 breaststroke, and a new **B** time of 1:02.78 in the 50 backstroke. Taking on 4 events in her first meet, **Charlotte Schasker** set new times to beat in the 25 and 50 freestyle, in addition to achieving a **B** time of 28.10 in the 25 backstroke, and a **B** time of 1:02.26 in the 50 backstroke. **Caitlin Taylor** had near 100% improvement, achieving 2 new **B** times of

30.83 in the 25 breaststroke and 1:08.40 in the 50 breaststroke, and 4 new **A** times of 19.46 in the 25 freestyle, 43.50 in the 50 freestyle, 1:38.96 in the 100 freestyle, and 21.52 in the 25 backstroke.

Mason Peck took on 8 events for the 7-8 boys, achieving 4 PRs of 24.71 in the 25 freestyle, 1:01.57 in the 50 freestyle, 2:26.76 in the 100 freestyle, and 36.25 in the 25 backstroke. **Quinn Rasmussen** appeared in his meet taking on the 100 freestyle, achieving a **B** time of 2:41.63 and setting a new time to beat in the 25 butterfly of 28.50.

Competing in 9 events for the 9-10 girls, **Keira Duffy** had great improvement with PRs in 5 events including 3 new **B** times of 38.98 in the 50 freestyle, 1:29.65 in the 100 freestyle, and 47.31 in the 50 backstroke. **Sydney Ingram** took on 9 events, dropping a total of 47.81 sec overall highlighted by a 10.51 sec drop in the 100 freestyle, 10.47 sec drop in the 200 freestyle, and 13.79 sec drop in the 50 butterfly.

Cammie Jahreis had top 10 finishes in 9 of her 11 events, achieving a new **BB** time of 2:57.63 in the 200 freestyle, a PR of 41.08 in the 50 backstroke, and a PR of 1:44.69 in the 100 butterfly. **Sienna Maita** took on the 50 backstroke in her debut swim meet. **Alex Nerska** put up times of 39.62 in the 50 freestyle, 58.87 in the 50 backstroke, 1:00.69 in the 50 butterfly and set a new time to beat of 1:51.45 in the 200 **IM**. **Violet Pierson** got her feet wet competing in the 50 breaststroke for the first time. In her first meet appearance, **Carli Stevenson** took on 3 events with new times of 57.39 in the 50 freestyle, 1:13.29 in the 50 backstroke, and 1:03.89 in the 50 breaststroke. **Valerie Vieira** took on the 100 freestyle and the 50 backstroke putting up a time of 1:05.49.

In his debut meet, **Matthew Sutton** swam in the boys 9-10 50 freestyle event putting up a new time of 43.10.

Mo Bell showed improvement in 6 of her 10 girls 11-12 events, dropping a total of 37.43 sec overall, highlighted by an impressive 30.06 sec drop in the

500 freestyle and PRs in the 50 freestyle, 50 backstroke, 50 breaststroke, 100 IM and 200 IM. **Peyton Bratcher** took on 5 events with PRs of 1:24.33 in the 100 freestyle, 1:46.20 in the 100 breaststroke, and 1:29.99 in the 100 IM, and swam 2 new times to beat in the 50 backstroke and 50 butterfly. **Madi Campbell** competed in 3 first time events, putting up new times of 1:35.81 in the 100 breaststroke and 1:26.54 in the 100 IM. Setting PRs in 3 of her 5 events, **Ysabella Cruz** dropped 2.11 sec in the 50 freestyle, 1.46 sec in the 100 freestyle, and 2.60 sec in the 50 breaststroke, and set a new time of 1:47.40 in the 100 breaststroke. **Sofia DeLange** finished top 9 in 7 of her 8 events highlighted by 6 PRs in the 50 freestyle, 50 backstroke, 100 backstroke, 50 breaststroke, 400IM, and a new **BB** time of 1:07.75 in the 100 freestyle. **Grace Dickey** had a fast 1st place finish in the 400 IM with a new **BB** time of 5:57.04, and placed 6th in both the 200 breaststroke and 50 butterfly, and 9th in the 100 IM. Taking on 9 events, **Kalia Duffy** set 4 PRs with times of 38.75 in the 50 freestyle, 2:04.42 in the 100 breaststroke, 48:20 in the 50 butterfly, and 1:38.71 in the 100 IM, and set new times in the 200 freestyle and 200 IM. **Lilia Fields** had near 100% improvement, taking off a total of 51.68 sec in her events, achieving a **B** time of 2:40.76 in the 200 freestyle, a **B** time of 3:21.28 in the 200 breaststroke, a **B** time of 2:53.53 in the 200 IM, and a **B** time of 6:03.35 in the 400 IM. With 8 top 6 finishes, **Barrett Lee** shaved off 1.28 sec in the 50 freestyle for 5th, 1.66 sec in the 100 backstroke for 6th, and .36 sec in the 400 IM for 4th, while placing 3rd in the 200 breaststroke, 50 butterfly, and 100 butterfly. **Stephanie Lin** showed great improvement, dropping 2.08 sec in the 50 freestyle for a new **BB** time of 31.00, 3.19 sec in the 50 butterfly for a new **B** time of 36.00, and set PRs in the 100 freestyle, 200 freestyle, 50 breaststroke, 100 IM, and 200 IM. **Maile Pierson** had 100 % meet improvement with times of 42.25 in the 50 freestyle, 3:33.60 in the 200

breaststroke, and 1:53.94 in the 100 backstroke. Setting a PR of 43.25 in the 50 backstroke, **Addy Shaw** also set 2 new times to beat of 2:06.45 in the 100 breaststroke, and 56.34 in the 50 butterfly. **Sweatpea Vieira** competed in 5 events with 3 PRs of 1:08.44 in the 100 freestyle, 38.99 in the 50 backstroke, and 37.52 in the 50 butterfly, and set a new time in the 100 breaststroke. **Zoe Yenkole** dropped 1.62 sec in the 50 butterfly for a PR of 51.10, in addition to setting a new time to beat of 47.84 in the 50 backstroke.

Competing for the 11-12 boys, **Treyson Ballingham** put up a new time to beat in the 200 freestyle, while setting a PR of 50.46 in the 50 breaststroke by shaving off 2.34 sec. **Matthew Beam** took off 7.35 sec in the 100 backstroke for a new PR of 1:45.77 and set a new time of 46.03 in the 50 butterfly. **Todd Gosselin** had an impressive meet with PRs in the 500 freestyle, 100 backstroke, 50 breaststroke, 100 breaststroke, 100 butterfly, 100 IM, and 200 IM, and shattered the 200 breaststroke team record, swimming a new **B** time of 3:09.87. Competing in 8 events, **Jesse LoPresto** set PRs of 29.55 in the 50 freestyle, 36.18 in the 50 backstroke, 1:20.01 in the 100 backstroke, 1:15.97 in the 100 IM, and a **BB** time of 1:06.90 in the 100 freestyle. **Will Pickard** competed in his meet debut with a new time of 1:42.18 in the 100 freestyle and 54.79 in the 50 backstroke. **Calvin Stevenson** swam a fast 1st place finish in the 500 freestyle with a PR of 6:08.63, while also setting PRs in the 50 freestyle for 6th, 100 freestyle for 3rd, 200 freestyle for 3rd, 100 IM for 4th, and 50 backstroke for 6th and a new **BB** time of 35.58. **Cooper Yturbide** placed 8th in the 500 freestyle in addition to setting a new time in the 400 IM of 6:24.63 placing 4th. **Matthew Yturbide** tackled his very first 500 freestyle event putting up a new time of 8:15.24.

Sophia Cruz competed in 4 events for the 13-14 girls, dropping an impressive 16.05 sec in the 100 breaststroke for a PR of 1:40.94, and achieved a new **B** time of 32.12 in the 50 freestyle.

Anna Northcutt swam 4 top 10 finishes in her 9 events including 10th place in the 100 backstroke, 8th in the 100 butterfly, 5th in the 200 butterfly, and 3rd in the 400 IM with a new **BB** time of 5:38.90. **Aspen Paschke** achieved 6 PRs of 31.62 in the 50 freestyle, 2:34.51 in the 200 freestyle, 1:20.94 in the 100 backstroke, 2:59.56 in the 200 backstroke, 1:38.09 in the 100 breaststroke, and 1:28.90 in the 100 butterfly. With all top 7 finishes, **Cailey Tollmann** placed 5th in the 100 backstroke and 200 backstroke, 6th in the 200 freestyle and 500 freestyle, and 7th in the 50 freestyle, 100 freestyle, and 200 IM.

For the 13-14 boys, **Josh Beam** swam 2 PRs, dropping 6.95 sec in the 100 breaststroke and an impressive 24.54 sec in the 100 butterfly with a time of 1:14.80. **TJ Golobic** took on 6 events with 3 PRs in the 100 freestyle with a time of 1:22.94, the 100 breaststroke with a time of 1:49.06, and the 200 breaststroke with a time of 3:51.99. **Niko Hight** put up times of 30.55 in the 50 freestyle, 1:55.61 in the 100 breaststroke, and 1:27.56 in the 100 butterfly, and a new time of 2:50.90 in the 100 back for a 7th place finish. Justin **LoPresto** had a great meet, placing 2nd in the 200 butterfly and 500 freestyle, 3rd in the 50 and 100 freestyle and 200 breaststroke, 4th in the 100 butterfly achieving a **BB** time of 1:05.06, and 5th in the 200 freestyle and 200 IM. **Chris Manning** set PRs in the 200 freestyle, 200 backstroke, and 200 IM while placing 2nd in both the 100 and 200 breaststroke. With **100% improvement**, **Ben Munyon** dropped 38.39 sec overall with PRs in the 50 freestyle, 200 freestyle, 100 backstroke, 100 breaststroke, 200 breaststroke, 200 butterfly, and the 100 freestyle with a new **B** time of 1:06.12. **Corbin Sanchez** also saw **100% improvement**, taking off an impressive 125.91 sec overall by dropping 3.92 sec in the 50 freestyle, 12.23 sec in the 100 freestyle, 33.63 sec in the 200 freestyle, 17.22 sec in the 100 backstroke, 23.53 sec in the 200 backstroke, 11.71 sec in the 100 breaststroke and 23.67

sec in the 200 IM. Setting PRs in 5 of his 6 events, **Ryan Signorella** put up times of 1:03.84 in the 100 freestyle, 2:19.62 in the 200 freestyle, 1:28.04 in the 100 breaststroke, 2:45.93 in the 200 IM and 1:15.64 in the 100 backstroke. **Jack Stevenson** had a great meet, setting PRs in 7 of his 5 events by dropping a total of 37.93 sec and achieving 4 new **BB** times in the 50 freestyle, 100 freestyle, 200 freestyle and 200 IM, and achieved a new **B** time in the 100 butterfly. **Connor Taylor** took on 7 events, placing 1st in the 1650 freestyle, 2nd in the 100 butterfly with a PR, 4th in the 200 freestyle with a PR, 4th in the 50 freestyle with a PR and new **A** time of 25.66, and 6th in the 200 IM with a PR.

Chayce Beam competed in 3 events for the 15-18 girls, dropping 11.04 sec in the 100 butterfly for a new PR of 1:43.73, and set a new time to beat in the 200 backstroke of 2:34.84 placing 6th. **Lily Bickmore** swam in 5 events placing 3rd in the 50 freestyle, 4th in the 100 butterfly, 5th in the 200 backstroke, 7th in the 100 breaststroke, and 9th in the 200 IM. **Julia Chappell** set a PR of 5:24.84 in the 400 IM placing 3rd, and put up times of 1:09.83 in the 100 backstroke for 3rd, 28.90 in the 50 freestyle for 5th, and 2:13.08 in the 200 freestyle for 5th. **Kaila Duffy** swam a fast 1st place finish in the 200 butterfly with a time of 2:31.73 while placing 2nd in the 100 freestyle and 200 breaststroke, and 3rd in the 200 freestyle and 100 butterfly. **Sarah Hyatt** took 1st place in the 200 breaststroke with time of 2:44.66, 2nd in the 200 IM with a time of 2:29.52, and set a PR of 1:12.42 in the 100 backstroke by dropping 3.06 sec. **Kayla Ruffo** put up times of 2:41.90 in the 200 butterfly placing 3rd, 1:24.41 in the 100 breaststroke placing 4th, 1:04.28 in the 100 freestyle placing 7th, and 2:41.42 in the 200 IM placing 8th. **Emily Willis** had a great meet setting PRs in 4 of her 8 events by dropping .72 sec in the 100 freestyle, 13.97 sec in the 500 freestyle, 9.97 sec in the 200 breaststroke, and 3.19 sec in the 100 butterfly.

Taking on 5 events for the 15-18 boys, **Dakota Blaha** put up a new time to beat of 5:54.46 in the 400 IM placing 2nd, while placing 5th in the 200 breaststroke, 9th in the 100 butterfly, 10th in the 200 freestyle, and 12th in the 50 freestyle. **Jayden Forbes** competed in his debut meet with 4 new times including a **B** time in the 50 freestyle of 26.40, a **B** time in the 200 freestyle of 2:10.68, and a **B** time of 1:06.45 in the 100 butterfly. **Justin Hight** swam 3 fast 1st place finishes in the 50 freestyle, 100 freestyle, and 100 backstroke, placed 2nd in the 100 backstroke and 100 butterfly, and placed 5th in the 100 breaststroke. **Taylor Knowles** set PRs in 2 of his 5 events by dropping 1.34 sec in the 200 freestyle for a time of 1:58.93, and .20 sec in the 100 butterfly for a time of 1:01.59. **Hunter Richardson** took on 3 events, setting a new PR in the 200 IM with a new **B** time of 2:30.39, and set a new time to beat in the 100 butterfly of 1:11.32. **Joe Sullivan's** meet was highlighted by 3 fast 1st place finishes in the 100 breaststroke, 200 IM, and 200 breaststroke setting a PR of 2:36.04 in that event. **Daniel Taylor** put up times of 2:39.02 in the 200 breaststroke placing 2nd, 1:13.95 in the 100 breaststroke placing 3rd, and set a PR by dropping .59 sec in the 500 free for with a time of 5:53.36.



2017 Junior Olympics

Four Douglas Dolphins, Calvin Stevenson, Connor Taylor, Cailey Tollmann, and Justin LoPresto, competed the 2017 Speedo Short Course Junior Olympic Championships hosted by the Carson Tigersharks March 10-12. The championship meet has prelims in the morning session with the top 8 swimmers coming back in the evening to compete in the finals round.

On day 1, **Calvin Stevenson** dropped .10 sec in the 50 freestyle setting a PR with a time of 28.91. He placed 12th in that event. On day 2, Stevenson looked strong in the 100 freestyle, placing 8th in the prelims with a new **A** time of 1:01.75. In the finals round he place 8th with a time of 1:02.25.

Connor Taylor competed in the 50 freestyle on day 1 with a PR of 25.61, placing 14th. On day 2, Taylor took on the 100 freestyle with a 12th place finish and a PR of 55.54.

The only female to make the Junior Olympic cuts, **Cailey Tollman**, swam an impressive 500 freestyle on day 1 by dropping .33 sec to place 5th in the prelims with a PR time of 5:36.44. She came back in the finals round to snatch up 5th place again with a time of 5:36.77. On day 2, Tollman swam the 200 freestyle taking the 5th place spot in the prelims with a time of 2:06.55, and placed 7th in that event during the finals round with a time of 2:08.42. She also competed in the 100 freestyle, putting up a time of 59.19 for a 10th place finish.

Justin LoPresto looked strong in the 50 freestyle on day 1 with a time of 24.99 and an 11th place finish in the event.



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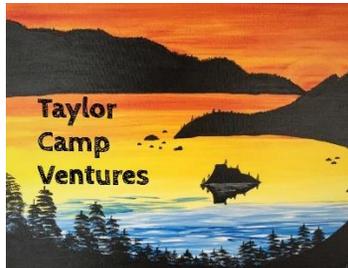


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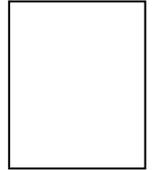


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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Move Ups

Moving on up Congrats to new:

White Dolphins: Zoe Yenkole and
Kaitlyn Hastings-Molyneux

Blue Dolphins: Todd Gosselin



Happy March Birthdays

Barrett Lee (3/1), Jackson Yturbide (3/14), Ryan Signorella (3/18), Calvin Stevenson (3/21), Daniel Taylor (3/23), Ella Martin (3/30), Justin Hight (3/31).



Practice Schedules

Check www.ddst.org for updates.

SCHOOL IN SESSION SCHEDULE

Dippin Dolphins: Monday: 5:00p-5:45p

Silver Dolphins: Wednesday & Friday:
4:15p-5:00p

White Dolphins: Mon, Tues, & Thurs
4:15p-5:00p

Purple Dolphins: Mon-Thurs 4:45p-
6:00p; Fast Friday 4:15p-5:30p. Dryland:
Tues & Thurs 4:10p-4:40p.

Pre-Senior Dolphins: Mon-Fri 2:30p-
4:15p; Dryland: Tues & Thurs 5:00p-
6:00p.

Senior Dolphins: Mon-Thurs 2:30p-
4:45p, Fri 2:30p-4:15p; Dryland: Tues &
Thurs 5:00p-6:00p.

OPTIONAL: (Pre-Seniors & Seniors)
Masters practice 5:30a-7:00a Mon, Wed,
Fri.

Next Newsletter

The next *Monthly* will appear about April 25th. **All submissions should be received by April 17th.** 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, Nikki Willis, at newsletter@ddst.org or 775-267-9697.** 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, and Coach Emily.

Latest news online: www.ddst.org.

