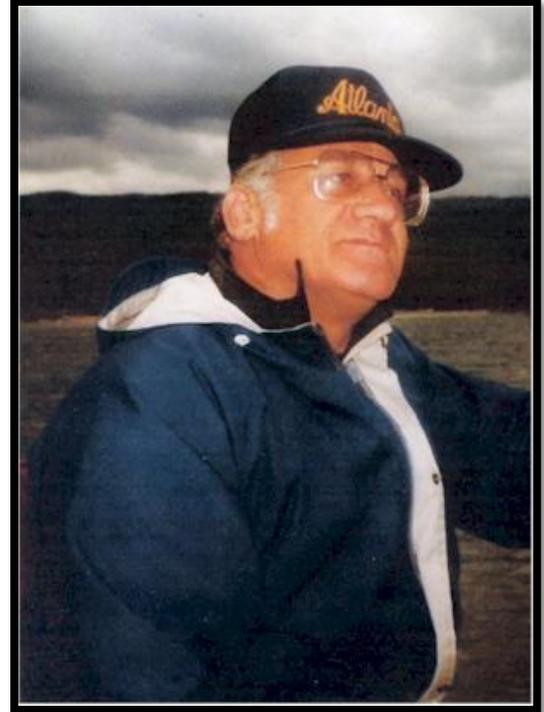


The following is from Coach Mac Preston's personal journals written during the first years of the Dayton (Raiders) Dolphins Swim Club in Ohio. "Coach Mac" is the original founder of the Dayton Dolphins, which later became the Dayton Raiders in 1979. These letters summarize in great detail the club's initial startup in 1956 until about 1963. Young children, whose love for the sport of swimming, are shown in a light that is often missed in today's reporting on performance, scoreboard times, and winning ribbons. Special thanks to the following folks:

- *Aimee Burgess*, Coach Preston's daughter, for finding these Gem City treasures and sending us the worn, slightly yellowed, and tattered papers before they were lost forever
- *Randy Shively*, parent of Rachel and Michael, initial scan and conversion into electronic format
- *Tammy Sickinger*, parent of Katie, line by line scrub and cleanup transcribing into readable format in 2011

Coach Mac brings to life the young children of the Dayton area during the Golden Years of competitive swimming so that they may be swept into the information highway forever.



Coach "Mac" Preston, 2004, taken on Lake Lanier in Cumming, Georgia in 2004.

Coach Mac left us on 9/12/2006



THE DAYTON DOLPHINS EARLY YEARS

Original Journals by Coach "Mac" Preston

(1956 - 1963)

The Dayton Dolphins were organized in April 1956 during a meeting at Mac Preston's apartment. Those present were Mr. and Mrs. William Hoyne, Mr. and Mrs. Jim Walther, Mr. and Mrs. Jacob Walther, Mr. and Mrs. William Silas and Mr. and Mrs. Don Metz. Credit for the assembling of this group goes to William Hoyne who Mac Preston met at the Dayton Y. M. C. A., at which time Mac expressed interest in starting a Girls Swim Team.

Bill Hoyne, with five girls at the time, was very interested and plans were immediately made for the team's first practice at Roosevelt High School April 14, 1956. Nine girls attended. They were Nancy and Melanie Silas, Susie and Kathy Walther, Becky Walther, Sherry McMaken, Nancy Hoyne, Peg Metz and Debbie Dye. Of these original nine girls, seven remained with the team long enough to become State Senior Women's Champions.

With the opening of the outdoor pools, practice was held at the Kettering Swim Club through the efforts of George Burger and the owner Stuart Snyder. The use of this facility got the Dolphins off to a quick start. There was very little competition for the club this first summer.

The winter of the 1957 season saw the club mushroom to 60 girls in only 7 short months. Winter practice sessions were held at Wright Patterson Air Force Base with the addition of such names as Susie Kennedy, Andria Armbrust, Carol Gardner, Stacia Clark, Marcia Iverson, Junelle Cunningham, Kathy Brick, Kathy Line and Sue Tolnitch, all of whom became State Senior Women's Champions and representatives for the American All-State Team in the Canadian-American All-State Meet.

Midway through the 1957 Winter Season, troubles with the Wright Patterson Air Force Base Special Services Group terminated practice sessions at the Base. The Club returned to Roosevelt High School Pool to complete the Winter Season.

The 1957 Winter Season saw the Dayton Dolphins, for the first time, enter the State Indoor Senior Women's Championships. The team finished third to the Toledo Club and the Glass City Aquatic Club. Our first entry into these Senior Women's Championships was our first and last loss of the Senior Indoor meet for the next seven years.

The team was still in the growing stage, but the 1957 - 1958 Season saw noticeable progress. In February 1957 the Dolphins lost their first dual meet to the undefeated



Glass City Aquatic Club 102 to 89. Two months later in the Glass City Pool in Toledo, Ohio we defeated them 122 to 99, breaking their winning streak.

Don Metz was our guiding light as President of the Club and had the task of bringing us from the crawling to the walking stage. In the summer of '57 we finished fourth in the Chicago Invitational, had scattered finalists in the Southern Peach Championships at LaGrange, Georgia and won our first Divisional Title in the South-Eastern A.A.U. Championships at Oak Ridge, Tennessee.

During this time new names were added to the roster. Carol and Susie Davis, Joyce Appenzeller and Charlotte Heitmann joined the Dolphins. It was said "The Dolphins became of Age" during the 1958 Winter Season. Our Winter Season was highlighted by four Dolphin Girls gaining births on the Canadian-American Age Group Team to compete against the Canadians in Hamilton, Ont., Canada. These included Marcia Iverson, who placed third in the ten and under breaststroke, Kathy Brick, who placed fourth in the 11-12 year old butterfly, Susan Kennedy, who placed first in the 10 and under backstroke and third in the 10 and under butterfly. Junelle Cunningham took second in the backstroke event to make a sweep for the American team and a sweep for the Dolphins. Junelle also placed third in the freestyle event.

Andria Armbrust, our first Dolphin to obtain National recognition placed second in the 13 and 14 year old breaststroke while still 13. This very close second place finish pushed Andria into the National limelight as both she and Bonnie Bensen, Canadian National Champion, posted times which ranked them with the top ten in the Nation.

When nosing out the Glass City Aquatic Club 138 to 136 the State Senior Indoor Record Book was rewritten by Carol Gardner, Nancy Hoyne and Andria Armbrust in the Individual events and the Medley Relay Team of Andria Armbrust, Becky Walther, Carol Gardner and Melanie Silas.

The Summer of '58 showed that hard work will pay off as the following titles went to the Dolphins - - the Ohio A.A.U. Senior Outdoor Championships at the Plantation Country Club in Dayton and the over-all Victory in the South-Eastern A.A.U. Age Group and. Senior meet at Oak Ridge, Tennessee. Junelle Cunningham at this point was appearing as a bright star in the future and greater things were yet to come for her.

The Winter Season of '59 showed Don Metz turning over the reins of the Club after 2-1/2 years to John Tolnitch. The Dolphins continued to rack up the State Indoor Meet with five new records.

The individual winners that year were Andria Armbrust, a double winner in the breaststroke event, Carol Gardner, a double winner in the backstroke event, Peg Metz in the 100 free and our Relay Team in the 400 Medley Relay.



We like to think at this time the second generation of Dolphins were beginning to come forth. Our water babies, Kathy Link, Susie Kennedy and Junelle Cunningham, all added points in the senior events although 10 and 11 years old. Also during the season we came of age as a full age group team. Once this was obtained, it made possible team wins at the Toledo Relays and the Holiday Festival.

This season marked our first in a series of Christmas Holiday trips with victories over the Detroit Turners and the Women's City Club of Detroit. We also won the Glass City invitational Championship, a meet in which we had basically failed to score in the past. Again this season we placed four girls on the Canadian - American Team. We're very proud of the fact that we were able to take five firsts. Junelle Cunningham contributed three of these, Andria Armbrust took one and Carol Gardner one.

The Dolphin ten and under team Joyce Appenzeller, Carolyn Armbrust, Junelle Cunningham, Charlotte Heitmann, Molly Hobstetter, and Minny Tuck, were ranked as the leading 10 and under team in the United States, in the Medley Relay event and the Freestyle Relay event.

The summer of '59 might well be classified as the beginning of greatness for the Dolphins. We previously mentioned we had a full age group team but now the depth of each group provided the Dolphins with more trophies in one summer season than the team had won in the previous three years. We opened with a sweep in the Mid-West Relays at Fair Valley Country Club, where our 10 and under relay team again shattered the National records, this time for short course meters. Then it was on to the 10th Annual Chicago Land Championships where we swept three of four age group titles and two National Age Group Records were surpassed - one by Junelle Cunningham in the 50 Yard Freestyle, long course, and the 10 and under Medley Relay Team again shattered the National Record - this time for the long course yards.

Here in Chicago we met a family who was to become a member of the Dayton Dolphins and a star of the future. She was Sandy Mathison, 12 year old daughter of Commander Mathison who had just been transferred from Hawaii to Wright Patterson Air Force Base. Great things were in store for Sandy, once she came to our group.

Next came our traditional Southern Trip. This year to Atlanta, Georgia where the Emory Aquatic Club fell to the Dolphins in a dual meet 143 to 70. On the following day we continued to rip up Dixie with our 120 to 120 tie with the Atlanta All Stars. It should be noted that the girls who made up the Atlanta All Stars were the best of 20 teams in Atlanta, yet we were able to tie them. In this meet our 10 and under swimmers again broke the National Medley record. On our third day of our stay in Atlanta we were requested by the Heart of Atlanta Motel to put on an exhibition by swimming our miraculous 10 year olds against Atlanta's best 10 and under boys team on a 20 yard



course and they again broke the National record for this time on a 20 yard course for the medley relay - then turned right around 5 minutes later and swam the 160 free style relay, again breaking the National record. In both cases the Atlanta boys were beaten. This amazing team was composed of Charlotte Heitmann, backstroke, Joyce Appenzeller, breaststroke, Junelle Cunningham, butterfly and Molly Hobstetter, free style.

The biggest affair of this Southern trip was yet to come. It was the long awaited clash with the Coral Gables Swim Club of Coral Gables, Florida at the Dixieland Championships. Here we topped the "Horses from Coral Stables" 192 to 184. For three years we tried to defeat this crew and finally made it. All in all, this was the most successful Southern trip we had. But, as you will see later, there were others which would top this performance.

Next, the Riviera Club of Indianapolis, Indiana shattered the Dolphins hope of a sweep of all summer events by taking the Chautauqua Invitational, but notice was served that the Dolphins were fast becoming the class of the Mid-West and already the conquerors of the best that the South could muster.

In spite of much sickness during the Ohio A.A.I.T. Championships Outdoor at Toledo, the Dolphins remained tops for the third straight year. This ended our most successful summer season to date.

The Winter Season of 1960 opened with the Toledo Relays where we won two divisions and finished second in two others to take top honors. The following day we swam two dual meets in six hours defeating both the Toledo Club and the Glass City Aquatic Club of Toledo.

Next was our Christmas trip. We went to Pittsburgh this year for dual meets with the Pittsburgh Y.M.C.A. and the Duquesne Dolphins which we spanked soundly. Three weeks later it was off to Detroit for two dual meets in one day. The Women's City Club fell 131 to 96, the Turners 131 to 104. The next laurel to be garnered by the Dolphins was our second consecutive Dayton Y. M. C. A. Holiday Festival win.

Our string was again broken by the Riviera Club in a dual meet 142 to 98 but it was obvious to all concerned that the gap was closing. Then, led by our now grown up water babies Susie Kennedy, Kathy Link and Junelle Cunningham plus our first generation swimmers of Carol Gardner, Melanie Silas and Peg Metz, we won the Ohio Senior Women's Championships and in the process shattered 12 records. On the same weekend as this senior meet Junelle Cunningham and Kathy Link represented the Dolphins on the American team at the Canadian-American Championships at Hamilton, Ont., Canada. Next in line to fall was the Indianapolis Athletic Club and the Cincinnati All Stars. During these two



meets our reserve team was defeating the varsities of Richmond, Indiana and Lima Y. W. C. A., thus ending our winter 1960 season.

We opened our Summer Season 1960 with our annual Southern tour starting at the Rotary Club meet in Atlanta. We wore the ' Rotary Club Crown away by defeating such Southern powers as Pompano Beach Swim Club, Coral Gables, Dad's Club of Houston, Texas and the Atlanta Independence Swimming Association.

That same week we went over to LaGrange, Georgia to the Southern Beach Championships, winning two titles and breaking two National Age Group records, one for the 200 Medley Relay 13-14 with Junelle Cunningham, Carol Davis, Susie Kennedy and Sandy Mathison. Junelle also shattered her own 12 and under division 50 Yard backstroke record and the National Age Group record for 50 yard freestyle.

On July 8, we attempted to win two titles on the same weekend but spread ourselves too thin. We lost the overall Fort Wayne Championships to the Lakeside Club of Louisville 322 to 318. Even though we won all five age group divisions for the girls, it should be noted that Lakeside was the team of both boys and girls. After an all night ride to Cuyahoga Falls, we lost out on the girls crown to the Cleveland Swim Club 79 to 78-1/2.

The next meets to fall before the Dolphins were the Wright Patterson Invitational and the fifth Annual Chautauqua Invitational where we won the overall title even though we had no boys. We got revenge on the Lakeside crew at this meet.

This was our year to host the State Senior and Age Group Meet at Trails End Club. All titles went to the Dolphins and the record book was again rewritten. High Point Honors in the Senior Division were Susie Kennedy and Sandy Mathison with four first places each and with four new records each. Junelle Cunningham led the age group with four firsts and anchored two winning relay teams.

The winter of 1961 saw additions to the Dolphin program. A boys team, and finally a full-fledged formal diving program. Both groups had a long way to go but at least they were started.

Again we were honored by the selection of Dolphins as members of the American All Stars to meet the Canadians. Junelle Cunningham topped the National record for 12 year olds with 1:00.9 performance in the 100 yard free style and shattered the 50 yard butterfly record with 29.9.

Barbara Senseman and Debbie Jones placed one and two in the 10 and under 25 yard butterfly, also breaking the meet mark. They also combined with All Stars from Chicago and Pittsburgh to win the 200 yard freestyle relay.



Led by Statia Clark, Kathy Link, Sandy Mathison, Carol Gardner and Melanie Silas, we again won the State Women's Title at Bowling Green State University. Our dual meet record for this season showed 14 wins and 1 loss, that loss went to Riviera.

Our third generation of swimmers served notice as the new 10 and under team emerged shattering the National Record held by our own Dolphin Team from two years earlier. No other team in the U.S. could come close to the mark until Marty Hart, Patty Hoyne, Debbie Jones and Barbara Senseman took the 200 yard medley relay in 2:32.7. The old record was 2:34.5 held now by their older team mates Charlotte Heitmann, Joyce Appenzeller, Junelle Cunningham and Molly Hobstetter.

After several inter-squad meets, in the summer of '61, we again started our march through the South. With a complete diving team and our girl swimmers, we racked up three straight meets, the Rotary Club Meet of Atlanta, the Southern Peach Swimming Championships in LaGrange, Georgia and the Deep South Invitational at Tuscaloosa, Alabama.

The highlight of this meet was a three year old record of 2:24.5 for girls 11-12 200 yard medley relay held by Coral Gables Swim Club. We broke precedent on this trip south by taking nine 12 & Under girls - splitting our wealth of talent into two teams and breaking the record with both teams "A" Team 2:19.4. and the "B" Team 2:21.6.

We used these two teams in this manner all season long which brought team points in by the basketful. Only once did we put our best team together for record purposes. It resulted in a National Age Group Record breaking 2:17.1 by Marilyn Becker, backstroke, Charlotte Heitmann, breaststroke, Lois Pieiman, butterfly and Junelle Cunningham, freestyle.

Junelle Cunningham was honored at the Deep South Meet with the Bear Bryant Trophy as the Outstanding Swimmer of the meet. Carol Gardner, swimming in her next to last meet with the Dolphins at the Deep South Meet in Alabama had her best meet with a 1:07.6 for the 100 yard butterfly, a 1:01.0 for the 100 yard freestyle and a 2:32.1 for the 200 yard Individual Medley.

Next was the girls overall trophy at the Second Annual Wright Patterson Meet and the girls overall at the Chautauqua Invitational. Junelle Cunningham became the first girl 12 years of age to go under the minute for the 100 yard freestyle. She did 59.9. Next were wins at Dearborn and the Ohio Senior Championships for the fifth straight year.

This Season ended Mac Preston's reign as coach of the Dayton Dolphins. Preston an employee of the L. M. Berry Company cited increased pressure of business and personal life for his resignation. The parents and children regretted to see him leave, but were very thankful for all the time and effort Mac contributed to the Club.



Ray Rakar, one of the Dayton Dolphin parents, an ex-shortstop and sportsman who worked with Mac Preston as Assistant Coach for some time, took over as Coach of the Dayton Dolphins.

Ray was a great believer in physical fitness and did an excellent job in developing the team for a very successful 1961 - 1962 Winter Season.

During the Winter Season the Dayton Dolphins romped to win another State title. Junelle Cunningham, swimming in the 11-12 Age Group topped the nation in five events and set three National Standards: 50 yard freestyle 26.8, 50 meter freestyle 30.1, both on short courses and the 100 yard freestyle, long course 59.9.

Other Dolphin record holders were .the 11 & 12 age group 200 meter Medley Relay Team. Miss Cunningham was a member of that team, along with Marilyn Becker, Joan Rakar and Lois Pleiman. Their time was 2:34.7. The 15 - 17 Age Group Medley Relay Team of Carol Gardner, Melanie Silas, Stacia Clark and Sandy Mathison also set a record of 4:49.5 on a 20 Yard Course. In all, twenty-five different Dolphins were mentioned for Individual performances in the National AAU Record Summary this Season.

Again, three Dolphins, Junelle Cunningham, Debbie Jones and Sandy Mathison were named to represent the U. S. Team in the Canadian-American Meet at Hamilton, Ont., Canada.

As the Summer Season approached, the Dayton Dolphins were very fortunate to find another Swimming Coach, soon to relieve Ray Rakar, who as a parent devoted a lot of time and effort to the success of the Dayton Dolphin Swim Team this Season.

Jon Urbancsok, 25 year old University of Michigan graduate and three year All American, took over the coaching of the Dayton Dolphins Swimmers June 1, 1962. Jon had been freshman coach of the Michigan Swim Team and an Assistant of the Ann Arbor Swim Club. He was a competitive swimmer for 14 years, climaxing his career by placing 2nd at the National Men's Senior AAU Swim Championships in 1959.

Jon Urbancsok firmly believed that Age Group Swimming should lead into Senior Competition. He believed that children who are physically developed at age 12 should place more emphasis toward Senior Competition, which requires more technical coaching to find and bring out the best in a child who may excel in a particular stroke. He also believed in exposing the girls to tough competition and get satisfaction from a fine performance, rather than a trophy or medal for performance in minor competition.

The Summer Season 1962 was well on its way for the Dolphins by now and the girls had their eye on the Ohio AAU Outdoor Senior Championships, coming up soon, at Marion, Ohio. The Dayton Dolphin Girls won the 13-14 Ohio Age Group title and the Open Senior Women's Title. Seven girls qualified at this meet for the Senior National Women's AAU



Swimming Championships at Chicago. Among them were Junelle Cunningham, Stacia Clark, Suzy Tolnitch, Melanie Silas, Joan Rakar, Lois Pleiman and Suzy Pfanner.

This gave the girls their first chance to appear in National Competition. Many World Records were set at this meet by the World's Best Swimmers. The girls did not qualify at this meet, but the fact that they were able to participate in such event was a great inspiration.

The Winter Season of 1962 - 1963 saw the Dolphin Girls swim to their Sixth Ohio AAU Senior Women's Championships. Three girls, Stacia Clark, Lois Pleiman and Joan Rakar set new Ohio Association Records, qualifying them to swim at the 1963 National AAU Senior Women's Indoor Championship events held at Berea, Ohio.

The summer of 1963 brought new names into the All Star Group. Again at the State Championship meet at Marion, Ohio the Dayton Dolphin girls won the Open Division Championship at which five girls qualified for the National Senior Women's AAU Championships which were held at High Point, North Carolina. Among them were Debbie Jones, Suzy Pfanner, Lois Pleiman, Joan Rakar and Jane Torley. Junelle Cunningham, who recently left the Dayton Dolphin Swim Club to swim with the Cincinnati Coke Team, placed fifth in the 100 Meter Backstroke, which was considered quite an accomplishment for a girl, only 14 years old, who had received most of her training while with the Dayton Dolphin Swim Club. Other individual best time achievements by the Dolphin Girls moved the Ohio contestants higher in National Ranking.

During the Summer Season, the Dayton Dolphin parents pushed hard for a place they could call their home. Arrangements were made with the Dayton Country Club to use the Dayton Country Club Pool. The Dolphin parents immediately approved the purchase of a Bubble, the largest in the State at the time, at a price of approximately \$20,000.00 - which now represents the Dolphins Winter Home.

Numerous other changes took place during this Summer Season. William Morgan of the University of Dayton was appointed Athletic Director; however, his duties at the University prevented his continuing with the Club. Jon Urbancsok accepted a High School Teaching and Coaching Job at Garden Grove High School, Garden Grove, California and it seemed like the coming 1963 - 64 Season was to mark the end of an era, only to start all over again with more vigor and enthusiasm than before.

GEORGE REUSTOW'S STORY TO BEGIN HERE

NOTE: STORY ON THE DAYTON DOLPHIN BOYS TEAM AND THE DIVING TEAM FOLLOWS

DOLPHINS BOY'S TEAM STORY 1



In the fall of 1960 the present Dayton Dolphin all girl program was expanded to include a boys team. Basically this was a new organization built around the parents of these boys.

These parents, who had little or no experience in competitive swimming, were largely responsible for the well organized boys team that was to be in the following years.

The parent's cooperation and their eagerness to learn and help in the necessary positions that an organization such as an age group swimming team requires helped to accomplish this. Remembering the nights spent together reactivating the pool at Roosevelt High School after ten years of complete idleness is one of the many examples of this fine cooperation.

Our first swimming practice as a team began the first week of December 1960, with thirty-six boys ranging in ages from 7 through 17 years of age. Only two of these had had any previous competitive swimming experience. However, due to the eagerness and willingness of the boys to learn, although our first winter season was far less than successful, it was gratifying to see the progress these boys were making.

The following summer we continued our program practicing at Chautauqua in a fifty yard pool. We acquired several new prospects which were to help us in this and the seasons ahead.

Much progress was made and we finally made the finals in several invitational meets, much to the delight of the team and the parents. Progress was continued through the following seasons as evidenced by the number of dual meets won and the increasing number of finalists in the Invitationals. In the winter season of 1962 - 1963 we won ten out of twelve age group dual meets. Progress was further indicated by the following Ohio Association AAU records broken or established over the initial three year period 1960 through the winter season of 1963:



Dayton Dolphins Boys Team,
Ohio AAU Records 1960-1963

Jeff Adam	25 Yard Backstroke	10 & Under
Jeff Adam	50 Yard Backstroke	10 & Under
Jeff Adam	50 Yard Butterfly	10 & Under
Jeff Adam	80 Yard Individual Medley	10 & Under
Jeff Adam	100 Yard Backstroke	11 & 12
Mike Baumaster	100 Yard Breaststroke	11 & 12
Rick Brenner	100 Yard Freestyle	11 & 12
Rick Brenner	200 Yard Freestyle	11 & 12
Jim Brisick	200 Meter Individual Medley	13 & 14
Jim Brisick	100 Yard Breaststroke	15 -17
Paul Dorsten	100 Yard Freestyle	11 - 12
Paul Dorsten	200 Yard Freestyle	11 - 12
Paul Dorsten	100 Yard Breaststroke	11 & 12
Bob Evers	50 Yard Breaststroke	10 & Under
Bob Evers	100 Yard Breaststroke	11 & 12
Fred Hoener	50 Yard Freestyle	15-17
Fred Hoener	100 Yard Breaststroke	15 -17
Robert Hoener	100 Yard Breaststroke	11 & 12
Scott Mantis	160 Yard Individual Medley	10 & Under
Tom Oswald	100 Yard Backstroke	11 & 12
John Roth	25 Yard Backstroke	10 & Under
John Roth	50 Yard Backstroke	10 & Under
Dale Skipton	100 Yard Freestyle	11 & 12
Dale Skipton	200 Yard Freestyle	11 & 12
Dale Skipton	100 Yard Breaststroke	11 & 12
T. Oswald, D. Skipton P. Dorsten, R. Brenner	160 Yard Medley Relay	11 & 12
D. Skipton, T. Oswald, R. Brenner, P. Dorsten	160 Yard Freestyle Relay	11 & 12
F. Hoener, M. Baumaster, R. Rodgers, B. Hickman	160 Yard Medley Relay	13 & 14



Although these performances were outstanding, many other swimmers contributed a large amount in the success of the team. Some of our original boys are no longer members of the Dolphin Team, however, we are happy to report that all but several of these boys are still swimming with other teams, including one who is now swimming at U.C.L.A.

DAYTON DOLPHIN DIVING

Organized diving had its birth in Dayton, in the summer of 1960. At that time, the Dayton Dolphin Swim Club appointed Mr. John Tolnich, Dolphin President, to secure a qualified diving instructor, who, with Mr. Tolnich, could aid in the formation of a formal diving team.

Mr. Stu Tate, a native of Toledo, Ohio, and a five-time YMCA diving champion, accepted the position, and the difficult task of 'starting from scratch'. In September, 1960, he began operations at the Xenia, Ohio 'Y' with three girl aspirants, and Mr. George Smith, a Dolphin swimmer parent, as Manager. After a few months, the small group transferred to Roosevelt High School in Dayton, where Mr. Tate developed a special diving stanchion to support a board. The team increased to eight divers, with the addition of a few boys in December of that year. The children were diving in a more seven and a half feet of water, and as a result, there were several broken arms, sprained wrists, and a fractured skull. It was clearly obvious that more suitable facilities must be found.

In June, 1961, the team moved to Chautauqua pool for Wednesday practices, and enjoyed the convenience of the Trails End Club on Saturday mornings. At the same time, with a total of ten divers, the team purchased an aluminum diving board which Crestwood Swim Club offered for sale second hand.

As the fall season approached, Mr. Tate was faced with the task of finding water of sufficient depth for the team. Due to the complete lack of indoor facilities in the Dayton area, he was forced to search outside the city. Central State College, at Wilburforce, Ohio, was approached, and cooperated to the fullest with the requests made of them. The Natatorium at the College offered perfect indoor diving conditions, with the exception of the diving fulcrums, which were rebuilt to meet standard specifications. The greatest inconvenience to all concerned, was the lengthy drive to and from Dayton twice a week, often in inclement weather. At the end of that season, the team donated their aluminum board to the College. They then purchased another second hand board, this time a Duraflex, the finest in diving equipment, from Mr. Tom Gompf, who was leaving for military service.

With their newly acquired purchase, the proud team of twelve members spent the month of June, 1962 at the Kettering Swim Club, but was thereafter forced to leave due to over-crowded conditions. They then took up practices at the Racquet Club for the



remainder of the season, and returned to Central State College for the winter of '62 - 63.

The summer of 1963 found the Dayton Dolphin Diving Team at the Vegas Club (Racquet Club) with a roster of seventeen divers. At this time, the team and its Coach, proudly announced the appointment of Olympic Silver Medal winner, Mr. Sara Hall, as co-coach with Mr. Tate. The divers purchased another Duraflex board, a new one this time, with money earned from a product sale.

As of this writing, the team has a full roster of twenty five divers, two Coaches, and a waiting list of applicants. Along with the swimming team, they will be enjoying the winter of '63 - 64 practicing 'under the bubble' at the Dayton Country Club. No longer will it be necessary for this determined young group to travel to Wilburforce, Ohio, Chautauqua, or any other far distant locale in search of adequate facilities.

In a little less than four years, a single idea has developed into a well trained, well organized unit, dedicated to the advancement of a thrilling sport, for the benefit of eager young children.

DIVING

Diving is a water sport demanding coordination, muscular control and exact timing. A diver needs long practice to become highly skilled. The combination of relaxation and smooth execution of a properly performed dive, make it a thrilling sport to watch.

Dives are in five main groups: (1) The forward dive, where the diver faces the water and enters it from a forward position. (2) The backward dive where the diver stands with his back to the water, and enters it from a backward position. (3) The reverse dive, where the diver faces the water, takes a forward approach, then dives backward toward the board. (4) The inward dive, where the diver stands on the end of the board, back to the water, and dives forward toward the board. (5) The twist dive, where the diver executes a twist of the body before entering the water. Each of the dives listed is often combined with another dive such as, a forward dive with a full twist.

A diver may start a dive from a running or a standing position. The dive itself may be performed from one of three positions. (1) The body during execution of the dive may be straight, or what is called a layout position. (2) The diver, when in the air, may bring his knees up close to or touching his chest, in what is called a tuck position. (3) The diver may bend his body forward from the hips, keeping his legs straight at the knees, and his toes pointed. This is known as a pike position. There is a fourth position known as free position, which is little used because it applies only to the very difficult dives. This position is a combination of one or more somersaults with one or more body twists.



Springboard diving, in formal competition, is judged on four main points, in the following order; (1) The divers approach to the end of the board, three to four quick steps and a hurdle, with both feet landing on the end of the board. (2) The height of the spring should be at least three feet above the board. (3) Judges then rate the execution of the dive, or how smoothly it is performed, after it reaches full height. (4) The final judgment is the diver's' entry into the water. The diver should enter the water nearly on a line with the board, and his body should be almost at a right angle with the water. The body should form a straight line, with arms and legs straight, toes pointed, and the head in a pocket between the out stretched arms. His arms should be straight above his head in head first entries, and at his side in feet first entries.

Learning to dive is a pleasant and challenging experience. It should be learned only from a qualified diving instructor. In this way, a diver learns the proper methods of protecting himself in diving, as well as the proper coordination necessary for perfect grace and beauty.