



Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM (www.ddst.org)

June 2005

Summer Twilight Practice Meets: SAVE THE DATES!

Our Summer League season begins on June 20th (see workout schedule on back), and this includes several short, afternoon practice meets with other teams in the area. Please save the afternoons of **Wednesday June 29th in Carson City, and here in Minden on Tuesday July 12th, Thursday July 14th, and Friday July 22nd. Warm-ups start 4:30 pm each time.** (See also Upcoming Meets below.)

Twilight meets are fun, low-key, "unofficial" meets, suited for both beginning and more experienced swimmers to practice some racing. They typically last 2-2½ hours. Your swimmer(s) should already have received meet and entry information from a coach. The cost for each meet is \$5 per swimmer, to help defray expenses.

Parent participation is an absolute necessity! We will need people to help with meet set-up, timers, and people to help with meet clean-up. This means that all parents should plan on taking on a responsibility. If you have never timed before, someone will be available to teach you how. **Also**, since most parents work, let your coach know if you can drive kids to Carson.



Coaches Corner

We are looking for summer swimmers, June 20th – August 14th, for a fun-filled summer. Please ask neighbors and friends to join our Summer

League program. We will be participating in four Twilight Meets, three of which we will be hosting, and one in Carson City. July 14th will be a fun Relay Meet against Tahoe, followed by a pizza party at Pizza Barn. Every Friday afternoon starting at 4:30 the elementary groups will be participating in a Friday Fun Day. Coaches Kiel and Sarah will be playing games and having fun races on Fridays. This is something that you can't miss!



Officials Clinic at CVSC June 18th

On Saturday, June 18th, from 8:45 am to 12:00 noon, Zone-4 Officials Chair Rick Kaufmann will conduct an Officials Clinic in the Multipurpose Room at Carson Valley Swim Center in Minden. This is a great opportunity for parents to learn about, and get involved in, the service of officiating at swim meets. **No prior swimming or officiating experience is required!** (Existing officials may also re-certify at this clinic.) **RSVP by email: kaufswimfam@att.net.**

The Douglas Dolphins need at least three more parents to become certified officials before we will be "carrying our weight" in the region. If you are unsure whether officiating is for you, this is your chance to find out. For more information on becoming a swimming official, see the Officials Corner section of the May 2005 *Dolphins' Monthly*, or feel free to contact Jim Morefield at 775-782-4360 or jdmore@charter.net.



Swimmer of the Month

Rachel Chen is our June 2005 Swimmer of the Month. Rachel started swimming two years ago, her favorite stroke is breaststroke, and her favorite event is 100 breaststroke. Rachel was chosen as Swimmer of the Month because she has a very good attitude and is a hard worker, has an easy-going demeanor, and swims with a smile on her face! Her favorite book is *George's Marvelous Medicine*, movie is *Madagascar*, food is spaghetti, and school subject is Math. Her favorite swimmers are her DDST team mates! If Rachel could change one thing, it would be how her butterfly looks, and her future goal is to swim really fast. She wants to be a teacher when she grows up. Congratulations Rachel! Keep up the great work!



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From the Meet Director

As the summer season starts getting into swing and everyone starts getting busy, I want to give you a reminder that our meet season begins too. **Our first home meet is August 12th, 13th and 14th.** A reminder to you "old" parents and a heads-up to the new ones that **we will need your help in the running of these meets.** There are jobs to suit everyone's needs, and we offer hands-on, on-the-job training! Please remember that these meets don't run on their own. I'll be in touch with each and every parent about a week prior to the meet to see what job you'd be interested in. If you have a specific job that you like to do, please feel free to call me, Anne McRae, at 775-267-5142.



Upcoming Meets

Meet sheets and entries are linked at www.pacswim.org/page/meet_info.html.

June 24-26, Bishop Swim Team, meet sheet www.pacswim.org/0605bst.pdf. Entries by mail only, postmarked by June 13th. This is an extra-fun meet for the whole family; all swimmers are encouraged to attend!

June 29, Carson City, Twilight Practice Meet, Carson vs. Douglas vs. Incline. See information sheet or coach for more info.

July 8-10, Tahoe Swim Club, meet sheet www.pacswim.org/0705taho.pdf (entry available online until June 30th, or deliver by June 30th, or postmark by June 27th).

July 12, Minden, Twilight Practice Meet, Douglas vs. Lakeridge vs. Incline. See information sheet or coach for more info.

July 14, Minden, Twilight Practice Relay Meet, Douglas vs. Tahoe, Pizza Barn after. See information sheet or coach.

July 14-17, San Jose, Adam Szmids Memorial Pacific Swimming Junior Olympics Championships. Meet sheet www.pacswim.org/0705westjo.pdf (enter online or deliver until July 6th, or postmark by July 5th).

July 22, Minden, Twilight Practice Meet, Douglas vs. Fallon vs. Incline. See information sheet or coach for more info.

NEXT REGULAR HOME MEET: August 12-14, Pacific Swimming Zone-4 Championships. All parents please be prepared to help out! Contact Meet Director Anne McRae, 267-5142, to volunteer. Entry details available soon.

HOME MEET: Sept. 30-Oct. 2, Autumn Freeze Invitational.

October 20-30, Reno Aquatic Club.

November 12-13, Carson Tigersharks.

HOME MEET: Dec. 4, Zone 4 Novice Meet.

HOME MEET: Jan. 27-29.



Carson Meet Report

At the May 27-30 Carson Memorial Day meet we had a small group of 12 swimmers swimming on various days. This meet is swum in a 50-meter pool, which is twice as long as our pool at home. **Sarah Koontz** and **Shawn Stubnar** swam the 400 free Friday night, both with great times. New swimmers to this 50-meter pool included **Shelby Koontz, Nicole Bennett, Kyle Johnston, Kyle Schaff, Chris Bergstrom,** and **Cole Bradley.**

At the end of the meet they all had one thing to say, "The pool is very long." Coaches Kiel and Sarah both agree that the swimmers stepped up to the challenge and swam very well. Amongst the strongest swimmers were **Katie O'Neill, Cassie Parr, Whitney Simpson,** and **Molly Lahlum.**



Tahoe Meet Report

At the June 4-5 Tahoe Meet, we had 23 Douglas Dolphins participate. In the 10 and under age group, three of our newest swimmers, **Haley Fischman, Erica Chappell,** and **Savannah Chappell,** all had outstanding swims. Erica swam a best time in the 100 IM by 11 seconds, and Savannah improved her 25 back by over one minute. Haley placed 5th in the 50 breast. **Allison Ansel** swam her first 25 back, and brother **Sam Ansel** improved his strokes in all four events he swam. **Alexis Von**

Schottenstein swam a best time in the 50 free, and tried 50 back for the first time. **Cameron Morefield** had a great meet with best times in every event, as did his sister, **Shaelin Morefield,** and **Becky Grabow.** **Kyle Johnston** placed 4th in the 50 back, and **Kyle Schaff** placed in most of his four events.

In the older age groups, **Levi Grabow** swam three events strongly in his first meet as a 13-14. **Shawn Stubnar** swam best times in every event. **Paula Sigala** had a great meet with four best times, sister **Sara Sigala** had a strong 200 breast, and sister **Josefina Sigala** looked great in her fly and IM. **Katie O'Neill** looked very strong in her 200 and 100 back, finished great in her 100 fly, and won her 200 fly. **Kaylee Hames** swam best times for 100 fly and 50 free, and right on best for the rest of her events. **Haley Von Schottenstein** had a great meet, with two new Junior Olympic times, taking off three seconds from her 100 IM and 100 breast. **Whitney Simpson** and **Cassie Parr** both had strong free and 200 breast swims. **Molly Lahlum** swam strong in 100 IM and 50 free.



Parents Corner

The following is from the FAQ (frequently asked questions) in the Parents section of www.usaswimming.org:

Q: Should my child begin setting goals?

A: Of course! Everyone should set goals. In fact, most kids have already set goals. As adults, however, we must remember that **kids are not simply little versions of us and are not going to set the same types of goals as adults.** One developmental difference is that children lack the cognitive ability to distinguish time and are also very concrete thinkers. Therefore, setting long-term goals often doesn't provide the motivation for kids that it does for adults. Kids want results today. With younger swimmers, it is appropriate to

talk about short-term goals -- what they need to work on today. Most coaches will emphasize goals that reinforce skill development and the process of swim performance. Additionally, based on cognitive development research, we know that around the age of 6 or 7, kids enter the stage of social comparison. In this stage, they begin to evaluate their own performance by comparing it to others. So as the parent, reinforce what the coach has emphasized and help her focus on individual improvement.



Tip of the Month

Tip of the Month comes from the Speedo Tip of the Week feature, in the Swimmers section of www.usaswimming.org.

Improving Your Backstroke Start, from Randall Bal, a member of the 2005 U.S. World Championships

team: Improving your backstroke start is an easy way to shave a few tenths off any backstroke event. One of the key elements to improving your backstroke start is to stay relaxed from the moment you set your feet and hands on the block until the moment you hear the buzzer go off. This allows your body to react quickly and precisely.

The next step to having a great start is to grab hold of the handles on the block and place your feet below the surface of the water at a comfortable depth, while keeping your knees bent and close to your chest. By doing this correctly, it will lessen the chance of your feet slipping while taking your mark. Generally, I like to keep my feet about six to seven inches below the surface and about four to five inches apart.

Once you feel comfortable with the position of your feet, you are now ready to take your mark. To do this properly, you will need to compress and roll your body into a tight ball while staying relaxed at the same time.

Once this position is established, you are ready to explode outward. To do this properly, you will need to initiate your start by throwing your head

back while swinging and extending your arms over your head while pushing up and outward with your legs (when done correctly it looks and feels as if it is one motion). Once your arms are over your head, be sure to streamline and arch your body so that your hands hit the water first. If everything goes well, your body will enter the water through the same hole that your hands did. This will make you feel as if you were shot out of a canon.

With practice, you will soon learn what works best for you, whether it be the placement and depth necessary for your feet, or the angle and arch needed for your body to enter the water through the same hole as your hands. One thing that I find helpful is to have my coach watch me do a few starts and provide me with feedback. Best of luck!



Officials Corner

(Questions on officiating or rules may be submitted to Jim Morefield at 775-782-4360 or jdmore@charter.net. The following is not an official determination of USA Swimming or Pacific Swimming.)

Q: My swimmer was disqualified when he turned over and did a flip turn in a backstroke event. Isn't this kind of turn legal in backstroke?

A: The forward flip is legal as a backstroke turn, but must meet certain requirements. Disqualification on a backstroke turn commonly occurs when the swimmer turns over too early, and must glide, or use extra pulls or kicks, to get close enough to the wall for a flip turn.

During backstroke turns, the USA Swimming rules state that "once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action." If, before touching the wall, a swimmer interrupts the turning action, either before or after the flip, in order to glide to the wall, he or she will likely be disqualified.

The rules also state that, once the swimmer leaves the back, "a continuous single arm pull or a continuous simultaneous double arm pull" [as in butterfly] "may be used to execute the turn." More than one consecutive arm pull while toward the breast is not allowed.

When finishing backstroke in an Individual Medley (IM) event, the swimmer must remain on the back until the touch. Forward flip turns are not allowed when changing from backstroke to breaststroke.

As always, any swimmer or parent who disagrees with a disqualification should ask their coach to discuss it with the Deck Referee, who may overturn a judge's call with sufficient cause. Further information is available in the Officials sections of www.usaswimming.org and www.pacswim.org.



DDST Mission

(from the Douglas Dolphin Swim Team Handbook, May 27th, 2004)

Our mission is to teach the foundations of fun, fitness, self-discipline, sportsmanship, and team work through the sport of competitive swimming and the triad of athlete, parent, and Coach. The mission of the Douglas Dolphin Swim Team is to promote positive growth and development for today's youth through athletics and multi-faceted teamwork.



Next Board Meeting

To accommodate vacation schedules, the next meeting of the DDST Board of Directors will be **one week early, on Tuesday June 21st**, at 6:30 pm, at the Carson Valley Swim Center. Otherwise, The regular meeting date remains the last Tuesday of each month. Parents are always welcome and encouraged to attend.



Transitions

Welcome New Swimmers: Mary Kay, Erica Chappell, Savannah Chappell.

Happy May Birthdays to Chris Bergstrom, Taylor Chandler, Rachel Chen, Shelby Gallagher, Kyle Johnston, Katie O'Neill, Emily Paulson, Morgan Richard, and Hanna Rutherford. **Happy June Birthdays** to Cameron Morefield and Paula Sigala.



Workout Schedules

Summer Break schedule starts on Monday June 20th, 2005. June 17th will be a Friday Fun Day on regular school schedule. There will be **no workouts on Friday June 24th and Monday July 4th.** Usually there is no workout on the day before away-meets involving overnight travel – check with a coach. **Correction from last newsletter:** White Dolphins always work out

Monday through **Thursday** (not Friday) even when school is out. Apologies for the error.

School IN Session

Seniors: M-Th 2:30-5:00, F 2:30-4:30

Pre seniors: M-F 2:30-4:30

Blue: M-Th 4:30-5:55, F 4:30-5:30

Red: M-Th 5:00-5:55, F 4:30-5:30

White: M-Th 4:30-5:00

School NOT in Session

(except Summer Break)

Seniors and Pre seniors: M-F 7:00-9:00 am

Blue: M-F 7:00-8:30 am

Red: M-F 7:00-8:00 am

White: M-Th 4:00-4:30 pm

Summer Break (starts June 20th)

Seniors and Pre seniors: M-F 6:30-9:00 am and M-W 4:00:5:30 pm

Blue: M-F 4:00-5:30 pm

Red: M-F 4:30-5:30 pm

White: M-Th 4:00-4:30



Next Newsletter

Due to family vacation, the next *Monthly* will not be appearing until about **July 20th**. Newsletter submissions will be open until July 12th (normally the 5th of each month). As always, questions, content requests, or items of interest to the DDST membership are welcome and encouraged, and should be sent to the newsletter editor, Jim Morefield, at jdmore@charter.net. Items can also be left in our family folder, in the file box on the team table in the pool lobby. (*Mailing committee Leslie, Cameron, and Shaelin Morefield; printing thanks to Joe Stubnar.*)



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