



Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM (www.ddst.org)

July 2005

Special **HELP WANTED!** Edition

IMMEDIATE OPENING: Hospitality Coordinator for Friday, August 12th, from about 11:00 am to 4 pm (or end of session). Mary Lahlum has graciously volunteered to stand in for Josefina Solano as Hospitality Coordinator for our **Zone-4 Championship meet August 12th-14th**, but can't attend on Friday until about 4 pm. Much of the preparation will already be done, and we mainly need someone present on Friday to coordinate assembly and distribution of Hospitality items. **No prior experience needed!** If you can help, please contact Mary Lahlum (775-782-6447 or MTLahlum@aol.com) or the Meet Director, Anne McRae (775-267-5142).

From the Meet Director: As our Championship meet is quickly sneaking up on us, I thought that I would write out a brief description of the jobs that make a meet go smoothly. There are quite a few new parents on the team who might not know what goes into running a swim meet. Most of these jobs take no training. None of them take swimming experience. **We'll train you as needed.** If you see a job that you think is one that you'd enjoy, please feel free to call **Anne McRae (775-267-5142)**.

- 1. Meet Director** - ideal for someone who is well organized and has a desire to dedicate some time to the team. Puts together and oversees the entire meet. Needs to have some knowledge of the swimming organization.
- 2. Meet Marshall** – trained and carded by USA Swimming. On-deck during warm-ups, oversees warm-up and cool down lanes. These are the people in the cool orange vests who ensure safe warm-ups. (2-3 per meet)
- 3. Computer** – this person runs all of the behind-the-scenes workings of the meet. Computer literacy is a must for this job and we desire someone who plans to be with the team for a while. **Training is available at upcoming meets!** (2-3 per meet)
- 4. Runners** – this is a good job for parents who are new to the sport. Runners distribute heat and lane postings from the computer room to specific locations and people. They are out around the pool most of the time, and have freedom of movement. (3 per session)
- 5. Colorado Timing** - This person runs the computer by the pool, with the officials. This position requires training and we desire someone who plans to be with the team for a while.
- 6. Colorado Timing Assistant** - works with the head Colorado Timing person, receives training for the Colorado Timing system. (1-2 per meet)
- 7. Head Timer** - fun job with a degree of responsibility. Distributes watches, clipboards, etc. to lanes after warm-ups. Stands by officials' table, starts 2 stopwatches for each race. Assists timers who didn't get a good start. (1 per session)
- 8. Clerk of Course** - checks in all swimmers for the meet. Responsible to keep track of when each event is scheduled to close; will learn USA and Pacific Swimming guidelines for registration. On-the-job training provided! (3-4 per session)
- 9. Snack Bar Coordinator** - purchases all items for the snack bar. Sets up and oversees the running of the snack bar. (1 per meet)

10. Snack Bar - Sells food and drinks. (3-5 per session)

11. Hospitality Coordinator - plans and prepares the hospitality meals and snacks that are served to all officials, working parents, timers, and coaches. (1-2 per meet)

12. Hospitality - assists Hospitality Coordinator. Prepares and serves meals and snacks. (3-4 per meet or 2-3 per session)

13. Announcer - announces the events, swimmers in each heat, etc. Training and a front-row seat are provided! (1 per session)

14. Awards - enjoy the air-conditioned computer room! These folks label the awards and separate them by team. (2-3 per afternoon)

15. Set Up and Break Down – 3-4 strong individuals are needed both before and after the meet to set up and take down all awnings, tables, scoreboard, etc.

16. Meet Officials - The officials that you see on deck are parents just like you and me! They are volunteers who have had training in stroke technique, USA and Pacific Swimming rules, and more. We are looking for dedicated parents who desire to learn more about the sport of swimming.

Swim meets are meant to be fun for everyone. Parent volunteers make a swim meet great. We have a great group of parents who have been around for a while. They are all happy to teach the ropes of swimming to parents of new swimmers. If you have questions about meet jobs, please feel to contact me at 267-5142.

Before a home meet you will usually receive 2 phone calls, one requesting your donations to hospitality and the other to sign up to work at the meet. We request your donations to hospitality to help defray the cost of the food. While swim meets are our main source of income, they are also very expensive to put on. We appreciate the effort that each of you puts in to running these meets.

Program Advertising

I am sure many of you have noticed the corporate advertisers in our meet programs. With the Board of Directors already hard at work planning our upcoming meet season, **now is the time** that we need to speak with businesses to see if they would like to advertise in our meet programs. This is an inexpensive way for businesses to get their names out there.

The Board requests that each family obtain 3 sponsors for the coming year. This helps defray the cost of running the great swim meets that the Douglas Dolphins are known to host. Coaches will be handing out the flyer that we give to businesses that are interested in advertising. More of these flyers will be available in the team box in the lobby.

Coaches Corner

Team Entries will be used for our Zone-4 Championship Meet, August 12th-14th. If you are **not able to attend** this meet please give Coach Sarah a **written notice by August 2nd**. You can leave the notices in the Coaches' file in the black box found in the front lobby by the trophy case. I would also like to thank all the parents for their participation in our last Twilight Meet.

The next (and last) Twilight Meet will be at home on Friday, July 22nd, at 4:00 pm against the Fallon Barracudas. Please ask Coach Kiel or Coach Sarah for entry cards.



Personal Cheers

Hey Parents! Here's a great way to cheer your swimmers on at our home meets! You can run a business card

size, personal cheer in the meet program. The kids love seeing their names or nick-names in the programs. What a great way to encourage our swimmers! If you choose, you can run a larger ad too. Costs are shown on personal cheer forms available from the coaches or in the swim team box in the lobby. All you need to do is cheer your swimmer(s) on! Be creative, make it fun, and support your team.



Swimmer of the Month

Rebecca Chappell is our July 2005 Swimmer of the Month. Rebecca has made a strong come-back to the team from a knee injury that took her out in the middle of the high school swim season. She is one of the only swimmers attending two practices per day. Rebecca is a girl on a mission to get back into her sport. Congratulations Rebecca – keep up the hard work!



Last Twilight Meet

Friday July 22nd is your last chance this summer to try out swim racing in a familiar, low-key, practice environment. **Warm-ups start 4:00 pm at Carson Valley Swim Center**, and the meet runs from about 4:30 or 4:45 to about 6:30. The cost is \$5.00 per swimmer to help cover expenses, and entry cards and information are available from the coaches. **Parents are also encouraged (and needed!)** to try out timing and other aspects of running a simple swim meet.



Upcoming Meets

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

July 22, Minden, Twilight Practice Meet, Douglas vs. Fallon. 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. **Team Entries are being used. Notify Coach Sarah by August 2nd** if you are **NOT** able to attend this meet.

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.



Bishop Meet Report

The 2005 Bishop meet, June 24th-26th, was of a different kind this year, with lower temperatures and bizarre windstorms. I was very pleased that a fair number of swimmers participated. The meet was a two and a half day meet, Friday afternoon through Sunday. Two stars that shined from the meet both won high point runner-up trophies: 9-year-old **Kyle Schaff**, and 10 year old **Cameron Morefield**.

The Dolphins improved a majority of their times, and placed very well. It's hard to touch on every swimmer at the meet. Other swimmers with great performances included **Becky Grabow**, **Shaelin Morefield**, **Kyle Johnston**, and **Marco Hyman**, along with many other swimmers who made best times. Saturday night the team had their annual BBQ and water fight in the park near the pool, which was a hit as always.



Tahoe Meet July 8-9

Although there were very few swimmers, Dolphins swam well at this meet. Friday night we had three swimmers, **Kaylee Hames**, **Haley Von Schottenstein**, and **Sarah Koontz**. All three swam the 500 free, Sarah with a best time. Haley also swam the 200 IM with a best time. Saturday morning **Savanna Chappell** and **Erica Chappell** swam strong in each of their events. **Shelby Koontz**, newly turned 7, swam best times in every one of her events throughout the weekend.

Cassie Parr, **Chris Bergstrom**, and **Sarah Koontz** all swam on best times throughout the weekend. At the Sunday afternoon session, **Kyle Schaff** and **Kyle Johnston** swam on their best times too.



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Carson Twilight Meet

We had 11 swimmers participate in the first Twilight Meet of the year on June 29th. We had quite a few new swimmers, including brand-new **Victoria** and **Nathan**, as well as our summer swimmers. In every event, the Dolphins shined, winning most events. Coaches Sarah and Kiel agree that our swimmers are looking great in the water. Keep up the great job in practice!



Twilight Meet July 12th

Thirty swimmers participated in our first home Twilight Meet of the season. The coaches were very pleased to have so many Dolphins involved in our meet, including a majority of our newer team members! I would also like to thank all the parents that helped run the meet. Without your help, the meet would not have been such a hit. We had some best times for some of our veteran swimmers, and some new experiences for others.



Twilight Relay Meet

Our Twilight Meet against Lake Tahoe on July 14th was very well attended by both teams. Together the teams fielded two full heats for each of the nine relay events. Highlights of this fun evening were the relays where swimmers had to exchange caps, kickboards, or T-shirts between each leg, and of course the pizza party afterward. There were lots of laughs, and all the swimmers seemed to have a great time.



Junior Olympics

Congratulations to our two Junior Olympic swimmers, **Josefina Sigala** and **Katie O'Neill**, who traveled to San Jose to represent the Dolphins July 14th-17th. Both swimmers had great meets. Josefina swam a best time in 400 IM, taking off a huge 5 seconds. Katie swam best times in both her 100 fly and 200 back. There were close to 1000 swimmers at the meet.



Dolphins Splash Back

Thanks to all of the families who participated in the Splash Back program this year. We sent three boxes of donated items to our adopted soldier, Pfc. Jose Baranco, on Monday June 27th. They were filled with candy, hand-held computerized games, powder, shaving cream, DVDs, batteries, gum and much, much more.

The Record Courier contacted us and wrote a great piece about our community project. We as a Board feel that it is so important for our kids to have the opportunity to give a little of what we have to others.

Thank you again for your support of this soldier serving in Iraq!



Parents Corner

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

Q: I realize my child is training hard, but she seems to have no energy. Could something be wrong?

A: Training for competitive swimming is very demanding. Young swimmers are often fatigued throughout the course of a season. Researchers have been investigating the potential cause(s) of this fatigue for many years. It appears that there may be several factors that impact the athlete either alone or in combination. Two of these include iron status problems and caloric restriction or imbalance.

Iron is essential for good health. A primary role of iron is to aid in transporting oxygen to the muscle cells. Adolescents have increasing body iron requirements (1.5x adults) due to their rapid growth. Diets that are low in iron may predispose young athletes, especially females, to iron deficiency problems. Symptoms of iron deficiency include chronic fatigue, increased susceptibility to infection and potential problems with concentration

and perception. A simple solution is to consume an iron rich diet that includes poultry, lean red meats, green vegetables and iron fortified breakfast cereals.

The second cause often relates to caloric consumption by athletes. Competitive swimmers can burn several thousand calories per day in training. Often, the athlete will not replace those calories through adequate nutritional habits. Like a checkbook, the swimmer over time lives in a caloric deficit. This can result in an inability to maintain training intensity, decreased performance, fatigue, and an increased risk for illness and/or injury.

It is very important for athletes, coaches and parents to understand the difference between "good fatigue" and "bad fatigue." Fatigue is a typical response to training, however the swimmer should recover during the rest periods. The stress-recovery pattern should be apparent in youngsters who are adapting appropriately to swim training.



Tips of the Month

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

Relaxing Before a Race, from Bonnie Moss, excerpted from *Splash Magazine*: It sounds basic, but staying calm and focused is not easy for everyone. Sports psychologist Dr. Alan Goldberg suggests using a pre-race ritual to relax. Rituals are important because they're familiar and comforting. Do what is normal – eat the same foods, stretch the same way, swim the same warm-up, etc.

Another tip is to control what your eyes see and ears hear. Don't look around at the competition, or think negatively while stretching. You'll tighten up, defeating the purpose. Try a popular stretching technique – progressive muscle relaxation – concentrating on each muscle group from

head to toe. Stretch each group, hold for 10 seconds, then slowly release.

And don't forget to breathe. "If you can control your breathing, you can control anything," says Goldberg. He suggests inhaling slowly for four seconds, holding for two, then slowly exhaling for four. When you master this technique, incorporate mental imagery into your breathing pattern. Imagine the crowd, TV cameras, noise, even the chlorine smell. Picture yourself staying calm and swimming a perfect race.

Whether your techniques include personal rituals, stretching and breathing patterns, mental imagery, or divine intervention and prayer, start practicing now. Don't wait until a big meet to try something new. Remember, familiarity tames anxiety.

1992 Olympic gold medalist and professional chef, Nicole Haislett, offers some advice on refueling the body after a workout: Without getting too scientific, our bodies – specifically our muscles – need fuel, and the only energy source that can power them is ATP (adenosine triphosphate). Our muscles store enough ATP for just a very short time.

For back-up, our energy system is supplied by fat, carbohydrates and protein throughout the duration of aerobic exercise. As a swimmer's body struggles to keep up with the demand placed on it by its muscles, breakdown occurs.

Athletes can recover more effectively, work out harder more frequently, increase muscle mass and enhance physical adaptations by not only watching what they eat, but when they eat it.

I received a lot of e-mails from readers about nutrition – what they should eat after workouts, and so on. One that really stuck with me, however, was about swimmers skipping breakfast because they were going straight from morning practice to school and didn't have time to eat. That's not a good idea.

It's important to refuel your body after workout, and that window of op-

portunity is open for just 30 minutes after exercise.



DDST Objectives

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

- A. To stimulate an interest in and provide training for competitive swimming.
- B. To provide an opportunity to learn sportsmanship and team cooperation.
- C. To contribute to the increased skills and knowledge for high school, college, and senior levels of swimming.
- D. To furnish a positive wholesome and worthwhile physical, mental, and recreational outlet.



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: Why does it seem like the judges are "out to get" the swimmers?

A: Exactly the opposite is usually true (and always should be). Informing a swimmer – especially a younger one – that they have been disqualified after a hard-swum race is often heart-breaking for swimmer and judge alike. The rush of paperwork is no fun either. Many newer stroke and turn judges are sorely tempted to be a little more lenient with the younger or less-experienced kids.

The job of a stroke and turn judge, however, is to ensure that the competition remains fair and equitable for all swimmers at the meet, in conformance with USA Swimming rules. Judges are trained to observe all swimmers in their jurisdiction equally and without bias. Any leniency with the rules starts the competition down a slippery slope.

Where does it stop? To make exceptions to the rules based on perceived experience, age, or any other factor, would be an arbitrary call on each judge's part, and would be unfair to all the other swimmers who make the effort to conform to the rules.

One of the cardinal rules of judging swimming is that the benefit of the doubt always goes to the swimmer, but this is very different from intentional leniency. If an official is not certain that an infraction was observed, then no DQ should be called.

Painful though it may be sometimes, each official is obligated to apply the rules uniformly to all swimmers in a competition, to the best of their ability. Personally, the job brings the greatest satisfaction (and relief) each time a heat finishes with NO infractions, and that is the outcome more often than not.

Fortunately, the vast majority of meet officials are good-hearted, conscientious volunteers who take great pains to ensure that competitive swimming remains one of the best and most fairly officiated sports. Any parent or swimmer with concerns about the call or attitude of a deck official should ask their coach to discuss the matter with the deck referee.

Further information is available in the Officials sections of www.usaswimming.org and www.pacswim.org.



Next Board Meeting

To accommodate summer practice schedules, the next meeting of the DDST Board of Directors will be **one hour early, at 5:30 pm on Tuesday July 26th**, at the Carson Valley Swim Center. The regular meeting times are still 6:30 pm on the last Tuesday of each month. Parents are always welcome and encouraged to attend.



Transitions

Welcome New Swimmers: Alex Gumm, Mandy Moore, Priyanka Khosla, Shreya Khosla, Marshall, Nathan, and Victora, and back on the team for the summer are Alex Picken and Matt Picken. **Happy July Birthdays** to Savannah Chappell, 7; Allison Ansel, 7; Taylor Killion, 11; Shelby Koontz, 7; Molly Lahlum, 12; Kyle Schaff, 10; and Eric Todd, 10.



Practice Schedules

Change from last newsletter: morning practices start at 6:45, not 6:30. There will be **no practice on Friday August 12th** due to the Zone-4 Championship Meet. Usually there is also no practice on the day before away-meets involving overnight travel – check with a coach. **Douglas County elementary schools start session Au-**

gust 10th! Secondary schools start August 29th. Verify your practice times with a coach during this transition.

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 6:45-9:00 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

The next *Monthly* will be appearing immediately after the August 12-14 Zone-4 Championships. Newsletter submissions are encouraged **by August 6th**, and must **close after August 15th**. 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 782-4360 or jdmore@charter.net. Items can also be left in our family folder, in the file box on the team table in the pool lobby. **A big thank you to this month's major contributors, Anne McRae and Coach Sarah Davenport, to the mailing committee (Leslie, Cameron, and Shaelin Morefield), and to Joe Stubnar for printing and labels.**



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