



Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM (www.ddst.org)

August 2005

SAVE THE DATE: Team Picnic September 11th

The Douglas Dolfín Swim Team will hold its **team picnic on Sunday afternoon, September 11th, at 1:00 pm**, at the park across from Piñon Hills Elementary School in the Johnson Lane area. All are encouraged to attend and bring **one dish to share, plus your own items to barbeque**. **Directions:** take Highway 395 north from Minden, or south from Carson City, and turn east at Stephanie Way. After about three miles, the park will be on your left, just past a fire station and across from Piñon Hills Elementary School. We hope to see you all there!



Team Suit Order Due September 1st

The Douglas Dolphins are going to place an order for team suits. The suits are TYR polyester racing suits, Royal blue with the Dolfín logo on the front. Polyester suits are very durable and last much longer than Lycra suits.

Money and size information need to be turned in **no later than September 1st, 2005**, in the gray payment box located at the swim center. **Forms** are available from a coach or in the front of the team file box in the Swim Center lobby. For further information, please contact Kary Grabow (267-5340 or kary.grabow@bently.com).



Swimmers of the Month

Matt Picken and **Alex Picken** both did an outstanding job in practices and at our Zone Championship meet, so for August we have **two swimmers of the month!** The two brothers have been swimming for the Dolphins for three summers now, and each summer the boys become more a part of our team. The end of each summer comes and it becomes harder and harder to say goodbye. At the Zone-4 Championships both boys won High-point in their age groups, and had best swims by leaps and bounds. The boys live in Mammoth, CA, where this year Matt will be a freshman and Alex will be in 5th grade. We wish them well in the next year and hope to see them next summer. Congratulations Alex and Matt! Keep up the great work!



Coaches Corner

In the last issue of *Splash* magazine, there was an article called "Pick Your Spot." **This article hit on all the reasons goal setting is important.** For example, would you get on your bike or in a car and drive aimlessly? Probably not. This is why we set goals for ourselves, not just in swimming but also in life. This is a great time to set goals for the upcoming year.

Ask yourself, "what do I want to have accomplished in one year?" In this upcoming year we have five regular meets, all local, before State Cham-

pionships in Las Vegas. At State, Zone-4 has All-Star sign-ups where the top swimmers are asked to represent our Zone. Mid-March brings the Junior Olympics, which lead us into spring swimming which is High School swim season, and the beginning of long-course. Which then brings us right back to summer swimming.

The Dolphins schedule is broken up into three seasons: (1) fall-winter finished up by State, all-stars, or JOs, (2) spring which is finished by High School, and (3) summer finished by JOs or Zone-4 Championships. The best time for your swimmer to take a training break would be after a championship. This will help you and your swimmer plan your next year and help them with their goals.



INSIDE THIS ISSUE:

<i>Team Picnic Sept. 11th</i>	1
<i>Team Suit Order Sept. 1st</i>	1
<i>Swimmer of the Month</i>	1
<i>Coaches Corner</i>	1
<i>2006 State Times Available</i>	2
<i>From the Meet Director</i>	2
<i>Thank You Meet Volunteers!</i>	2
<i>Upcoming Meets</i>	2
<i>Zone-4 Championships</i>	3
<i>Officials Corner (rule changes)</i>	3
<i>Next Board Meeting</i>	3
<i>Practice Schedules</i>	4



2006 State Times Available

The **2006 Nevada State Championship Time Standards** have been released and are available from the coaches. Several of the 15-up girls qualifying times have changed, as have 15-up boys 50 free, and 11-12 girls 50 back. All other times are unchanged from 2005. Stay tuned for more information on the Nevada State Championship meet, currently scheduled for February in Las Vegas.



Personal Cheers

Hey Parents! Here's a great way to cheer your swimmers on at our upcoming 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.



From the Meet Director

I would like to thank everyone who volunteered their time for the Zone-4 Championship Meet. At each meet that we host, I have people telling me what great meets DDST hosts. This can only be attributed to the dedicated group of parents that we have! From the parents who have been involved for several years, to the first-time swim parents, each one of you happily donates their time to the running of the meets. Thanks!!

All DDST parents should be aware that, as stated in the Team Handbook, the quarterly DDST membership fees (\$50 per swimmer or \$75 per family) can be worked off thru team fundraising, including helping with meets that we host. A parent must work at least

four hours each at 2/3 of the meets the team hosts each year to offset these fees.



Thank You Meet Volunteers!

Without your help, the Zone-4 Championships could not have been as successful or smoothly run. (And from the Newsletter Editor, apologies in advance for any mangled, partial, or missed names – let me know and they will be corrected in the next issue!)

Thanks and kudos to the following parents and swimmers (in alphabetic order) for their excellent work:

Lila Ansel (co-Meet Director), **Rick Ansel** (Runner, Hospitality, Set-up, Clean-up), **Amy Baker** (Announcer), **Richard Baker** (Set-up, Clean-up), **Elizabeth Bergstrom** (Clerk of Course), **Mark Bergstrom** (Head Timer), **Cassie Brockway** (Clerk of Course), **Eric Byers** (Awards, Clean-up), **Shari Chappell** (Announcer), **Steve Chappell** (Pool Marshall), **Diana & Mitchell Fischman** (Hospitality), **Susan Govan** (Hospitality), **Cindy Grabow** (Snack Bar Coordinator), **Kary Grabow** (Meet Marshall, Hospitality, Set-up, Clean-up), **Gina Hames** (Colorado Timing), **David Hyman** (Snack Bar), **Lorna Johnston** (Meet Marshall, Hospitality), **Paul Johnston** (Set-up, Clean-up), **Joyce Jones** (Clerk of Course), **Christene Kessler** (Snack Bar), **Lane Killion** (Computer, Snack Bar), **Linda Koontz** (assistant Colorado Timing), **Mary Lahlum** (Hospitality Coordinator), **Lori Lane** (Hospitality), **Amanda McRae** (Head Timer), **Anne McRae** (Meet Director, Set-up, Clean-up), **Jim Morefield** (Stroke and Turn Official, Set-up, Clean-up), **Leslie Morefield** (Stroke and Turn Official, Clean-up), **Callie Parr** (tireless Runner!), **Katie Patrick** (Hospitality), **Susie Paulson** (Hospitality), **Cindy Simpson** (Clerk of Course), **Joe Stubnar** (Computer), **Stacey Von Schottenstein** (Hospitality

Coordinator), **Ted Voyles** (Program Sales), and to all the parents and swimmers, above or otherwise, who pitched in elsewhere whenever needed with set-up, clean-up, stuffing goodie bags, purchasing hospitality items, etc.

We are also grateful to the many excellent meet officials and timers from Bishop, Carson, Tahoe, Reno, Lakeridge, and Mammoth who volunteered their services, and without whose help the meet also would not have been possible. We look forward to reciprocating at your meets during the coming year.



Upcoming Meets

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

HOME MEET: Sept. 30-Oct. 2, Autumn Freeze Invitational. **All parents please be prepared to help out!** Contact Meet Director Anne McRae, 267-5142, to volunteer.

October 28-30, Reno Aquatic Club.

November 12-13, Carson Tigersharks.

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

HOME MEET: Jan. 27-29.



Twilight Meet July 22nd

Thirty Dolphins participated in our last Twilight Meet of the season. The meet was a hit and ran very smoothly, thanks to the help of all the parents. Our 30 Dolphins were up against the Fallon Baracudas, who brought 12 of their swimmers. The meet started at 4:45 and was over and cleaned up by 6:30. These are great meets for swimmers with little or no meet experience. All our swimmers swam very well. One thing that Sarah noticed was how the new swimmers were doing much better with the meet, getting to the blocks on time, and swimming much better.



Zone-4 Championships

Thanks to an excellent team effort, the Douglas Dolphins earned the 3rd-place trophy in the Pacific Swimming Zone-4 Championships held in Minden August 12th-14th. We had 46 swimmers competing at the 3-day championship. Four Dolphins won High-point trophies in their age groups: **Haley Von Schotenstein** (11-12 A-division), **Alex Picken** (9-10 B-division), **Matt Picken** (13-14 B-Division), and **Marco Hyman** (15-up B-division). Each of these swimmers swam their best meet, achieving best times in most events.

Other swimmers that had an outstanding meet included **Cassie Parr** with huge time drops in all events, and **Chris Bergstrom** with best times in every event. **Kyle Johnston** swam with a lot of heart and gave each event everything he had. **Taylor Brockway** and **Kaylee Hames** were the Dolphins' tough distance swimmers, conquering the 1650, 1000, and 500 freestyle events. **Sam Ansel**, **Becky Grabow**, and **Shawn Kessler** had a great meet with great technical improvements as well as times. **Lexi Lane** and **Becky Grabow** greatly improved their diving. **Sarah Koontz**, **Shelby Koontz**, and **Rebecca Chappell** all had great performances and best times.

Even the swimmers who were out of the water a lot this summer improved at least one time each, including **Kaylee Hames**, **John McRae**, **Amanda McRae**, **Cameron Morefield**, and **Shaelin Morefield**. Quite a few of our new swimmers made great improvements, including **Allison Ansel**, **Cole Bradley**, **Kay Renee Bromley**, **Marshall McKown**, **Victoria Swearingen**, **Katie Woellner**, **Taylor Chandler**, **Priyanka Khosla**, and **Shreya Khosla**.

This meet was a great experience for the team, who really came together to cheer each other on. July was a small month for the team, so most swimmers were not in the water consistently, and both coaches were very pleased that the kids swam so well anyway. The best gift a coach can get is when all the hours they spend, trying to help swimmers improve, pay off. To

see a swimmer finally get a dive or stroke right, or to see a swimmer's face when they have achieved, is priceless.



Officials Corner: Rule Changes Coming!

(Questions on officiating or rules may be submitted to Jim Morefield at 775-782-4360 or jdmore@charter.net.)

During the 11th FINA World Championships, held July 16-31, 2005, in Montreal, the FINA Technical Congresses met to decide on rule changes for the next four years, for all the aquatic sports. The next Olympic Games will be conducted under these new rules, and athletes will have the next three years to learn and take advantage of them.

Over the objections of the USA, Australia, and several other countries, **the Swimming Technical Congress accepted two significant rule changes, one each in backstroke and breaststroke, to become effective in late September, 2005.** USA Swimming will likely implement some version of these changes at about the same time. Despite its objections, USA Swimming must do this so that its athletes will remain prepared for International competition. **Please remember that these changes are not yet legal in the USA:**

In backstroke, the requirement for the feet to be completely under water during the start was eliminated. Swimmers must still line up "in the water," though (suggesting that at least the heels must still be dipped), hands must still hold the starting grips, and one still may not stand in or on the gutter or bend the toes over the lip of the gutter.

In breaststroke, during the underwater pull-down cycle at the beginning of each length, "a single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged." As stated in a July 22nd press release, this new rule "ends decades of controversies (the first one occurred in Berlin, in 1978, at the World Championships, the latest last year in Athens, at the Olym-

pics)". It was also made even clearer than before that the **breaststroke cycle** "must be one arm stroke and one leg kick, in that order." One must start each length of breaststroke with an arm stroke (never a leg kick), and must then alternate one breaststroke kick for each arm stroke, and vice versa.

There was also rumor about a revision to the submersion rule for backstroke finishes, but nothing seems to have changed there: a swimmer may still be completely submerged at, but not before, the finish.

Swimmers, please note: until USA Swimming officially changes their rules, NONE OF THE ABOVE CHANGES ARE YET LEGAL! Any changes to your swimming or racing technique should be discussed with your coach first. Stay tuned to this column for further updates. Current USA Swimming rules are available at www.usaswimming.org, under Volunteers, Officials, Rules & Regulations.



Reminder: Cookie Dough Orders Due August 22nd

Orders for this year's cookie dough fundraiser must be turned in by Monday, August 22nd, so that the cookie dough can arrive by August 31st for distribution. Please use the envelope and order form included in the packet handed out to your swimmer(s).

This and other fundraising activities, including hosting swim meets, help to offset your quarterly membership fees of \$50 per swimmer, or \$75 per family, as outlined in the DDST Team Handbook.



Next Board Meeting

Regular meetings of the DDST Board of Directors are on the last Tuesday of each month, at 6:30 pm at the **Carson Valley Swim Center**. **The next meeting will be on Tuesday, August 30th.** Parents are always welcome and encouraged to attend.



Transitions

Welcome New Swimmers: Katie Woellner, back on the team are Kay Bromley and Sarah Bates. **Happy August Birthdays** to Lexi Lane (8/1), Whitney Simpson (8/5), Alex Picken (8/17), Julie Jones (8/21), and Coach Kiel Mata (8/29). (Please let the Editor know if we inadvertently leave out a swimmer in this section, and we will make it right!)



Practice Schedules

School schedules are back in effect starting August 29th, when the middle school and high school sessions begin. Until then, **all** swimmers should continue to follow the Summer Break schedule. **Note the slightly revised start times on School Session days!**

As always, there is usually no practice on the day before away-meets involving overnight travel – check with a coach.

School IN Session

Seniors: M-F 2:45-5:00

Pre seniors: M-F 2:45-4:30

Blue: M-Th 4:45-5:55, F 4:30-5:30

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

White: M-Th 4:15-4:45

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 19th?)

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 about September 15th. **All submissions should be received by September 10th.** 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.** (Coming in the next issue: when do swimmers move up to the next practice group?) 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, Coach Sarah Davenport, Anne McRae, and Kary Grabow, to the mailing committee (Leslie, Cameron, and Shaelin Morefield), and to Joe Stubnar for printing and labels.**



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