



Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM (www.ddst.org)

September 2005

From the Meet Director: Next Home Meet Starts Friday September 30th!

I would again like to extend a big **Thank You to all the volunteers who helped our Zone-4 Championship meet run so successfully!** Swim meets are our biggest fundraising events of each year, and the Team could not continue to function, much less thrive, without your generous help at these events.

Now it is time to gear up again for our next home meet, the **Autumn Freeze**, which runs **Friday afternoon through Sunday, Sept. 30th to Oct. 2nd**. If you haven't already done so, **please consider how you can contribute to hosting another successful meet.**

The more volunteers we have, the smaller the burden each has to bear. Most positions are easily learned, with training available during the meet. (This is also a great way to offset your quarterly fees of \$50 per swimmer, or \$75 per family – see Team Handbook.)

If you would like **more information**, are interested in **training**, or would like to **volunteer** for a particular position, **please call Anne McRae at 775-267-5142**. During the week before the meet, I will be calling parents who have not yet volunteered. Currently, we particularly need help with the following positions:

Hospitality – assists Hospitality Coordinator. Prepares and serves

meals and snacks. (3-4 per meet or 2-3 per session)

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

Announcer – announces the events, swimmers in each heat, etc. Training and a front-row seat are provided!

(1 per session)

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)



Practice Schedules Changing Oct. 3rd: White & Red Dolphins

White Group is making huge changes. **Starting on Monday, October 3rd**, just after the Autumn Freeze meet, they are going to practice **three days a week instead of 4** and swim for **45 minutes each day**. Their new swim times will be **Mondays, Wednesdays, and Fridays from 4:15 to 5:00pm**. We are changing the times and days so the swimmers can have more time with the coaches each day, without overdoing it.

Red Dolphins will be **dropping Fridays**, swimming just **four days per week** instead of the previous five. We are changing this to help swimmers not get burned out, and to give them a chance to focus on four good days.

See the revised practice schedules on the back page of this issue, and contact the coaches if you have any questions or concerns.



Swimmer of the Month

Shawn Stubnar is our September 2005 Swimmer of the Month. Shawn came back 3 days before the Zone-4 Championships and swam doubles. He swam best times at the meet, then during “hell week” he swam doubles three times and was named hardest worker by coach Sarah. Shawn was chosen as Swimmer of the Month for his outstanding effort during this time, just after returning to the team from his summer break with his Mom. His favorite video game is *Need for Speed Underground Two*, movie is *Black Hawk Down*, food is Butterfinger, and school subject is PE. Shawn's favorite thing about swimming is that it's fun, and his favorite swimmer is ME! He wants to be a pro dirt bike rider he grows up. Congratulations Shawn! Keep up the great work!



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Coaches Corner: About Practice Groups

This month's focus is on **how your swimmer can move up in practice groups**. The Douglas Dolphins are made up of **five levels**; in order these are the White, Red, Blue, Pre senior, and Senior groups.

White Dolphins are our new swimmers. They swim 3 days a week for 45 minutes working on novice swimming skills. We introduce mainly freestyle and backstroke, with a few butterfly and breaststroke drills. All the drills help the swimmer with proper hand placement and body position. We also work on introduction of starts and turns. When the swimmer is strong enough to handle an hour practice and has a good understanding of the basic drills, the coach will move the swimmer into the Red Dolphins.

Red Dolphins practice one hour Monday thru Thursday. This group works on basic drills of all four strokes, and is introduced to Individual Medley (IM) structure, basic set structure, and little clockwork. To move into the next group the swimmer must be able to complete a legal IM, with every thing listed above.

Blue Dolphins are our strongest elementary group. To be in this group you must be at least 9 years old, be able to understand more structured sets, and have good listening skills. To move to the next level, Pre seniors, the swimmer must be at least in the summer before middle school. The swimmer must be able to handle a 2-hour workout, have good clock understanding, and attend swim practice on a regular basis.

Pre-seniors are a highly competitive group. They practice for 1½ to 2-hours per day including dry-land work, and have highly complicated sets. To be a part of this group you must first be going into 7th Grade, be able to handle a longer work out, and be at practice more consistently.

Senior group is our highest level. You must first be at least 13 yrs old, and be dedicated to the team. This group works out 2 to 2 ½ hours per day including dry-land work. They swim 6000-8000 yards each workout, typically with a mix of IM, stroke work, and freestyle pulling. To be a part of this group you must be dedicated to the team, and compete at most meets.



Private Lessons

Coach Sarah is once again offering private lessons to Douglas Dolphin members, focusing on general swimming technique and habits, and/or specific stroke instruction. The cost will be \$20 per 30-minute session. Contact Sarah (sgovanswm@aol.com, 775-287-1035) for more information.



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, meet sheet www.pacswim.org/0905ddst.pdf (enter on-line or deliver by Sept. 21st, or postmark by Sept. 19th). **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 Sextathlon Invitational, meet sheet www.pacswim.org/1105cars.pdf (enter on-line or deliver by Nov. 2nd, or postmark by Oct. 31st).

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

HOME MEET: Jan. 27-29.



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.



Tips of the Month

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

Nutritional Balance Tips from 1992 Olympic gold medalist and professional chef, Nicole Haislett: As an athlete, what you put into your body is far more important than for someone who is not in serious training. A proper balance of carbohydrates, protein and fat is essential to optimizing training. A swimmer needs ample carbohydrates since low glycogen (converted carbohydrates) leads to early fatigue. Protein is valuable because it is responsible for the growth and formation of new tissues and for repairing damaged tissues. A prime example is your muscles, which a swimmer is continuously trying to build and restore. Finally, fat should not be seen as a bad word. It's necessary in everyone's diet. It provides energy, protects our organs, carries certain vitamins and maintains body temperature. An athlete should try to limit the amount of fat they consume (less than 30 percent of their diet) and avoid saturated fats, which typically come from animal sources and tropical oils.

Bonnie Moss, special correspondent for *Splash Magazine*, with Olympian Katie Hoff's perspective on Distance Per Stroke (DPS) in Breaststroke: Long, strong strokes are fast and efficient, something Yetter and Hoff take to heart. "During the 400 IM, I try to think about being smooth and relaxed," Hoff says.

If you have an efficient distance per stroke, you're using every ounce of energy to carry yourself forward. In breaststroke, for example, Hoff aims for a tight in-line body position while completing the kick. Yetter says when focusing on DPS, it's important to sub-

tract the negatives, meaning that instead of adding elements of power to your stroke, you should take out any resistance.

A drill to increase DPS: 2 pullouts underwater + 2 full strokes on the surface + 2 more pullouts underwater (6 total strokes), per 25. This drill forces you to get the most out of each pull.



Officials Corner

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

A Rules Primer (from the Parents section of the USA Swimming web site):

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules that is observed by an official, a disqualification (DQ) will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. A disqualification may result from actions such as not getting to the starting blocks on time, false starting, performing strokes in an illegal manner, or unsportsman-like conduct.

DQs are also a result of technical rules violations. They include but are not limited to:

Freestyle: Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.

Backstroke: Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.

Breaststroke: An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of

the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

Butterfly: Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breast-stroke style of kick; touching with only one hand at the turns or finish.

For specific language on any technical rules consult the USA Swimming Rules and Regulations book. Violations of the rules are reported to the Referee. The rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification.

If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork—they point out areas that need further practice. Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach, and parent can make a positive situation out of the disqualification.



Team Picnic

Sunday September 11th was a beautiful, peaceful, Autumn-like day in the Johnson Lane area, just right for our Team Picnic. Members of at least a dozen families came to share an afternoon of food and fun. It was great to have Coach Sarah's whole family there, and to see the Pickens again after their annual return to Mammoth Lakes. After a lunch punctuated by episodes of football and frisbee throwing, and a parents' meeting to discuss our upcoming Autumn Freeze meet, a massive soccer game ensued among swimmers and parents of all ages. Thank you to all who came, brought excellent dishes

and desserts to share, and helped make the gathering memorable for all.



Cookie Dough Fundraiser a Success!

Thanks to everyone who helped raise funds for the Douglas Dolphins through our annual Cookie Dough sales drive (and to the Grabows, who coordinated this year's effort!). Your hard work netted a \$1,267.20 profit for the Team, which will be a big help in getting us through the next year. Our top five sellers, each of whom sold more than 20 boxes, were **Julie Jones, Cassie Parr, Shawn Kessler, Kaylee Hames, and Eric Todd**. To these and all the other swimmers and families who participated: great job!



From the Team Handbook

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.



Next Board Meeting

Regular meetings of the DDST Board of Directors are on the last Tuesday of each month, **now at an earlier time**, right after practice at **6:00 pm at the Carson Valley Swim Center**. The next meeting will be on **Tuesday, August 30th**. Parents are always welcome and encouraged to attend, and minutes of previous meetings are available on request from the Secretary. If you don't see us inside, check outside!



Transitions

Welcome New Swimmers: Lindsey Johnston and Stephanie Trackman.

Farewells to Kyle Schaff; until next summer (we hope) to Alex and Matt Picken, Marshall McKown, and Nathan Fischman; and temporarily (we hope) to Victoria Swearingen (for Dance) and Mandy Moore (for High School tennis). **Happy September Birthdays** to Becky Grabow (9/5), John McRae (9/7), Coach Sarah Davenport (9/13), and Shawn Kessler (9/29). (Please let the Editor know of any errors or omissions in this section, and we will make it right!)



Practice Schedules

Note the revised days and times for **White and Red Dolphins, starting October 3rd**! As always, there is usually no practice on the day before away-

meets involving overnight travel – check with a coach.

School(s) 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

White: M, W, F 4:15-5:00

Schools All NOT in Session

(official Holidays except Thanksgiving Day, Christmas, New Year; common break periods **except Summer Break**)

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

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

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

White: M, W, F 4:00-4:45 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-Th 4:30-5:30 pm

White: M, W, F 4:00-4:45



Next Newsletter

The next *Monthly* will appear about October 10th. **All submissions should be received by October 5th**. 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, Coach Sarah Davenport, Cindy Grabow, and Anne McRae, to the mailing committee (Leslie, Cameron, and Shaelin Morefield), and to Joe Stubnar for printing and labels.*



Douglas Dolphin Swim Team

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