



Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM (www.ddst.org)

October 2005

2006 USA-S Registration Fees Due October 31st!

All Dolphins currently registered with USA Swimming for 2005 will be **renewed as a group by the team for 2006**. A single check per family, for \$50 (1 swimmer), \$100 (2 swimmers), or \$150 (3 swimmers), etc., and **payable to Pacific Swimming, should be deposited in the gray pay box at the Swim Center no later than Monday, October 31st**.

If you recently joined USA Swimming or the Douglas Dolphins (after about August 15th), check with a Coach to see if you are on the team renewal list. If not, or you are **not yet registered**, you will need to obtain the 2006 form from the Coach and mail it separately with payment (see *Help for New Parents* in this Newsletter).



Halloween Party Due October 31st!

Oops, I mean **ON October 31st** (Monday), the Dolphins will have their annual Halloween party starting at **4:30 pm at the Swim Center**. Fun activities will include scary relays, bobbing for apples, and a **new costume contest** upstairs with cookies and juice. Be there or be scared!



Ballots Due October 31st!

It is time again to elect Douglas Dolfin Swim Team board members. The 10 elected members will serve a one-year term, but can be elected to consecutive terms. This election decides who will help plan and direct our team for the coming year. It is imperative that each family has a say in who will carry this out. **Please take the time to fill out the enclosed ballot and return it to the gray pay box at the Swim Center by October 31st**.



Help For New Parents

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and now one our more seasoned parents is available to answer questions and show you the ropes.

Contact Stacey Von Schottenstein (775-267-0340, [sdvs65 @ att.net](mailto:sdvs65@att.net)) to find out how to fill out a form, enter your child in a swim meet, understand Team or USA Swimming operations, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information. **Thank you Stacey for being available to ease the learning curve!**



Swimmer of the Month

Josefina Sigala is our October 2005 Swimmer of the Month. Josefina is a 16-year-old Senior swimmer, and is a Senior at Douglas high school. She also works at the Carson Valley Swim Center as a lifeguard. Josefina was chosen for her excellent workout habits that paid off for her at the Autumn Freeze meet. Her favorite book is *Go Ask Alice*, swimmer is Ian Thorpe, event is 100 breaststroke, and food is sushi. Josefina wants to become a physical therapist. Congratulations Josefina! Keep up the great work!



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Coaches Corner

Sixteen Values that Swimmers Learn from the Sport, by John Leonard:

We all want our children to learn values from the activities they participate in. Here are 16 values that they gain from swimming, and how they gain them.

1. Fitness – every study ever done by scientists say that swimming is the best overall sport to achieve total fitness and health. Inculcating this value at an early age makes it a value for all the life of the individual.

2. Self-Confidence – each child learns that they can learn, that they can achieve and that they can struggle and overcome adversity daily in good swimming practice.

3. Discipline – No good stroke technique exists without discipline. No good practice session exists without structure and discipline to do what is required when it is required, on a consistent basis. A daily result of good training sessions by the athlete. Best of all, it's self-discipline!

4. Teamwork – Swimming is impossible to do as an "individual sport," its way, way too hard! Teammates encourage, lead, follow, and both contribute and receive daily in practice sessions with their friends.

5. Sportsmanship – One of the key lessons learned is that everyone has their "moment in the sun" to shine... in practice and in meets. Good coaches teach the lesson that we compete "with" people, not "against" people.

6. Work Ethic – No sport requires more physical effort than swimming. Lesser "talents" can outwork (over the long haul) the more talented athlete. Over time, athletes learn that their own efforts produces their own results.

7. Delayed Gratification – Very hard in today's youth society! But critical! Swimmers learn that the season (the year, the career) is long, and no one short term result can be called success or failure. What you do in practice today will show up in a week, a month, six months, a year, in a swim meet. Swimmers learn to accept that "things take time" to develop.

8. Time Management – Swimmers get better grades "in season." Why? Because with a small amount of time, they are forced to use it well to study. When they are not in practice, they have "plenty of time" and things don't get done. A senior swimmer trains 5 plus hours a day. With school, sleep, eating, studying, there is not much left over. It's forced learning to be effective and efficient.

9. Dedication – Swimmers learn as they grow older that one cannot be "all things all the time" and that some sacrifices have to be made to achieve in other areas. This is also called "focus" and "concentration." Invaluable life skills.

10. Skill Improvement – because of the medium of water that we operate in, successful swimmers pay extreme attention to technique and skills, and more and more so as they improve and swim faster. It's all in the details. Another major life lesson.

11. Friendship and Respect – You may not "love" your teammates all the time, but you know how hard they work and you learn to respect that work. You also form friendships based on the solid values on this list. The best kind of friends... ones you share values with, not dope, secrets and aggressions.

12. Goal Setting – Swimmers learn at a early age to measure success objectively and how to set new goals to motivate themselves as they climb the ladder of swimming success.

13. Gender Equity – Any boy swimming with any girl in practice will tell you that females can practice better (practice tougher) than males. Any female competing with any male, will tell you that males can get up and race when they need to.

14. Appreciation of your support team – Mom and Dad keep you swimming. Coach teaches and inspires you. Swimmers learn they stand on other people's shoulders to achieve. Great life lessons.

15. Courage – Each swimmer gets to be a "hero" in their lane, in their world every day. Every day they get a chance to test their courage (and succeed and fail in that regard) in practice. Courage is a "developed trait." Swimming develops it well.

16. Compassion – Each swimmer succeeds. Each swimmer "fails" from time to time. Swimmers know how it feels. They can learn to support those who are struggling, applaud those who are succeeding, and be inspired by the work of others.



Autumn Freeze

We had 35 swimmers compete in our meet Sept. 30th - Oct. 2nd. The weekend was a mix of all Nevada's best weather. Friday night started with **Paula Sigala** swimming her best 400 IM by 27 seconds, and **Josefina Sigala** swimming her best yards time and winning the event. The 9-10 age group swam 200 IM, and three Dolphins tried it for the first time: **Sam Ansel**, **Shawn Kessler**, and **Shaelin Morefield** all did a great job. In the 500 free, along with our veterans, we had a new group of Blue Dolphins step up to the challenge: **Taylor Killion**, **Becky Grabow**, and **John McRae**. Among the veterans, **Kaylee Hames** clocked 5:43.22, taking 5 seconds off her previous best time from over a year ago. Quite a few Dolphins improved times by huge amounts, including **Chris Bergstrom** (50 seconds), **Levi Grabow** (28 seconds), **Cassie Parr** (35 seconds), and **Shawn Stubnar** (42 seconds).

Dolphins having big breaks throughout the weekend included **Paula Sigala**, **Chris Bergstrom**, **Sarah Bates**, **Taylor Chandler**, **Becky Grabow**, **Shawn Kessler**, **Cameron Morefield**, **Shaelin Morefield**, and **Josefina Sigala**. Most improved goes to **Shelby Koontz** with a 100% improvement. We also had several brave swimmers new to competition: **Marcus Reyes**, **Eric Todd**, **Janael Gamberg**, **Logan Killion**, and **Lindsey Johnston** who swam a new state time. Thank you to all who competed, and we hope to see you at the Reno meet Oct. 28-30.



Upcoming Meets

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

October 28-30, Reno Aquatic Club, Ted Dorsey Fall Classic, meet sheet www.pacswim.org/1005reno.pdf (enter online or deliver by Oct. 19th, or postmark by Oct. 17th).

November 12-13, Carson Tiger-sharks 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, Novice Meet. All parents please be prepared to help out! Contact Meet Director Anne McRae, 267-5142, to volunteer.

HOME MEET: Jan. 27-29.

February 17-20, Las Vegas, Nevada State Championships. See coaches for qualifying times and entry information.



Inspiration

Here is an inspirational story about reaching for your own goals, by Krista Latham, former High School swimmer and now a sportswriter for the *Detroit Free Press*. It was reprinted on the Michigan High School Athletic Association web site (<http://www.mhsaa.com/aboutteam/editorial1.htm>) with permission from the *Free Press*:

A Girl, a Goal and a Pool

When I was growing up, the end of summer meant my skin would soon be tinted green and would reek of chemicals. I wasn't allergic to school – I was a swimmer.

Swimming on my high school team was the only reason I looked forward to fall. I was a summer girl, in love with lazy days at the water and the musky smell of barbecue before dinner. I knew what lay ahead come October – cold days, algebra tests, gray skies.

No, I was a July girl who found solace in the fact that even if the warm days were fading, the swim season was just beginning.

My prep career was neither glorious nor out of the ordinary. I was an average swimmer, good compared to many, slow compared to anyone elite. My events were the 200- and 500-yard freestyle, distance events that made me feel like I had more endurance than that Energizer Bunny.

Most of my 10-year career as a swimmer, I wasn't a champion. I never went to a state meet, or even came close to qualifying for one.

But before my senior year began, I had a goal. I wanted to break six minutes in the 500 free. I was somewhat obsessed with this achievement. In government class, instead of listening to the lecture, I wrote down what my split times would be for each 50 yards if I was to break the time.

On days I felt sick and stayed home from school, I'd still go to swim practice at 3:15 p.m., hoping my coach wouldn't know I'd been absent.

Why did I care so much? What was the point?

I'm still not sure, but I can tell you this: six years later, the memory of what it felt like when it happened is still fresh.

I dropped a lot of time my senior year, but by my the final home meet – Senior Night – I still hadn't broken six minutes. I'd been close; I swam a 6:02 more than once and dipped to 6:01 once or twice. The closer I got, the more ridiculous it seemed that I couldn't break the time. When you're swimming 20 lengths of the pool, what's one more second?

On Senior Night, my coach introduced each swimmer to the small crowd in the natatorium. When she came to me, she told the crowd about my goal. People clapped a bit, then she introduced the next girl.

But when I got to the starting block to swim, it felt like people sat up and began to pay more attention. For once, they weren't just watching a race. **They knew what I was after.**

I asked the girl next to me what her best time was. She said 5:51. I knew then that she'd beat me, but I didn't care. I decided that for as long as I could, I'd just try to keep up with her pace.

It worked. For half the race, we swam side by side. And when she finally pulled away, she didn't get too far. I thought to myself, "Is she having a slow day or am I really doing this?"

By the last 100 yards, I knew I had a chance. Even with my ears mostly underwater, I could hear the fans going nuts and yelling my name.

I remember my last 15 yards best. The crowd was so loud that every turn of my head was like an explosion of applause and shouting. My arms and legs were numb but they were still pumping, fueled by an adrenaline rush. I was out of breath, but not out of will power.

Finally, I touched the wall. The crowd gave me one final cheer that sounded as if they were collectively saying, "She did it!"

I gasped for air, then pushed off the wall to lean back, strip off my goggles and look at the scoreboard. There it was. My time – 5:57.16.

I sank into the water and pumped my fist in the air, the one true moment in life that I had reason to do that. This was my grand slam, my slam dunk, my hat trick.

The girl next to me smiled at me and shook my hand. She beat me by nearly 10 seconds, a personal best for her, too. She placed third.

Me? I placed fourth out of six swimmers. I couldn't have cared less. I swam my cool down lap with a grin so big it hurt my cheeks.

That was my moment of glory, and it stays with me now, reminding me in moments of gloom about the payoff I'd get from working hard, about the ability we all have to accomplish things that seem impossible.

Every athlete's career is different, but every one, I believe, is marked with a similar story, with a defining moment, a goal reached that means the world to that person and perhaps very little to the rest of us.

I think we can all use a reminder now and then about how much is possible if only we try.

— Krista Latham
Detroit Free Press



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.

Jerry Adams, head coach of the Schenectady Swim Club in Schenectady, NY, and the 2005 Adirondack Age Group Coach of the Year, offers some advice on race planning:

I always feel more confident in how an athlete will swim when they go into a race with a race plan. Learning the importance of race planning and developing the ability to execute a plan can help you to race closer to your true potential.

Race planning can be as simple as learning how to negative split a 400 meter freestyle. It can be as simple as trying to negative split or build each stroke during an IM. No matter what you're racing, there's always a way to swim it efficiently and fast.

Race planning also involves visualizing the race as often as you like before you race it in the water. If you can get yourself to see the race – see yourself attacking turns, see yourself carrying the speed from the walls into your breakout, see yourself sprinting to the finish – you'll go into a race with the confidence that you can get it done.

Remember that you can't win a 200-meter free in the first 30 meters, but you can certainly lose it there. Staying relaxed early on in most races can not only help you to be a great finisher of races, but it might also get you out a bit faster without using too much energy.

Try to stick with the plan to the end. As you learn what works for you and what doesn't, you can always work with your coach to change the way you swim your races. In planning for any race, you need to figure out how fast you can go without fatiguing early and also figure out where the point is that you can begin to go all-out and still finish with some speed.

If you continue to finish a race with too much left in the tank, maybe, instead of just going out faster, you

should try to start sprinting 10 yards earlier. Maybe in your 200 IM, you can relax early in the backstroke and work on building to a sprint at the end of the backstroke.

There are skills that you can develop in practice every day to help you execute race plans better. When you focus on building swims at practice, you are practicing race planning. When you negative split swims, you are practicing race planning.

Go into a race with a plan, and execute it.



Parents Corner

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

Q: My child gets so nervous before a competition. Is this natural? What can I do to help her to reduce this competitive pressure/stress?

A: To a degree, nervousness is part of the competitive experience and can be used as an opportunity to teach the young athlete specific strategies or skills to help her manage this arousal or nervousness.

A simple skill that young athletes can learn to help manage the "butterflies in their stomachs" is belly breathing. The athlete is taught to take slow, deep breaths into her belly, hold it briefly, and then exhale slowly. Words can be included to help the athlete focus her thoughts on something besides worry. This is a quick strategy that helps calm the body and mind and only takes a few seconds to do. Another skill to help the athlete deal with muscular tightness brought on by nervousness is progressive muscle relaxation. In this procedure, the athlete goes through the major muscles in her body and first tenses and then relaxes each muscle. This teaches athletes to learn the difference between a tense and relaxed muscle, to learn where different muscles are located, and to eventually be able to relax specific muscles as necessary. Remember that these skills must be taught and practiced before the

athlete will be able to use them effectively.

We also know that excessive anxiety can be damaging to both performance and to the athlete's desire to enter such situations in the future. Two factors which have been found to play a role in the level of anxiety experienced are the **importance of the event and the uncertainty of the outcome**. Greater importance and greater uncertainty lead to increased anxiety. Parents, this suggests that you can play an active role in reducing competition anxiety by **de-valuing the outcome** of the event and by **focusing on the individual performance** over which the swimmers have control.

Symptoms of anxiety: increased heart rate, rapid breathing, sweating, negativity, jittery, frequent 'pit stops,' excessive worry, doubts, talk of failure, low confidence.

Strategies to manage: deep belly breathing, positive self-talk, relaxation exercises, think of successes, stretching, visualize race, listen to music, focus on goals, light massage, distract by talking with friends, family.

The following is from the Parents Tip of the Month feature in the Parents section of www.usaswimming.org:

Learning about oneself while enjoying the sport is one of the most important aspects of swimming. The swimming environment encourages learning and fun, helping your child to develop a positive self-image. Athletes who find their self-worth through winning will go through tough times when they lose, and everyone, even Michael Phelps, will lose sometime!

It is not healthy for your child to compete only in those events where he can "win." When the coach enters your child in new events, encourage him. He needs the experience of trying (and perhaps failing) so that he can learn how to handle defeat and develop improvement goals. He will learn that losing does not make him a failure as a person, a big step in building self-esteem.

It takes more than just encouragement on your part. When your child

fails, you must show the same unconditional love and approval as when he succeeds. Don't praise dishonestly. Children see through that. Just show love and approval for the child, not for his performance. Continue to encourage your child to take on new challenges.



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.



Officials Corner

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

FINA's changes to the backstroke and breaststroke rules were adopted by USA Swimming on September 21st, 2005. The complete changes are available from Jim Morefield (above), or from www.usaswimming.org under Volunteers, Officials, then Rules & Regulations. Following are the official summary interpretations issued by the USA Swimming Rules & Regulations Committee:

Backstroke: "...the toes are no longer required to be under the surface of the water at the start. However, the toes are still not allowed to be above the lip of the gutter or curled over the lip of the gutter. The change was actually made so that when full face pads are used (pads that extend above the gutter) there is no requirement to have the toes under the water. From a practical standpoint there is no change when using touch pads that actually hang on the pool gutter." **All other wording changes for back-**

stroke "...simply incorporate the language used by FINA and **do not represent any changes to the stroke or to the manner in which it is currently being judged.**"

The last statement applies in particular to submersion prior to the finish, and to turning toward the breast during turns. In backstroke, being toward the breast is still permitted (not required) **only** during a turn, and **not** during any other action, such as gliding, kicking, or sculling toward the wall. When toward the breast, the turn may optionally include a continuous single, or simultaneous double, arm pull, if used to execute the turn.

Breaststroke: "... during, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick.

During the pull-down, if a downward butterfly kick is taken, it **must be followed by a breaststroke kick.** It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is not permissible prior to the arm pull-down. **In addition, there is now a requirement for all movements of the legs to be in the same horizontal plane and without alternating movement.** This was previously not included in our rules."

The new kick rule actually reads, **"After the start and after each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged."** It remains uncertain whether, as the new wording seems to indicate, complete submersion is mandatory when using the optional butterfly kick, since submersion is not otherwise mandatory during the first stroke cycle of each length (or anywhere else in breaststroke). Further clarification is expected on that point.



From the Meet Director

I would like to thank everyone for all of the work that was done to host a great Autumn Freeze meet. We had great participation from the parents of our DDST swimmers! Although we didn't have many swimmers entered in this meet, our parents turned out in force to make sure that the meet went off without any problems. We have a great group of parents who pull together and work hard to make each and every meet that we host a great success!! Thanks to each one of you!



Kudos to Callie!

On behalf of the Board of Directors, I would like to thank **Callie Parr** for her excellent work at every swim meet that we host. Callie goes far beyond the normal call of duty for parent participation. At our last two home meets she has not only been our main (sometimes only) runner, but she has filled in anywhere that she has noticed a need.

This last weekend I saw Callie posting heat and lane assignments (as well as results), picking up times from the timers, filling in at hospitality, and doing awards. She also volunteers to call families before the meets to help arrange donations for hospitality! I have never heard Callie complain about doing all of this extra work; as a matter of fact she always does it with a smile on her face! Kudos to you Callie!!



Next Board Meeting

Regular meetings of the DDST Board of Directors are on the last Tuesday of each month, right after practice at **6:00 pm at the Carson Valley Swim Center. The next meeting will be on Tuesday, October 25th.** 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 and Returning Swimmers: Janael Gamberg, Jacki Koch, and Logan Killion. **Farewells** to Ben Sabin, the Paulson family (Daniel and Emily), and to the Fischmann family (Brandon and Haley). **Happy September Birthdays** to Ashton Davenport (10/10), Haley Von Schottenstein (10/11), Mandy Moore (10/13), Alex Gumm (10/21), and Sarah Koontz (10/29). (Please let the Editor know of any errors or omissions in this section, and we will make it right!)



Practice Schedules

NOTE THE FURTHER REVISED TIME FOR WHITE GROUP ON FRIDAYS ONLY, now 4:30-5:15, effective immediately. Monday and Wednesday times remain the same. As always, there is usually no practice on the day before away-meets involv-

ing 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 4:15-5:00, F 4:30-5:15

Schools All NOT in Session

(official Holidays except Thanksgiving Day, Christmas, New Year; common break days **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 November 10th. **All submissions should be received by November 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, Kary 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
P.O. Box 44
Minden NV 89423**