



Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM (www.ddst.org)

December 2005

2006 Registration Reminder!

Our team's 2006 USA / Pacific Swimming athlete registrations have now been submitted. **Several current DDST swimmers did not submit their registration fees to the team** by October 31st (as announced in the October *Monthly*). **These swimmers will now need to register separately** with Pacific Swimming (see Coach Sarah, or www.pacswim.org, to obtain the appropriate form). **All existing DDST swimmers must have valid 2006 USA / Pacific Swimming registration before they can participate in 2006 DDST activities!**



DDST Holiday Wish List

Check first with Coach Sarah for ordering information, and to see which of the following team equipment needs may already have been addressed:

- **Fins**, 4 pairs each of sizes 12-1, 1-3, 3-5, and larger size 11-13.
- **New bungies** for our Vasa trainers.
- Someone to help Sarah get the bench fixed.
- **Adopt a team swimsuit**, to be available for any swimmers in need.

Thanks!



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** ([staceyvon @ charter.net](mailto:staceyvon@charter.net), 775-267-0340) 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!**



Team Suits Available

A large selection of boys and girls **DDST team swimsuits** (blue polyester with Dolphin logo) remains available. Contact Board President Kary Grabow ([kary.grabow @ bently.com](mailto:kary.grabow@bently.com); 775-267-5340) with your size and quantity needs, and he will see if it is in stock.

Team caps (red with Dolphin logo) are also available through Coach Sarah.



Swimmer of the Month

Senior team member **Mandy Moore** (otherwise known as **Mo**) is our December Swimmer of the Month. Mandy came to us last summer after finishing the Douglas High School swim team season. She swam all summer with us and finished with Zone- 4 Championships and hell week, before breaking to play tennis for DHS. In mid-October she came back to the team and in the past month she has trained her heart out, with her sights set on State Championships. Mandy was chosen for her determination and heart. She has been the most consistent swimmer at practice, and I can always count on her to be there. Mandy's favorite stroke is butterfly, food is chocolate pie, swimmer is Natalie Coughlin, book is the *Harry Potter* series, movie is *Top Gun*, and school subject is History. She admires her Great G-ma. Mandy wants to be a Physical Therapist when she finishes college. Congratulations Mandy! Keep up the great work!



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Coaches Corner

We are in the flu season and also we are getting closer to our championship series (State, JOs, Far Westerns). **This is a crucial training period.** Keep your body healthy by eating right, washing your hands, and taking vitamin supplements. Also, if you will be missing practice during the holidays, please keep active. If I don't see you, have a great holiday!

The week of December 19-24 we have lots of fun activities planned. Monday thru Friday we will be having "secret Santa," and Saturday morning we will be having our annual **White Elephant gift exchange, along with a small team breakfast** (everyone brings something to share).



Carson Sextathlon Meet

Wow, what a meet! Our Dolphins exceeded coach Sarah's expectations November 11th-12th. We had only eleven swimmers participate at this meet, which was much lower than the coach would have liked, but the swimmers did so well.

Saturday we started with the 500 free and every swimmer swam a best time. **Paula Sigala** had the most time taken off, over 1½ minutes, and she also had 100% best times at the meet, along with **Shelby Koontz** and **Taylor Killion**. **Shelby**, who has been at every meet the Dolphins offer, leaves every meet with best times, and this meet she was fortunate to leave with all best. Keep up the great work, **Shelby!** **Taylor** swam tremendously well in all six events, trying new events like the 100 fly. Her hard work and improving form will pay off.

Shaelin Morefield, Cameron Morefield, Haley Von Schottenstein, and **Chris Bergstrom** each left Sunday with 5 new best times. **Shaelin** also left with her second JO cut, in the 50 fly. **Haley** had a great meet, taking tons of time off her 500 free and look-

ing outstanding in her 100 fly. **Haley** just recently moved up to the Senior group, and the training is working. **Chris** got his first State cut in the 50 free, and swam much closer to the rest, as did **Cameron**. **Cameron** is such a hard worker in practice that Coach Sarah is confident he will have an outstanding season.

Cassie Parr, Molly Lahlum, and **Sarah Koontz** also had a great meet, especially in the 500 free and 100 fly. These three ladies have been working hard on form in fly and this meet showed that improvement. Last but not least, **Josefina Sigala** showed her stuff at this meet and came home with a second-place high-point trophy. She has been putting in some grueling work in the past months, and for her to go best times or right on best blew coach Sarah out of the water. Watch out, here come some fast Dolphins!



Winter Novice Meet

We had 24 Dolphins swim at our novice meet on December 3rd. At this meet we had 80% improved times overall. We had three new swimmers participate.

Sean Vogl swam long ago as a Dolphin and now has returned at 16 to swim a State time in the 100 back. He missed his 100 breast cut by just a second.

Emily Panietz, new 2 months ago, has made an impression on her team and teammates with her great attitude, as well as her fast improvement. And the newest swimmer, **Josh Kessler** (7) swam great 25 free and 25 back events.

Swimming from the White Group were **Lindsey Johnston, Allison Ansel, Logan Killion, Marcus Reyes,** and **Alex Gumm**. Each of these athletes swam with better form and better times.

Swimming from the Red Dolphins were **Julie Jones, Stephanie Trackman,** and **Janael Gamberg**. **Julie** powered through her events very well, and **Stephanie** and **Janael** both had a great meet as well.

From the Blue Group there were quite a few best times. **Becky Grabow, Kyle Johnston, Taylor Killion, John McRae, Lexi Lane, Taylor Chandler,** and **Shawn Kessler** all had a perfect meets. In this group of seven, two had new State times: **Lexi** and **Shawn**. What a group! Also from the Blue Group was **Sam Ansel**, who swam a best time in the 100 breast, and tried a new event, 50 back. **Erica Chappell** also swam new events with success.

From our pre-Seniors we had **Amanda McRae, Levi Grabow, Shawn Stubnar,** and **Sara Mangiaracina**. **Sara** and **Shawn** had great meets with 100% improved times, and **Sara** achieved a new State time in the 50 free. **Levi** had a great 100 free with a two-second drop, and **Amanda** was looking stronger too.



Upcoming Meets

Meet sheets and entries are linked at www.pacswim.org/page/meet_info.html or www.sn-swimming.org/meetschedule.php3.

Remember: get your entries in early!

January 13-15, Carson Tigersharks Winterfest Invitational, meet sheet www.pacswim.org/0106cars.pdf (enter online or deliver by Jan. 4th, or postmark by Jan. 2nd).

HOME MEET: Jan. 27-29 Last Chance Invitational, meet sheet pending (enter online or deliver entries by Jan. 18th, or postmark by Jan. 14th). **All parents please be prepared to help out!** Contact the Meet Director to volunteer.

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

March 5, location to be determined (San Jose?), Pacific Swimming Zone All-star Meet (application information available through coach).



Enter Meets Early!

As some team members discovered the hard way before the recent Reno meet, **some swim meets are so popular that they fill up** well before the entry deadline. Most swim meets have caps on the number of swimmers that can enter. **Waiting until the last minute can leave swimmers high and dry.**

As soon as you decide to attend a meet, you are encouraged to send in your entries to reserve your spot(s). If on-line entries are available, these are usually the most reliable way to ensure that you have gotten in before the cap is exceeded. (Keep in mind, though, that entry fees and on-line service fees are usually non-refundable.)



Private Lessons

Coach Sarah is once again offering private lessons to Douglas Dolfin 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, or 775-884-3870) for more information.



From the Meet Director

A big THANK YOU! to all the parents, both new and seasoned, who worked to make our **Winter Novice Meet** such a success. It was great to see the new faces on deck!! As you all now know, we can't host successful competitions like this one without the contributions of each and every one of you. I look forward to seeing and working with each of you, and even more new faces, at our **next home meet January 27th-29th.**



Kudos to Joyce!

On behalf of the Board of Directors, I would like to say an extra enthusiastic **"Thanks!" to Joyce Jones** for her tireless help at check-in at this last meet. The line for check-in wrapped around the end of the warm-up pool and she and her assistants handled each of these novice parents and swimmers with class!

Joyce arrives early at each home meet ready to set up the Clerk of Course area and to prepare for a smooth check-in process for each of our visiting swimmers. She is always happy to help, has a kind word to say, and stays until the bitter end.

Joyce, you have been doing this for years and we really appreciate the hard work that you do for our team!



Parents Corner

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

Remember which one of you is the swimmer and do not overburden your child with pressure to win or achieve best times. It's a sport, it is supposed to be a pleasurable experience for your child. Let him know that first, he is the child you love and second, he is a swimmer. Stated another way, place the athlete first and winning second.

This doesn't mean that winning is unimportant; striving to win is essential to enjoyable competition and swimming is a competitive sport! However, an obsession with winning often produces undue pressure, resulting in below par performances and unhappy children. We award medal and ribbons to the winners, but that doesn't mean that everyone else in the race is a loser! Remember that fun and improvement are equally important and worth striving for.

Accept both your child's successes and failures as belonging to the child. Neither is a reflection on you! You did not swim the race just as you do not practice and train for the race. In a re-

cent study conducted in the Pacific Northwest LSC, "58% of coaches believed that parents sometimes, often or almost always lived through their child and defined their self-worth in terms of the child's success."

If swimming is important to your child it should also be important to you. But don't forget that being a swimmer is only part of who your child is.



Election Results

The newly elected Douglas Dolfin Swim Team **Board of Directors for 2005-2006** consists of Rick Ansel, Steve Chappell, Kary Grabow (continuing as President), Paul Johnston, Dana Killion, Anne McRae, Jim Morefield, Callie Parr, Josefina Sigala, and Stubnar. Head Coach Sarah Davenport is the 11th member of the Board.



Next Board Meeting Rescheduled

Due to holiday absences, the next DDST Board of Directors meeting has been **moved to Tuesday, January 3rd, 2006**, right after practice at **6:00 pm at the Carson Valley Swim Center**. Parents are always welcome and encouraged to attend, and minutes of previous meetings are available on request from the Secretary. Regular meetings of the DDST Board of Directors are on the last Tuesday of each month (winter in the Multipurpose Room; summer by the outdoor pool).



DDST Key Contacts

Head Coach: Sarah Davenport
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ddstmeetdirector@hotmail.com

Board President: Kary Grabow
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Newsletter, Web, Officials: Jim Morefield
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Transitions

Welcome New and Returning Swimmers Michelle Denson, Nate Tarazon, Sean, and Grant, and Josh Kessler.

Farewell to Kaylee Hames. Moving up: congratulations to new Red Group members Allison Ansel and Lindsey Johnston. Happy December Birthdays to Sarah Bates (13), Sara Mangiaracina (14), Emily Panietz (15), and Shawn Stubnar (13).

(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)



Practice Schedules

Winter Break schedules (schools out of session) run December 19th-30th! Saturday practices December 17th, 24th, and 31st! (Blue Dolphins welcome!). Days are based on Douglas County public school schedules only. As always, there is usually no practice

on meet days, or on meet travel days – check with a coach. No practices on Christmas day and New Year's day.

ANY Public School(s) IN Session

Seniors: M-F 2:45-5:00, Sa 7-9 am

Pre seniors: M-F 2:45-4:30, Sa 7-9 am

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

ALL Public Schools OUT of Session (except Summer Break)

(common break days; public holidays; Christmas day & New Year's day off)

Seniors and Pre seniors: M-Sa 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 January 14th. All submissions should be received by Tuesday, January 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 jdmore@charter.net or 782-4360. 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 Dav-enport, Meet Director Anne McRae, and Board President Kary Grabow, to the mailing committee (Leslie, Cameron, and Shaelin Morefield), and to Joe Stubnar for printing and labels.



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