



# Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM

[www.ddst.org](http://www.ddst.org)

March 2006

## Home Meet Moved to April 22-23!

Due to conflicts with High School events, our Spring 14/under Open meet has been moved two weekends earlier, to **April 22-23**. **Parents, please mark your calendars and be prepared to help make this event a big success for all the swimmers!**



## Save the Date! Awards Banquet May 7<sup>th</sup>

The annual DDST Awards Banquet has been scheduled for **Sunday evening, May 7<sup>th</sup>, starting at 5:00 pm at Pa Wa Lu Middle School** in Gardnerville. Your help with set-up is requested beginning at 4:30 pm. The banquet is pot-luck style, and different groups of the alphabet will be assigned salads, desserts, etc. – stay tuned to [www.ddst.org](http://www.ddst.org) for further information. Please don't let your swimmer(s) miss this fun-filled and rewarding evening!



## Last Chance for Team Parkas

Final orders for team parkas (at our discounted rate) are due pre-paid to Coach Sarah or Jim Morefield by **Monday, March 20<sup>th</sup>**. Order forms may be obtained from Coach Sarah or can be printed from our web page at [www.ddst.org](http://www.ddst.org) (see under "hot topics").



## Reno Meet Still Open

Due to a low turnout, **you can still enter** the Reno Spring Fling Meet, March 18-19, **via deck entries at the meet**. Just check in at the meet to see which events are still open. **You must present your 2006 USA Swimming registration card**. We also recommend that you (1) bring a paper entry form completely filled out, and (2) arrive as early as possible.



[www.ddst.org](http://www.ddst.org)

## New Web Features

Our team web pages continue to be **updated between regular newsletters with last-minute practice changes, meet information**, and other important news. Check frequently under "hot topics" for the latest!

Pages recently added to our web site include information for new and prospective members, consolidated team contact information, links to recent and past news coverage of the Douglas Dolphins, and current and recent Swimmers of the Month. **Photos of team activities are still needed** for a photo gallery.

Please feel free to contact the Webmaster, Jim Morefield (see page 3), with suggestions for additions or changes, or if you notice any problems with the site.



## Swimmer of the Month

Senior Group swimmer **Marco Hyman** is our March Swimmer of the Month. Marco was chosen for his huge change in workout habits and his outstanding job at the Nevada State Championships. He dropped time in every event and achieved new Junior Olympic cuts in both the 100 and 200 backstroke. Marco says his favorite event is his 100 backstroke, and his favorite Olympic swimmer is Aaron Peirsol. His favorite subject is math and he wants to be a Dentist later in life, after attending Biola University in southern California. His Favorite movie is *Dodge Ball* with Vince Vaughn and Ben Stiller. Congratulations Marco! Keep up the great work!



### INSIDE THIS ISSUE:

<i>Home Meet Changed</i>	1
<i>Awards Banquet May 7<sup>th</sup></i>	1
<i>Final Parka Order March 20<sup>th</sup></i>	1
<i>Swimmer of the Month</i>	1
<i>Coaches Corner</i>	2
<i>State Championships</i>	2
<i>Junior Olympics</i>	2
<i>Upcoming Meets</i>	3
<i>Dues and Billing</i>	3
<i>Team Store</i>	3
<i>Newsletter by email?</i>	3
<i>Next Board Meeting</i>	3
<i>Practice Schedules</i>	4



## Coaches Corner

Summer is right around the corner and there are a lot of meets to think about. For one, we have a **June Tahoe meet**, which is team entry only and will be **due in early May**, as well as the **July Tahoe meet**. Do you have these marked on your calendar?

Also, we are trying to start a big **summer program** this year, beginning in late May and ending mid-August. **We would like your help spreading the word**. Do you know any children that would be interested in a great summer swimming program?



## Nevada State Championships

We had 23 swimmers qualify for the meet and 20 who competed. Three additional swimmers traveled to swim in relays only, for a total of 26 State Championship swimmers.

The meet started Friday afternoon and went through Monday night. The coaches were at the meet for up to 13 hours a day, between prelims, 10-under session, then finals.

The meet was action-packed, starting with **Taylor Brockway's** 1650 freestyle. Taylor started his first 500 yards with a best time by 5 sec, and by the 1000 he was over 20 sec faster than his best. At the finish he had taken almost a minute off his best time, achieving his first Far Western cut with a time of 17:50.67. All in all we had six new swimmers qualify for Junior Olympics, and two new swimmers qualify for Far Westerns.

In the 8-under group, **Lindsey Johnston** swam a best time in the 50 breaststroke. **Shelby Koontz** cleaned house, placing in all of her events, medaling in four, and achieving five new best times.

The 9-10 group swam fast, with all four swimmers qualifying for Junior Olympics. **Lexi Lane** swam the 50 backstroke and improved her time by 3

sec. **Shaelin Morefield** placed in most of her seven events, medaled in one, and swam five best times, with huge drops in the 100s butterfly and freestyle. **Kyle Johnston** had a great meet with a 2 sec drop in his 200 freestyle and almost 2 sec in his 50 butterfly, placing in all his events and medaling in two. **Shawn Kessler** swam four events, placed in three, and swam faster in every event. His biggest drop was 5 sec in his 100 backstroke.

11-12 swimmer **Sarah Koontz** started the meet off right with a 12 sec drop and 14<sup>th</sup> place in her 500 freestyle. She had a great freestyle meet, dropping time in every event. **Molly Lahlum** swam fast in her 100 free with a 1 sec drop. **Cameron Morefield** swam both the breaststroke events, with a new best time in his 100 breaststroke.

13-14 swimmer **Paula Sigala** had an outstanding 400 IM, taking 6 secs off her best time. **Haley Von Schottenstein** had one of her best meets ever, swimming fast in everything. Haley dropped 7.6 sec in her 200 backstroke, achieving her first 13-14 JO cut and making consolation finals. In the 100 backstroke she dropped 2.5 secs, achieving another JO cut and consolation final. **Chris Bergstrom** had another fast meet, improving in every event, taking 6 sec off his 500 freestyle and 200 IM. He had a huge drop in his 50 freestyle, swimming a 27.89.

The last age group was also our largest: the 15-up. **Katie O'Neill** swam a fast meet where she achieved her first ever Far Western cuts in both her 100 and 200 backstroke, and was able to swim a best time in her 400 IM by 13 seconds. **Josefina Sigala** swam a strong meet and placed in the top 8 in both her 100 and 200 breaststroke. She swam a best time in her 200 breaststroke by 3 sec, placing 5<sup>th</sup> in finals. **Sara Sigala** had her best meet, dropping time in every event. She also achieved her JO cut in her 200 backstroke, and took a huge 5 sec off in her 200 breaststroke. **Whitney Simpson** swam very well in both her breast-

stroke events and swam very fast in her relay. **Taylor Brockway** had a awesome meet, achieving both Junior Olympic and Far Western cuts in his distance events. He took 56 seconds off his mile and dropped time on every thing else. **Sean Vogl** swam 2 events and swam best times by over 2 seconds in both his 100 back and 100 breast. **Marco Hyman** swam 5 events and improved times in all of them. He also achieved Junior Olympic cuts in his 100 and 200 backstroke. **Paul Von** swam 4 events and had a nice drop in his 100 backstroke and his 100 breaststroke.

Congratulations to all of our State Championship swimmers!



## Junior Olympics Championships

The spring 2006 Pacific Swimming Junior Olympics Championships were held in San Ramon, CA, on March 10-12. Over 900 swimmers competed Friday through Sunday, including six Douglas Dolphins. The weather was not the best, with wet and unseasonably cold conditions.

For our 9-10 swimmers, **Shaelin Morefield** swam seven events and made best times in three events. **Shawn Kessler** swam best in his 50 backstroke by 1 sec and won his heat.

Representing our 13-14 group, **Haley Von Schottenstein** swam strong in the 100 and 200 backstroke.

For the 15-16 age group, **Marco Hyman** swam strong in his 100 and 200 backstroke events also. **Whitney Simpson** swam a best time in her 100 breaststroke, and also swam strong in the 200 breaststroke. **Katie O'Neill** had the swim of the meet, taking 8 sec off of her 400 IM to clock a 5:02.92. She also swam on best times in her 200 backstroke and 100 butterfly.

Congratulations to all of our Junior Olympic swimmers!



## Upcoming Meets

Meet sheets, entries, and late updates are at [www.ddst.org/meets2006.htm](http://www.ddst.org/meets2006.htm).

**Remember: get your entries in early in case the meet fills up!**

**March 18-19, Reno Spring Fling – deck entries being accepted at meet!**

Bring your 2006 USA Swimming registration card and completed entry form (in meet sheet at [www.pacswim.org/0306reno.pdf](http://www.pacswim.org/0306reno.pdf)).

**March 30-April 2, Morgan Hill CA, Far Western Championships** (see [www.ddst.org/meets2006.htm](http://www.ddst.org/meets2006.htm) for links to meet sheet and entry info.)

**HOME MEET: April 21-23, Spring 14/under Open** (enter online or deliver entries by April 12<sup>th</sup>, or postmark by April 10<sup>th</sup>.) **All parents please be prepared to help out!** Contact the Meet Director to volunteer.

**April 21-23, Folsom CA, long-course Invitational (tentative -- check with coach or at [www.ddst.org/meets2006.htm](http://www.ddst.org/meets2006.htm) for meet and entry info.)**

**May 26-29, Carson Tigersharks Memorial Day Long Course Open.** meet sheet [www.pacswim.org/0506cars.pdf](http://www.pacswim.org/0506cars.pdf) (enter online or deliver entries by May 17<sup>th</sup>, or postmark by May 15<sup>th</sup>.)



## New Team Storage Shed

The Board is happy to report that DDST now has its own permanent storage shed at the Swim Center, outside the southwest corner of the main building. This will permit convenient storage of all our meet-related and other team equipment, allow us to save the monthly rental on our old storage locker, and release some of the space that the Swim Center has generously been donating to the team. A big **thank you** to Board President **Kary Grabow**, Board member **Paul Johnston**, Swim Center Director **Kirk Chiappella**, and the **East Fork Swimming Pool District Board** for their efforts in making this happen.



## Dues and Billing

Your April dues invoice will reflect a modest increase as approved by the DDST Board of Directors in January. Active **High School swimmers** will be charged maintenance dues of \$40 per month during the March-May season.

Monthly dues go directly to cover coaches' salaries and pool use fees. The DDST Team Handbook provides, in part, that dues are charged monthly and are payable in full by the 10<sup>th</sup> of the month. Dues become delinquent after the 15<sup>th</sup> of the month. Finance charges are \$5.00 per child on dues received after the 15<sup>th</sup>, and \$30.00 per returned check. If dues are delinquent 30 days or more (past the 15<sup>th</sup> of the next month), the affected swimmer(s) will not be allowed to practice or compete with DDST until all current and delinquent dues have been paid.

To meet the financial obligations of the team, these provisions must be enforced unless you have made other arrangements with the Board of Directors. **If you are behind** or having trouble making dues payments, please **contact our Billing Coordinator, Joe Stubnar** (see page 3), or a Board member regarding possible payment arrangements or financial assistance, to avoid having your swimmer(s) barred from practices.



## Team Store

The following DDST Team items remain in stock and available for sale to DDST members through the coaches:

- Suits, women sizes 22-28 — \$47.50
- Suits, women sizes 30-up — \$50.75
- Suits, mens' sizes 22-28 — \$33.00
- Suits, mens' sizes 30-up — \$34.75
- Caps, latex — \$2.50
- Caps, silicone — \$10.00
- T-shirts — \$5.00
- Sweatshirts — \$25.00

**Not all sizes may be available – check with a coach to find out.**



## E-Newsletter?

The Dolphins' Monthly is available by email! Interested **Parents, swimmers, relatives, and friends** should e-mail the Newsletter Editor ([jdmore@charter.net](mailto:jdmore@charter.net)) with the address(es) to which you would like newsletters sent.

Unless e-recipients request otherwise, your paper copies will stop coming, so **be sure to include all family members with e-mail addresses** (these will NOT be shared or used for any other purpose).



## Next Board Meeting

The next DDST Board of Directors meeting is on **Tuesday, March 28<sup>th</sup>, 2006**, right after practice at **6:05 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).

**Contact information** for all Board Members can be found on the DDST web site ([www.ddst.org](http://www.ddst.org)).



## DDST Key Contacts

**Head Coach:** Sarah Davenport

[sgovanswm@aol.com](mailto:sgovanswm@aol.com); 775-884-3870; 287-1035

**Meet Director; Billing:** Joe Stubnar

[meets@ddst.org](mailto:meets@ddst.org); 775-720-6703; [billing@ddst.org](mailto:billing@ddst.org)

**Board President:** Kary Grabow

[kary.grabow@bently.com](mailto:kary.grabow@bently.com); 775-267-5340

**Parent Liaison:** Stacey Von Schottenstein

[staceyvon@charter.net](mailto:staceyvon@charter.net); 775-267-0340

**Newsletter, Web, Officials:** Jim Morefield

[jdmore@charter.net](mailto:jdmore@charter.net); 775-782-4360



## Transitions

Farewells to Emily Grove, Janael Gamberg, and Marisa Bertolone-Smith.

**Moving up: congratulations** to new Red Group member **Logan Killion**. A **Happy March Birthday** to Sam Ansel (3/21) who is turning 11.

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



## Practice Schedules

**NO PRACTICES Fridays March 17<sup>th</sup> and March 24<sup>th</sup>, due to High School swim meets. There WILL be practice Friday, March 31<sup>st</sup>.** The following regular schedule is 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.

Check [www.ddst.org](http://www.ddst.org) for updates between newsletters!

### 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 except Christmas & New Year)

**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 19<sup>th</sup>?)

**Seniors and Pre-Seniors:** M-F 6:45-9:00 am & 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 April 20<sup>th</sup>. **All submissions should be received by Monday, April 17<sup>th</sup>.**

Questions, content requests, items of interest to the DDST membership, and **requests for e-mail subscriptions**, are always welcome, and should be sent to the **newsletter editor, Jim Morefield, at [jdmore @ charter.net](mailto: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 contributor, Coach Sarah Davenport, to Joe Stubnar for printing and labels, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).*

**Back issues at: [www.ddst.org](http://www.ddst.org).**



Douglas Dolphin Swim Team

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**Time-sensitive Swim Team news enclosed!**