

Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM
(est. 1964)

www.ddst.org

November 2006

2007 Registration Reminder!

All those who have not paid their 2007 USA/Pacific Swimming registration fees by December 15th may not have their cards in time to swim after December 31st. Unregistered swimmers will not be allowed to practice or compete in any swim meets. Contact the Billing Coordinator, a Coach, or any Board member with questions.



Officials Clinic

An educational clinic is scheduled for **Sunday December 10th, 3:00-6:00 pm in Minden**, for parents interested in becoming Meet Marshals or Stroke/Turn Judges, or just learning about the philosophy behind officiating swimming. Location is at **SOC, Inc., 2393 Heybourne Rd** (off Airport Rd). Contact Jim Morefield (775-782-4360) or Van Fortier (775-851-8826) for details.



CVSC Open House Saturday Dec. 9th

SWIMMERS AND PARENTS NEEDED! Come swim free all day, show off your stuff to the public, and help tell potential new members about the Dolphins! We will have team demonstrations every hour starting at 12:00 noon, and will be staffing an information booth all day. See Coach Sarah for more information.



Thanksgiving Practices

There will be a **special fun practice Thanksgiving morning, 8:00 - 10:00**, for all swimmers (and parents!) having Thursday practices, including Red Group (no afternoon practice). See the Coaches Corner on page 2 for details. Regular school-out practice times apply on Friday.



Practice Schedule Change:

White & Red Dolphins (school-out days only)

School-out practice times for Red Group and White Group are **now the same as school-in times** until further notice. This includes the upcoming Family Day and Winter breaks. See the back page of this newsletter for the complete revised schedule, and contact your Coach if you have any questions. Also, visit www.ddst.org frequently for any last-minute changes.



New Wednesday Race Nights!

Starting November 15th, **every third Wednesday of each Month** will be Race Night! **From 4:30 to 5:45**, Dolphins from all practice groups will race each other for fun and for times. **The next Race Night will be December 20th.** Parents are needed to help with signing up swimmers, timing, and cheering everyone on!



Swimmer of the Month

Pre-senior swimmer **Taylor Killion** is our November Swimmer of the Month. Taylor was chosen for her great attitude. She has been swimming for two years, and just moved into the Pre-senior group this school year. Taylor comes to practice consistently and is the first on deck dressed and ready to swim. She is first in the water too, and works very hard. When practice is over she does push ups and sit ups on her own. Watch for her at our December home meet; she is going to have a great meet! Taylor's favorite food is fruit, book is *Artemis Fowl*, and movie is *Phantom of the Opera*. Her favorite event is 50 freestyle, and favorite swimmer is Katie Hoff. Taylor's favorite subject in school is Social Studies, and she wants to be a firefighter when she grows up. Congratulations Taylor! Keep up the great work!



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Coaches Corner

Introducing Wednesday Race Night!

The third Wednesday of each month all Dolphins will be racing each other, for fun and best times. **The next Race Night will be December 20th.** The Fun starts at 4:30 pm and ends at 5:45.

We will need parents to help time, sign up swimmers for events, and cheer on all our Dolphins! All practice groups are encouraged to attend.

Thanksgiving Day practice will be 8:00-10:00 am for our 2nd annual "Turkey Trot Swim." Some folks may run on Thanksgiving Day, but we swim, and we encourage all parents to swim with us! We will have Turkey Trivia, as well as a chance to work up an appetite for the big day.

At our Home Meet December 2-3, **all Pre-seniors and Seniors will be needed to help out** in the second session of the meet. You will be helping younger swimmers get their heat and lane assignments and get to the blocks.



About Practice Groups

For our many new members, here is a review of the Dolphins' practice groups, and the purposes and expectations of each. 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 a little clock work. To move into the next group the swimmer must be able to complete a legal IM, with everything listed above.

Blue Dolphins are our strongest elementary group. To be in this group you must generally 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. This group works out 2 to 2½ 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 at least 13 years old, dedicated to the team, and compete at most meets.



Reno Meet Results

The Douglas Dolphins swam Nevada Day weekend with 19 swimmers at the UNR pool. The youngest, **Savannah Stewart** (6), swam a great meet, with best times in every event including two new events. **Shelby Koontz** (8) swam Sunday with a best time in 100 freestyle at 1:21.76 for 3rd place.

In the 9-10 group, **Erica Chappell** swam Friday and had a fast 100 freestyle dropping 3.5 sec, and tried 100 butterfly for the first time. **Shaelin Morefield** had a good meet, swimming

best time in 100 butterfly at 1:18.25, a 2.5 second drop in 100 breaststroke, and within 10ths of her other events.

Alisha Ross swam the 100 freestyle for the first time with great success.

Marcus Reyes was a joy to have at the meet, with best time in 50 breaststroke and trying the 100 IM.

Sarah Koontz swam as a 12 year old for the last time on her 13th birthday, with best time in 50 butterfly and 200 freestyle with a 13-14 State time.

Michelle Schilling swam her first meet like an experienced swimmer, doing a great job in 3 events. **Meagan Skilling** swam the most beautiful 200 freestyle and dropped 9.5 sec with a new State time. **Mary Smithen** swam her first meet and won each of her heats by body lengths, making her mark as a new swimmer. The whole meet she missed state cuts by small amounts until the 50 butterfly, where she qualified by 2 sec. **Timothy (TJ) Smithen** swam a great first meet, trying 3 events and looking great in the water.

For the 13-14 group, **Anna Jackson** swam best times in 4 of 6 events, her best the 100 butterfly with a 4 sec drop. **Ben Syang** had another great meet with 100% improvement. He swam his first State cut in 50 freestyle at 29.71, and a huge 13.2 sec drop in 100 butterfly with a 1:21.47.

In the 15-18 group, **Virginia Evans** had best times in 50 freestyle and 100 breaststroke. **Cassie Parr** swam strong both days, focusing on new techniques. **Phillip Shoemaker** swam best times in 50 and 100 freestyle, looking much smoother in the water. **Mandy Moore**, swimming in a class at UNR to keep up with her swimming, swam a good meet at her new home pool. **Katie O'Neill**, swimming faster every meet, had best times in 50 freestyle and 100 and 200 butterfly. **Ben Weiss** challenged himself by swimming four events, and got a new best time in 100 breaststroke. Ben has been swimming great in practice and will have great meet at home in December.



Carson Polyathlon Meet Results

November 11-12 the Carson Tiger-sharks hosted a "polyathlon" meet (6 events for younger swimmers, 8 for the older groups, awards based on total points). This meet always attracts a large group of swimmers from Marin and other teams throughout California.

This year 10 year old **Shaelin Morefield** was the 3rd place winner for the meet in her age group. She swam in the morning sessions, with best times in 50 backstroke and 100 IM, and right on best times in the rest.

In the afternoon sessions seven Dolphins swam. Each event had 21 heats of girls and 11 of boys! **Meagan Skilling** had a great meet, dropping 5.5 sec in 100 backstroke, 6.8 sec in 100 breaststroke, and swimming her first 200 backstroke. **Cameron Morefield** swam best times in 6 of 8 events, including 200 backstroke for the first time, and was the 8th place winner for 11-12. Cameron's best events were 100 backstroke and 200 IM, with drops of 5 and 6 sec. **Anna Jackson** had a great 200 backstroke dropping 5 sec, and best time in 100 breaststroke by 1 sec. **Haley Von Schottenstein** swam best times in 5 events, wowing her coach. Haley showed that she is not bothered by her injured hip, and is ready to swim fast. **Shawn Stubnar** had the meet of his life, bettering all his events by huge margins. Coach Sarah was also wowed by his performance, seeing a new Shawn in the water. **Ben Syang** had another great meet with 100% improvement by huge amounts of time, and achieved 2 new State times. Ben's best events were 200 IM, 100 butterfly, and 200 freestyle. **Cassie Parr** also had a great meet with new best times in 5 events and a new 200 backstroke. Cassie dropped 10 sec in 100 butterfly, and her best event was 200 freestyle with a 3.6 sec drop and a new BB time standard. Everyone that swam had a great meet and the coaches enjoyed watching the improvement. Keep up the good swimming!



Upcoming Meets

Online entries, meet sheets, updates: www.ddst.org/meets2006.htm. Meet sheets also in team box at pool.

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

HOME MEET: Dec. 2-3, Douglas Dolphins Last Chance State Prep Meet, meet sheet www.pacswim.org/1206ddst.pdf (enter on-line or deliver by Nov. 22nd, or postmark by Nov. 20th). **All parents please be prepared to help out!** Contact the Meet Director to volunteer.

December 1-3, Pacifica CA, Pacific Swimming 14/under Junior Olympics Championships, meet sheet www.pacswim.org/1206psl_jo.pdf (enter on-line or deliver by Nov. 22nd, or postmark by Nov. 20th).

January 12-15, Carson City, Nevada State Championships, meet and entry information to be announced.

HOME MEET: February 9-11, Douglas Dolphins Valentine Meet, meet and entry information to be announced. **All parents please be prepared to help out!** Contact the Meet Director to volunteer.



Meet Photos Still Available

Photographs from the Autumn Freeze Meet are available for online ordering until December 4th. Visit www.millersalbums.com/?event=59612Wfreeze to see what is available.



DDST Key Contacts

Head Coach: Sarah Davenport
sgovanswm@aol.com; 775-884-3870; 287-1035

Board President: Rick Ansel
kvfd@volcano.net; 775-782-6902

Meet Director: Lorna Johnston
meets@ddst.org; 775-782-2382

Billing & Treasurer: Joe Stubnar
billing@ddst.org; 775-720-6703

Parent Liaison: Stacey von Schottenstein
staceyvon@charter.net; 775-267-0340

Newsletter, Web, Officials: Jim Morefield
jdmore@charter.net; 775-782-4360



From the Meet Directors

Our next meet that we host is coming up soon, on December 2nd and 3rd. It is the Last Chance State Prep Meet and gives swimmers an opportunity to achieve state times before the State Championships in January. **We really need the support of our team parents to provide donations to the Snack Bar and to volunteer time to work at the meet!** We will call you in the next week or two to make arrangements. We hope to see you there!

We are looking for interested parents who might like to co-organize the Hospitality that we provide to coaches and officials at our meets! This would include planning a menu for morning snacks and lunch each full day of our meets and purchasing and preparing the food. **Syndi Skilling** has agreed to lead this challenging effort – thank you Syndi! – and she would appreciate someone to work with her. Please contact us if you would like to help with this rewarding position! Lorna Johnston 782-2382, Linda Koontz 782-7806.



Next Board Meeting Rescheduled

Due to schedule conflicts, the next DDST Board of Directors meeting has been **moved to Thursday, November 30th, 2006, 6:00 pm, at Carson Valley Swim Center**. Parents are always welcome and encouraged to attend, and minutes of previous meetings are available from the Secretary.

Regular meetings of the DDST Board of Directors are on the **last Tuesday evening of each month right after practices** (winter in the Multi-purpose Room; summer by the outdoor pool). **Contact information** for all Board Members can be found on the DDST web site (www.ddst.org).



Transitions

Welcome New Swimmers Skye Kidd, Colby Cain, and Alise Smith, and **Returning Swimmers** Becky Grabow, Josh Kessler, Shawn Kessler, Paula Sigala, and Paul Von. **Moving up: congratulations** to new Red Group members Savannah Stewart and Marcus Reyes, and to new Blue Group members TJ Smithen and Eric VanBeuge. **Farewells** to Taylor Brockway, Alex Gumm, Sara Mangiaracina, and Blake Maxwell. **Happy November Birthdays** to Josefina Sigala (11/8), Paul Von (11/28), and Skye Kidd (11/29). (Please inform the Editor of any errors or omissions in this section, and we'll make it right!)



Practice Schedules

Thanksgiving Day "Turkey Trot Swim" practice 8:00-10:00 am (including Red Group). **Friday (11/24)** regular school-out schedule. **NOTE REVISED SCHOOL-OUT TIMES**

FOR RED & WHITE GROUPS.
Race Night 3rd Wednesday of month.
Check www.ddst.org for updates!

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 4:45-6:00, F 4:30-5:30 pm
Red: M-Th 5:00-6:00 pm
White: M & W 4:15-5:00, F 4:30-5:15

ALL Public Schools OUT of Session
(except Summer Break & half-days)
(common break days; public holidays
except Christmas, New Year, Labor Day)
Seniors & Pre Seniors: M-Sa 7-9 am
Blue: M-F 7:00-8:30 am
Red: M-Th 5:00-6:00 pm ****NEW****
White: M & W 4:15-5:00, F 4:30-5:15

Summer Break (starts 6/18/2007)
Seniors & 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 pm



Next Newsletter

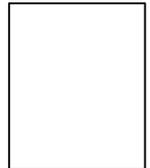
The next *Monthly* will appear about December 15th. **All submissions should be received by Monday, December 11th.** Questions, content requests, items of interest to the DDST membership, and **requests for e-mail subscriptions** are always welcome, and should be sent to the **newsletter editor, Jim Morefield, at jdmore@charter.net or 782-4360.** Items can also be left in our family folder, in the file box on the team table, by the trophy case in the pool lobby.

A big thank you to this month's contributors, Coach Sarah Davenport, Lorna Johnston, Linda Koontz, and Joe Stubnar, to Joe Stubnar for mailing data and printing, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).

Latest news online at: www.ddst.org.



Douglas Dolphin Swim Team
P.O. Box 44
Minden NV 89423
www.ddst.org



Time-sensitive Swim Team news enclosed!