

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(est. 1964)

www.ddst.org

September 2007

From the Meet Directors

Lorna Johnston 782-2382, Linda Koontz 782-7806, [meets @ ddst.org](mailto:meets@ddst.org)

HELP WANTED!

Thank you to all the parents who attended parent meetings September 10th or 13th. We hope they were informative and answered any questions you may have had. We are very thankful for your great response in signing up to help with our Autumn Freeze Meet. There are a few positions we have not yet been able to fill, so if you have not signed up, **please consider trying:**

Colorado Timing System trainee. This is one of the most important meet positions. As swimmers finish a race, their times are recorded and printed by this system. The trainee has a front-row seat at the officials table, assisting the system operator with paperwork and learning "on the job" how to run the timing system. **We desperately need more parents trained to operate this system!** If you would like a front-row seat to see your child swim, and can stay cool under occasional pressure, you will like this position!

Runner. This person is "on the move" throughout the meet, continually delivering, posting, and retrieving paperwork that keeps the meet running and the swimmers informed. If you like to be active and moving instead of sitting down, this is your job!

Awards. This person affixes results labels to the correct place ribbons, and places them in the correct team bag to be distributed at the end of the meet. This is an independent, "on your own" type of job. You can take a break whenever you need to see your child swim.

Programs and Tickets. This person sells meet programs, and the tickets for our 50/50 Fundraiser. This is fun for someone who is outgoing and likes to meet new people and be near the pool.

Please contact us ASAP if you are able to help with any of these jobs! **We especially need help at the Friday afternoon session, if you can make it.**

This is a great opportunity to work toward your family's annual 30 hours of meet service.



Important Meet Schedule Changes

The October meet in Reno has been moved one weekend earlier, to October 20-21. And our December Candy Cane Sprint Meet in Minden has been moved one week later, to December 8-9. Mark your calendar!



Autumn Freeze Entries Close Wed. Sept. 19th

Entries for our annual Autumn Freeze Meet are due postmarked by Monday, September 17th. They may also be hand-delivered or submitted on-line (www.swimconnection.com/pc/meet/ddst) until Wednesday September 19th. (SwimConnection membership is **not** required for on-line entries.)

This will be our last outdoor meet of the season – **dress warmly!** Meet information sheets are available at www.ddst.org/meets2007, or in the team box in the pool lobby.



Swimmer of the Month

Our September Swimmer of the Month is Senior swimmer **Marco Hyman**. Marco was chosen for his great practices. He has been working hard and showing dedication that will pay big dividends later this season. Watch out for Marco at State Championships in November. Congratulations Marco! Keep up the great work!



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COACH

Sarah's Corner

(sgovanswm@aol.com; 775-287-1035)

To recap the parent meetings for **Pre-senior and Senior swimmers**:

This is a short season, with only two meets until State Championships. We are focused on swimming hard every day. To keep up with other teams who swim 6-8 practices a week, it's important to be at practice every day. Swimmers who already have state times will be swimming hard through the next two meets, and swimmers who do not have cuts yet will be resting.

It is important to always support your swimmers, in a positive way. The first way is to identify with your athlete what his or her goals are. Coach Sarah passed out the swimmer goal sheets and asked all parents to look thought them with athlete, and fill in any blanks.

My goals are to have higher attendance at meets and bring larger numbers to qualifying meets like State. Meets are the athletes' way to keep in check with goals, and a time to shine after weeks of hard work.

At practices Monday-Thursday, we are doing abdominal work 2:45-3:00 pm, swimming 3:00- 5:00 pm, and strength training 5:00- 5:30 pm. Fridays we are working on goals, and swimming test sets.



DDST Objectives

(from the DDST bylaws, February 2007)

- A. To stimulate an interest in and provide training for competitive swimming.
- B. To provide an opportunity to learn sportsmanship and team cooperation.
- C. To contribute to the increased skills and knowledge for high school, college, and senior levels of swimming.
- D. To furnish a positive wholesome and worthwhile physical, mental, and recreational outlet.



It was fun ...

We had an outstanding turnout for this year's Fun Week. On Tuesday August 14th at Sand Harbor, we had around 35 swimmers partake in the Tahoe fun day. I swam with a group of swimmers around the point and jumped off some rocks, while another group of swimmers collected crawdads. When returning to our team spot we met up with Coach Kat and threw her into the lake. The day was great fun and the swimmers all had a great bonding experience.

Thursday August 16th we met at Wild Island water park in Sparks and close to 60 people attended. We ran up and down the stairs racing to various rides, and teamed up with different team members. This was a blast, and it was great watching all the parents also enjoying the day. These are some of the events that the swimmers will talk about for years to come.



... And it was hell!

The last week of summer came to the Seniors, Pre-seniors, and some Blue Group members with a great surprise: **Hell Week**. This is a week of challenges. We as coaches take swimmers out of their comfort zone and break them down. This year the swimmers all stepped up and accepted the challenge. We started the week off with a grueling set of 10x200 kicks with t-shirts, and 5x500 freestyle and 5x400 IMs alternating. Wednesday we swam 4x1000 with various "torture" tools like drag sponges. Friday we ended with a T-30, which is a 30-minute swim all-out. This tests swimmers for their threshold pace, which will aid in training throughout the coming season.



Team Store

Store Manager: Linda Koontz, 775-782-7806, blkooontz92@yahoo.com

Currently in stock: 2 sets of **hand paddles**, black, one size fits all, for \$5.25 each. They may be too small for large hands but are considerably cheaper than Strokemaker paddles (\$14). We also have extra **summer T-shirts** for sale for \$6 each, sizes from child's medium to adult large.

Equipment orders (for Blue Group and higher – see coach for required items): **Catalog and order forms** are available in the team file box in the Swim Center lobby or www.ddst.org. **The NorCal equipment form should be sent or phoned directly to NorCal, or orders can be placed online.** (Tip: team up with other parents to share shipping costs). **The smaller form for suits & caps should be turned in to the Store Manager.**



'Tis the Season for Team Parkas

The season of cold outdoor meets, and cold walks to indoor meets, is here! You may have noticed the spiffy blue and red DDST parkas keeping many of our swimmers warm. If you would like to order one or more, **contact Linda Koontz (blkooontz@charter.net or 782-7806) soon!** Demand is high during the holiday season, and ordering times get longer.

If there is interest in 7 or more parkas by mid-October, I will coordinate an order so that we receive about a 10% discount on each parka (total cost, including shipping, about \$115 instead of \$125, based on last year's prices). Otherwise, individual orders can be placed any time, and I will give you the specifications to match the existing team parkas.



Your Organizing Skills Needed

The team needs your organizational skills and time to help relieve some overburdened parents. **We need help:**

Maintaining new swimmer packets. Check the bin (in the equipment room at the pool) every now and then, and just copy more when they get low. Masters are in the bin.

Maintaining emergency contact forms. Copy new forms received from coaches, parent liaison, etc., distribute copies to the coach, billing, newsletter, etc., and place the original in the Master Binder. At our annual Awards Banquet and parent meetings, make sure parents check and update their information. Coordinate closely with (or be) the person who maintains the team file box.

Special event organizer. We need a pool of parents willing to be on call and take turns organizing (or helping with) annual events such as Fun Week trips, State pep rally, team travel meets, Awards Banquet, team pictures, etc.

If you could help with one or more of the above tasks, please contact the Meet Directors or a Board member and let us know! The previous experience and guidance of parents and coaches will always be available to you.



DDST Key Contacts

Board President: David Kessler
c_kessler @ charter.net; 775-267-9645

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

Coach Kat: coachkat0809 @ hotmail.com

Coach Stefanie: ssignorella @ charter.net;
775-901-6747

Meet Directors: meets @ ddst.org;
Lorna Johnston, 775-782-2382
Linda Koontz, 775-782-7806

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

Parent Liaison: Christine Kessler
c_kessler @ charter.net; 775-287-9645

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



Review Emergency Contact Forms ASAP!

If you did not attend a parent meeting last week, **please check with your coach to review and update your emergency contact form.** Current information is essential to maintaining a safe swimming environment for all members. **It is parents' responsibility to update emergency contact information with your coach whenever it changes.**



2008 Meet

Schedule Coming

DDST and all the Zone-4 teams are in the process of deciding on meet dates and formats for 2008. At this point, the Dolphins expect to host a 2½-day "Valentines" meet the weekend before Presidents Day in February, our usual 2½-day Autumn Freeze the last weekend in September, and a 2-day fun sprint meet in early December.

The current working schedule is posted at www.ddst.org/meets2008 in draft form. This will be finalized over the next two months, and the new schedule for DDST swimmers will be included in our December or January newsletter.



Meet Information Sheets in Lobby

Copies of meet information sheets for upcoming swim meets are kept in the team file box by the trophy case in the pool lobby. If your swimmer misses getting a sheet on the day it is announced and handed out, check in that box for a copy. If copies are gone, **meet sheets and the current meet schedule are always linked to the meet schedule at www.ddst.org.** Upcoming meets are listed in each newsletter, so everyone knows what's ahead.



Reno Meet Entries Due Oct. 10th

Entries for the October 20-21 meet in Reno will be **due postmarked by Monday October 8th, or on-line or by hand delivery by Wednesday October 10th.** Watch for the meet information sheet soon, or check online at www.ddst.org/meets2007.htm.



Upcoming Meets

Online entries, meet sheets, updates:
www.ddst.org/meets2007.htm.

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

HOME MEET: Sept. 28-30, Douglas Dolphins Autumn Freeze Invitational, meet sheet www.pacswim.org/0907ddst.pdf (entries due online Wed. Sept. 19th! or post-marked Mon. Sept. 17th). **All parents please be prepared to help out!**

October 20-21, Ted Dorsey Fall Classic, Reno, meet sheet www.pacswim.org/1007reno.pdf (pending; enter on-line or deliver by Wednesday October 10th, or post-mark by Monday October 8th).

November 9-12, Nevada State Championships, Carson City, meet sheet pending, visit www.ddst.org/meets2007.htm or contact coaches for qualifying times and updates.

November 30 - December 2, Pacifica CA, Pacific Swimming 14/under Junior Olympics Championships, meet sheet pending, visit www.ddst.org/meets2007.htm or contact coaches for qualifying times and updates.

HOME MEET: December 8-9, Douglas Dolphins Candy Cane Sprint Meet, meet sheet pending, visit www.ddst.org/meets2007.htm or contact coaches for qualifying times and updates. **All parents please be prepared to help out!** Contact the Meet Director to volunteer.



Parents Corner

Decoding the USA Swimming organization

LSCs and Zones, oh my! These terms can be confusing to newcomers to the sport. Here is a brief summary of the organizational units to which DDST belongs:

FINA: *Federation Internationale de Natation* (or, International Swimming Federation), the international governing body for aquatic sports, responsible for Swimming, Diving, Water Polo, Synchronized Swimming, Open Water Swimming, and Masters. USA Swimming normally adopts all FINA technical rules.

USA Swimming is the National Governing Body for competitive swimming in the United States. It is a FINA member and is a Group-A member of the United States Olympic Committee. Every swimmer, coach, deck official, meet director, and Board member of the Douglas Dolphins must be a registered member of USA Swimming.

Zone: USA Swimming is divided into Western, Central, Eastern, and Southern zones for purposes of holding large regional championship meets, such as the Western Zone Championships already held this year in Farmington, NM. The Western Zone includes all of the Rocky Mountain states, westward to Hawaii and Alaska.

LSC: the 59 Local Swimming Committees are the administrative units of USA Swimming, under whose rules swim clubs operate and have their meets sanctioned. DDST belongs to the **Pacific Swimming LSC** (symbol **PC** when filling out forms). We are neighbors with the Sierra Nevada Swimming LSC (SN, including the Fallon Barracudas, Fernley Swim Team, Sparks Piranhas, and Winemucca Swim Team), and we often attend each others' meets. Other nearby LSCs in the Western Zone include Central California Swimming (CC) and Southern California Swimming (CA,

including the Las Vegas area), and Snake River Swimming (SR, including the Elko and Ely areas).

Zone (again!): Because Pacific Swimming covers a large area, it is divided into five Zones. DDST is in **Zone 4**, extending along the eastern Sierra Nevada from Bishop to Reno and Lake Tahoe. Zones 1N, 1S, 2, and 3 are located along the north and central California coast, San Francisco Bay Area, and adjacent central California.



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 have all been there, and our New Parent Liaison is available to answer questions and show you the ropes.

Contact Christine Kessler (775-267-9645, c_kessler@charter.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.



Practice Groups

(from www.ddst.org)

The Douglas Dolphins are made up of six progressive levels with different practice schedules:

Pre-Competition Dolphins are our entry-level swimmers. They must be able to swim 1 length of the pool without assistance or stopping. This is a small, hands-on group, working on the fundamentals of freestyle and backstroke 2 days a week for 45 minutes. When the swimmer is ready to start learning the competitive strokes, turns, and starts, and can handle 3 practices a week, the coach will move the swimmer into the White Dolphins.

White Dolphins are our newest competitive 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 every thing 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.



Officials Corner

DDST Officials Contact: Jim Morefield
[jdmore @ charter.net](mailto:jdmore@charter.net), 775-782-4360.

Training clinics are coming! Fall is the season for training clinics in our Zone 4 of Pacific Swimming. Whether you are a new or recertifying Meet Marshal, Stroke and Turn Judge, Starter, or Referee, plan to spend some time at one of the upcoming meets in our area attending these required clinics. Stay tuned to this Newsletter and www.ddst.org as details become available.

Meet Marshal training is always available at our home meets. An adequate staff of certified Meet Marshals is mandatory to ensure the safety and well-being of the swimmers and all participants at swim meets. If you are interested in helping with this critical officiating function, please contact me (see above) ASAP before the first meet you plan to work. You will receive a packet of training materials to study. Then, please arrive 30 minutes before warm-ups of the first session you plan to work. There will be a short on-deck clinic and test, and then you will be ready to work! **Important: bring your USA Swimming registration card (obtained by submitting the registration form in the packet) or other proof of registration.**

A new officials web page has been posted at www.ddst.org/officials.htm. It is still under construction, and everything you ever wanted to know about officiating and the rules of swimming is, or soon will be, on or linked to this resource page. It includes a comprehensive library of training materials, along with the rules and regulations of swimming. If you don't find it, just ask!

Questions may be submitted to this column any time! Just leave your question in my folder in the team file box at the pool lobby, or call or email (contact information above)



Election Results

In August the year-round membership elected the following team parents to serve on the Douglas Dolphins Swim Team **Board of Directors for 2007-2008:** Dave Kessler (President), Kathy Chappell (Vice President), Linda Koontz (Secretary), Joe Stubnar (Treasurer), Lorna Johnston, Jim Morefield, Callie Parr, and Josefina Solano. Head Coach Sarah Davenport is the 9th member of the Board. The above officers were elected by majority vote of the families present at the Board meeting of September 4th, 2007.



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

YOUR FREE AD HERE FOR 3 MONTHS, any swimming-related goods or services wanted, offered, or for sale, used or new. It really works! Contact the Newsletter Editor, [jdmore @ charter.net](mailto:jdmore@charter.net), 775-782-4360 (3)

Submit classified items to the Newsletter Editor, to run for 3 months unless otherwise requested. Please include **adult** contact information, and suggested price if applicable.



DDST Mission

(from the DDST Handbook, October 2006)

The mission of the Douglas Dolphins Swim Team is to teach the foundations of fun, fitness, self-discipline, sportsmanship, and team work through the sport of competitive swimming and the triad of athlete, parent, and coach, and to promote positive growth and development for today's youth through athletics and multi-faceted teamwork.



Bulletin Board Photos Needed!

Leslie Morefield is still looking for photographs of fun activities at meets and other DDST events to add to the team bulletin board. **Please contribute your past and future pictures!** Prints or CDs can be left in the Morefield's file folder at the pool lobby (please indicate if prints should be returned). Digital files (no more than 5 MB at a time) may be emailed to the Newsletter Editor (see page 3) who will pass them along.



E-Newsletter?

If you would like to help save the team postage, paper, and parent time and effort, 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 be used **ONLY** for DDST news).



Next Board Meeting

The next DDST Board of Directors meeting will be **Tuesday, October 2nd, 2007, 6:00 pm, at Carson Valley Swim Center.** Parents are always encouraged to attend; meeting minutes are available from the Secretary.

Regular meetings of the DDST Board of Directors are the **first Tuesday evening of each month right after practices** (winter in the Multipurpose Room; summer by the outdoor pool). **Contact information** for all Board Members can be found at www.ddst.org/boardmembers.htm.



Transitions

(some belated!) **Welcome new swimmers** Garrett Dressler, Michelle Forman, Clara Gray, Emma Gray, Jason Gray, Chandra Matheson, Darby Mattinson, Matthew Shick, Savannah Simmons, Joey Smithen, Alanna Smithen, Corinna Urteaga, and Tyler Van Den Berg, **returning swimmers** Taylor Brockway and Taylor Chandler, and **continuing from summer:** Ryan Dykes and Aaron Mayer. **Moving up: congratulations** to new Blue Group members Briana Burns and Annika Sikora. **Farewells** to Allison Ansel, Evy & Marisa Bertolone-Smith, Colby Cain, Virginia Evans, Levi & Rebekah Grabow, Sara Sigala, Alise Smith, Savannah Stewart, Ben Syang, and all our summer swimmers – we hope to see you again! **Happy September Birthdays** to Coach Sarah (9/13), Kevin Smithen (9/14), Darby Mattinson (9/15), Ryan Dykes (9/19), Briana Burns (9/23), Chandra Matheson (9/23), Stephanie Gray (9/25), Madison Harvey (9/25), Shawn Kessler (9/29).
(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)



Practice Schedules

No Practices Friday September 28th
(Autumn Freeze Meet!)

Check www.ddst.org for updates!

ANY Public School(s) IN Session
(after ALL schools have started)

Seniors: M-Th 2:45-5:30, F 2:45-4:30
Pre-seniors: M-Th 2:45-4:45, F -4:30
Blue: M-Th 4:45-6:00, F 4:30-5:30 pm
Red: M-Th 5:00-6:00 pm
White: M & W 4:00-4:45, F 4:30-5:15
Pre-competition: T & Th 4:00-4:45

ALL Public Schools OUT of Session
(during regular school year)

(common break days; public holidays
except Christmas & New Year days)

Blue, Pre-seniors, & Seniors:

M-F 7-9 am

Red: M-Th 3:30-4:30 pm

White: M, W, F 3:30-4:30

Pre-Competition: T & Th 3:30-4:30



Next Newsletter

The next *Monthly* will appear about October 15th. **All submissions should be received by Tuesday, October 9th.** Questions, content requests, items of interest to the DDST membership, address changes, 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 team file box by the trophy case at the pool lobby.

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

Latest news online: www.ddst.org.

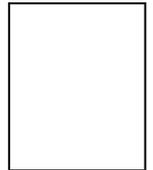


Douglas Dolphins Swim Team

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Time-sensitive Swim Team news enclosed!