

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(est. 1964)

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

January 2008

## Practice Meet Wednesday 1/30!

Come join us 4:00-6:00 pm (earlier if you can help set up) on Wednesday, January 30<sup>th</sup>, for a fun practice "meet" to test out our new scoreboard, touch-pads, and timing equipment! This will help make our February meet run more smoothly, and will give the swimmers and equipment operators a chance to get comfortable with the new system.

We are grateful to Carson Valley Swim Center and Minden Electric for their assistance in getting the scoreboard installed quickly – you should be seeing it up on the wall within the next 2 weeks. And again, a huge thank you to Big George Ventures for making all of this possible!



## Valentine Meet Entries Due 1/30

Entries for our St. Valentine Meet, in Minden February 8-10, are due online or hand-delivered by Wednesday January 30<sup>th</sup>. Information sheets are in the team file box at the pool lobby, or at [www.ddst.org/meets2008.htm](http://www.ddst.org/meets2008.htm).

Swimmers and parents, please have a coach look over your entries before submitting them!



## Zone All-star Meet

Applications for the Pacific Swimming Zone All-star meet (March 2<sup>nd</sup>, Carson City) will be available at our Valentines meet. Don't forget to sign up if you want to be considered!



## New Sponsors!

The Douglas Dolphins want to thank the Brown Foundation of Gardnerville for their recent generous contribution to our scholarship and equipment funds. We are also grateful to Wal-Mart Stores for their recent contribution to our general fund.



## Cheer Your Swimmer in Print!

Support your swimmer and our team at our St. Valentine Meet by putting an ad in the program! For \$10 you can have a quarter page to cheer and encourage your swimmer. Forms are in your family folder at the pool lobby and should be returned by Wednesday January 30<sup>th</sup>. Extras are available. Please fill out the bottom using blue or black pen and return along with \$10 (payable to DDST) to the gray payment box located in the pool lobby.



## Bulletin Board Photos Needed!

Leslie Morefield, [jdmore @ charter.net](mailto:jdmore@charter.net)

Your bulletin board editor has received no photos from the Candy Cane Sprint Meet! It is important to the swimmers, and for team publicity, to have lots of current photos of team activities up for everyone to see. So please, if you take pictures at the St. Valentine Meet, pass along your favorites (by email or to my folder) And it's still not too late for some photos from December either! Thank you, and thanks to everyone who has submitted photos in the past.



## Swimmer of the Month

Cameron Morefield is our January Swimmer of the Month. During the first week back from break, we had quite few swimmers step it up. And for the most part the group came back revived. It was a hard choice but Coach Sarah had to go with Cameron Morefield. Before break Cameron didn't miss a practice. Returning from break Cameron also didn't miss a practice and came to weight training after practice. Cameron is working very hard and is going to have an incredible season. Congratulations Cameron! Keep up the great work!



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COACH

## Sarah's Corner

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

Welcome back! I hope all of you had a wonderful Christmas break.

**Testing** is something all the swimmers are talking about and I would like to fill in any parent not aware of this new program. The coaches have put together skills forms for each level in order to keep the guesswork out of how each swimmer can move up in groups. Each group will be working on these skills and testing the last week of each month. Please feel free to discuss this with your swimmer's coach.

**Seniors and Pre-seniors**, I hope you all have had a nice break from the pool and are now ready to do some work. We are now training very hard for our February meet. This is our last chance qualifier for the Junior Olympics in Pleasanton, CA, March 14-16. **Our training schedule is:** 2:45-3:05 abs and stretching, 3:10-5:00 swim, and 5:10-5:30 weights. **Weight schedule is:** Monday bicep, triceps, and legs, Tuesday chest, back, and legs, Wednesday shoulders and legs, Thursday Pilates or yoga, and Friday stations.



## Temporary Substitute Coaches

Due to Coach Stefanie's spring class schedule, and Coach Susan's winter vacation, White and Red groups will be in the hands of two very capable substitute coaches on Mondays and Wednesdays. Starting Monday January 14<sup>th</sup>, **Whitney Simpson** and **Claudia Bertolone-Smith** will coach White Group on Mondays and Wednesdays, with Stefanie back and Whitney helping on Fridays. Red Group will have Whitney on Mondays and some of the time on Wednesdays.

Please join us in supporting and thanking Claudia and Whitney for stepping up to help!



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

We have been discussing goals and desires for the new year. The kids have high hopes. I've asked them to look at their current times and strategize what they would like to most improve on at our next meet. I want them to make decisions and be accountable for their training. For example, if they are only 1 second away from their next goal time in a 50 freestyle, they should really be concentrating on fast explosive turns, great kicking legs and killer finishes. Someone else might be trying to improve their 500 freestyle, so the pace work would be vital for them. We have started off with some pretty hard workouts and the kids have been great.



## Pool Use Outside Practice Times

The Swim Team pays a monthly fee for our pool usage during practice times. It has come to our attention that some DDST swimmers are using the other pools and equipment at the Swim Center on their own, before and/or after practice. This is fine as long as they are old enough and meet other Swim Center requirements, and as long as they pay the regular admission fee.

**If you want your swimmer to be able to use the pools or equipment outside their practice times**, monthly or annual passes can be purchased at a discount in the Swim Center lobby, or your swimmer can carry the daily admission fee.

Also, please be aware that DDST swimmers are NOT under DDST coach supervision except during their scheduled practice times.



COACH

## Stefanie's Corner

(ssignorella @ charter.net; 775-901-6747)

### Goggles, Goggles, Goggles!

Good fitting, ready to swim ... Goggles, Goggles, Goggles!

If you as a parent have not been a swimmer, you may not understand or empathize with the importance of a well-made, good-fitting pair of goggles. As one who knows from experience, please let me tell you – it is **very** frustrating and distracting to swim with leaking, ill-fitting goggles.

Not all faces are the same and **not all goggles fit the same**. Some come in youth sizes. Even I wear a youth goggle in some brands. Goggles seal around the eyes with different materials, too. Personally, I prefer a silicone seal (vs. foam or hard plastic). Also, consider how easily adjustable the goggle straps are. Some straps are interchangeable, and can be purchased separately if you or your swimmer have problems with the original straps.

A swimmer may go through several pair of goggles until he/she finds the right fit. I recommend trying on goggles in the store before buying them, or keeping the receipt and trying them on at home. Once you've found the right kind, I recommend buying at least 2 pair, if not more.

Perfect-fitting goggles allow a swimmer to focus on their swimming, reducing time spent at the wall. They also help the swimmer see what's ahead of them more easily, and avoid bumping into the hard plastic lane lines and other swimmers (OUCH!). Our younger swimmers don't need much "equipment" to be on the team – just a suit and... **goggles**.

So parents, so your swimmer's water time is most efficient, please make sure she/he has their goggles adjusted and in their hand or on their head at the start of each practice (and swim meet). Some parents may want to stay for a few minutes at the beginning of practices to make sure their swimmers have their goggles and that they fit properly. Thank you!



## Team Store

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

Store Manager: Linda Koontz, 775-782-7806, [boblinoontz@verizon.net](mailto:boblinoontz@verizon.net)

### Currently in stock (selected sizes):

team suits, T-shirts, girls' shorts (M), and zip-up sweat jackets. Contact me to check on sizes.

**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 on the above web page. **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.**

## Holiday Fun!

During the week leading up to Winter vacation the Senior and Pre-senior groups participated in a secret Santa gift exchange, which brought out some crazy gifts. The last day the greatest gift went to Cameron, who thought he would be funny and write down that his favorite snack was caviar, and was quite surprised to get his very own jar.

Also that Friday we did ice relays with all the groups. Each relay received a block of ice and the object was to keep the ice from melting. Whichever team had the biggest ice block at the end won. It was quite fun to watch the swimmers carry the ice blocks on their backs, up in the air, etc., trying to keep the ice from melting.

Following the relays we all bundled up and hit the road, Christmas caroling our way through the neighborhood with over 30 swimmers and parents participating. We ended up at the Pizza Factory where we said goodbye to the Burns Family, who moved to Texas at the end of December, and who treated us to the pizza! We all left that night on a great note, and all ready for a great holiday break.



## Spirit Wear Pre-orders Due 2/1

Parents and swimmers, if you would like to show your team spirit and pre-order DDST T-shirts and/or sweatpants, I will be taking orders until February 1.

**The T-shirt** is the State T-shirt (without "State Team" under the front logo) with the Chinese lettering on the back. We will order Navy with white lettering for parents and white with Navy lettering for swimmers, and the estimated cost is \$7-10.

**The sweatpants** will be Navy Blue with white logo and "DDST" running vertically up the outer right thigh. The estimated price is \$15-20. I will place an order sheet in every family folder.

**To order** just fill out the slip and return it to the team store folder. Money will be collected upon receipt of the items. I will order some extras but if you want to be sure to get your size you should pre-order. If there is enough interest I will place the order February 4th.

Also, if you would like to order a **team parka** for your child, I can do a group order if 7 or more swimmers are interested (about \$112.50 each with group order; about \$130 separately). Let me know if you are interested in a group order. Otherwise, there are order forms in the team store folder if there is not enough interest for a group order. Let me know if you have questions.



## Swim Practice Transportation!

For our newer members, a reminder that Douglas County school buses stop next to the Swim Center each afternoon.

**Most of our swimmers ride the bus directly to practices.** To arrange this for your child, first contact the school district's Transportation Department (782-5194) and ask which bus route from your child's school makes this stop. Then provide a note to the school and bus driver allowing your child to ride that route on their practice days.



## Team Travel Meet

We are planning a team trip to **Santa Cruz, California, April 19-20**. This meet will be an **invitation-only** meet for swimmer 12 and up, and for swimmers 11 and under accompanied by an adult. **The coaches are looking for 100% attendance for the months March and April** (make-up practices will be available). This is a very fun meet and not to be missed! (think beach, boardwalk, etc...)

**We are looking for chaperones** for this team travel meet. Please contact Coach Sarah if you are interested.



## Upcoming Meets

**Online entries, meet sheets, updates:** [www.ddst.org/meets2008.htm](http://www.ddst.org/meets2008.htm).

**Paper meet sheet copies:** front of team file box by trophy case at pool lobby.

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

**HOME MEET: February 8-10, Douglas Dolphins St. Valentines Meet**, meet sheet [www.pacswim.org/0208ddst.pdf](http://www.pacswim.org/0208ddst.pdf) (entries due postmarked Mon. Jan. 28<sup>th</sup>, or online Wed. Jan. 30<sup>th</sup>). **All parents please be prepared to help out!**

**March 2, Carson City, Pacific Swimming Zone All-star Developmental Meet**, applications due at Dolphins St. Valentines meet in February, selection based on overall times (see coach for details).

**March 15-16, Spring Fling Invitational, Reno**, meet sheet pending (entries due postmarked Mon. March 3<sup>rd</sup>, or online or hand-delivered Wed. March 5<sup>th</sup>).

**March 14-16, San Ramon CA, Pacific Swimming Junior Olympics Championships**, meet sheet pending (qualifying times apply, see coach for details, entries due postmarked Mon. March 3<sup>rd</sup>, or online or hand-delivered Wed. March 5<sup>th</sup>).

**April 3-6, Pleasanton CA, Far Western Short-course Championships**, meet sheet [www.pacswim.org/0408plsfw.pdf](http://www.pacswim.org/0408plsfw.pdf) (qualifying times apply, entries due Wed. March 26<sup>th</sup>).

**TEAM TRAVEL MEET: April 19-20, Santa Cruz CA, C/B/A+ long-course meet**, information pending.



## Swimmers Corner

From the Speedo Tip of the Week feature in the Swimmers section of [www.usaswimming.org](http://www.usaswimming.org).

### Advice for Competing at those Big Meets, from Olympic gold medalist

**Josh Davis:** "Always have fun," Davis said. "But don't forget the little things like sipping water, eating right, warming up, warming down and doing some light stretching in between events.

"It's a lot to think about, but have fun at the same time. Can you do all that? Yeah, you can. It just takes a little practice and focus. That way you can have the full experience – cheer your teammates on, have fun and swim fast."

### Relaxing Before a Race, from Bonnie Moss, excerpted from *Splash Magazine*:

It sounds basic, but staying calm and focused is not easy for everyone. Sports psychologist Dr. Alan Goldberg suggests using a pre-race ritual to relax. Rituals are important because they're familiar and comforting. Do what is normal – eat the same foods, stretch the same way, swim the same warm-up, etc.

Another tip is to control what your eyes see and ears hear. Don't look around at the competition, or think negatively while stretching. You'll tighten up, defeating the purpose. Try a popular stretching technique – progressive muscle relaxation – concentrating on each muscle group from head to toe. Stretch each group, hold for 10 seconds, then slowly release.

And don't forget to breathe. "If you can control your breathing, you can control anything," says Goldberg. He suggests inhaling slowly for four seconds, holding for two, then slowly exhaling for four. When you master this technique, incorporate mental imagery into your breathing pattern. Imagine the crowd, TV cameras, noise, even the chlorine smell. Picture yourself staying calm and swimming a perfect race.

Whether your techniques include personal rituals, stretching and breathing patterns, mental imagery, or divine intervention and prayer, start practicing now. Don't wait until a big meet to try something new. Remember, familiarity tames anxiety.

### Improving Your Backstroke Start, from Randall Bal, a member of the 2005 U.S. World Championships

**team:** Improving your backstroke start is an easy way to shave a few tenths off any backstroke event. One of the key elements to improving your backstroke start is to stay relaxed from the moment you set your feet and hands on the block until the moment you hear the buzzer go off. This allows your body to react quickly and precisely.

The next step to having a great start is to grab hold of the handles on the block and place your feet below the surface of the water at a comfortable depth, while keeping your knees bent and close to your chest. By doing this correctly, it will lessen the chance of your feet slipping while taking your mark. Generally, I like to keep my feet about six to seven inches below the surface and about four to five inches apart.

Once you feel comfortable with the position of your feet, you are now ready to take your mark. To do this properly, you will need to compress and roll your body into a tight ball while staying relaxed at the same time.

Once this position is established, you are ready to explode outward. To do this properly, you will need to initiate your start by throwing your head back while swinging and extending your arms over your head while pushing up and outward with your legs (when done correctly it looks and feels as if it is one motion). Once your arms are over your head, be sure to streamline and arch your body so that your hands hit the water first. If everything goes well, your body will enter the water through the same hole that your hands did. This will make you feel as if you were shot out of a canon.

With practice, you will soon learn what works best for you, whether it be the placement and depth necessary for your feet, or the angle and arch needed for your body to enter the water through the same hole as your hands. One thing that I find helpful is to have my coach watch me do a few starts and provide me with feedback. Best of luck!



## 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.



## Officials Corner

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

The main topic of discussion at the Pacific Swimming Officials Clinic in Pleasanton, CA, January 5<sup>th</sup>, was the new online Officials Tracking System (OTS). Originally designed to process and track national-level certifications, Pacific Swimming is adopting the system to also track the service and training activities of all Pacific officials. The eventual goal is to do away with recording service on certification cards, and have it input automatically by meet referees instead.

To view your service record online, log into the USA Swimming web site as if you were taking an online test, but instead go to the Officials Tracking link (under Volunteers, Officials). The instructions posted on the right side of the page will help you navigate the system. (A link is also available from the web address at the top of this column.)



## DDST Key Contacts

**Board President:** David Kessler  
[c\\_kessler@charter.net](mailto:c_kessler@charter.net); 775-267-9645

**Head Coach:** Sarah Davenport  
[sgovanswm@aol.com](mailto:sgovanswm@aol.com); 775-287-1035

**Coach Kat:** [coachkat0809@hotmail.com](mailto:coachkat0809@hotmail.com)

**Coach Stefanie:** [ssignorella@charter.net](mailto:ssignorella@charter.net);  
775-901-6747

**Meet Directors:** [meets@ddst.org](mailto:meets@ddst.org);

Lorna Johnston, 775-782-2382

Linda Koontz, 775-782-7806

**Billing & Treasurer:** Joe Stubnar  
[billing@ddst.org](mailto:billing@ddst.org); 775-720-6703

**New Parent Liaison:** Christine Kessler  
[c\\_kessler@charter.net](mailto:c_kessler@charter.net); 775-267-9645

**Newsletter, Web, Officials:** Jim Morefield  
[jdmore@charter.net](mailto:jdmore@charter.net); 775-782-4360



## Parents 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 an 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.



## From the Meet Directors

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

### February Meet fast approaching!

We hope you all enjoyed your holidays! **Our next meet** that we host will be the St. Valentine Meet on **February 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup>**, with set-up the evening of the 7<sup>th</sup>. This will be the **last meet to work toward your annual 30 hours** of service this season. (If you joined mid-meet season, your required hours are pro-rated to about 10 hours per meet). Many of you have already volunteered more than enough hours, but if you have the time, it's a great way to meet other swim team parents and families and learn more about how a swim meet is run.

**We will post the Volunteer sign up sheet near the bulletin board the last week of January.** If there is a specific job you would like to do for the February meet, please let us know a.s.a.p. by phone or e-mail and **we can sign you up early.** We've already started receiving some e-mails from parents, thank you!!



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, February 5<sup>th</sup>, 2008, 5:30-7:00 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 at 5:30 pm** (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](http://www.ddst.org/boardmembers.htm).



## Transitions

Welcome new swimmer Riley Hollis, and returning swimmer Molly Lahlum. **Moving up: congratulations** to new Red Group members Madison Harvey and Alicia Thomas, and new Blue Group member Garrett Dressler. **Happy January Birthdays** to Kira Costarella (1/2), Grace Fischmann (1/8), Seth Jezek (1/14), Jake Van-Beuge (1/24), and Sara Sigala (1/30). *(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



## Check Your File Folder Often!

**Just a reminder to all DDST members** to check your family's file folder at least weekly for information. This is located in the file box on the table next to the trophy case in the pool lobby.



## Practice Schedules

**SCHOOL OUT MON. JAN. 21.**

**NO PRACTICES Fri. Feb. 8 and Mon. Feb. 11.**

Check [www.ddst.org](http://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 4:15-5:30 pm

**Red:** M-Th 5:00-6:00 pm

**White:** M & W 4:00-4:45, F 4:00-5:00

**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 7:00-9:00 am

**Red:** M-Th 5:00-6:00 pm

**White:** M & W 4:00-4:45, F 4:00-5:00

**Pre-competition:** T & Th 4:00-4:45



## Next Newsletter

The next *Monthly* will appear about February 18<sup>th</sup>. **All submissions should be received by Wednesday, February 13<sup>th</sup>.** 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](mailto: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.

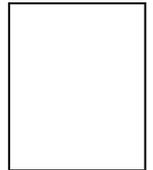
*A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, and Stefanie Signorella; Lorna Johnston, Linda Koontz, Karen Sullivan, and Patty Dack; Joe Stubnar for mailing data, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).*

**Latest news online: [www.ddst.org](http://www.ddst.org).**



**Douglas Dolphins Swim Team**  
P.O. Box 44  
Minden NV 89423

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



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