

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(est. 1964)

www.ddst.org

August 2008

Autumn Freeze Meet Entries Open

Our annual Autumn Freeze Meet is open for entries until Wednesday September 17th. This 3-day meet (Sept. 26-28) draws teams from a wide area of western Nevada and northern California, and is one of two remaining chances to go for those 2008 State qualifying times. Meet information sheets are available from the coaches, and links to the meet sheet and online entry submission are at www.ddst.org.

All hands on deck! once again we will need each and every DDST parent to help, especially on Friday! Please contact meet director Lorna Johnston (782-2382 or johnstonld@gmail.com) to sign up or request a specific job.



Meet Schedule Changes

Nevada State Championships have now been scheduled for **November 8-11, 2008** (Saturday-Tuesday). The **Reno Fall Classic** meet has been moved one weekend earlier, to **October 24-26**.



Saturday Practices Starting Sept. 13

For Seniors and Pre-seniors there will be 6 Saturday practices this fall, running from 9:00 to 11:00 am. These practices will be a mix of videotaping, dry land exercises, start and turn work and, of course, swimming! Be there September 13, 20, and October 4, 11, 18, and 25 at 9:00 am.



Summer Registrations Expire Sept. 1st!

Swimmers currently registered for summer season only, and who wish to continue beyond September 1st, **MUST submit or mail a check for \$55, payable to DDST, as soon as possible.**

Note "2009 Registration" on the check, and either place in the gray payment box in the pool lobby, or mail to the return address on this newsletter. Registrations for 2009 will be submitted electronically beginning September 1st if payment has been received, and are valid for the rest of 2008 and all of 2009. Athletes may not practice or compete with DDST without current USA Swimming registration!

Continuing year-round athletes will have the 2009 fee added to their September billing, and will be registered electronically once paid – no form necessary! **NOTE:** If your swimmer(s) DO NOT intend to practice or compete after December 31st, 2008, notify the Billing Coordinator and the \$55 registration charge(s) for 2009 will be removed.



Team & Meet Pictures Online

You can still check out your swimmer's action shots from our summer meets at www.instaimage.com, and purchase prints if you desire. Also contact InstaImage for reprints of your team and individual photos taken August 7th.



Swimmers of the Month

Our July Swimmers of the Month are:

Hayley Killion, our youngest Dolphin (just turned 7 this month), has shown vast improvement in technique this summer, and in her times at High Country Championships. Hayley is always ready for a challenge and eager to go, go, go! She is polite and respectful to her coach, and shows her desire to improve by always asking questions. Hayley is inspired by her older sister and brother (Taylor and Logan) and wears a Katie Hoff cap from Olympic Trials!

Taylor Sullivan has had good attendance at practices all summer, and does exactly as her coach asks. If she doesn't understand something, she asks questions. Taylor takes correction positively, demonstrating her desire to improve and excel. She never complains, and shows great sportsmanship and respect to her team mates and coach. All this has resulted in great performances at recent swim meets! At meets, Taylor focuses on races, talks to her coach, and is prepared for her races.

Cameron Morefield swam hard all summer with double practices twice a week. He is a very consistent swimmer, makes all his practices count, and will be someone to keep your eye on in months and years to come. Cameron had the meet of his life at High Country Championships, with best times in 15 of 16 swims and making finals in every event. He also swam 2 new A times, 4 new Junior Olympic times, and took runner-up high-point for the 13-14 boys.

Congratulations Hayley, Taylor, and Cameron! Keep up the great work!



COACH

Sarah's Corner

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

Congratulations to all the swimmers that competed in the High Country Championship meet August 8-10. Now that our summer training is over our new focus will be training for the State Championships in Las Vegas November 8-11. State times can be found at www.ddst.org, or on the equipment room door along with an updated swimmers best time sheet.

For all swimmers that do not have State times, we have 2 meet opportunities beforehand. The first one is at our pool September 26-28, and the second will be at the University of Nevada, Reno, October 24-26. Practice makes perfect, so if swimming at State is important to you, please make sure you come to practice with that in mind.

For all swimmers with State times, we will be training hard and swimming through our home meet with no rest. This gives the coaches a good idea of how you swim tired. Also swimmers with State times will not be swimming at the Reno meet, unless they swim in off-events with coaches approval. **Saturday Practices start September 13th! – 9:00-11:00 am.**

Consistency is imperative to success. The team has 10 weeks, including hell week, to train for the State meet, and from the coaches' point of view that is not much time. With your new school schedule and swimming goals in mind, you will need to learn time management in order to not miss practices. This is one of those life lessons that swimming teaches, how to multi-task and be successful.



Coaches Attend World Clinic

On September 3-5 two of our coaches, Sarah and Kat, will be attending the American Swimming Coaches Association (ASCA) World Clinic in Las Vegas, Nevada. Coaches Stefanie and Susan will be covering their practices for those three days, with help from other volunteers. We look forward to the state-of-the-art coaching knowledge and skills that Kat and Sarah will be bringing back to the Douglas Dolphins!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

During the Zone All-star meet that many of our athletes participated in last March, I was introduced to Darwin Takaki. He organizes many Pacific Swimming All Star events. With Board approval I applied for a coaching position on the North America Challenge Cup team. The qualifying times for this meet were faster than Western Zone Championships, but swimmers with three or more Junior National times were also not accepted.

This was an international swimming competition. Canada, Mexico, and USA were represented. I realized that this meet, held in Edmonton, Alberta on August 7-9, was during our own High Country Championships, but also felt it was important to represent our Team and our Zone to Pacific Swimming and broaden my coaching experience.

Both goals were reached when I was selected to coach the Pacific 17-18 Boys team. I was on a coaching staff that included coaches from teams such as DACA, Pleasanton Seahawks, West Coast Aquatics, and the Terrapins. All of the coaches were outstanding and it was great to discuss future possibilities of interactions between the Dolphins and other great teams. I look forward to more Pacific All-star opportunities.



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COACH

Stefanie's Corner

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

Thank you parents for all your time and effort at the High Country Championship Meet! Because of your work, the swimmers were able to end their summer with a great meet as a culmination of all their hard work this summer in the pool. As the swimmers swam, and the coach's coached, I looked around and noticed how willingly and how tirelessly you parents were doing your jobs. I hope the swimmers read this and realize and appreciate all that you do, doing it because you are proud of them, and to encourage them in this great sport of swimming.

Parents, I would also like to thank you for bringing your swimmers to the meet, so they could reach some short term goals, know concretely where they're at, and experience the immediate gratifications that the competition and awards of a championship meet can offer.

On another note, I hope all swimmers had a good summer and are ready to set new goals for themselves in the pool this Fall season and this next school year. It's amazing to see what hard work and goal setting can do when we watch the Olympic athletes. Swimmers, believe in yourselves and in what you can accomplish, and let's work hard toward your goals! It doesn't happen overnight, but one focused step, one practice, at a time....



New 2008 State Times Posted

The **2008 Nevada State Championship qualifying and bonus time standards** have been released, and are available from the coaches or online at www.ddst.org. Swimmers making just one or two qualifying times will be allowed to swim up to three events total, if they also make the bonus times (which are easier) for those extra events. The 2008 Nevada State Championships are in Las Vegas November 8-11 (Veterans Day weekend).



High Country Championships

This 3-day Trials and Finals meet was the first of a kind. Hard work from the swimmers produced a lot of fast times, and hard work from the parents resulted in a very smooth meet of championship caliber.

Friday morning the Dolphins poured into the Facility with great hopes and dreams for the weekend. Some had their first experience of swimming events a second time in finals, and learning how to prepare their body for it. The toughest swimmers were the distance swimmers who swam their long events at the end of prelims, with less than an hour to prepare for their finals events.

Our only 6-under girl was our youngest swimmer, **Hayley Killion**, who improved 56.3 sec total in 3 of her events – a lot of time for 25s and 50s! – and tried 3 new breaststroke and butterfly events. Her strokes looked very good – nice job, Hayley!

The 7-8 girls included **Julia Chappell** who swam 25 freestyle like she wanted to WIN, dropping a huge 5 sec for a new B time of 22.88, and tried 3 new events. Each of her dives from the high blocks looked better than the last! **Kira Costarella** swam one day and did great, improving 8 sec in 50 backstroke for a new State cut, and looking strong in her first 25 butterfly. **Kaela Forvilly** showed she's ready for 9-10 event distances, dropping 4 sec in 50 butterfly, swimming her first 100 IM in A time and another A time in 50 freestyle, and taking 2nd place in 50 breaststroke. **Sarah Hyatt** tried some longer events at her 2nd meet, and was still ready for more, swimming an excellent 100 freestyle, winning her 25 breaststroke heat, and improving over 8 sec in 2 other events. **Jessie Jin** had a tremendous first official meet, achieving 3 A times in 25 & 50 backstroke and 25 freestyle with a time of 18.67, and showing beautiful strokes in all 8 events, proving what good listening and hard work can do! **Taylor Sullivan** raced fast and strong after working hard all summer, with big improvements in 7 of her events, dropping a total of 6-

sec in 25 & 50 backstroke and 25 breaststroke (2nd place) for 3 new A times.

For the 7-8 boys, **Andrew Browning** swam 4 sec faster in 25 freestyle, tried 50 freestyle and 25 breaststroke for the first time, and helped out in the 10-under relay. **Ambrish Santhanam** raced his heart out with 100% improvement and no DQs, dropping 9 sec in 50 freestyle, 8 sec in 25 freestyle, and trying his first 50 backstroke. **Matthew Shick** continues to swim all best times too, dropping 14 sec and coming very close to a State time in 50 backstroke, and swimming 10+ sec faster in 25 backstroke.

The 9-10 girls were our largest group, starting with **Kaylie Altringer** who swam 5 strong events over all 3 days of her first official meet, and set some times to beat for her next meet as she continues with DDST after the summer program.

Kaitlyn Browning swam one day, focused on her events, swam a best time in her 50 freestyle by 4+ sec, and was right on best time in 50 backstroke with a great flip turn. **Savannah Chappell** swam new best times in 3 of 8 events, improving a huge 16 sec in 100 breaststroke for a new B time, and dropping 1 sec each in 50 freestyle & 50 backstroke.

Emily Dack, new to this age group, swam near best times in most events, improved 1 sec in 50 butterfly, and tried 100 backstroke for the first time. **Emma Gray** swam like a champ, showing her courage, muscles, and stamina by trying several new longer events, and earning 3 new B times in 100 butterfly, 200 & 50 freestyle. **Madison Harvey** dropped almost 4 sec in 50 freestyle for a 39.06, and swam 3 new events, earning new B times in 200 & 50 freestyle, and showed off her improved streamlines and flip turns. **Shelby Koontz** had an outstanding meet, improving in 6 of 9 events including 4 new Far Western times in 50 freestyle, 50 breaststroke, 100 & 200 IM, posting new AA times in 200 IM and 50 backstroke, winning her 50s and taking runner-up high-point. **Sylvia Lawson-Vilches**, just moved from Oregon 2 weeks earlier, had a super meet with 100% huge improvements in 9 events, dropping 18 sec total in 100 breaststroke, 50 backstroke, and 50 breaststroke to come very close to 3 JO cuts. **Sasha Littrell** handled her first of-

ficial meet like a pro – calm, cool, and collected. She swam 7 events including the 100s backstroke, breaststroke & IM, and looked great! **Zoe Maalouf** also new to swim meets, swam her races like a champ, improving from past twilight meets by almost 30 sec in 50 breaststroke. We're looking forward to seeing her swim in our next meet. **Annalisa Neal** swam 2+ sec faster in 50 & 100 freestyle with much-improved dives, and also tried 200 freestyle, 200 IM & 50 breaststroke for the first time.

Our 9-10 boys included **Eric Jacobs** who had a great meet with 100% improvement and no DQs, dropping 9 sec each in 50 breaststroke & 100 IM, trying his first 100 breaststroke, and showing great attitude when we needed him to swim his least favorite stroke in the medley relay. **Dylan Matheson** swam 4 sec faster in 50 breaststroke, 1 sec faster in 50 freestyle, and tried his first 100 freestyle, 50 backstroke & 100 breaststroke, looking great in his breaststroke events and 2 relays. **Aditya Santhanam** must be working on his freestyle in practice because he dropped a whopping 15 sec in 50 freestyle – Wow! His first ever 50 breaststroke looked great too.

For the 11-12 girls, **Erica Chappell** swam a strong meet with a new State time in 50 backstroke, dropped 2 sec for a new BB time in 100 freestyle, and came back for finals in 4 backstroke and freestyle events. **Clara Gray** swam strong also, improving 2+ sec in 50 breaststroke, trying 4 events for the first time including 200 IM and backstroke, and learning to land her backstroke flips perfectly. **Taylor Harker** ended her summer with a great meet and 100% improvement, dropping 19 sec total in 100 freestyle, 50 breaststroke, and a strong 50 butterfly. **Darby Mattinson** gave it her all with only 1 day to swim, improving by 8 sec in 100 freestyle, and swimming strong in her first ever 100 butterfly and 200 IM. **Shaelin Morefield** swam an excellent meet, improving in 7 of 9 events and often dropping more in finals, with a new JO time in 200 freestyle, new AA time in 100 IM, and tying the 11-12 team record of 29.69 in 50 butterfly with a new AAA time.

(continued next page)

(High Country Champs, continued)

The 11-12 Boys included **Andrew Brockhage** with a great meet, improving 31 sec total in 100 backstroke and 50 breaststroke, and trying 5 new and longer events including 200 & 500 freestyle, and 100 IM where he made finals and swam even faster the second time! **Adam Dack** also had a super meet, improving over 40 sec total in 5 events, swimming strong in his first 1000 freestyle & 200 backstroke, and making finals and new State times in 50, 100, and 200 backstroke. **Jake Forvilly** swam 8 events for his 2nd meet, including 5 new ones, looking strong in 200 IM, 200 freestyle, and 50 butterfly, and making finals in 100 IM where he dropped another 2 sec from his prelim time. **Logan Killion** swam 9 strong events and had a great backstroke meet, improving 6+ sec in 100 backstroke, and making finals in 50 backstroke where he improved on his new State time from prelims. **Jake VanBeuge** swam 3 events, clocking near best times in 50 freestyle and 50 backstroke, and looking strong in his first 200 freestyle.

For the 13-14 girls **Yuchen Jin** swam an excellent meet with best times in 6 of 7 events, dropping 3 sec in 100 butterfly, 5+ sec in 200 freestyle for a new BB time, and making finals in 100 & 200 backstroke. **Taylor Killion** had a great meet too, dropping 52 sec total in 200, 500, 1000, and 1650 freestyle for 2 new A times and 4 new JO cuts (altitude adjusted), improving 10+ sec in 200 butterfly and 6+ sec in 400 IM, and making most finals. **Sarah Koontz** swam 6 events, looking strongest in 200 breaststroke and 100 freestyle, and coming back for finals in 200 butterfly. **Veronica Lawson-Vilches**, just arrived with her sister from Oregon, had a great meet with 100% improvement in 7 events, and 4 new State cuts in the 100s backstroke, breaststroke, and butterfly, and in 50 freestyle with a 29.54. **Megan Skilling** swam finals in 4 of 5 events, with a best time in 50 freestyle prelims, and strong prelim swims in 200 breaststroke and 100 backstroke. **Mary Smithen** returned for finals in all 4 of her events and swam some fast freestyle, with a best time of 26.59 in the 50, and breaking a

minute in the 100 with a new JO time of 59.70.

The 13-14 boys included **Garrett Dressler** swimming 5 events, improving by 7+ sec in 100 breaststroke, 4 sec in 100 freestyle, and looking strong in his first ever 200 breaststroke. **Kyle Johnston** swam finals in all 9 of his events with some fast new best times, dropping 5 sec in 200 IM, 3 sec in 200 freestyle, 2 sec in 100 butterfly, and ripping up the water in 56.97 for 1st place in 100 freestyle. **Ethan Liddell** joined us about a month ago, and for his first meet swam 100 freestyle and 100 backstroke with a strong finish. We look forward to seeing him in more events soon! **Cameron Morefield** had the meet of his life with best times in 15 of 16 swims, a 12 sec drop in 200 backstroke and a huge 2:11 drop to 19:42 in 1650 freestyle for 2 new JO times, more JO times in 100 & 200 breaststroke, two A times, and runner-up high-point. **TJ Smithen** had an outstanding meet, improving 100% in 4 events with even faster finals times, dropping 5+ sec in 200 backstroke and 100 freestyle, and 2 sec in 50 freestyle for a new State cut.

For the 15-18 girls **Michelle Forman** swam finals in 6 of 9 events, improving 4 sec in 200 IM, 1+ sec in the 100s breaststroke and butterfly for 2 new State cuts, and trying her first 400 IM and 200 butterfly for another State cut. **Anna Jackson** swam 6 events, trying her first 200 butterfly and making a new State cut, and coming back for finals in 200 butterfly and 200 backstroke. **Molly Lahlum** swam 3 events, with new best times in 50 freestyle and 100 backstroke, and looked strong in 100 freestyle. **Chandra Matheson** had a great meet with best times in 6 of 9 events, dropping 7 sec in 200 breaststroke for a new State cut, swimming her first 1000 freestyle, and making finals in 200s breaststroke & IM. **Cassie Parr** swam 6 events, with a new best time in 50 freestyle, and looking strong in 100 & 200 freestyle and 100 backstroke. **Paula Sigala** improved in 4 of 7 events, dropping a huge 2:00 in 1650 freestyle for a new BB time and State cut, and improving 1 sec in 50 freestyle and 2 sec in 100 freestyle to make finals in both. **Haley Von Schottenstein** made finals in 8 of 9 events with some fast swims, dropping 1 sec in 100 butter-

fly, 13 sec in 400 IM for a new State cut, ripping a new AAA and Far Western time of 25.67 for 1st place in 50 freestyle, and taking runner-up high-point.

The 15-18 boys included **Chris Bergstrom** who swam a fast meet with best times in 6 of 8 events, just missing JO time in 50 freestyle at 24.61, and dropping 2 sec in 100 freestyle and 5 sec in 100 butterfly for a new BB time. **Shawn Stubnar's** hard work paid off with best times in 7 of 9 events, improving a huge 1:03 in 1650 freestyle, 4+ sec in 500 freestyle for a new BB and State cut, 22 sec in 1000 freestyle, 20 sec in 400 IM, and 2 sec in 50 freestyle. **Eric VanBeuge** was also rewarded with a huge 16 sec improvement in 200 freestyle for a new BB and State cut, 4 sec total in 50 & 100 freestyle, State cuts in his first 200s butterfly & backstroke and 1000 freestyle, and runner-up high-point.

Throughout the weekend Dolphins came together to swim relays and individual events, cheer each other on, and help each other swim their best. These 55 Dolphins proved once again that team unity makes us a strong force that wins meets, taking **second place overall** out of the nine teams from the region who competed.



Upcoming Meets

Online entries, meet sheets, updates:
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: September 26-28, Autumn Freeze Invitational, meet sheet www.pacswim.org/0908ddst.pdf (entries due Wednesday Sept. 17th!). **All parents please be ready to help out!**

October 25-26, Reno, Ted Dorsey Fall Classic, meet sheet pending at www.pacswim.org/1008reno.pdf (entries due online Wed. October 15 or postmarked Mon. October 13).

November 8-11, west Las Vegas (Desert Breeze), Nevada State Championships. Qualifying times posted; stay tuned for entry and travel information.



Far Western Championships

Two Dolphins represented our team at the long-course Far Western Championships July 30 through August 3. This huge meet gathered nearly 1300 qualified swimmers from all over the western U.S. and Canada at the Frank Fiscalini International Swim Center in San Jose, California. Some teams came from as far away as New England and Hawaii.

Shelby Koontz, just turned 10, started off on Thursday by swimming a fast 100m freestyle, improving her time by half a sec to 1:15.55. Shelby was back on Friday and Sunday, swimming 50m and 100m backstroke just off her best times from JOs three weeks earlier. **Shaelin Morefield**, 12, came in on Saturday and swam a fast 50m butterfly, improving her time by another quarter sec to 33.70. Shaelin was back bright and early Sunday to swim the 2nd heat of the morning, dropping her 100m butterfly time by 1 sec to 1:16.85.

Congratulations to both these ladies for qualifying to compete at such a prestigious meet!



Dolphins Abroad!

Three of our older swimmers participated in the People to People Student / Sport Ambassador Program this summer. In June, **Anna Jackson** and **Cassie Parr** traveled to Australia, New Zealand, and Fiji to learn about those countries for 18 days. They were very enthusiastic about their trip upon their return! Anna said the most memorable part for her was a trip to a waterfall in Fiji where they got to jump into the water and have fun! Cassie said her fondest memory was visiting a village in Fiji where the native people were very friendly and made them feel very welcome!

In July, **Kyle Johnston**, traveled to Holland as a Sports Ambassador. He swam at the Youth Friendship Games in Haarlem and won two bronze medals for his 100 freestyle and 200 backstroke. The highlight of his trip was seeing a stalker running through the square he was shopping in!



July 24th Twilight Practice Meet

Over 90 swimmer signed up and came together for our Douglas vs. Carson twilight meet on July 24th. With the help of coaches and parents the meet went very smoothly. This meet was the biggest twilight meet we have ever hosted, and to that we added the new timing system. The events flew by and before we knew it, we were all done and ready to party. Karen Browning orchestrated a team potluck which was a huge hit. With all the good food the swimmers had fun meeting each other, with the older swimmers giving the younger swimmers nicknames. The fun concluded with a team water balloon toss. The coaches would like to thank all the parents who went out of their way to help this meet work with awards, timing, starting, and the potluck.



New Team Store Manager!

www.ddst.org/store.htm

Store Manager: **Pattie Dack**

775-267-4322, psdack@charter.net

Pattie Dack is your new Team Store manager and contact for all equipment and apparel questions and orders. Thank you, Pattie, for stepping in, and thank you Linda Koontz for your hard work in getting the store organized and running!

New Team Suit & Parka Vendor:

Orders for DDST team suits should now be placed directly with NorCal, using the updated form now posted on our web site (above). Orders should arrive much faster than they have been, and will be shipped directly to your address. **Check with your coach about optimal racing suit size**, or try on one of our samples.

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 caps should be turned in to the Store Manager.**

From the Meet Directors

Linda Koontz 782-7806, Lorna Johnston 782-2382, meets@ddst.org

THANK YOU MEET WORKERS!

Thank you to all the parents who helped with the High Country Meet! We could not have run the meet without you all. I have heard from other parents and coaches that they had a great time at the meet. I would especially like to thank **Syndi Skilling** and **Shawn Shick** for coordinating Hospitality and **Josefina Sigala** for coordinating Snack Bar. These ladies make my job so much easier! Jim Morefield, Joe Stubnar, and Lorna Johnston, I would like to thank you for all of the behind the scenes work you always do to make sure the meets go smoothly!

Computer Joe Stubnar, Lane Killion; **Colorado** Lorna Johnston, Dana Killion, Pattie Dack, Chris Dack; **Clerk of Course** Dana Killion, Jennifer VanBeuge, Margaret Jackson, Ana Lawson-Vilches; **Marshals** Donna Harker, Ted Neal, Brendon VanBeuge, Robert Koontz, Chris Forman, Mark Bergstrom; **Head Timer** Julie Gray, Devere Dressler, Xiaojun Jin, Don Brockhage, Chris Dack, Rebecca Browning.

Hospitality Shawn Shick, Syndi Skilling, Chang Qing Jin, Pattie Dack, Karen Sullivan, Penny Santhanam, Chris Forvilly, Gail Jacobs, Karen Brockhage; **Snack Bar** Josefina Sigala, Avelino Sigala, Sara Sigala, Bill Harvey, Hollie Harvey, Michelle Costarella, Stacey Von Schottenstein, Julie Gray, Jared Hyatt, Steve Sullivan, Ed Gray, Mary Lahlum.

Runners Callie Parr, Margaret Jackson; **Announcers** Kathy Chappell, Tricia Smithen, Susan Forman, Katie Palmer; **Awards** Laurie Thornton, Kathy Chappell; **Parent Swimmer Helpers** Vanessa Littrell, Lori Browning; **Officials** Leslie Morefield, Jim Morefield, Lane Killion, Paul Johnston.

Make sure you record all of your hours in the Meet Volunteer Binder. You can e-mail Lorna the number of hours you worked and she will record it for you.



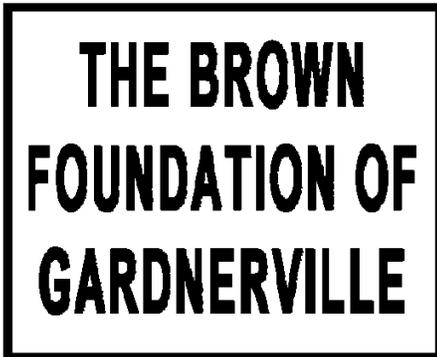
Thank You Sponsors!

The Douglas Dolphins Swim Team is deeply grateful for the broad outpouring of community support in response to our 2008 Sponsorship Drive. Thanks to all of you, the Douglas Dolphins can continue to maintain a full range of high-quality competitive swimming programs and activities, while keeping these activities as accessible as possible to all the youth of our communities.

Welcome and Thank You to our new and returning 2008 – 2009 SPONSORS:



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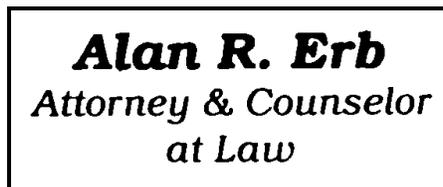
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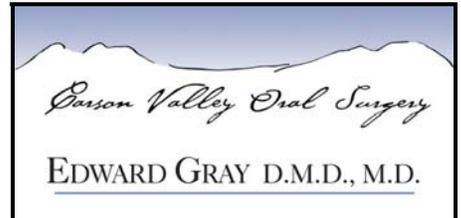
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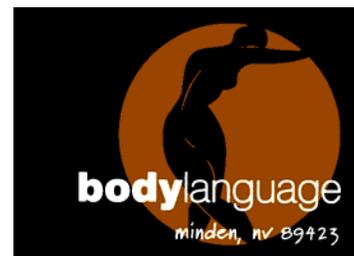
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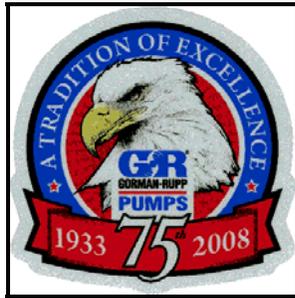
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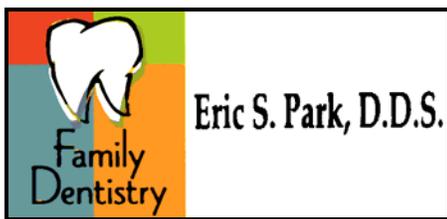
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Sullivan Family; Taildragger Cafe;
United Electrical Services.



Fall Board Meeting Days Changed

For the rest of 2008, Board meetings
have been moved temporarily to the
Monday before the first Tuesday of
each month, and September is on the
second Monday to avoid Labor Day.

The next DDST Board of Directors
meeting is Monday, September 8th,
2008, 6:00-7:30 pm, in the Multipur-
pose Room at Carson Valley Swim
Center. Parents are always encouraged to
attend; meeting minutes are available
from the Secretary.. This is the inaugu-
ral meeting of the new Board, and all
member families present may cast a
vote for the next President, Vice Presi-
dent, Secretary, and Treasurer. Con-
tact information for all Board Members:
www.ddst.org/boardmembers.htm.



DDST Key Contacts

Board President: Kathy Chappell
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sgovanswm @ aol.com; 775-287-1035
Coach Kat: coachkat0809 @ hotmail.com
Coach Stefanie: ssignorella @ charter.net;
775-901-6747
Meet Directors: meets @ ddst.org;
Linda Koontz, 775-782-7806
Lorna Johnston, 775-782-2382
Billing & Treasurer: Joe Stubnar
billing @ ddst.org; 775-720-6703
Parent Liaison: Karen Sullivan
ksulliva @ dcsd.k12.nv.us; 775-267-4035
Newsletter, Web, Officials: Jim Morefield
jdmore @ charter.net; 775-782-4360



Transitions

Welcome new swimmers Kaylie Altringer, Hannah Corgan, Silvia Lawson-Vilches, Veronica Lawson-Vilches, Megan Slobogin, and **welcome back** Allison Ansel, Kevin Eubanks, and Amy Ross. **Farewell & good luck** to Rebecca Chappell, Riley Hollis, and Alicia Thomas – we'll miss you! **Happy Birthdays** to Allison Ansel (7/18), Sabrina Klusers & Ally Rowden (8/8), Hayley Killion (8/12), Hannah Corgan (8/15), Aditya Santhanam (8/20), Mychael Bellik (8/30), Ethan Liddell (9/7), Andrew Browning (9/12), Darby Mattinson (9/15), Whitney Weaver (9/16), Chandra Matheson (9/23), Lea Gifford & Madison Harvey (9/25).
(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)



Practice Schedules

LABOR DAY PRACTICES 3-4 pm
for Red & White groups.

SATURDAY PRACTICES starting Sept. 13, 9-11 am, for Pre-seniors & Seniors

Check www.ddst.org for updates.

ANY Public School(s) IN Session
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 4:45-5:55, F 4:15-5:30 pm
Red: M-Th 5:00-5:55 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
(common break days; public holidays except Christmas & New Year days)

Blue, Pre-seniors, & Seniors:
M-F 7:00-9:00 am
Red: M-Th 5:00-5:55 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 September 16th. **All submissions should be received by Wednesday, September 10th.** Questions, content requests, items of interest to the DDST membership, address changes, and requests for **email 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.

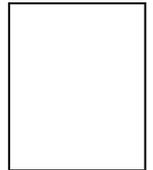
A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, and Stefanie Signorella; Linda Koontz, and Lorna Johnston; and Joe Stubnar for membership data..

Latest news online: www.ddst.org.



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Time-sensitive Swim Team news enclosed!