

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(est. 1964)

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

December 2008

## Carson Meet Entries Due 1/7!

Entries for the Carson Tigersharks' Poly-tathlon Meet, January 17-18 in Carson City, are **due online or hand-delivered by Wednesday January 7<sup>th</sup>**, or post-marked Monday January 5<sup>th</sup>. This is **not a home meet – do not submit entries to the Dolphins!** Entries and payment must be submitted to the hosting team per the meet information sheets, which can be found in the team file box at the pool lobby, or at [www.ddst.org/meets2009.htm](http://www.ddst.org/meets2009.htm).

## Zone All-star Meet

Applications for the Pacific Swimming Zone All-star meet (March 1<sup>st</sup>, Burlingame, CA) are now available from your coach or at [www.ddst.org/meets2009.htm](http://www.ddst.org/meets2009.htm). **Don't forget to sign up** if you want to be considered for this fun travel meet!

## Officials Clinic Saturday Jan. 17<sup>th</sup>

Any parents interested in learning more about the rules of swimming and the roles of officials are invited to attend an educational & training clinic in Carson City right after the Saturday afternoon meet session January 17<sup>th</sup>, for about 2 hours. Training opportunities may also be available between the morning and afternoon meet sessions, and on-deck during the meet. **Officials needing to re-certify in 2009 are also encouraged to attend.** Contact Jim Morefield ([jdmore@charter.net](mailto:jdmore@charter.net), 782-4360) for more info.

## Swim-a-Thon<sup>®</sup> Weekend Jan. 31

Check your family folder ASAP for your Swim-a-Thon packet(s)! The Douglas Dolphins are conducting a team-wide USA Swimming Swim-a-Thon<sup>®</sup> fundraiser. We want to make this our biggest fundraiser of the year!

### WHAT YOU NEED TO KNOW:

- **All Dolphins can participate!** Your coach can suggest a number of pool lengths appropriate to your age and ability. Swimmers will have up to 1 or 2 hours to complete their swims.
- **Incentive prizes for all participants!** The more you earn, the more prize options become available. See your packet for details.
- Encourage **family, friends, neighbors, and local businesses** to support your swim team!
- **Pledges** are gathered from sponsors before swim-a-thon weekend (January 31<sup>st</sup>). **Pledge money** can be collected **after** you swim, **or before** swim-a-thon day, at the time of the pledge, to save a return visit.
- **Swim-a-thon day is the weekend of January 31<sup>st</sup>, 2009.** Stay tuned for exact time(s).
- All pledge money **and packets (used or not)**, must be submitted with your prize choice by **February 12<sup>th</sup>, 2009!**

## Valentine Meet Open for Entries!

The Dolphins' St. Valentine Meet **February 13-15** (Presidents' Day weekend) is now open for entries. Information sheets are in the team file box at the pool lobby, or at [www.ddst.org/meets2009.htm](http://www.ddst.org/meets2009.htm).

## Swimmers of the Month

**Annalisa Neal** was chosen by Coach Stefanie for her perfect attendance. Annalisa has the best attendance in Red group, and also shows up on Fast Fridays to swim with Blue group. She loves swimming so much her family gets her back to the pool after a day of holiday skiing! Annalisa leads the pack in Red group's fast lane, showing that consistent hard work does pay off! I will miss her when she moves up to Blue group in January. Your coach is proud of you, Annalisa!

The swimmers at Junior Olympics and Senior Championship meets – **Silvia Lawson-Vilches, Shelby Koontz, Shaelin Morefield, Taylor Killion, Cameron Morefield, Haley Von Schottenstein, Eric VanBeuge, and Michelle Forman** – were chosen by Coach Sarah "just 'cause they swam so stinkin' fast and impressed me!"

Congratulations to Annalisa and our Championship swimmers! Keep up the great work!

### INSIDE THIS ISSUE:

<i>Swimmers of the Month</i>	1
<i>Coaches' Corners</i>	2
<i>Pacifica Junior Olympics</i>	3
<i>Holiday Nutrition</i>	4
<i>Pacific Senior Championships</i>	4
<i>Thank You Sponsors!</i>	5
<i>DDST Key Contacts</i>	6
<i>Next Board Meeting Jan. 6<sup>th</sup></i>	6
<i>2009 Meet Schedule</i>	7
<i>Welcome New Swimmers!</i>	8
<i>Practice Schedules</i>	8

COACH

## Sarah's Corner

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

With a new season of training and meets ahead of us, we need to start thinking about our goals, and take a step back to look at the big picture and what this last season had to offer. It is okay to dream big, as sport psychologist Dr. Alan Goldberg said in a recent Speedo Tip of the Week (from [www.usaswimming.org](http://www.usaswimming.org)):

"Here's the thing about dreams: No one can tell you what you can or cannot do. No one **really** knows what's in your heart except **you**. Others may say, "Give it up! You're being unrealistic. It'll never happen." Understand that their opinion doesn't matter. The only thing that matters is that this goal is **personally meaningful to you**. If we always listened to what the "experts" told us was impossible, then we'd still be living in the dark ages. I've known a number of Olympians who defied these know-it-alls to not only make the team, but then medal at the Games.

"If the Olympic theme is playing in your head, then enjoy the music and go for it. As you do so, keep in mind that the purpose of a big goal is to **motivate** you to take your swimming to the next level. It's that big, scary goal that focuses and fuels your daily training efforts and pushes you far beyond your limits. Finally, remember that what makes a **true** Olympian is not necessarily reaching that dream, but fully committing yourself to it and then **going for it**."

**During winter break practices are available in Carson City, 7:30 am Monday, Tuesday, Friday, and Saturday to any Dolphins who would like some extra training time. Also feel free to come to our pool and have a fun time during the break.**

For Seniors and Pre-seniors, **dry-land practices** will start back up in January, Mondays and Wednesdays 5:00-5:40 pm. **Please be prepared!**



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

I took a small number of athletes to the 14 & Under Junior Olympic Championships in Pacifica, CA, December 5-7. Their performance was **AMAZING**. (See the meet results on the next page.) This meet is typically long and cold. This year was no exception. **Linda Koontz** saved the day by bringing a 10 man tent for us to seek shelter in. A big "thanks" to her. Just four weeks after from our NV State Championships and these guys still managed to shave off more time. What a great weekend!



COACH

## Susan's Corner

(jgovan1111 @ aol.com; 775-265-4703)

Coach Susan's corner. December will be a quick month for us but we're making the best of it. The practice meet with Carson on December 11<sup>th</sup> was a memorable one for me as a coach. All the hours of tearing the strokes down and putting them back together, all the belly flops and all the missed turns at the wall, all came together that afternoon. For most this was their first time off the blocks at a meet setting, with a handful of veterans, all 8 and under. There were amazing results for all. One young man in particular, **Dallas Williams**, blew his field away in the 50 freestyle with a 35 sec swim, not bad for a novice! As I told the swimmers the next week, give yourselves a pat on the back because you sure earned it! Happy Holidays to you all, thank you for your support and enjoy your time off.



COACH

## Stefanie's Corner

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

In Red Group, the swimmers have been working on being better at listening and paying attention to their coach. They've also been working on swimming all the way through their assigned distance without finding excuses to stop at the wall or walk on the bottom. They know that being in Red Group means they are becoming mature swimmers focused on improving. To improve their swimming they've agreed with me that they need to respect their coach by listening and by trying their best when they push off the wall on every set. Some days have been better than others! Thank you, swimmers, for showing respect to me and yourselves in this area.

What else have we been working on? Swimmers, see if you can come up with some things you remember working on recently. Do you remember some of these: your **stroke count** (strokes per lap) for breaststroke, using the **head-butt drill** in breaststroke to keep your hips up while swimming, **freestyle flip turns** (head down into the turn and pushing off the wall long before your corkscrew), the **underwater catch** for freestyle and butterfly...? Thinking about these when you're out of the water will help them to come more naturally to you when you're in the water. Drill them into your head. Come to practice and tell me what you remember. And then show me in the water.

To those swimmers in both Red and Pre-competition groups who have been coming to practice regularly, I have noticed a lot of improvement in your swimming! To those swimmers who are stretching at home, like streamline stretches, I have noticed an improvement in your streamlines! Remember, all of your hard work pays off. Keep up the great work!



## Pacifica Junior Olympics

Five hardy Dolphins joined over 900 other athletes at the 14-under winter Junior Olympic Championships December 5-7 in Pacifica, California. Despite the cold, windy, and crowded conditions at this "indoor" meet, these Dolphins shined with some amazing swims just 4 weeks after State Championships.

Friday evening started off right with 100% huge improvements in the distance events. **Shelby Koontz** opened the show by dropping 4 sec in the 10-under 200 IM, taking 7<sup>th</sup> place with a new AAA and PRT time of 2:36.83. In 400 IM **Shaelin Morefield** smashed her previous team record by 13 sec, taking 4<sup>th</sup> place in the 11-12 group with a PRT and 13-14 Far Western time of 4:57.65, and 13-14 **Cameron Morefield** shed 7 more sec for a new Far Western time of 4:42.55. **Taylor Killion** wrapped up a great evening by dropping 9 sec in 13-14 500 freestyle for a new AA time of 5:37.59.

Saturday morning Prelims began with more 200 IMs, first off the blocks **Shaelin Morefield** who improved 4 sec for a return ticket to evening finals, then **Cameron Morefield** who also dropped 4 sec for a new AA time of 2:15.38. In the 10-under 100 IM **Silvia Lawson-Vilches** joined **Shelby Koontz** for two strong swims, both right near best times. **Taylor Killion's** 200 freestyle was also right near best time, as was **Cameron's** 100 breaststroke and **Shelby's** 50 breaststroke. Next was 100 backstroke where **Taylor** and **Cameron** both dropped 1 sec for 1:03s, **Taylor** tying for 2<sup>nd</sup> alternate for finals and coming back for a swim-off later. In 50 backstroke **Silvia** swam right on best time and **Shelby** swam strong enough to qualify for consolation finals. Next **Shaelin** powered through 200 butterfly, dropping 3 sec for a new team re-

cord and AAA time, and qualifying to do it all over again in finals. **Silvia** then swam a super 100 butterfly, improving 4 sec for a new AA time of 1:19.93. Last of the prelims was **Shaelin's** 50 breaststroke which was fast enough to qualify for consolation finals.

Saturday evening Finals got off to an exciting start with the Dolphins' 1<sup>st</sup> of 2 backstroke swim-offs. (Of 5 swim-offs during the whole meet, 40% involved Dolphins' backstrokers!) In front of the whole Finals crowd, **Taylor Killion** rose to the occasion and swam an incredible 100 backstroke race, finishing 1.5 sec ahead of her competitor, and dropping another 2 sec from her morning time for a new PRT and AAA time of 1:01.44, the 10<sup>th</sup> fastest swim of the meet in that event. The fast swimming continued with **Shaelin Morefield** who dropped another 1 sec in 200 IM finals, taking 4<sup>th</sup> place with a new PRT time of 2:21.86. **Shelby Koontz** was next in 50 backstroke, racing to a 2<sup>nd</sup> place finish in consolation finals and a new best time of 33.71. **Shaelin** then had enough left to swim another 1 sec faster in 200 butterfly finals, finishing 3<sup>rd</sup> with a new 13-14 Far Western time and team record of 2:23.49. **Shaelin** concluded the long cold evening with a 5<sup>th</sup> place finish in consolation finals of 50 breaststroke.

**Taylor Killion** started of Sunday morning Prelims with a strong 100 freestyle near best time. **Cameron Morefield** then shaved 2 sec off his 200 breaststroke for another new Far Western time of 2:30.88. Next in 100 breaststroke, **Silvia Lawson-Vilches** swam right near best time, and **Shelby Koontz** improved 1 sec for another chance in consolation finals. Three fast 200 backstroke swims followed, **Taylor** improving a huge 10 sec for a new 15-16 Far Western time of 2:15.86 and a return to consolation finals, **Cameron** dropping 3 sec for a new AA and Senior cut and tying for 2<sup>nd</sup> alternate for finals, and **Shaelin**

**Morefield** swimming 7 sec faster to qualify 1<sup>st</sup> for consolation finals with a new team record and Far Western time of 2:24.24. In 50 butterfly **Shaelin** also qualified 1<sup>st</sup> for consols, shaving her team record to 28.64, **Silvia** raced to a new best time of 35.85, and **Shelby** swam right near best to qualify for consols, as she also did later in 50 freestyle to qualify for finals. In 100 butterfly **Cameron** surprised himself with a new AA and Far Western time of 1:00.44, a 3 sec improvement, and **Shaelin** qualified for finals to finish the day strong.

Sunday evening Finals began with another exciting backstroke swim-off for 2<sup>nd</sup> alternate position. Again with the whole finals crowd watching, **Cameron Morefield** won a focused and beautiful 200 backstroke race 4 sec ahead of his competitor, dropping another 2 sec from his morning swim for a new 15-16 Far Western time of 2:09.56. **Cameron** swam the race just the way Coach Kat wanted him to, and the result was the 12<sup>th</sup> fastest swim of the meet in that event, and a new best time of 1:02.30 for his 100-yard split as a bonus. It was getting late and home was calling, but the Dolphins toughed it out to the end. **Shelby Koontz** swam right near best time in 50 freestyle to finish 5<sup>th</sup> in finals, along with 7<sup>th</sup>-place consolation final finishes in 100 breaststroke and 50 butterfly. **Taylor Killion** held on for 5<sup>th</sup> place in 200 backstroke consols. **Shaelin Morefield** swam right near best times to finish 2<sup>nd</sup> in 50 butterfly consols and 6<sup>th</sup> in 100 butterfly finals, and dropped another 3 sec to win 200 backstroke consols with a new PRT and team record of 2:21.59.

For the weekend **Cameron** improved in 6 of 7 events, **Taylor** in 5 of 6, and **Shaelin** in 5 of 7. This was the last year this meet will be held in Pacifica; in 2009 it is moving to Pleasanton, CA. What a great way for the Dolphins to say farewell to Pacifica!



## Holiday Nutrition

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

**Splash Magazine correspondent Diane Krieger Spivak offers some advice on nutrition during the holidays:**

“With the holidays quickly approaching, swimmers in training are often faced with a host of tempting goodies. But there are ways an athlete can stay fueled and make food fun at the same time, says California-based nutritionist Judy Fields.

“**Plan the day ahead of time** with respect to meals and snacks and always start with something healthy, says Fields. Spice things up with a holiday smoothie, using milk or soy-milk as a basis, add cranberry juice or blended cranberries, pumpkin and a little sugar and pumpkin pie spice. Add tofu for protein. For snacks, use dried fruit like dried cranberries and a variety of nuts. A snack mix could include half dried nuts and seeds, one-fourth dried fruit and one-fourth holiday-colored, candy-coated peanuts.

“**Incorporate vegetables in the middle of the day** in the form of a salad or vegetable juice so when you go for the balance of the day, the dinner meal doesn't have to have all the vegetable servings for the day,” Fields says. Have a healthy snack during the day to stave off hunger so you're not ravenous once you sit down to the table. That only encourages overeating. A snack of cottage cheese or turkey jerky an hour before dinner helps.

“**At mealtime, peruse the table first to check out all of the options.** Half your plate should include vegetables and salads, while one-fourth should include protein and one-fourth starch. Side dishes like breads are okay in moderation.

“**Dessert works the same way.** ‘You can have a small dessert plate,’ says Fields. ‘If it's a buffet, you can put a variety of things on your plate,

but don't go back for seconds.’ And you don't have to eat it all.

“**Avoid sweetened beverages or high-fat beverages like eggnog.** Instead, take cranberry juice and cut it with a diet tonic or diet soft drink.

“**Don't be glued to the buffet table,** Fields says. Focus instead on visiting with friends or family.”



## Pacific Senior Championships

Just 1 week after Junior Olympics, 5 qualifying Senior Dolphins attended their first Pacific Swimming Senior Championships December 13-14 in Pleasant Hill, CA, with Coach Kat. Senior-format meets are not divided by age groups; instead, swimmers who meet the minimum qualifying times swim by time alone. At this meet over 450 of Pacific Swimming's fastest swimmers, ages 12-28 (including a 12-year-old of our own) competed for times and the chance to return for finals. This was another cold and rainy outdoor meet, and our Dolphins still came through with some super swims.

Saturday morning Prelims started off with two strong 200 backstroke swims by **Taylor Killion** and **Eric VanBeuge**. Next in 50 freestyle, **Shaelin Morefield** raced to a new best time of 27.36, **Michelle Forman** swam right near best at 27.01, and **Haley Von Schottenstein**, who had 100% improvement at this meet, swam an incredible race to qualify 9<sup>th</sup> overall with a new Sectional time and 15-16 team record of 25.00. In 100 butterfly **Shaelin** improved on her Junior Olympic time from the weekend before, and **Haley** again tore up the water, dropping 2 sec to qualify 16<sup>th</sup> overall with a new AAA and Sectional cut of 1:00.17. Two more fast races finished off the morning, **Taylor**

improving 4 sec in 200 freestyle for a new AA and JO time of 2:05.38, and **Michelle** with a new best time of 2:41.56 in 200 breaststroke.

Thankfully Saturday afternoon finals were moved earlier to 3:30, allowing all the athletes to swim that much warmer. The session started with 200 Medley Relays, where our 4 ladies raced hard to a 6<sup>th</sup> place finish in 1:58.91, which was within 1 sec of 4<sup>th</sup> place. **Haley Von Schottenstein** then gave what she had left in her two consolation finals, coming in 7<sup>th</sup> in 50 freestyle and 8<sup>th</sup> in 100 butterfly. The team spent the rest of the evening refueling with Outback steaks and warming down at the hotel pool & spa.

Sunday morning Prelims were colder with rain moving in, but that didn't stop the fast swimming. Starting with 100 freestyle, **Haley Von Schottenstein** swam a new best time of 57.55, and **Eric VanBeuge** dropped 1.5 sec for a new AA and JO time of 52.03. Next were three 100 breaststroke swims, **Shaelin Morefield** finishing just off best time, **Michelle Forman** with a new best time of 1:12.89, and **Haley** improving by 1 sec to qualify 11<sup>th</sup> overall with a new AAA time of 1:09.26, just hundredths from another Sectional time. Finishing the morning session were three 100 backstroke swims, **Shaelin** dropping a huge 4 sec for a new AAA and Far Western time of 1:07.03, **Taylor Killion** swimming 1:02.34 just 1 week after her incredible swim-off at Junior Olympics to qualify for Bonus Finals at 21<sup>st</sup> overall, and **Eric** with a new best time of 1:00.68.

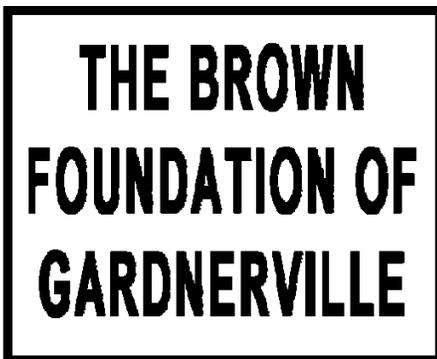
With winter weather threatening the ride home, **Haley** and **Taylor** scratched from their Sunday afternoon finals opportunities, and we crawled safely back over the Sierra Nevada by 6:30 pm, satisfied with a weekend of fine swimming.



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



Lifetime Sponsor



Platinum Medal Sponsor



Platinum Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



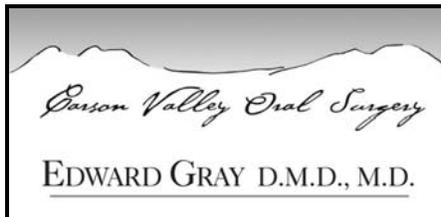
Gold Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



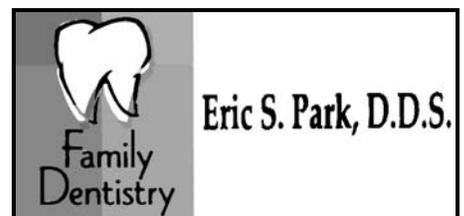
Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor

## BOB'S PERFORMANCE CENTER

Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor

## CHAPPELL FAMILY

Silver Medal Sponsor

## JOHNSTON FAMILY

Silver Medal Sponsor

## PARR FAMILY

Silver Medal Sponsor

## SKILLING FAMILY

Silver Medal Sponsor



## DDST Key Contacts

**Board President:** Kathy Chappell  
kchappell @ clearwire.net; 775-267-5284

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

**Head Age-group Coach:** Kat Matheson  
coachkat0809 @ hotmail.com

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

**Coach Susan:** jgovan1111 @ aol.com;  
775-265-4703

**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



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, January 6<sup>th</sup>, 2009, 5:45 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 6:00 pm**, in the Multipurpose Room of the swim center). **Contact information** for all Board Members:

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



## Upcoming Meets

**Online entries, meet sheets, updates:**  
[www.ddst.org/meets2009.htm](http://www.ddst.org/meets2009.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!**

**January 17-18, Carson Tigersharks Polyathlon,** meet sheet [www.pacswim.org/0109cars.pdf](http://www.pacswim.org/0109cars.pdf) (entries due postmarked Mon. Jan. 5<sup>th</sup> or online Wed. Jan. 7<sup>th</sup>.)

**HOME MEET: February 13-15, St. Valentine Invitational,** meet sheet [www.pacswim.org/0209ddst.pdf](http://www.pacswim.org/0209ddst.pdf) (entries due postmarked Mon. Feb. 2<sup>nd</sup> or online or hand-delivered Wed. Feb. 4<sup>th</sup>). **All parents please be prepared to help out!**

**Feb. 28-March 1, Burlingame, CA, Pacific Swimming Zone All-star Development Meet** (see coaches for applications, due Feb. 15<sup>th</sup> at St Valentine meet).

**March 21-22, Spring Fling Invitational, Reno,** meet sheet pending (entries due postmarked Mon. March 9<sup>th</sup>, or online or hand-delivered Wed. March 11<sup>th</sup>).

**March 20-22, San Ramon CA, Pacific Swimming Junior Olympics Championships,** meet sheet pending (qualifying times apply, see coach for details, entries due postmarked Mon. March 9<sup>th</sup>, or online or hand-delivered Wed. March 11<sup>th</sup>).

**April 3-6, Pleasanton CA, Far Western Short-course Championships,** meet sheet [www.pacswim.org/0409alma.pdf](http://www.pacswim.org/0409alma.pdf) (qualifying times apply, see coach for details, entries due postmarked Fri. March 20<sup>th</sup>, or online Mon. March 23<sup>rd</sup>).

**TEAM TRAVEL MEET: April 24-26, Folsom CA, BB+/- long-course meet** (information pending, practice attendance requirements apply!).



## DDST Mission

The Mission of the Douglas Dolphins Swim Team is to educate our youth about the importance of fitness, self-discipline, sportsmanship, and fun. We provide an environment where individual success is encouraged by presenting the most current training techniques in the areas of physical conditioning, stroke technique and racing strategies. DDST promotes positive growth and development for today's youth through athletics and multi-faceted teamwork.

# Douglas Dolphins Swim Team

## 2009 Meet & Event Schedule

(revised Dec. 2008)

[visit [www.ddst.org/meets2009.htm](http://www.ddst.org/meets2009.htm) for updates, changes, and links to on-line entries, meet sheets, results, etc.]

DATES	MEET or EVENT	COURSE	ENTRIES	LOCATION / HOST
Jan 17-18	Carson Tigersharks Polyathlon Invitational	25 Y	individual	Carson City NV / <u>CARS</u>
<b>Feb 13-15</b>	<b>HOME: St. Valentines Invitational</b>	25 Y	individual	<b>Minden NV / <u>DDST</u></b>
Mar 1	**Pacific Zone All-star Developmental Meet	25 Y	team	Burlingame CA
Mar 20-22	**Pacific Junior Olympics Championships	25 Y	individual	San Ramon CA/ <u>SRVLA</u>
Mar 21-22	#Reno Aquatic Club Spring Fling Invitational	25 Y	individual	Reno NV / <u>RENO</u>
Apr 2-5	**Far Western Short-course Championships	25 Y	individual	Morgan Hill CA / <u>ALMA</u>
Apr 4-12	<b>DOUGLAS COUNTY SPRING BREAK</b>	-	-	
Apr 24-26	(SN) Sierra Marlins BB+/- TEAM TRAVEL	<b>50 M</b>	team	Folsom CA / <u>SMST</u>
<b>May 17 (3-5p)</b>	<b>DDST Annual Awards Banquet, Gardnerville</b>	-	-	<b>Pa Wa Lu MS</b>
May 22-24	Carson Tigersharks Memorial Day Invitational	<b>50 M</b>	individual	Carson City NV / <u>CARS</u>
June 6-7	#Tahoe Swim Club Invitational	25 Y	individual	South Lake <u>TAHOe</u> CA
June 6-7	**Pacific Swimming Junior +	<b>50 M</b>	individual	San Jose CA / <u>SJA</u>
June 19-21	Reno Gamble High Altitude Invitational	<b>50 M</b>	individual	Reno NV / <u>RENO</u>
June 26-28	#Bishop Swim Team Invitational	25 Y	individual	Bishop CA / <u>BST</u>
June ??	#Twilight Practice Meet ??	25 Y	team	TBD
<b>July ??</b>	<b>#HOME: Twilight Practice Meets, 3:00 pm</b>	25 Y	team	<b>Minden NV / <u>DDST</u></b>
July 16-19	**Adam Szmidt Junior Olympics Championships	<b>50 M</b>	individual	Concord CA / <u>TERA</u>
July 22-26	**Speedo Champions Series Summer Sectional Championship	<b>50 M</b>	individual	Clovis CA
July 24-26	#Tahoe Swim Club Invitational	25 Y	individual	South Lake <u>TAHOe</u> CA
July 29-Aug 2	**Far Western Long-course Championships	<b>50 M</b>	individual	San Jose CA / <u>WEST</u>
Aug 5-9	**Western Zones (Hawaii) & NACC (Mexico)	<b>50 M</b>	individual	
<b>Aug 6</b>	<b>TEAM PHOTOS &amp; meet set-up party!</b>	-	-	<b>Minden NV</b>
<b>Aug 7-9</b>	<b>HOME: High Country League Championships</b>	25 Y	team	<b>Minden NV / <u>DDST</u></b>
<b>Aug 11 &amp; 13</b>	<b>TEAM FUN WEEK!</b>	-	-	<b>Beach, Wild Island</b>
<b>Sep 25-27</b>	<b>HOME: Douglas Dolphins Autumn Freeze</b>	25 Y	individual	<b>Minden NV / <u>DDST</u></b>
Oct 17-18	**Pacific Swimming Senior +	25 Y	individual	Walnut Creek CA/ <u>WCAB</u>
Oct 31-Nov 1	#Ted Dorsey Fall Classic Invitational	25 Y	individual	Reno NV / <u>RENO</u>
Dec 3-6	**Nevada State Championships	25 Y	team	Las Vegas NV
Dec 11-13	**Short Course Senior Championships	25 Y	individual	Walnut Creek CA/ <u>WCAB</u>
<b>Dec 19-Jan 3</b>	<b>WINTER BREAK! – no practices</b>	-	-	
Jan 16-17	Carson Tigersharks Polyathlon Invitational	25 Y	individual	Carson City NV / <u>CARS</u>
<b>Feb 12-14</b>	<b>HOME: St. Valentines Invitational</b>	25 Y	individual	<b>Minden NV / <u>DDST</u></b>

# – **Optional for Seniors**; recommended for all other groups.

\*\* – **Entries must meet qualifying times or other selective criteria** – see coaches or [www.ddst.org](http://www.ddst.org) for details.

(SN) – Sierra Nevada Swimming sanctioned meet – team official(s) required for 11 or more swimmers!

**ENTRIES: team** – signed and submitted to coach, entry fees billed; **individual** – submitted and paid directly to host team in advance. (Entry fees are always non-refundable.)

## Transitions

**Welcome new & returning swimmers** Sarah Bates, Bryce Cutter, Chloe Cutter, Victoria Janicke, and Kyle Jenkins. **Moving up: congratulations to new White Dolphin** Sophia Cui, **new Red Dolphins** Madison Cote and Lenna Fagan, and **new Senior** Shaelin Morefield. **Farewell & good luck** to Joshua Hartman, Ethan Liddell, and Katie Palmer – we'll miss you! **Happy January Birthdays** to Kira Costarella (1/2), Dylan Matheson (1/7), Lenna Fagan (1/8), Grace Fischmann (1/8), Seth Jezek (1/14), Jake VanBeuge (1/24), and Sarah Hyatt (1/31).  
(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)



## Practice Schedules

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

**ANY Public School(s) IN Session**  
**Seniors:** M-Th 2:30-4:45, F 2:45-4:30, M & W 5:00-5:40  
**Pre-seniors:** M-F 2:45 -4:30, M & W 5:00-5:40  
**Pre-high-school:** M-F 2:30-3:00  
**Blue:** M-Th 4:45-6:00, F 4:15-5:30 pm  
**Red:** M-Th 5:10-6:10 pm, W 4:30-5:00  
**White:** M-Th 4:15-5:00  
**Pre-competition:** T & Th 4:15-5:00

**ALL Public Schools OUT of Session**  
 (common break days; public holidays except Winter Break)  
**Blue, Pre-seniors, & Seniors:**  
 M-F 7:00-9:00 am  
**Red:** M-Th 5:00-6:00 pm, W 4:30-5:00  
**White:** M-Th 4:00-4:45  
**Pre-competition:** T & Th 4:30-5:00



## Next Newsletter

The next *Monthly* will appear about January 23<sup>rd</sup>. **All submissions should be received by Monday, January 19<sup>th</sup>.** 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](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.

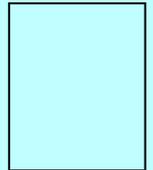
*A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, Stefanie Signorella, and Susan Govan.*

**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!**