

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(since 1964 – our 45<sup>th</sup> year!)

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

January 2009

## Valentine Meet Entries Due 2/4!

Entries for our St. Valentine Meet, in Minden February 13-15, are **due online or hand-delivered by Wednesday February 4<sup>th</sup>**. Information sheets are in the team file box at the pool lobby, or at [www.ddst.org](http://www.ddst.org). **All Dolphins are strongly encouraged to enter this meet!** Check with your coach if you are unsure what to enter. This is our last home meet until August.



## Last Chance For Volunteer Hours!

Families of competition-level swimmers (White Group and up), our home meet February 13-15 will be your last chance this meet season to accumulate your required meet volunteer hours! **Contact Meet Director Linda Koontz (782-7806, [boblinkoontz @ verizon.net](mailto:boblinkoontz@verizon.net))** to find out how many hours you need, and to volunteer for specific jobs. Most of our veteran parents have already exceeded their hours, so this is a great opportunity for newer parents to get trained! There are also opportunities to **earn hours before the meet**, by helping shop for snack bar items, etc.



## 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!



## Swim-a-Thon<sup>®</sup> Jan. 30-31!

- **WE NEED PARENTS!** to 1) **bring a snack** to share at your swimmer's session, and 2) **time and count laps** for your swimmer! **Contact your group's snack coordinator** (see below) to find out what is still needed.
- **Blue, Pre-Senior, Senior groups** swim Friday evening Jan.30<sup>th</sup>, 8:30 pm (**no practices Friday afternoon**). Come join the swim-a-thon party! **Snack coordinator:** Linda Koontz, [boblinkoontz @ verizon.net](mailto:boblinkoontz@verizon.net), 782-7806.
- **Red Group** swims Saturday morning Jan. 31<sup>st</sup> at 8:45 am. **Snack coordinator:** Karen Sullivan, [ksullivan @ dcsd.k12.nv.us](mailto:ksullivan@dcsd.k12.nv.us), 267-4035.
- **White & Pre-comp Groups** swim Saturday morning Jan. 31<sup>st</sup> at 9:45 am. **Snack coordinator same as Red Group.**
- **MAKE-UP TIMES are available through your coach if you can't make your scheduled time.**
- Please phone or email your latest pledge totals to Pattie Dack (see below) so the Team Achievement Chart can be updated.
- **You can collect pledges after your swim**, as well as before. All pledge money **and packets (used or not)**, must be submitted, with your prize choice, to **Pattie Dack (220-3193, [psdack @ charter.net](mailto:psdack@charter.net))** by **February 12<sup>th</sup>, 2009!**



## Swimmer of the Month

**Jake VanBeuge** was selected for Swimmer of the Month as a result of his hard work. Jake is early to practice and ready to work hard on a regular basis. His devotion to the sport recently showed in the drastic drop of times at the Carson Polyathlon Meet. Jake has a positive attitude at practice and is trying hard to make stroke corrections. As most swimmers know this isn't always easy because most times they just want to RACE. Congratulations to Jake! Keep up the great work and improvement!



## March Reno Meet Rescheduled!

**The Reno Spring Fling has been changed to March 7-8 at the Northwest Pool in Reno.** Be ready to submit your entries as soon as the entry information become available, as it will be on very short notice.



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COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

Calling all swimmers! Our Short Course swimming season is quickly coming to a close. I would like to have a lot of swimmers qualify for our upcoming **Junior Olympic and Far Western meets**. For almost the whole team our "last chance" meet is the Dolphins very own **St. Valentine Invitational**. Every swimmer on our team should enter this meet! The March Reno meet may also help those shooting for sprint events. Don't wait, sign up now!



## Thank You Coach Susan!

Coach Susan has announced her retirement effective February 21<sup>st</sup>. She has been training an aide these past several months, and we look forward to welcoming Coach Whitney as her very able successor. Susan has also graciously offered to continue stepping in as an occasional substitute as needed.

On a personal note: I have heard many stories from our older swimmers about the "legend of Coach Susan." She has touched many of their lives with the very foundations of swimming skills. Recently, in a time of need she stepped up to help the Douglas Dolphins again even against the advice of her doctors. I got to witness as a fellow coach her passion for coaching children, and my very own son was a recipient of her magic. So I would like to thank Susan with all my heart for her help in making our swim team a place for children to find confidence in themselves and success for life.

-Coach Kat



## Payment Box Reminder!

Just a reminder to DDST members that **all DDST payments should be placed in the gray metal box next to the team file folders**. Payments placed in your family folder **will not** get to the Treasurer, as these folders are only for exchange of team information.

COACH

## Susan's Corner

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

Welcome back from a well deserved break. I hope your holidays were quite fun and restful, because it's now time to get back at it. Our goal this month is to get our "feel for the water" back again. Two weeks is a nice amount of rest, but you lose the "feel" for the water and your stroke. It's said that for every day off it takes two to get back in shape. Another goal for this month is to be prepared for our home meet on February 13, 14, and 15. My wish would be to have every swimmer in White group compete. So please set those dates aside. Any questions please ask!



## Fins Fins Fins!

Recently the Dolphins have been having a hard time holding on to our collection of team fins. They seem to sprout legs when no one is looking. Unfortunately this means that every Dolphin who needs fins for practices, and can't find the right ones in the fin room, must now bring their own. Please check with your coach for the best fins for your swimmer's training needs. Then go to [www.ddst.org/store.htm](http://www.ddst.org/store.htm) for ordering information. We also suggest a mesh equipment bag to keep them together with all your equipment at the pool.



## I.M. Xtreme Challenge

I would like to encourage all Dolphins to take part in USA swimming's I.M. Xtreme Challenge program known as IMX. Swimmers will participate in a designated combination of five or six events and, based on the power points scored for each of those swims, earn a combined score that will be called the IMX Score. These combined scores will be ranked by single ages with rankings and recognition available on the USA Swimming website. It's free and a great tool to help set goals. On [www.usaswimming.org](http://www.usaswimming.org), under USA Swimming Tools, click on Times/Time Standards and look for the I.M. Xtreme Challenge link for all the details.

-Coach Kat

COACH

## Stefanie's Corner

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

In Red group we are working on **knowing our best times** for all your swimmer's events. Please ask your swimmer about this and encourage them to follow through on the exercises we are doing to learn these times, getting to know them by heart. (More on this in next month's newsletter.)

**A reminder to parents about goggles.** I've mentioned goggles before, but it bears repeating; especially to those who are new to Coach Stefanie's groups. Please check with your swimmer and make sure they have good-fitting goggles. Even better, make sure they have 2 pair of good-fitting goggles (in case one pair gets lost or breaks and they forget to tell you in time for the next practice). Leaking goggles (or no goggles) are not only frustrating - they're disruptive. Having water in the eyes changes a swimmer's focus from following the proper technique to doing anything to keep the water out of their eyes. This usually means changing their head position in the water. A swimmer's head position leads their stroke; so when their head is angled or moved to avoid water in the eyes, their stroke suffers. Not to mention, once again, the **frustration** all of this can cause.

I have been in the habit of loaning goggles to swimmers who forget their goggles or whose goggles aren't fitting well. This happens on a daily basis in Red group. This habit has become a little expensive, with my goggles not always finding their way back to me. I would like to discontinue this habit, but when the inevitable happens and a swimmer needs a loaner pair, I'd rather loan my goggles than see them ruining their stroke. If all parents wanted to pitch in a few dollars for a few loaner pairs that any swimmer in need could use on a bad-goggle-day, I'd purchase and keep the loaner pairs at the pool.

I would still recommend checking with your swimmer to make sure

they're happy with their goggles. Goggles and faces come in all different sizes/fits, so just because you purchased what you think is a good brand, or just because they're new, doesn't necessarily mean they'll fit your swimmer perfectly. And as long as we're on this subject, goggles do get old. When goggles are old, the silicone seals are less pliable and tend to lose their optimum seal; leading to... you guessed it! Leaking! Any questions? Please ask me after practice or call/email me anytime.

Thank you for supporting and encouraging your swimmer!



## 2009 Registration Reminder!

All active DDST athletes must now have valid 2009 USA Swimming Registration to practice or compete. **Any DDST swimmer returning from a break** since last year, who has not yet paid for 2009 registration, **must** bring a completed 2009 athlete registration form and fee to your coach **before** you will be allowed back in the water! There is **no grace period** for returning swimmers (only for swimmers never before registered). Forms can be found at [www.ddst.org/newmembers.htm](http://www.ddst.org/newmembers.htm) or [www.pacswim.org](http://www.pacswim.org).



## Educational Clinic Saturday Feb. 14<sup>th</sup>

All parents interested in learning more about the rules of swimming and the roles of officials are invited to attend an educational clinic at our **Valentine Meet between the Saturday sessions on February 14<sup>th</sup>**. For those interested, further training opportunities will be available on-deck during and after the meet. Contact Jim Morefield ([jdmore@charter.net](mailto:jdmore@charter.net), 782-4360) for more info.



## Dolphins' Classified

### ITEMS WANTED OR OFFERED

#### OFFERED

**BLUE GROUP EQUIPMENT:** TYR split fins size 3-4, red paddles size 5, pull buoy, kickboard, all for \$30. Lorna Johnston, 315-3598 or 782-2382, [johnstonld@gmail.com](mailto:johnstonld@gmail.com)

**FINS:** TYR Victor black/orange size 7-9, \$10. Lorna Johnston, 315-3598 or 782-2382, [johnstonld@gmail.com](mailto:johnstonld@gmail.com) (3)

**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.



## Team Store

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

Store Manager: **Pattie Dack**  
775-267-4322, [psdack@charter.net](mailto:psdack@charter.net)

**CLEARANCE PRICES ON ITEMS IN STOCK WHILE SUPPLIES LAST!** Limited sizes/colors remaining as we make room for new items. **DDST window decals \$6 – support your team!** Team zip-up sweat jackets, sweatshirts, T-shirts, sweat pants, swim caps, swim suits, towels, etc. Contact me to check on sizes. Visit the Team Store web site above or contact me for details and prices. **Check with your coach about optimal racing suit sizes.**

**Equipment orders** (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.**



## 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!**

**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 7-8, Reno NV, Spring Fling Invitational**, meet sheet pending (entries due postmarked Mon. Feb. 23<sup>rd</sup>, or online or hand-delivered Wed. Feb. 25<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 2-5, Morgan Hill 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!).



## Pacific Swimming Adopts New Times

Pacific Swimming (PC) has decided to re-establish its own A and B time standards, after having adopted the National Motivational times (B, BB, A, AA, etc.) for the past 4 years. The new PC-B and PC-A times are somewhat slower than the National (N-B and N-A) times, and are designed to work better for the needs of competition and motivation within Pacific Swimming. In our meet results, etc., we will now be referring to PC-B, PC-A, N-AAA, etc., to distinguish between Pacific and National time standards.



## Carson Polyathlon Meet Results

The Dolphins brought a respectable 31 of the 200 athletes who participated in the Carson Tigersharks' Polyathlon meet January 17-18, and they turned in some great performances for being 2 weeks into hard early-season training. The format for this meet is different from most – all the swimmers enter the same set of events (6 for ages 10-under, 8 for ages 11-up), and are scored using Power Points, which allow swims to be compared across all events and ages of athletes. Seven Dolphins finished among the top 3 Power Point totals for their age groups.

(Abbreviations: **IM**=Individual Medley; **Times: PC-X**=Pacific Swimming Standards; **JO**=Junior Olympic)

Starting with the younger afternoon swimmers, the 7-8 group included **Sarah Hyatt** who had a great 2<sup>nd</sup> meet with 100% improvement, dropping 3 sec each in her 25s freestyle, backstroke, and breaststroke, and successfully trying 3 new events including 100 IM. **Hayley Killion** improved 7 sec in 50 freestyle, 2+ sec in 25 backstroke for a new PC-B time, and tried 2 new events. **Taylor Sullivan** swam a fast meet, improving in 4 of 6 events including a 1<sup>st</sup> place swim in 25 breaststroke, and taking 2<sup>nd</sup> place high-point for her age group. **Sage McCaslin** was outstanding in his first ever meet, swimming all 6 events, bringing home 3 new PC-B times, and finishing 5<sup>th</sup> overall in the point standings. Good job Sage! – we look forward to seeing you in many more races.

Our 9-10 girls tore up the water, almost everyone improving 100% of their events. **Amanda Castro** dropped at least 2 sec in everything and almost 20 sec in 100 freestyle, bringing home 4 new PC-B times including 38.70 in 50 freestyle. **Emily Dack** also had a super meet, improving 29 sec in 100 IM, 14 sec in 100 freestyle, 3 sec in 50 freestyle, and at least 5 sec in everything else. **Kaela Forvilly** improved 7 sec in 50 butterfly, 6 sec in 100 IM, 1 sec in 50 freestyle to 39.07, and at least 2 sec in everything else. **Shelby Koontz** swam

strong and fast, scoring new best times in 100 freestyle and 50 butterfly, finishing within 1 sec of best time in her other 4 events, and taking the 2<sup>nd</sup> place high point award. **Silvia Lawson-Vilches** reached a milestone with her first Far Western time of 34.47 in 50 butterfly, dropped 13 sec in 100 freestyle for a new JO time of 1:11.52, and improved about 1 sec in everything else to take 3<sup>rd</sup> place high point. **Annalisa Neal** also had an excellent meet, improving 8 sec in 100 freestyle and at least 2 sec in everything else, getting her first 50 butterfly time, and claiming 3 new PC-B times in her freestyle and backstroke swims.

Among the morning groups, our 11-12 girls included **Clara Gray** who improved 100%, dropping 24 sec in 200 backstroke, 6 sec in 100 breaststroke, and 2 sec in 50 freestyle for a new PC-A time of 32.29, and swam 3 brand new events. **Emma Gray** swam 2 new events and improved in 5 more, dropping 12 sec in 100 backstroke, and 7 sec each in 200 freestyle and 100 breaststroke. **Jordan Knowles** had a great 2<sup>nd</sup> meet, swimming 11+ sec faster in 100 freestyle, 3 sec faster in 50 freestyle, and trying 6 brand new events including a strong 100 backstroke. **Shaelin Morefield** improved 2 sec in 200 freestyle, took 1<sup>st</sup> place in 100 & 200 backstroke, and swam near best time in most of her other events to take 2<sup>nd</sup> place high point.

For the 11-12 boys **Andrew Brockhage** swam his first 200 backstroke and 100 butterfly, and improved in 5 more events, dropping 24 sec in 200 freestyle, 12 sec in 200 IM, and 6 sec in 50 freestyle. **Adam Dack** swam 3 sec faster in 200 backstroke, 1 sec faster in 100 backstroke and 50 freestyle, and swam his first 100s breaststroke and butterfly. **Logan Killion** swam his first 200 backstroke, and made big improvements in 6 more events, dropping 15 sec in 100 butterfly, 9+ sec in 200 freestyle, and 7+ sec in 100 backstroke for a new PC-B time. **Jake VanBeuge** tried 4 new events and showed huge improvements in 100 breaststroke and his freestyle events, dropping 35 sec in 200 freestyle and 11 sec in 100 freestyle.

Our 13-14 group included **Taylor Killion** who improved 4 sec in 200 IM,

6 sec in 100 breaststroke for a new PC-A time, and swam near best time in 50 freestyle and 100 butterfly. **Veronica Lawson-Vilches** swam a strong meet, improving her 200 backstroke and 100 freestyle times, and finishing near best times in 50 freestyle, 100 backstroke, and 100 breaststroke. **Kyle Johnston** swam 3 sec faster in 200 backstroke, 2 sec faster in 100 breaststroke, and was near best times in 50 freestyle and 200 IM. **Cameron Morefield** took 1<sup>st</sup> place in 200 backstroke and improved in 5 events, dropping 5 sec in 200 freestyle and 1 sec in 100 backstroke for a new Far Western time of 1:01.39, and took 3<sup>rd</sup> place high point.

In the 15-16 group **Sarah Koontz** looked very strong, improving her times in 50, 100, and 200 freestyle and 100 backstroke, and swimming near best time in the rest of her events. **Haley Von Schottenstein** swam 2 sec faster in 200 freestyle, raced to 1<sup>st</sup> place finishes in 50 freestyle, 100 breaststroke, and 100 butterfly, and took 2<sup>nd</sup> place high point. **Chris Bergstrom** improved by 1 sec in 100 backstroke, 2 sec in 200 freestyle, and dropped 6 sec in 200 backstroke for a new PC-A time of 2:35.86. **Shawn Stubnar** improved in 6 of 8 events for a very strong meet, dropping a huge 11 sec in 200 backstroke, 5 sec in 200 IM, and 3 sec in 100 breaststroke. **Eric VanBeuge** finished in 1<sup>st</sup> place in 100 butterfly, and improved by 3 sec in 200 freestyle and 1 sec in 100 breaststroke to take 3<sup>rd</sup> place high point.

For the 17-18 girls, **Lenna Fagan** stepped right up to swim an outstanding first meet, setting her first official times in 100 backstroke, 200 freestyle, 100 freestyle, and 42.04 in 50 freestyle. **Michelle Forman** improved in 3 events and posted 3 new JO times, including 1:09.58 in 100 backstroke, 58.86 in 100 freestyle, and 2:09.38 in 200 freestyle. **Chandra Matheson** had a huge meet with 100% improvement, dropping 5 sec in 200 backstroke, 4 sec in 100 butterfly for a new PC-A time, and 1 sec in 100 breaststroke for a new JO time of 1:21.07. **Cassie Parr** swam all 8 of her events, finishing the 100 backstroke with a PC-A time.



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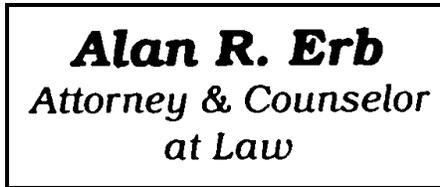
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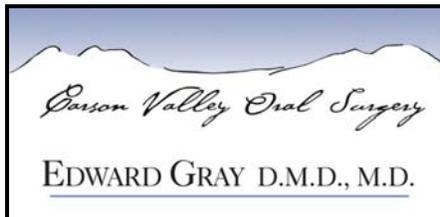
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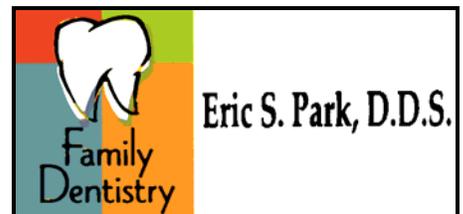
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The following is from the Parents Tip of the Month feature in the Parents section of [www.usaswimming.org](http://www.usaswimming.org):

**Remember which one of you is the swimmer** and do not overburden your child with pressure to win or achieve best times. It's a sport, it is supposed to be a pleasurable experience for your child. Let him know that first, he is the child you love and second, he is a swimmer. Stated another way, place the athlete first and winning second.

This doesn't mean that winning is unimportant; striving to win is essential to enjoyable competition and swimming is a competitive sport! However, an obsession with winning often produces undue pressure, resulting in below par performances and unhappy children. We award medal and ribbons to the winners, but that doesn't mean that everyone else in the race is a loser! Remember that fun and improvement are equally important and worth striving for.

Accept both your child's successes and failures as belonging to the child. Neither is a reflection on you! You did not swim the race just as you do not practice and train for the race. In a recent study conducted in the Pacific Northwest LSC, "58% of coaches believed that parents sometimes, often or almost always lived through their child and defined their self-worth in terms of the child's success."

If swimming is important to your child it should also be important to you. But

don't forget that being a swimmer is only part of who your child is.

## Parents Corner

The following is from the Speedo Tip of the Week feature at [www.usaswimming.org](http://www.usaswimming.org):

**Special correspondent Sarah Knott** provides some guidelines for balancing a training diet with a competition diet for your best season-ending performances:

**A training diet**, which should be in gear at least two to three months before the big meet, has more modified carbs than a competition diet according to Lisa Dorfman, the national media spokesperson for the American Dietetic Association. It should consist of:

- About 50% of total calories from carbs, 30% from fat and 20% from protein.
- Five to six small meals a day.
- Whole grains, fruits, vegetables, lean meats.

**About a week before your big meet**, refine your diet. This means:

- Revising your diet to consist of 70% of calories from carbs, 20% from protein and 10% from fat.
- Lowering the amount of fibrous foods.

**Right before a race**, Dorfman suggests swim-friendly foods. Fruit, frozen fruit pops or fruit gummies will energize muscles (but no more than 60 grams of sugar or carbs every hour). Get some carbs within 30 to 120 minutes after an event.

## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, February 3<sup>rd</sup> 2009, 6:00 pm, at Carson Valley Swim Center**. Parents are always encouraged to attend; meeting minutes are available from the Secretary.

**Regular meetings** of the DDST Board of Directors are the **first Tuesday evening of each month 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)

## Parents Corner

### Sticking With Swimming... What Can a Parent Do?

by the staff of USA Swimming

**The Unfortunate Path that Many Swimmers Follow:** The swimmer's career often starts with 8-under success and high parental enthusiasm. The child is encouraged by parents and others to excel and a big deal is made out of every accomplishment. As the child changes age groups and moves into the 9-10 group, even the most successful child may struggle because he or she has a harder time finding success against 10 year olds. What successes are achieved may not be as noticeable. Unfortunately, as many as **one-third of the young swimmers and their families do not make it past this point.**

By the time swimmers are 10 or 11 years old they (or their parents) may realize that twice a week practices or summer only swimming is not enough to compete with others who are practicing more frequently. Physical ability and natural coordination can still help athlete to stay competitive and have success but it is getting harder to stay on top. More big changes and rude awakenings are lurking in the future.

**The first Big Change: From 10/under to 11 & 12:** Events become longer going from 25's and 50's to 50's and 100's and even some 200's and distance freestyle events. Competition changes from sprint competition to race/pace competition. In some programs, one half of the athletes and their families do not make this change. They never give the coaches or the program a chance to help the athlete adapt to the changing nature of swimming competition.

**The second Big Change: From age 12 to 13&14/Senior swimming:** Events change again. Now it is all 100's & 200's along with 400/500 and 1000/1650. The athlete must develop a work ethic and intensify the training aspect of swimming. Physical changes af-

fect both male and female athletes. Athletes get bigger and stronger, but many, especially the girls, may struggle to cope with their "new bodies." This can be one of the most rewarding phases of an athlete's career, yet many will give up.

**The third Big Change: A focus on college swimming:** Swimmers who remain in the sport start to look at the possibility of swimming in college. Questions arise concerning the choice of colleges, the level of swimming, the possibilities of scholarships and the willingness to compete and train for another four years.

**Let's put these changes into "real" numbers:** Suppose a team has 12 Novice swimmers. Only 8 will remain in swimming past the first Big Change. Only 4 will remain in swimming past the second Big Change. Only 2 will remain in swimming past the third Big Change.

**The Role of the Parent in Navigating the Big Changes:** sometimes, unfortunately, it is the parents who are responsible for their child leaving the sport. For example: Parents who are former athletes, especially former swimmers, may have unreasonably high expectations. Parents believe that they are in charge of the athlete's happiness and that only "winning" can bring happiness. Parents believe that early success equates with long term success. The 8-under star will, of course, become an Olympian. Parents may not understand the need for technical and skill development before "swimming fast."

**Parents must examine their own motives.** Form a philosophy that emphasizes the process, not the outcome. Be the guides on the "fun path" not the "victory path." When parents use these words, their emphasis is misplaced:

We - Beat - Win - Fast -  
Lost - Try - Only - My

**What Can Parents Do to Reverse the Trend?** Parents must develop, progress and grow the just as athletes do. Experience is the key and communication is the mode. Swimmers already have coaches, friends and teammates. They need a parent to fill the parental

role. "Coaches coach children, parents raise children."

**Here are some of the benefits** your child will garner if he or she sticks with swimming:

**Life Lessons:** Only one swimmer can win the race. Does this mean everyone else is a loser? Of course not! Swimmers need to constantly be reminded that a top-notch effort on their part will result in personal satisfaction and a contribution to their team. Most USA Swimming clubs design a program of competitive training and competition for our younger swimmers based on long term development. Therefore, we may not stress early competitive success with a great deal of fanfare. Remember that swimmers under the age of 12 are very inconsistent which can be frustrating to a parent or to the swimmers themselves. Fun and patience are the keys here.

**Leadership:** In many cases, our team leaders and successful Senior swimmers were not outstanding age group swimmers. Those who "stick with it" often develop into outstanding leaders, having learned patience, dedication and commitment. Steady progress and understanding the meaning of various accomplishments will make a motivated, well adjusted Senior swimmer.

USA Swimming clubs go to great lengths to provide opportunities for all swimmers equally, although sometimes it may seem that more emphasis and time is spent on Senior swimming. An 8-under will swim no more than 45 minutes two or three times a week, while a Senior swimmer may be in the water 18 hours per week! Both swimmers are having their needs met as part of a long term progression. Understanding the long term benefits and the long term progression will help parents navigate the waters of a swimmer's career. If you associate "time" with "attention", the longer a swimmer stays with swimming the more attention he or she will receive.



## Transitions

**Welcome new swimmer** Lena Ford.

**Moving up: congratulations to new Red Dolphins** Claire Christopher and Dallas Williams, and **new Blue Dolphin** Annalisa Neal. **Farewell & good luck** (some belated) to Christopher Bleyer, Avi Buttar, Grace Fischmann, Vincent Gonzales, Chace Hiatt, Marco Hyman, Allie Jezek, and Seth Jezek – we'll miss you! **Happy February Birthdays** to Anna Jackson (2/02), Audrey Muller (2/02), Shaelin Morefield (2/04), Hannah Carne (2/13), Cassie Parr (2/16), Eric VanBeuge (2/16), Zoe Maalouf (2/18), and Kevin Eubanks (2/20).

*(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.

**NO PRACTICES** for Senior, Pre-Senior, & Blue groups Friday 1/30 (for Swim-a-Thon!).

### 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

**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 February 20<sup>th</sup>. **All submissions should be received by Friday, February 13<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.

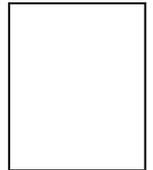
*A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, Stefanie Signorella, and Susan Govan; Linda Koontz, Lorna Johnston, Pattie Dack, and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.*

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



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