

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 45th year!)

www.ddst.org

May-June 2009

All Hands on Deck for August Meet!

Entries are now open for the High Country League Championships August 7-9 at our home pool. This is a fun season-ending meet for 300+ swimmers of all levels, from all over western Nevada and the Sierra Nevada.

We will need each and every DDST parent to help with meet jobs to ensure success for all the swimmers. New to DDST? Great! Most jobs are easy to learn, and seasoned parents will be there to help you.

It's not too early to start planning how you can help! Please **contact meet director Linda Koontz (782-7806 or [blkoontz92 @ yahoo.com](mailto:blkoontz92@yahoo.com))** for information on available jobs or to request a specific job. **See below for an immediate need!** All time you volunteer counts toward your family's 2009-2010 meet management obligation (see Meet Management Policy).



Hospitality Coordinators Needed ASAP!

We are looking for 2 to 4 people to coordinate **Snack Bar and Hospitality** for our High Country Meet August 7th, 8th, & 9th. It would require setting up a menu, shopping, and setting up/preparing the food. We would help find volunteers to assist you during the meet, giving everyone the opportunity to watch their swimmers and take breaks. If you enjoy organizing, are food knowledgeable, and enjoy meeting people, this may be the job for you! **Please contact Linda Koontz 782-7806 or Lorna Johnston 782-2382.**



Ad Campaign Underway!

Sponsorship of the Douglas Dolphins helps involve the entire community in the success of our swimmers, is tax-deductible, and is advertised to 1500+ swimmers and families each year through our swim meets, web site, and newsletter (depending on sponsorship level). All DDST families are encouraged to seek new team sponsors, and renew last year's sponsors at higher levels.

This sponsorship drive is also the 2nd of two major opportunities each year for DDST families to offset their annual fundraising assessments. See June 2009 Fundraising Policy for more information.

Families may also become sponsors themselves, and the same tax and other benefits will be available. **Prizes will be awarded** based on the amounts brought in by each swimmer or family.

Additional sponsorship packets are at www.ddst.org, or in the file box at the pool lobby. **Each family must turn in their fundraising by Monday, July 20th**, to Kathy Chappell (267-5284) or the President's file folder in the pool lobby.



Meet Logo Contest Ends 6/30!

Calling all Dolphins!!! **Do you like to draw?** If you would like to draw a logo to represent our High Country League Championships Aug. 7-9, your logo may be picked to go on t-shirts to be sold at the meet. **You can only use 4 colors** and must draw your logo on a **plain white 8 1/2 x 11 piece of paper with your name on back** and submit your logo to **Lorna Johnston or Linda Koontz's folders** in the DDST file box.



Swimmers of the Month

Bryce Cutter is becoming an avid young swimmer! His strokes have improved tremendously in the last few months and his strength in the water has grown greatly. Bryce is very focused and goal-oriented during practice, and he works very hard. He puts a lot of effort into his technique to improve his strokes and catches on quickly. Bryce makes practice more fun for everyone, including his coach, and I can't wait to see him compete in swim meets this summer! I am so proud of you Bryce!

Yuchen Jin's regular practice attendance through May shined through in her recent performances. She had a great High School season, consistently making best times. Her first attempt at a long course meet on Memorial Weekend was fantastic. She achieved "A" times in all her events. Yuchen is a pleasure to coach and strives to make improvements in her training. Her positive attitude is going to help her continue to be a great swimmer.

Sarah Koontz gets congratulations for training hard and obtaining her goal. Sarah has been working for JO cuts for a while, but while other High School swimmers took time off after their season to study for finals, she did not. In fact she worked even harder at practice and lost sleep at night to accommodate her goal. Sarah got two JO times at the San Jose Junior+ Meet in 800 and 1500 meter freestyle. This dedication and sacrifice earns her Swimmer of the Month. Great work Sarah!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com; 775-315-7701)

I recently read a long article with lots of big words like, "skill acquisition research" and "functional variable" which was enjoyable reading for me, but I'm not sure the average 11 year old would find it captivating. I have however made a challenge for my swimmers that they can understand. This very long swimming article was, in very short terms, talking about **mindless swimming**. Why is it that you can see your swimmers doing a drill or progression of skills with near perfection, and then when they swim a set of 4x50s (for example) they fall right back into their same bad habits? In Kat lingo I call it "mindless swimming." **I am challenging your swimmers to engage their brain** while they are swimming. Hopefully the clutch isn't broke and we can make some great improvements!



Team Pictures Thurs. Aug. 6th!

DDST team and individual pictures will be taken on Thursday August 6th (while all parents are helping with meet set-up!) **starting at 4:00 pm. All swimmers please wear your team apparel (suit, T-shirt, shorts, etc.).** Payment envelopes (checks or cash only) with package options will be available during that week and on picture day. **Please participate in the team picture even if you don't plan to purchase photos** – otherwise your teammates will miss you!



Adopt a Block!

We still need sponsors for **5 more full-height starting blocks**. At least 3 more would allow us to use them for indoor Dolphins and High School meets. **Sponsors receive permanent full-time display space** on their adopted block(s) in a high-traffic area of the Swim Center. **Please contact Jim Morefield (775-782-4360 or jdmore@charter.net)** with any questions, or to coordinate a shared block. **Sponsorships are tax-deductible** as charitable contributions.

COACH

Whitney's Corner

(whitneysimpson @ hotmail.com)

Our goal in White Group is to prepare for the upcoming swim meets this summer. We will be focusing on flip turns, open turns, and dives, and spending a lot of time "fine tuning" each stroke. It is my wish that each and every White Group swimmer attend as many summer meets as possible because these meets are so much fun. White Group swimmers have been working very hard and they have been very dedicated to coming to practice, and I would love to see them compete. So, I highly encourage each swimmer to attend as many meets as possible! If you have any questions please don't hesitate to ask!

Also, each swimmer should be eating a light snack before practice so they can maximize their energy for swim practice. A few light snacks with carbohydrates are granola bars, bananas, bagels, crackers, pretzels, and baby carrots. These are great snacks that are not heavy and are just enough to hold the swimmers through practice.



WANTED: a few new Board Members!

The Douglas Dolphins Swim Team is overseen by an all-volunteer Board of parent members elected each year in August by the membership. **Please consider adding your voice to planning and directing our team's activities for the coming year!**

Please contact current Board President Kathy Chappell (see key contacts on p. 2) if you are willing to serve, or to nominate someone who is. **Not sure if it's for you?** Come see for yourself at the next monthly Board meeting July 7th (see below for details). **Nominees, please also submit a brief one-paragraph bio** (any current team involvement, past swim team and/or board experience, other relevant background, etc. – **no previous experience required!**) to the Newsletter Editor (see contacts p. 2) for inclusion on the ballot.

DDST Key Contacts

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

Head Coach: Kat Matheson

coachkat0809@hotmail.com; 775-315-7701

Senior Coach: Sarah Davenport

sgovanswm@aol.com; 775-287-1035

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

Coach Whitney:

whitneysimpson@hotmail.com

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



Help For New Parents

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and our Parent Liaison is available to answer all your questions and show you the ropes.

Contact Karen Sullivan (ksulliva@dcsd.k12.nv.us, 775-267-4035) or another key contact (see p. 2) to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, July 7th 2009, 6:15 pm**. 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 6:15 pm** at Arrowhead Dental Center, in Minden Medical Center, 925 Ironwood Drive, suite 1103 (across highway 395 from Danny's Restaurant).

Board Contact information:

www.ddst.org/boardmembers.htm.



Upcoming Meets

Online entries, meet sheets, updates:
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!

June 30 (Tue.), Twilight Practice Meet at Carson City Pool, 4:30 pm. See coaches for details. **Parent drivers and helpers needed!**

HOME: July 8 (Wed.), Twilight Practice Meet, 3:00-6:00 pm. All parents needed as helpers and timers!

July 16-19, Concord CA, Adam Szmidt Memorial Pacific Swimming Long Course Junior Olympics, meet sheet www.pacswim.org/0709tera.pdf (qualifying times apply, see coach for details, enter online or deliver by July 8th, or mail by July 6th).

July 22-26, Clovis CA, Speedo Champions Series Summer Sectional Championship (qualifying times apply, see coach for details).

July 24-26, Tahoe Swim Club, meet sheet www.pacswim.org/0709taho.pdf (enter ASAP online or hand deliver by July 15th, or mail by July 13th). **This meet often fills up early!**

July 29-August 2, San Jose CA, Far Western Long-course Championships, meet sheet www.pacswim.org/0708west.pdf (qualifying times apply, see coach for details, enter online or deliver by July 22nd, or mail by July 20th).

HOME MEET: August 7-9, High Country League Championships (trials & finals), meet sheet www.pacswim.org/0809ddst.pdf (entries due Wednesday July 29th!). **All parents please be prepared to help out!**



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

BLUE GROUP EQUIPMENT: TYR fins size 3-5, \$10. Linda Koontz, 782-7806, bobliskoontz@verizon.net (1)

YOUR FREE AD HERE FOR 3 MONTHS, Contact the Newsletter Editor, jdmore@charter.net, 775-782-4360 (3)

Carson Memorial Day Meet Results

(Abbreviations: IM=Individual Medley; Times: PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Western, PRT=Pacific Recognition Time.)

The Carson Intermountain Classic long-course meet was attended by 16 Dolphins over Memorial Day weekend May 22-24.

Our 8-under swimmers were represented by **Julia Chappell** who swam 100m freestyle and 50m breaststroke, and by **Taylor Sullivan** in 6 events, including best times in 100m freestyle and 50m butterfly, and 1st place in 50m breaststroke with a PRT of 51.69.

The 9-10 girls included **Savannah Chappell** with huge improvements in all 3 of her events, dropping a total of 20 sec for 2 new PC-A times of 1:23.38 in 100m freestyle and 54.65 in 50m breaststroke, and a new PC-B time in 50m butterfly.

Emily Dack swam 6 events, improving 2 sec in 50m breaststroke, finishing her first ever 200 IM, and swimming right on best times in the rest. **Jessie Jin** had 100% improvement in 4 events, including a new PC-A time of 45.71 in 50m backstroke, and her first 50 freestyle. **Shelby Koontz** swam 5 events and broke 4 of her own long-course team records in 50m freestyle (32.27), 100m freestyle (1:09.72), 50m butterfly (35.66), and 50m breaststroke with a new PRT of 44.45.

Our 11-12 group was represented by **Emma Gray** swimming 4 events in her first long-course meet, including a new PC-B time of 40.21 in 50m freestyle, and her first ever 200 breaststroke. **Dylan Matheson** swam 5 events including a new best time in 100m freestyle, and a strong 50 breaststroke.

The 13-14 girls included **Erica Chappell** with 11 sec improvement to 5:32.16 in 400m freestyle for 8th place, 3 sec in 100m backstroke, and her first 200 breaststroke and 400 IM. **Eli Cruz** swam 5 events including a best time of 32.82 in 50m freestyle, a strong 100m butterfly, and her first 400m freestyle. **Clara Gray** swam 4 events with new best times in 50m freestyle and 200m freestyle and a strong 100m breaststroke. **Yuchen Jin**

swam 6 events and 6 PC-A times in her first long-course meet, with best times in 50 freestyle and 200 IM, and placing 4th in 100m backstroke and 5th in 200m backstroke.

Jake VanBeuge, our sole 13-14 boy, successfully took on a huge slate of 9 events in his first long-course meet, including all 6 freestyle events from 50m to 1500m, and showed strong improvement in those plus 400m and 800m freestyle and 200 IM.

For the 15-18 group, **Sarah Koontz** took 1st place in 1500m freestyle, 3rd in 400m freestyle, and swam a strong 200m backstroke. **Chandra Matheson** swam 6 events, improving 4 sec each in 200m and 100m breaststroke to take 2nd and 7th places respectively, and looking strong in everything else. After High School State Championships on Saturday, **Eric VanBeuge** came back on Sunday to swim 3 events and set 3 new 17-18 long-course team records in 50m freestyle (27.84), 100 butterfly (1:08.42), and 200 backstroke (2:35.19).



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Reno Gamble Meet Results

The Reno Gamble long-course championships June 19-21 were attended by 13 Dolphins, who posted some strong improvements and new time cuts, despite the long days and Saturday lightning delay.

For the 9-10 girls, **Savannah Chappell** had a fantastic meet, improving 100% in 4 events, including 3 new **JO** times of 2:56.06 in 200m freestyle, 43.99 in 50m backstroke, and 100m backstroke, and three 4th-place finishes. **Kaela Forvilly** swam 5 strong events, improving 6 sec in 50m breaststroke and 3 sec in 100m breaststroke, and finishing 3rd in 50m backstroke. **Annalisa Neal** also improved 100% in 4 events, swimming 3 new **PC-A** times in 200m freestyle, 100m backstroke, and 50m breaststroke. **Taylor Sullivan** swam 6 strong events in her first meet as a 9-10, achieving new **PC-A** times in her first 200 freestyle, and in 100m breaststroke for a 4th place finish.

The 11-12 girls included **Emma Gray** who posted big improvements in 5 of 7 events, dropping 14 sec in 200 freestyle, 10 sec in 100 breaststroke, and 3 sec in 100m backstroke. **Jordan Knowles** swam faster in her first long-course meet, with big improvements in 200 backstroke, 100 freestyle, and 200 freestyle. **Whitney Weaver** swam 6 strong events in her first long-course meet, including her first 100 breaststroke, and a new **PC-A** time of 43.56 in 50m backstroke.

For the 13-14 girls, **Erica Chappell** swam huge improvements in 3 of 4 events, dropping 9 sec in 100m freestyle, 21 sec in 200m freestyle for a new **PC-A** time of 2:36.92, and placing 8th in 400m freestyle. **Eli Cruz** swam 6 events and 4 best times, dropping 2 sec each in 100 & 200m freestyle, and 12 sec in 400m freestyle for a new **PC-A** time of 5:44.40. **Clara Gray** swam 5 events, improving 3 sec in 100 freestyle and 9 sec in 200m backstroke for 2 new **PC-B** times.

13-14 boy **Jake VanBeuge** swam 4 best times in 4 events, improving 9 to 12 sec each in 100m freestyle, 100m backstroke, and 100m breaststroke.

The 17-18 boys included **Ryan Dykes** swimming a strong 100m butterfly, and

improving 1+ sec in 50 freestyle. **Eric VanBeuge** had a busy weekend with 9 events, improving 4 sec for a new **team record** of 2:21.18 in 200m freestyle, 1+ sec for a new **team record** of 2:39.89 in 200m IM, lowering his own **team record** in 100m freestyle to a new **JO** time of 1:00.09, and placing 1st in 200 backstroke.



Awards Banquet

It was good to see so many faces, new and old, at our annual DDST Awards Banquet at Pa Wa Lu Middle School on May 17th, as we gathered in recognition of the past year's successes. Thank you to Callie Parr and Dana Killion for arranging and organizing the event this year, to the Skillings and all the photo contributors for the great retrospective slide show during dinner, and to all the families who fed us Hawaiian-style!

After our feast, general introductions by Board President Kathy Chappell, and recognition of parent volunteers, the coaches introduced each of their swimmers with two specially chosen words while recognizing their hard work and special talents. Team flip-flops were presented to each swimmer.

Several special awards were then presented. The **Coaches Awards** went to **Claire Christopher, Sarah Hyatt, Shelby Koontz, and Michelle Forman.** **Outstanding Performance Awards** were presented to **Emily Dack, Haley Von Schottenstein, and Taylor Sullivan.** The **Most Improved Awards** went to **Dylan Matheson, Eric VanBeuge, and Shawn Stubnar.** And the year's **Torpedo Award** went to **Shaelin Morefield.**

Finally, on behalf of all the parents, the Board presented the coaches with coaches chairs (still in the process of being customized) in recognition of their dedication and hard work on behalf of our swimmers. **Congratulations swimmers!** You can all wear those new flip-flops proudly.



Banquet Lost & Found!

If you are missing some utensils from the Awards Banquet in May, please contact Linda Koontz! (782-7806)



Tahoe Meet Results

A score of Dolphins braved unseasonably cold and wet weather on Saturday at the Tahoe short-course meet June 6-7, and were rewarded by beautiful weather on Sunday, along with some fast swims and big improvements.

Sophia Cruz, one of our newest Dolphins at age 6, looked strong in her very first meet, finishing 25 backstroke in 36.16 and 25 freestyle in 37.50.

For the 7-8 girls, **Mychal Bellik** improved in 5 of 6 events, achieving new **PC-B** times in 50 freestyle and 50 backstroke, and finishing her first 100 freestyle and 100 IM. **Julia Chappell** improved by 1 sec each in 50 freestyle and 25 backstroke, finished her first 25 butterfly, and tried her first 100 IM. **Sarah Hyatt** swam 6 events and looked strong, improving 1 sec in 50 breaststroke and swimming near best times in everything else. **Hayley Killion** swam faster in 6 of 8 events for a super meet, dropping 21 sec in 50 breaststroke, 6 sec in 50 backstroke, 4 sec in 25 breaststroke, and achieving 3 new **PC-B** times. **Taylor Sullivan** swam a full slate of 10 events and improved 6, dropping 6 sec in 50 butterfly, and 1 sec in 25 breaststroke for a new **PRT** of 20.95, nearly a team record.

The 9-10 girls included **Savannah Chappell**, who improved in 2 of 4 events, dropping 2 sec in 50 freestyle and 1 sec in 50 breaststroke, and swimming near best in the other 2. **Shelby Koontz** also improved in 2 of 4 events, dropping 2 sec in 100 breaststroke to finish 1st with a new **PRT** of 1:22.58. **Annalisa Neal** swam an outstanding meet with 100% huge improvements in 9 events, dropping 8 sec in 50 butterfly 6 sec in 100 backstroke, 4 sec each in 100 freestyle & IM, and achieving new **PC-A** times in 50 & 100 breaststroke.

For the 11-12 girls, **Lena Ford** improved 3 sec in 50 freestyle, finished her first 100 IM, and her first 50 breaststroke with a new **PC-B** time of 46.25. **Emma Gray** had a strong meet, improving in 5 of 8 events including a huge 9+ sec in 100 freestyle, 3 sec in 100 IM, and 2 sec in 50 breaststroke. **Whitney Weaver** swam 6 events, scoring new **PC-B** times in 50 freestyle and her first 100 IM, and finishing her first 50 butterfly.

The 11-12 boys were **Andrew Brockhage** who swam a great meet with huge improvements in 3 of 4 events, dropping 15 sec in 100 butterfly, 10 sec in 100 IM, and 8+ sec in 50 backstroke, and **Logan Killion** who swam a full slate of 10 events improving 6 sec in 100 butterfly, 3 sec in 100 breaststroke, and 2 sec in 100 free.

For the 13-14 girls, **Erica Chappell** swam 4 strong events, including a new **PC-A** time in her first 200 backstroke, and was right on best time in 200 IM. **Eli Cruz** swam 5 events and 5 **PC-A** times, dropping a huge 4 sec in 100 freestyle and 3 sec in 200 freestyle, and with a new best time in 100 butterfly. **Clara Gray** swam faster in 3 of 6 events, improving by 7 sec in 200 backstroke, 2 sec in 100 backstroke, and a fraction in 100 freestyle. **Taylor Killion** swam a full schedule of 10 events, with a strong 100 breaststroke, 100 butterfly, and 50 freestyle, and a 1st place finish in 200 backstroke. **Meagan Skilling**, recently back from a long break, swam 6 events and dropped 1+ sec in 100 backstroke for a 1st place finish at 1:06.65.

Jake VanBeuge came on strong for the 13-14 boys, improving in 6 of 7 events, dropping 5 sec each in 200 freestyle and 100 breaststroke, and 1 sec in 100 freestyle.



Pacific Junior+ Meet Results

Five Senior Dolphins attended the Pacific Swimming long-course Junior+ meet in San Jose, California, the weekend of June 6-7. They were glad to be missing the Tahoe weather, and showed it with some fast swims and new long-course team records.

Shaelin Morefield improved in 5 of 8 events, setting a new **team record** of 2:45.01 in 200m butterfly, and a new **team record** and **FW** time of 3:06.55 in 200m breaststroke. **Cameron Morefield** swam 7 events, improving in 100m freestyle and 100m backstroke, and setting a new **team record** of 3:02.62 in 200m breaststroke. **Sarah Koontz** swam 4 events and achieved her goal by swimming new **JO** times of 10:32.26 in 800m freestyle and 20:02.30 in 1500m freestyle, with total improvement of more than 1 minute. **Michelle Forman** swam a full 10 events and improved in 7, with a new

JO time in 100m backstroke and **FW** time in 100m breaststroke, and beat her own **team record** in 100m butterfly with a new **FW** time of 1:11.90. **Eric VanBeuge** swam 6 events, dropping 2 sec from his own **team record** in 200m backstroke to 2:32.80, and setting 3 other **team records** in 100m freestyle (1:00.47), 100m backstroke (1:08.32), and 200m butterfly (2:36.06).



High School Championships

Persevering through the tragic losses of teammates Molly Lahlum and Richard Miller earlier in the season, the Douglas High School Tigers finished a super 2009 season with one of their biggest and best teams ever, helped along by 15 Dolphins swimmers. The Tigers ended up winning their League for both boys and girls, with the girls placing 2nd and the boys 4th in Northern Nevada Regional Championships, and the girls 5th and boys 11th at State Championships. Their missing teammates would have been proud.

Our State Champions included **Haley Von Schottenstein** who had an amazing season, ending as 2009 State Champion in 100 breaststroke after qualifying 1st at Regionals with a best time of 1:06.67, just over 1 sec from a Junior National cut. Haley also tied the all-time **Douglas High record** of 24.67 in 50 freestyle (half a sec from Junior National cuts) to win the event at Regionals, and went on to place 2nd at State. **Eric VanBeuge**, our other individual state champion, placed 8th at State in 100 backstroke after qualifying 3rd with a best time of 57.85 at Regionals. At Regionals Eric also finished 4th in 100 freestyle finals with a time of 50.87.

The girls 200 medley relay team of **Taylor Killion, Haley Von Schottenstein, Michelle Forman, and Mary Smithen** took down the all-time **Douglas High record** to win the event in 1:52.23 at Regionals, then came back a week later to finish 4th at State with almost the same time. The same team of girls also won the 200 freestyle relay at Regionals and finished 3rd at State with a new **Douglas High record** of 1:42.87.

After qualifying 3rd at Regionals, the boys 200 freestyle relay team of **Chris**

Bergstrom, Ryan Dykes, Eric VanBeuge, and Colby Cain went on to finish 8th at State with a time of 1:33.46.

Also at Northern Nevada Regionals, **Chris Bergstrom** swam 200 freestyle finals in 2:00.08, and won the consolation final heat of 50 freestyle in 23.49, both best times. **Ryan Dykes** swam 50 freestyle finals in 24.52, and swam 100 butterfly finals after qualifying with 1:04.15, also both best times. **Michelle Forman** finished 5th in the 200 IM finals at 2:17.89, and 4th in 100 butterfly finals in a time of 1:00.88, both best times. **Anna Jackson** swam 1:12.51 in the 100 butterfly prelims. **Yuchen Jin** placed 8th in 100 backstroke finals with a new Far Western time of 1:05.87, and swam 2:35.34 for a best time in the 200 IM prelims. **Taylor Killion** swam 200 freestyle finals after qualifying with 2:15.40, and placed 6th in 100 backstroke finals after qualifying with a time of 1:03.07. **Sarah Koontz** came back from an ear infection to swim 200 freestyle finals in 2:11.01, and 500 freestyle finals in 5:46.35, both best times. **Cameron Morefield** finished 8th in 200 IM finals at 2:17.55, and swam 100 breaststroke finals in near best time of 1:10.36. **Cassie Parr** swam 1:04.47 in the 100 freestyle prelims. **Paula Sigala** swam 100 breaststroke finals with a best time of 1:19.96, and swam 1:01.32 in 100 freestyle prelims. **Mary Smithen** finished 7th in 50 freestyle finals at 25.80, and took 6th place in 100 freestyle finals after qualifying with 57.17, both best times. **TJ Smithen** swam 100 backstroke finals in 1:11.00, and swam 2:41.15 in the 200 IM prelims, also best times.

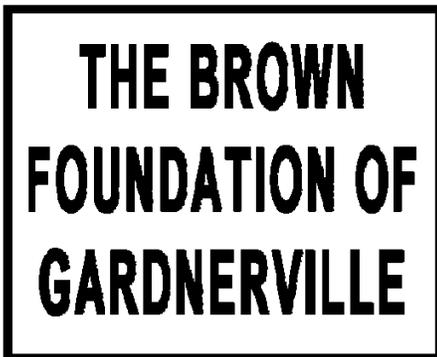
In the 200 medley relay at Regionals, **Eric VanBeuge, Cameron Morefield, Ryan Dykes,** and Colby Cain teamed up for a 6th place finish in 1:49.58. In the 400 freestyle relays, **Sarah Koontz, Paula Sigala, Yuchen Jin,** and **Cassie Parr** swam 4:17.30, and **Cameron Morefield, William Dirkson, Kyle Jenkins,** and **Chris Bergstrom** finished 4th in 3:44.51.

Post-season, Haley Von Schottenstein was named to the 1st all-region team in 50 freestyle and 100 breaststroke. Named to the 2nd all-region team were **Michelle Forman** in 100 butterfly, and **Eric VanBeuge** in 100 freestyle and 100 backstroke. **Congratulations to all the Douglas Tigers for a season well swum!**

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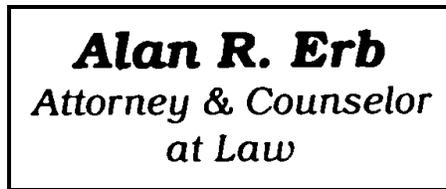
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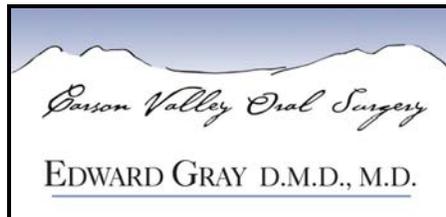
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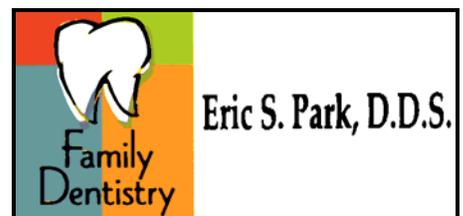
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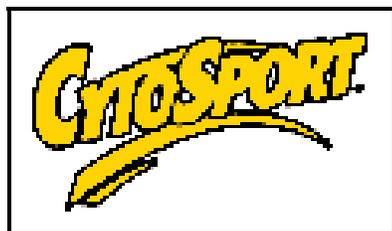
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New Rules For Swim Suits

You may have heard of the new swimsuit rules USA Swimming recently began to enforce. These 3 rules are intended to regulate the use of the new, high-tech (and expensive) suits now becoming available, and to keep USA Swimming in conformance with international (FINA) rules.

The first thing to understand is that **these rules apply only while swimming in a race** in sanctioned or approved competition. These rules do **not** apply to suits worn during practices or warm-ups, or on the pool deck at any time. In those circumstances only the basic rules of safety and decency apply.

1. **"Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee."** The intent of this rule is to curb the escalation of high-priced "full body" swim suits for younger swimmers, so they can focus on developing their swimming skills instead, and to keep the entry levels of the sport more affordable. The rule does **not** apply to 13 and older swimmers in any competition, **nor** to 12-under swimmers in **open competition** such as Junior, Senior, or National meets. Personal waivers are also avail-

able for religious or medical reasons, if first approved in writing by USA Swimming.

2. **"The use of more than one swimsuit at a time during any USA Swimming sanctioned or approved competition is prohibited."** This applies to **all** swimsuits, including "drag suits," not just to the high-tech ones. However, it does **not** apply to a "brief," such as a bikini top and/or bottom or athletic supporter, worn under a competition suit for modesty or privacy purposes. **Swimmers may use as many different swimsuits as they wish** during a meet, as long as they **wear only one at a time** during races.

For violations of these first 2 rules, swimmers may be disqualified by any official during a race. If the problem is discovered before a race, the swimmer will, when possible, be given a reasonable opportunity to correct the problem without unduly delaying the competition.

3. **"Only swimwear approved by FINA, as reflected on its published list of approved swimwear, may be worn in any USA Swimming sanctioned or approved competition."** This applies **only** to newer-model suits submitted to FINA by manufacturers, **not** to the countless **"traditional swimsuits"** not included in that process. **For female swimmers**, "traditional swimsuits" **"shall not cover the neck, extend past the shoulders or past the pelvis."** **For male swimmers**, "traditional swimsuits" **"shall not extend above the navel or below the knees."** Otherwise, the suit must be on the FINA approved list. As of June 19th, 2009, the FINA approved list included several high-tech suits used in our area, such as various Fastskin, LZR, and Blueseventy models. The list is subject to further changes in 2010.

For this last rule, officials at local meets will **not** be acting as "swimsuit police." Generally it will be up to coaches to enforce the rule and bring any violations to the attention of meet officials.



Transitions

Welcome new swimmers Grace Brooks, Katherine Byington, Ashley Lynch, Taylor Lynch, Michael Schaan, Maddie Scheer, Austin Sullivan, Max Whear, Emily Willis, Alayna Ynacay Nye, & **returning swimmers** Evy Bertolone-Smith, Brandon Easley, Virginia Evans, Grace Fischmann, Joshua Hartman, & Amy Ross. **Moving up: congratulations to new Red Dolphin** Janosch Lancaster, **Blue Dolphin** Claire Christopher, **Pre-seniors** Savannah Chappell, Shelby Koontz, Silvia Lawson-Vilches, & **Senior** Sarah Koontz. **Farewell & good luck** to Brendyn Hoag, Brittany Koller-Seward, Veronica Lawson-Vilches, Hallie Nelson, Alexandra Fagan, & Lenna Fagan – we'll miss you! **Happy June Birthdays** to TJ Smithen (6/2), Matthew Shick (6/3), Ambrish Santhanam (6/12), Yuchen Jin (6/13), Emily Dack (6/15), Taylor Sullivan (6/18), Eric Jacobs (6/22), Paula Sigala (6/25), Cameron Morefield (6/27), & **July Birthdays** to Savannah Chappell (7/2), Joshua Hartman (7/3), Shelby Koontz (7/6), Andrew Brockhage (7/7), Matthew Goode (7/9), Meagan Skilling (7/11), Dallas Williams (7/13), Taylor Killion (7/20), Robbie Resnik & Kai Stoll (7/21), Taylor Harker (7/23), & Reece Resnik (7/24).

Practice Schedules

Check www.ddst.org for updates.

Summer Break (starting 6/08/2009)

Seniors & Pre-seniors: M-F 7:00-9:00 am + M, W 4:00-5:30 pm + T, Th 5:00-6:00 pm dryland
Blue: M-F 4:30-6:00 pm
Red: M-Th 3:30-4:30 pm
White: M, W, F 4:30-5:15 pm
White: T, Th 4:30-5:15 pm
Summer Program: M-Th 3:30-4:30

ANY Public School(s) IN Session

Seniors: M-Th 2:30-4:45, F 2:45-4:30, T & Th 5:00-6:00 pm (dryland)
Pre-seniors: M-F 2:45 -4:30, T & Th 5:00-6:00 pm (dryland)
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 pm
Pre-competition: T & Th 4:15-5:00



Next Newsletter

The next *Monthly* will appear about July 26th. **All submissions should be received by Tuesday, July 21st.** 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 Kat Matheson & Whitney Simpson; Linda Koontz, Lorna Johnston, Kathy Chappell, Joe Stubnar; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.

Latest news online: www.ddst.org.

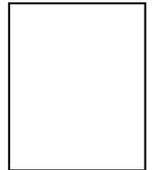


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Time-sensitive Swim Team news enclosed!