

# Dolphins' Monthly

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

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

September 2009

## All Hands on Deck for Sept. Meet!

We need each and every DDST family to help with meet jobs to ensure success for all the swimmers. 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. All sessions you volunteer count toward your family's 2009-2010 meet management obligation.

**New to DDST? Great!** Most jobs are easy to learn, and seasoned parents are there to help you. The main jobs are:

**Meet Marshal** – on-deck during warm-ups, oversees warm-up and cool down lanes and other areas during meet. These people get to wear cool orange vests and help enforce safety rules. (2-3 per meet)

**Computer** – runs all of the behind-the-scenes workings of a meet. Computer literacy is a must for this job and we desire someone who plans to be with the team for a while. Training is available at upcoming meets. (2-3 per meet)

**Runner** – distributes heat and lane postings from the computer room to specific locations and people. These people are “on the move” and need to wear comfortable shoes! (1-3 per session)

**Colorado Timing** – runs the timing computer by the pool with the officials. This position requires training and we desire someone who plans to be with the team for a while.

**Colorado Timing Assistant** – works with the Head Colorado Timing person and receives training on the timing system. (1-2 per meet)

**Head Timer** – distributes watches, clipboards, etc. to the lanes after warm ups. Stands by the officials' table, starts 2 stopwatches for each race, assists timers with watch problems. (1 per session)

**Clerk of Course** – checks in all swimmers for the meet. Also responsible for keeping track of when each event is scheduled to close. On-the-job training for USA and Pacific Swimming guidelines for registration will be provided! (3-4 per session)

**Snack Bar Coordinator** – gathers all items for the snack bar. Sets up and oversees the running of the snack bar. (1 per meet)

**Snack Bar Help** – sells food and drinks. (3-5 per session)

**Hospitality Coordinator** – plans and prepares the hospitality meals and snacks that are served to our visiting officials, coaches, timers, and working parents. (1-2 per meet)

**Hospitality Helper** – assists Hospitality Coordinator. Prepares and serves meals and snacks. (2-3 per meet)

**Announcer** – announces the events and swimmers in each heat. Training and a front row seat are provided! (1 per session)

**Awards** – labels the awards and separates them by team for distribution. (2-3 per afternoon)

**Set Up and Break Down** – 3 to 4 strong individuals are needed both before and after the meet to set up and take down all awnings, tables, chairs, scoreboard, etc.

**Meet Director** – ideal for someone who is well organized and has a desire to dedicate some time to the team. Puts together and oversees the entire meet. Needs to have some knowledge of the swimming organization.

**Meet Officials** – The officials you see on-deck are parents just like us! They are volunteers who have had training in stroke technique and USA and Pacific Swimming rules. Training and classes are available for those parents who desire to learn more about the sport of swimming!



## Swimmers of the Month

**Angel Neal** is a very hard working White Group swimmer who gives her best in practice every day! Angel is always very attentive during swim practice, and carefully works on her strokes to better her technique and enhance her swimming skills. She is a determined focused swimmer with a lot of talent. Her effort and dedication to swimming will definitely pay off at the upcoming Autumn Freeze meet! We are so impressed with her and have many high hopes for her as well.

**Katie Patrick** gave 110% effort during hell week last month. Her attitude was outstanding for all 3 coaches during Hell Week, and is outstanding day in and day out in Red Group. Katie's attendance is excellent, and she is early to practice EVERY day, always ready to get in the pool on time! She has her equipment ahead of time, cap and goggles on, and is even faithful about bringing her bottle of water for re-hydrating. Katie shows her coaches and teammates respect with her undying patience and flexibility. Thank you, Katie, for being the model of a great Douglas Dolphin!

**Sarah Koontz** was chosen for swimmer of the month for her efforts during hell week, and for her consistent hard work as a Senior Dolphin. This is Sarah's second season in the senior group and her hard work and perseverance is shining. Sarah is a leader and a great example for all swimmers. This upcoming season will be a great success, with all her hard work. Go Sarah! – we are all cheering you on.



## COACH

**Sarah's Corner**

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

I would like to say hello to all the parent that I didn't have the pleasure of talking to this year at the parent meetings. I have had the pleasure of working with the **White Dolphins** this past few weeks and I am having a great time with your wonderful children. It's been a fresh and exciting change. In these past weeks we have been working with much success on the basics of swimming including balance, line in the water, and posture. I am hoping to see all the swimmers in the upcoming meet. It is important at this young age and maturity level to explore the racing world. It helps encourage swimmers to swim better and faster, makes all the hard work pay off, and it's time to show off their stuff!!!

**Seniors and Pre-seniors** – lets talk about the proper place to be before practice. That's right, not in the lobby. It's time to get dressed and get out on the pool deck for practice. We have paid for the limited time in our lanes and every minute is precious. Viva Las Vegas – let's work hard and kick butt in VEGAS BABY!!!

**Dolphins' Classified****ITEMS WANTED OR OFFERED****OFFERED**

**GIRLS TEAM SUIT**, TYR size 26, thin straps, worn less than 8 times, in great shape, \$25. [tahoecrazy @ comcast.net](mailto:tahoecrazy@comcast.net), Barb Sikora (2)

**YOUR FREE AD HERE FOR 3 MONTHS**, Contact the Newsletter Editor, [jmore @ charter.net](mailto:jmore@charter.net), 775-782-4360 (3)

**Lost & Found!**

**LOST OR FOUND ITEM?** List Dolphins-related items here and get them home! Newsletter Editor [jmore @ charter.net](mailto:jmore@charter.net), 775-782-4360.



## COACH

**Stefanie's Corner**

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

First came "hell week" – cardio and strength work, a mixing up of the groups, and a sampling of 3 coaches. Then we returned to technique.

In **Red group**, the swimmers have spent the last 4 weeks working on stroke technique for butterfly, breaststroke, and backstroke, one week at a time (we saved freestyle for last). There are many fine points to each stroke. If you are not a swimmer, you might not believe it, but there are so many things to think about when you swim. To swim and make swimming look effortless requires not only a lot of practice, but also reminding yourself of the fine points as you swim. Obviously the more one practices, the better those strokes will look without as much effort. Does your swimmer remember some of the **focus points** we learned, practiced, and reviewed in each of the 3 strokes mentioned above? My hope is that spending a 4 days at a time on each stroke will help the swimmers remember those focus points. **Go ahead, test them!** If they can remember what to do out of the water, it will make it that much easier to remember in the water. Reinforcement....

Another way to improve those strokes is to **come to dryland practice on Mondays from 4:30 to 5:00**. Please encourage your swimmer to be there – on time and ready to go. A half hour goes by quickly. In dryland, as I've mentioned before, we spend time watching videos on stroke technique. We watch and then get in the pool and practice it. If your swimmer misses dryland, often they are missing an important part of that practice and often missing the carryover for the rest of the week.

In dryland we also do strength and balance work, and techniques related to what we'll be working on that day.

Just a reminder to check our website and/or your emails for **holiday schedules**. Many swimmers missed practice on Labor Day. Also, **please plan ahead for attending swim meets**. A good way

to plan is to check out our meet schedule on our website or the team bulletin board. Try to make getting your swimmer to a meet a priority. As we coaches have mentioned before, swimming every day is tough, not only physically, but mentally. Your swimmer needs an incentive and motivation to keep it up day after day. Competitions keep them focused and give all those drills another fun purpose.

**PreComp:** it is nice to be in consistent communication with parents of those swimmers in the PreComp group. I am happy to see excellent attendance from all swimmers in PreComp. With practice only 2 days per week, getting to practice is helpful in order to see improvement in your swimmer. Thank you parents for this effort.

PreComp swimmers have been working a lot on freestyle and backstroke; specifically, kicking, streamlining, some arm work, but lots of kicking (fundamentals first). We've also practiced a little diving.



## COACH

**Whitney's Corner**

(whitneysimpson @ hotmail.com)

**White Group** is now back to its **SCHOOL IN** schedule, and we will only be having 30 minutes of swim time each day, along with 15 minutes of dry land. I do not want to take a minute away from our 45-minute practice, so I would like each swimmer to be on the deck with their equipment and **ready to swim at 4:15 pm**. **I do not want to see swimmers coming in late** for practice. It is crucial that they get every minute of their practice in. This would be greatly appreciated!

Also, **parents please make sure your swimmers are properly equipped** for swim practice. They need to have **good quality goggles** at all times. We do not want them to be stopping during swim practice and fixing their goggles, or swimming without goggles either. This disrupts their practice and keeps them from having an effective workout.



## Pacific Top-10 & Top-25 Dolphins!

For the 2008-2009 season ending August 31<sup>st</sup>, three Douglas Dolphins achieved individual times in the top 10 (for their age) in Pacific Swimming, and two more Dolphins swam top-25 age-group times.

**For girls age 8, Taylor Sullivan** swam the 2<sup>nd</sup> fastest 100m breaststroke, and was ranked 3<sup>rd</sup> in 50m breaststroke, 4<sup>th</sup> in 200m IM, and 9<sup>th</sup> in 25y breaststroke.

**For girls age 10, Shelby Koontz** swam the 9<sup>th</sup>-ranked 50y freestyle, 4<sup>th</sup>-ranked 100y freestyle, & 9<sup>th</sup>-ranked 500y freestyle, and also achieved top-25 times in 8 more events for the 10-under age group. **Continuing at age 11, Shelby** also established the 2<sup>nd</sup>-ranked time in 1000y freestyle at our High Country meet in August, and was ranked 6<sup>th</sup> in 50m freestyle and 9<sup>th</sup> in 400m freestyle.

**For girls age 12, Shaelin Morefield** swam the 10<sup>th</sup>-ranked 200y butterfly time, and the 10<sup>th</sup>-ranked 400y IM time for the year, along with top-25 times in 6 more events for the 11-12 age group. **Continuing at age 13, Shaelin** was also ranked 7<sup>th</sup> in 200m butterfly.

**In the 15-16 girls age-group, Haley Von Schottenstein** swam the 15<sup>th</sup> fastest 50m freestyle, and **Sarah Koontz** was ranked 22<sup>nd</sup> in 1500m freestyle.

Congratulations to our top-10 and top-25 swimmers! All of the Pacific Swimming top-10 single-age and top-25 age-group results can be viewed at [www.pacswim.org/page/times\\_top.html](http://www.pacswim.org/page/times_top.html).



## Bulletin Board Photos Needed!

**Please contribute your recent and future pictures from meets and other team activities!** Prints or CDs can be left in the Morefield's file folder at the pool lobby (put your name on back if you want them returned). Digital files (no more than 5 MB at a time) may be emailed to [jdmore@charter.net](mailto:jdmore@charter.net).



## 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: September 25-27,**

**Molly Lahlum Autumn Freeze**, meet sheet [www.pacswim.org/0909ddst.pdf](http://www.pacswim.org/0909ddst.pdf) (entries due online or hand delivered Friday Sept. 18<sup>th</sup>!). **All parents please be prepared to help out!**

**October 17-18, Pleasant Hill CA, Pacific Swimming Senior+**, qualifying times apply, see coach for details, meet sheet [www.pacswim.org/1009wcab2.pdf](http://www.pacswim.org/1009wcab2.pdf) (entries due postmarked Mon. Oct. 5 or online Wed. Oct. 7).

**October 30-November 1, Napa Valley Halloween Spooktacular**, meet sheet [www.pacswim.org/1009napa.pdf](http://www.pacswim.org/1009napa.pdf) (entries due postmarked Thurs. Oct. 15 or online Sun. Oct. 18).

**November 13-15, Carson City, Tigersharks Last Chance Meet**, meet sheet [www.pacswim.org/1109cars.pdf](http://www.pacswim.org/1109cars.pdf) (entries due postmarked Mon. Nov. 2 or online Wed. Nov. 4).

**December 3-6, Las Vegas, NEVADA STATE CHAMPIONSHIPS!** Qualifying times same as 2008. Stay tuned for entry information and travel plans.

**December 11-13, Pleasant Hill CA, Pacific Swimming Senior Championships** (qualifying times apply, meet sheet pending, see coach for details).

**January 16-17, Carson City, Tigersharks Polyathlon Invitational**, meet sheet [www.pacswim.org/0110cars.pdf](http://www.pacswim.org/0110cars.pdf) (pending).

**HOME MEET: February 12-14, St. Valentine Invitational**, meet sheet [www.pacswim.org/0210ddst.pdf](http://www.pacswim.org/0210ddst.pdf) (pending).

**All parents please be prepared to help out!**



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## Meet & Event Schedule Changes

**Monday October 5<sup>th</sup>:** SCHOOL-OUT practice schedules all groups!

**Thursday October 29<sup>th</sup>:** rescheduled Halloween Fun Day 4:30-5:30 pm.

**October 30<sup>th</sup> – November 1<sup>st</sup>:** Napa Valley meet added! (Reno meet canceled.) Submit entries ASAP before meet fills up! Notify Coach Kat if you are going, especially for Friday.

**November 13-15<sup>th</sup>:** Carson Tigersharks Last Chance Meet added to schedule – last chance to qualify for State Championships!



## Airplane Ride Raffle Ends 9/27!

A private airplane tour of the Carson Valley area is being donated to the Dolphins for a raffle fundraiser! **Tickets are available** to sell and/or purchase through the Molly Lahlum Memorial Autumn Freeze meet, after which a winner will be drawn. Tickets are \$1.25 each or 10 for \$10. **Contact Kathy Chappell** (see Key Contacts p. 4) for tickets and further information. A family's tickets sales will count toward their annual fundraising. **This is the team's last organized fundraising opportunity for 2009!**



## Adopt a Block!

We still need sponsors for 4 more full-height starting blocks. At least 2 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](mailto:jdmore@charter.net))** with any questions, or to coordinate a shared block. **Sponsorships are tax-deductible** as charitable contributions.



## DDST Key Contacts

**Board President:** Kathy Chappell

[kchappell@clearwire.net](mailto:kchappell@clearwire.net); 775-267-5284

**Head Coach:** Kat Matheson

[coachkat0809@hotmail.com](mailto:coachkat0809@hotmail.com); 775-315-7701

**Coach Sarah:** [sgovanswm@aol.com](mailto:sgovanswm@aol.com);

775-287-1035

**Coach Stefanie:** [ssignorella@charter.net](mailto:ssignorella@charter.net);

775-901-6747

**Coach Whitney:** [whitneysimpson@hotmail.com](mailto:whitneysimpson@hotmail.com)

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

Linda Koontz, 775-782-7806

Lorna Johnston, 775-782-2382

**Billing & Treasurer:** Joe Stubnar

[billing@ddst.org](mailto:billing@ddst.org); 775-720-6703

**Parent Liaison:** Karen Sullivan

[ksulliva@dcsd.k12.nv.us](mailto:ksulliva@dcsd.k12.nv.us); 775-267-4035

**Newsletter, Web, Officials:** Jim Morefield

[jdmore@charter.net](mailto:jdmore@charter.net); 775-782-4360



## 'Tis the Season for Team Parkas

The season of cold outdoor meets, and cold walks to indoor meets, is here! You may have noticed the spiffy blue and red DDST parkas keeping many of our swimmers warm. If you would like to order one or more, the **order form** is posted on our Team Store web page ([www.ddst.org/store.htm](http://www.ddst.org/store.htm)) or can be obtained from Store Manager Pattie Dack ([psdack@charter.net](mailto:psdack@charter.net) or 267-4322).

Orders must be sent or phoned directly to NorCal Swim Shop. A great way to save on shipping costs is to combine orders with other parents. **Order soon**, as demand is high during the holiday season, and shipping times get longer.



## 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)

**NEW IN STOCK: Dolphins Flip Flops, \$5/pair. Other items in stock while supplies last!** Limited sizes/colors remaining. 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): **All swimmers must now purchase their own fins** for practices. Team fins have been disappearing too fast! **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.**



## Pool Use Outside Practice Times

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

**If you want your swimmer to be able to use the pools or equipment outside their practice times, they must pay regular admission.**

Monthly or annual passes can be purchased at a discount in the Swim Center lobby, or your swimmer can carry the daily admission fee.

Also, please be aware that DDST swimmers are NOT under DDST coach supervision or insurance coverage except while participating in their scheduled DDST practices or activities.



## Election Results

In August the year-round membership elected the following team parents to serve on the Douglas Dolphins Swim Team **Board of Directors for 2009-2010:** Kathy Chappell (President), Chris Dack (Vice President), Joe Stubnar (Treasurer), Linda Koontz (Secretary), Chris Forvilly, Ed Gray, Lorna Johnston, and Jim Morefield. The 4 officers above were elected by majority vote of the families represented at the Board meeting of September 1<sup>st</sup>, 2009.

The new Board then appointed two willing members to fill the remaining Board vacancies: **Rick Ansel** and **Greg Taylor**. Thank you Rick and Greg! The Head Coach is the 11<sup>th</sup> Board Member. **Lorna Johnston** was also appointed Treasurer-in-training, and **Linda Koontz** and **Lorna Johnston** continue their appointments as co-Meet Directors. **Thank you to all these parents for their many extra volunteer hours on behalf of all our members!**



## Parents Corner

### Decoding the USA Swimming organization

**LSCs and Zones, oh my!** These terms can be confusing to newcomers to the sport. Here is a summary of the organizational units to which the Douglas Dolphins Swim Team (DDST) belongs:

**FINA:** *Fédération Internationale de Natation* (or, International Swimming Federation), the international governing body for aquatic sports, responsible for Swimming, Diving, Water Polo, Synchronized Swimming, Open Water Swimming, and Masters. USA Swimming normally adopts all FINA technical rules.

**USA Swimming** is the National Governing Body for competitive swimming in the United States. It is a FINA member, and is a Group-A member of the United States Olympic Committee. Every swimmer, coach, deck official, meet director, and swim club organization must be a registered member of USA Swimming.

**Zone:** USA Swimming is divided into Western, Central, Eastern, and Southern zones for purposes of holding large regional championship meets, such as the Western Zone Championships already held this year in Farmington, NM. The Western Zone includes all of the Rocky Mountain states, westward to Hawaii and Alaska.

**LSC:** the 59 Local Swimming Committees are the administrative units of USA Swimming, under whose rules swim clubs operate and have their meets sanctioned. DDST belongs to the **Pacific Swimming LSC** (symbol **PC** when filling out forms). We are neighbors with the Sierra Nevada Swimming LSC (SN, including the Fallon Barracudas, Fernley Swim Team, Sparks Piranhas, and Truckee-Tahoe Swim Team), and we often attend each others' meets. Other nearby LSCs in the Western Zone include Central California Swimming (CC) and Southern California Swimming (CA, including the Las Vegas area), and

Snake River Swimming (SR, including the Elko and Ely areas).

**Zone (again!):** Because Pacific Swimming covers a large area, it is divided into five Zones. DDST is in **Zone 4**, extending along the eastern Sierra Nevada from Bishop to Reno and Lake Tahoe. Zones 1N, 1S, 2, and 3 are located along the north and central California coast, San Francisco Bay Area, and adjacent central California.



## Emergency Info Update Forms

**All DDST Members please update your medical and contact information whenever any of it changes!**

This is necessary to maintain a safe environment for the swimmers, and is the **parents' responsibility**. Just turn in a yellow update form, found in the front of the team file box, to any of the positions listed at the bottom of the form. The same form may also be used to request temporary inactive status for billing, change email preferences, etc. Copies can also be printed at [www.ddst.org](http://www.ddst.org).



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, October 6<sup>th</sup> 2009, 7:00 pm**. Parents are always encouraged to attend; meeting minutes are available from the Secretary. **Come help elect the officers (President, Vice President, Secretary, Treasurer)** from among the new Board members for the coming year.

**Regular meetings** of the DDST Board of Directors are the **first Tuesday evening of each month at 7:00 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](http://www.ddst.org/boardmembers.htm)



## Swimmers Corner

### Warming Down

BY KELSEY SAVAGE HAYS with Kristin Hill, Head Coach of Boise State Swimming

Warm down gives hard-worked muscles the chance to prepare for the next practice or race. Swimmers should aim to get their heart rate under 100 beats per minute before exiting the warm-down pool. While a 200-300 yard set with some drills and easy swimming is usually enough recovery after practice, races require a little extra strategy. **Here are five tips** for getting the most out of warm down:

**1. After a race, warming down should be the immediate focus.** A long wait between competition and recovery gives the body more time to tighten, making it harder to flush out the lactate acid built up in muscles.

**2. Start with a relaxed 300 yards** before doing a short interval set; Kristin suggests doing 6x50 yards on :45 seconds. The slight increase of intensity hastens the removal of lactate acid by increasing blood circulation. Finish with some more easy swimming, or, if there isn't much time between races, start preparing for the next event with drills and pace work.

**3. Hydrate with water between events** or with a recovery drink if it's the final warm-down of the session. Fluids, especially those including carbohydrates and protein, can greatly aid recovery, but stick to drinking something you've already tested during practice. Keep your choice beverage on the side of the pool and sip it during your warm down.

**4. Most swimmers need 600-800 yards** before their heart rate settles, but some might need longer. Don't short-change your body with too little recovery; leave the warm-down pool fresh for the next race.

**5. Stretching after warming down can also loosen the body**, if it's already part of your routine. Don't push yourself into stretching in ways you aren't used to. Stretching not only helps the muscles relax, but it gives a swimmer a few quiet minutes to prepare for the next race.



## Officials Corner

### What's Up With Backstroke Turns?

As a swimmer or a parent, you might have noticed that disqualifications during backstroke races often happen right before the turns. The rules for this part of the race can also be challenging for stroke and turn judges. So what's the big deal?

The basic backstroke rule says that *"the swimmer shall push off on his back and continue swimming on the back throughout the race."* Hardly anything else is required to complete a legal backstroke race!

Problems can happen, though, when the swimmer chooses to use the **one optional exception**: *"During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn."* [emphasis added]

This exception is easier to understand if stated in a slightly different way: **if on the breast during a backstroke event, the swimmer may only be initiating or completing a turn, and not doing anything else** (such as swimming or gliding). The only **requirement** for a legal backstroke turn is that *"some part of the swimmer must touch the wall."* Use of a flip-turn, or of an arm pull to initiate the turn, is **optional** (thus the word *may*).

**So what does this all mean?** If a swimmer stays on the back for the entire turn, the only requirement is to touch the wall at the completion of each length and leave the wall again on the back. If a swimmer turns toward the breast but then immediately contacts the wall (before taking an arm pull or flipping), no violation has occurred – **a turn is being initiated** up until the wall is touched, at which point the turn is complete.

Likewise, if a swimmer turns over and **immediately** takes the permitted single arm pull leaving the other arm outstretched, and immediately contacts

the wall with that other arm before a flip-turn is completed, the turn was legal. And of course the usual, immediate single arm pull leading straight into a flip-turn and touch, is legal.

**Backstrokers most often get into trouble when they turn over too soon**, and are forced to glide, swim, and/or take extra arm strokes (with or without kicks, before or after the permitted single arm pull or flip-turn) to get close enough to touch the wall.

**The swimmer is now swimming, not turning**, while on the breast, which is not legal during backstroke.

**With quick thinking**, swimmers can sometimes save themselves from an early turn-over by taking a very long, slow, sculling arm pull while kicking vigorously. As long as the hand(s) move rearward continuously without interruption, a legal turn is still being initiated. But once a hand stops, the rest of the turn must be completed immediately, without any further arm pull(s).

**One other basic backstroke rule**, with an exception that sometimes leads to trouble, is that *"some part of the swimmer must break the surface of the water throughout the race"*. **The exception** is that the swimmer *may* be completely submerged *"during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn."*

Sometimes a swimmer will dive for the wall into the finish, trying to out-touch their competitors. That is fine, as long as some other part of the swimmer **continues to break the surface prior to the touch**. If the judge can see with certainty, however, that the **entire body** of the swimmer is submerged prior to the finish touch, **before** the judge must shift attention to observe the position of the shoulders at the finish, then a disqualification becomes appropriate.

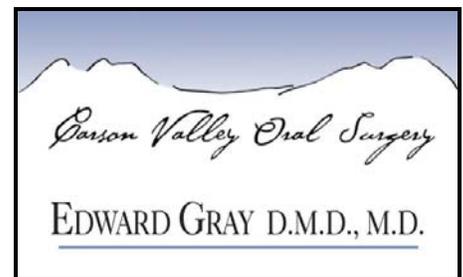
(The rule excerpts above are from the 2009 USA Swimming Rule Book, and from the Rules Committee Interpretations, both of which can be found at [www.usaswimming.org](http://www.usaswimming.org) under Volunteers, Officials, Rules & Regulations.)



## Welcome and Thank You to our new and returning 2009 – 2010 SPONSORS:



Lifetime Sponsor



Platinum Medal Sponsor



Gold Medal Sponsor



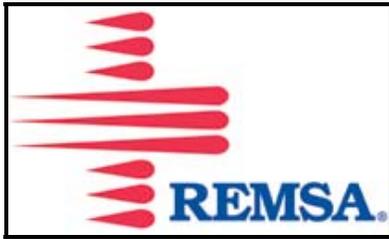
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**CARE FLIGHT**

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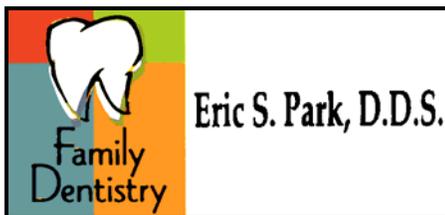
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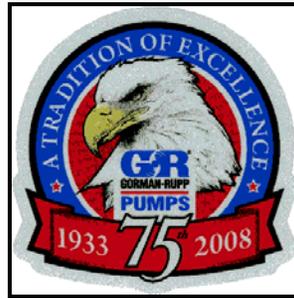
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**Bronze Medal Sponsors:**

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- Carson Valley Veterinary Hospital
- Centerfield Sports Bar & Grill
- Ken & Linda Gorder
- Grover Hot Springs
- Linda Koontz Tupperware
- Meadowcliff
- Mountain View BBQ
- Norris Auto Body
- Protech Auto
- Ragz 2 Bagz
- Walker Country Store



## Transitions

**Welcome new & returning swimmers** Allison Ansel, Jason Gray, Stephanie Gray, Christina Henning, Chandler Howe, Kayce Johnston, Silvia Lawson-Vilches, Veronica Lawson-Vilches, Shea Pitts, Mary Smithen, TJ Smithen, Zoé Tkaczyk, & Jamie Walden.

**Moving up: congratulations to new White Dolphin** Max Whear; **Red Dolphins** Hayley Killion, Anne Lancaster, Aditya Santhanam, Ambrish Santhanam; **Blue Dolphin** Janosch Lancaster; & **Senior Dolphins** Kyle Johnston, Cameron Morefield, & Eric VanBeuge.

**Farewell & good luck** to Evy Bertolone-Smith, Grace Brooks, Katherine Byington, Cade Ball, Virginia Evans, Grace Fischmann, Lena Ford, Joshua Hartman, Michael Schaan, Maddie Scheer, & Austin Sullivan – we'll miss you! **Happy October Birthdays** to Silvia Lawson Vilches (10/07), Bryce Cutter (10/08), Haley Von Schottenstein (10/11), Brandon Easley (10/21), & Sarah Koontz (10/29).

*(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



## Practice Schedules

**SCHOOL OUT Monday Oct. 5<sup>th</sup>!**  
Check [www.ddst.org](http://www.ddst.org) for updates.

**ANY Public School(s) IN Session**  
(starting 8/19/2009 except

**Pre+Seniors starting 8/24/2009)**

**Seniors:** M-Th 2:30-4:45, F 2:45-4:30,

**M & W** 5:00-6:00 pm (dryland)

**Pre-seniors:** M-F 2:45 -4:30,

**M & W** 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, M 4:30-5:00

**White:** M-Th 4:15-5:00 pm

**Pre-competition:** T & Th 4:15-5:00

**ALL Public Schools OUT of Session**

(common break days; public holidays  
except Winter & Summer breaks)

**Blue, Pre-seniors, & Seniors:**

M-F 7:00-9:00 am

**Red:** M-Th 5:00-6:00 pm, **M** 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 October 16<sup>th</sup>. **All submissions should be received by Monday, October 12<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 Kat Matheson, Sarah Davenport, Stefanie Signorella, & Whitney Simpson; Joe Stubnar; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.*

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

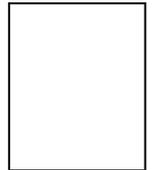


**Douglas Dolphins Swim Team**

**P.O. Box 44**

**Minden NV 89423**

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



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