

Dolphins' Monthly

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

www.ddst.org

November 2009

Special Practice Days Scheduled!

PLEASE NOTE THE FOLLOWING special practice days coming up:

Thurs. Nov. 26th: THANKSGIVING DAY, 7-9 am ALL GROUPS. Don't miss this fun family practice!

Friday Nov. 27th: FAMILY DAY, 7-9 am all groups, MANDATORY FOR STATE SWIMMERS.

Mon. Nov. 30th: STATE PEP RALLY 5:30-7 pm, no dryland for Seniors.

Thur.-Fri. Dec. 3-4: NO PRACTICE due to State Championships.

Mon. Dec. 7th: Day off for State swimmers, other groups 5-6 pm.

Any further changes will be posted at www.ddst.org – stay tuned!



State Pep Rally & Pasta Feed Monday 11/30!

STATE PARENTS and all Dolphins swimmers, please join us in the mezzanine Monday November 30th, 5:30-7:00 pm, for the Dolphins' 16th annual State Pep Rally & Pasta Feed! There will be IMPORTANT INFORMATION for all State Parents and Swimmers!

This is the Dolphins' way to get pumped up for STATE CHAMPIONSHIPS. This party has been a tradition since 1994, and used to involve swimmers getting their heads shaved. So bring your favorite healthy pasta dish to share with everyone, and help send our State swimmers to Las Vegas the right way!



Swimmers of the Month

Shea Pitts becomes very focused on the task at hand from the moment she enters the pool. She sets personal goals for herself and puts all her effort and energy into achieving those goals. Shea is fearless and loves to be challenged! When given a difficult task she is determined to conquer it, and always does! She swims beautifully and is such a joy to coach!

Eric Jacobs bumped up his practice attendance this last month (usually limited by school work) after dropping lots of time at our Autumn Freeze meet and getting much closer to some State times. He just barely missed his cut in 50 breaststroke at the Napa meet, so he practiced consistently and worked extra hard before the Carson meet. He did it! He got his State cut not only in 50 breaststroke, but 100 breaststroke as well. Your hard work paid off, Eric! Good job!

Sarah Hyatt had perfect attendance this last month. She attended the last 3 swim meets, gathering up new State times at every one. She achieved 8 out of 10 State times possible in her age group. Sarah has been willing to spend extra time working on new ideas to improve her strokes. She also has a consistent smile and a great attitude for her coaches. Sarah's consistent dedication to practice has paid off. Congratulations, Sarah!

Erica Chappell consistently comes to practice and attacks the hardest sets, swimming with heart and desire. She has been training hard so she could achieve her Junior Olympic cuts and swim on the Senior team. And that is

just what she did at the Carson Last Chance meet. In her first event she swam 1000 freestyle 33.5 sec faster for a new JO qualifying time, and went on to improve in every she swam. A well deserved move from Pre-seniors to Seniors, and I know that Erica will shine this season.



Adopt a Block Prices Reduced!

Now is the best opportunity for you, or sponsor(s) you obtain, to adopt a permanent starting-block display, and help the Dolphins provide the best competitive equipment for our athletes and others who use CVSC.

- > We were recently quoted a lower price by the supplier!
- > Sponsorship is tax-deductible.
- > Will cover your family's 2009 or 2010 fundraising obligation(s).
- > Sponsorship includes custom plaques on 3 sides.
- > See Molly's block (lane 3) at the pool for an example.
- > Sponsorship and display space may be shared!
- > Lanes 1 & 2 (full-time year-round display): \$1850.
- > Lanes 4, 5, & 6 (used at all Dolphins & High School meets): \$1650
- > Lanes 7 & 8 (used at our two summer outdoor meets): can be acquired once lanes 1-6 are adopted.
- > Contact Jim Morefield (775-782-4360 or jdmore@charter.net) with questions, or to coordinate a shared block.



COACH

Sarah's Corner

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

It was exciting for me to watch the team compete November 14-15 at the Carson Last Chance meet. I was able to watch all our hard workers transform in front of me. Keep up the great work Dolphins!

Locker rooms: please don't leave bags in the locker room! Parents, please remind your swimmer(s) that the locker room is for changing, and all school bags should be brought out on deck.

Holiday practices: with the holiday schedule ahead and State Championships the following week, State swimmers should be attending practices ALL practices. Training for this meet takes months of preparation, so please honor your child by allow them to perform their best this season, by not missing practices. If you will be out of town for any practices, please let your coach know ahead of time. Thank you.



COACH

Stefanie's Corner

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

At the parent meetings last September, the coaches mentioned that all of the swimmers now need to purchase their own fins to use in practice. The team fins that the PreComp, White, and Red groups have been using are either ripped or in short supply. In other words, to have correct fitting fins, each swimmer needs to bring their own pair. The team will not be purchasing new fins. Many swimmers are already bringing their own fins to practice, which is nice for two reasons: (1) these swimmers are guaranteed to have fins when they need them, and (2) the deck is less cluttered after practice; when it's their own gear the swimmers are more responsible about picking up!

I also mentioned at the parent meetings that **I would like Red group to purchase paddles.** Red group doesn't use paddles a lot in practice, but I do like to use them occasionally for the swimmers to get a better and a different feel for moving the water. While paddles

come in different sizes, Coach Kat recommends the **Hans paddle**, a one-size-fits-all paddle. This beginning paddle is less expensive than others. When your swimmer moves up to a more advanced group, he/she will want more advanced paddles. If you choose to order the more expensive paddles please check with a coach first for the correct size.

Your swimmer's **equipment should be clearly labeled with their name.**

Please check periodically that the name hasn't worn off; using equipment in the water is hazardous to markers, even "permanent" ones. You may also want to purchase a gear bag to put their equipment in. Many swimmers decide to leave their gear bags at the pool on the hooks near the diving boards so they don't have to carry gear home and back. You can purchase fins, paddles, and gear bags from Norcal through the team store. Any questions on sizes please ask Coach Stefanie or another DDST coach. For ordering questions please ask Patty Dack, our team store manager.

Congratulations to all swimmers who achieved their Nevada State Championship qualifying times, and to all the swimmers in every group who swam their hearts out in the recent meets and achieved personal Best Times!

Reminder to Red group swimmers:

On Monday, November 30th, the team will be holding a pep rally for those swimmers going to the Nevada State Meet at 5:30 PM. All swimmers are asked to attend. Red group will be swimming that evening from 4:30 to 5:30 PM and will not have dryland practice.

Red Group Exercise Balls: I want to let Red Group parents know what your swimmer has been working on when they come to dryland before swimming on Mondays. Like the other coaches, I like to focus on core work. Core work stabilizes the body in the water, preventing injuries in long axis strokes (freestyle and backstroke), and adding speed in short axis strokes (butterfly and breaststroke). One of the best "pieces" of equipment to use to strengthen the core is an exercise ball. Unfortunately the team doesn't have a supply of these balls, or a place to store them, or space during the winter to do the exercises with

a large group. I bring one or two balls to dryland practice, but with the small amount of time we have for dryland (1/2 an hour one time a week), by the time the swimmers get their turn on the ball, they just get started on an exercise and have to pass it on to another swimmer. It takes focus and practice to master the balance required on a ball. Our once a week dryland session is not enough to accomplish all the ball can do for your swimmer.

So... I will be showing your swimmer one ball exercise a week, and ask them to use this exercise on their own ball at home several times or more (depending on the exercise) until the next Monday at dryland. It would be great if they have time to demonstrate the new exercise to you when they get home from practice on Mondays. By repeating the exercise soon after learning it, and explaining it out loud to you, they will be more likely to remember the correct technique. (You may even want to try the exercise.) Yes, this means if you don't already have an exercise ball at home, I'd like you to get one. I recommend the 45cm size for smaller swimmers and the 55cm size for other swimmers. You can find the 55cm balls at stores like Big 5 or Walmart. Big 5 periodically has sales, so check their ads in the newspaper. The 45cm balls are harder to find. I found one at Toys 'R' Us, or you can look online.

When you get the ball: Fully inflating the ball will make the balance exercises more advanced.



New Swimmer Contract Posted

A new contract outlining **standards of acceptable behavior** for all DDST athletes has been developed and is now posted at www.ddst.org/handbook.htm. All current and future DDST athletes will be expected to read, sign, and adhere to these standards. Special thanks to team parent and Board member Dr. Ed Gray for helping to develop these standards. Questions or comments may be addressed to any Board member.



October Senior Meet Results

Three Senior Dolphins spent the weekend of October 17-18 in Walnut Creek, CA, enjoying pleasant Autumn weather and turning in some fast times at the Walnut Creek Aquabears Senior+ Meet. **Shaelin Morefield** (13) swam 7 events and improved in 4, dropping over 1 sec each in 100 backstroke, 100 breaststroke, and 200 IM, shaving her 100 butterfly time to 1:01.95, and finishing near best time in the rest. **Michelle Forman** (17) had a near-perfect meet in 8 events, improving 4 sec in 200 IM, 3 sec in 200 breaststroke, and updating her 50 yard event times including a 3rd place finish in 50 breaststroke. **Haley Von Schottenstein** (17) took 1st place in 50 breaststroke while updating her 50 yard times, and swam the rest of her events on Far Western pace including a strong 100 breaststroke.



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

TRAINING PADDLES, size 0.5 red, used, for \$7. Linda Koontz, 775-782-7806, blkooontz92@yahoo.com (3)

GIRLS TEAM SUIT, TYR size 26, thin straps, worn less than 8 times, in great shape, \$25. tahoecrazy@comcast.net, Barb Sikora (1)

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



Lost & Found!

FOUND

MOLLY T-SHIRT & PINK SHORTS, found stuffed into wrong green-plaid backpack. Linda Koontz, blkooontz92@yahoo.com, 775-782-7806 (3)

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor jdmore@charter.net, 775-782-4360 (3)



Reno Twilight Meet Results

Abbreviations: IM=Individual Medley; **Times:** PC-X=Pacific Swimming Standards; **State**=NV State Championships qualifying; **JO**=Junior Olympic.

Eight Dolphins joined swimmers from Reno and Sparks for a quick Twilight State Qualifier meet at the Reno Northwest pool October 24th. **Julia Chappell** (8) swam 50 freestyle, 50 backstroke, and set her first 50 breaststroke time. **Savannah Chappell** (11) dropped 2 sec in 50 backstroke for a new **PC-A** time of 37.46, and looked strong in 100 backstroke also. **Jordan Knowles** (12) swam a perfect meet with 100% improvement in 50 freestyle, 50 backstroke, and 100 backstroke. **Erica Chappell** (13) dropped 2 sec in 200 freestyle, 1 sec for a new **State** time in 100 breaststroke, and finished near best time in 50 freestyle.

Jake VanBeuge (13) swam 5 sec faster for a new **State** time in 100 backstroke, was near best in 100 freestyle, and set his first 200 backstroke time. **Darby Mattinson** (14) swam a super 50 freestyle, dropping 3 sec for a new **PC-A** time of 31.18, set a new best time in 100 breaststroke, and was right on best time in 100 freestyle. **Sarah Koontz** (15) was right on best time in 200 freestyle and set a new best time in 100 breaststroke. **Ryan Dykes** (18) dropped 1 sec in 50 freestyle for a new **JO** time of 24.32, and swam near best time in 100 backstroke.



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.



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Swim-a-Thon®!

The Dolphins 2nd annual USA Swimming **Swim-a-Thon® fundraiser** will be taking shape over the next three months, culminating with the Swim-a-Thon® itself on Saturday evening, January 30th, at the Swim Center.

A Swim-a-Thon® is a great opportunity for **swimmers of ALL ages and abilities** to learn something new about themselves and **be amazed** with their own abilities. In the process, swimmers also earn money for the team by getting pledges from businesses, family, neighbors, etc. Swimmers then earn those pledges by swimming up to 200 lengths of the pool in a maximum of 2 hours, while parents, coaches, and teammates count laps and cheer them on.

January 30th will be a fun and festive evening with the whole pool to ourselves. Younger swimmers will swim between 6:00 and 8:00 pm, followed by the older swimmers 8:00-10:00 pm. Be watching for your Swim-a-Thon® packet and more details soon, and **get ready to put in some miles for your team!**



Napa Valley Spooktacular Meet

Twelve Dolphins traveled to Napa Valley, California, to spend a beautiful Fall weekend at the Napa Valley Spooktacular meet October 31 and November 1, enjoying each other's company and racing toward their goals for the season.

Abbreviations: IM=Individual Medley;
Times: PC-X=Pacific Swimming Standards; State=NV State Championships qualifying; JO=Junior Olympic.

Ambrish Santhanam (8) swam 8 events, dropping 3 sec for a new **State** time in 50 backstroke, and looking strong in 25 backstroke and 50 freestyle. **Max Whear** (10) swam near best time in 100 backstroke, and set new times in his first 50 freestyle and 50 breaststroke. **Anne Lancaster** (11) set 4 new best times in 6 events with some huge drops, improving 8 sec in 50 breaststroke, 6 sec in 100 freestyle, and setting her first 100 breaststroke time.

Our three 11-year-old boys included **Eric Jacobs** who swam a perfect meet with 100% improvement, dropping 3 sec each in 50 freestyle and 100 breaststroke, and 2 sec in 100 IM. **Dylan Matheson** was looking strong in 8 events, dropping a huge 5 sec in 50 freestyle, 10 sec in 100 backstroke, and 4 sec in 100 breaststroke. **Aditya Santhanam** also swam 8 events with 3 new best times, dropping 9 sec in 100 IM, 5 sec in 100 breaststroke, and 2 sec in 100 backstroke.

Jordan Knowles (12) had an outstanding meet with 100% improvement in 8 events, dropping 25 sec in 200 backstroke to take 1st place in the B division with a new **PC-A** time of 2:52.68, and setting new **State** times in 50 & 100 backstroke. **Shaelin Morefield** (13) had a great mid-season meet, dropping 4+ sec to win the 200 butter-

fly, improving 2 sec in 200 freestyle for a new **JO** time of 2:07.72, and setting new best times in 200 backstroke and 100 freestyle. **Kyle Johnston** (14) came Saturday to swim 100 breaststroke and 200 butterfly.

Janosch Lancaster (15) had the meet of his life with 100% huge improvements in 6 events, dropping 14 sec in 200 backstroke for a new **State** and **PC-A** time of 2:37.08, swimming 10 sec faster in 100 breaststroke, 7 sec in 200 freestyle, and 7 sec in 100 backstroke for another new **State** time.

Cameron Morefield (15) swam 5 events, finishing right near best times in 50 & 100 freestyle, and looking strong in 100 breaststroke. **Michelle Forman** (17) topped the meet by swimming a new **team record** and **Sectional time** of 59.81 in 100 butterfly, improving in 5 of 8 events including a 4 sec drop in 400 IM, and winning the 100 freestyle & breaststroke.



Carson Meet Results

Forty-two Dolphins were among over 400 swimmers who turned out for the Carson Tigersharks Last Chance meet November 13-15. Whether making or improving their State qualifying times, or just practicing their racing form, the Dolphins did some fast swimming during their final training push before State Championships.

Abbreviations: IM=Individual Medley;
Times: PC-X=Pacific Swimming Standards; State=NV State Championships qualifying; JO=Junior Olympic;
FW=Far Western.

For our 8-under girls, **Sophia Cruz** had a great meet with 100% improvement, dropping 10 sec in 50 backstroke, 5 sec each in 25 & 50 freestyle, and trying her first 25 breaststroke. **Sarah Hyatt** swam 1 sec faster in 50 freestyle for a new **State** time, dropped 7 sec in 100 IM, and improved 1 sec to take 1st place in 50 breaststroke. **Nikki**

Jackson improved all her events for a perfect meet, dropping 10 sec in 50 freestyle, 8 sec in 50 backstroke, and 4 sec for a new **State** time in 25 freestyle. **Kayce Johnston**, our youngest Dolphin at 5, also had a perfect meet, improving 14 sec in her 25 backstroke and 1 sec in 25 freestyle. **Hayley Killion** swam 6 strong events and improved 3 of her **State** times, clocking new best times in 25 freestyle, 50 freestyle, and 50 breaststroke. **Angel Neal** took on 8 events and shined, dropping 4 sec each in 25 backstroke for a new **State** time and 25 freestyle for a new **PC-B** time, improving 6 sec in 50 freestyle, and getting her first 100 freestyle time. **Sophia, Hayley, and Angel** were joined by **Sarah** to take 2nd place in the 100 medley relay, and with **Nikki** also swam the 100 freestyle relay.

The 8-under boys included **Ambrish Santhanam** who improved 5 sec in 50 butterfly, 3 sec in 50 breaststroke, and 2 sec for a new **State** time in 100 freestyle. **Connor Taylor** swam a huge 17 sec faster in 50 freestyle, 5 sec faster in 25 backstroke, and tried his first 25 butterfly. **Daniel Taylor** improved in 5 of 6 events, dropping 3 sec in 50 backstroke, 2 sec in 25 breaststroke & backstroke, and 2 sec for a new **State** time in 25 freestyle.

Swimming for the 9-10 girls were **Emily Dack** who swam 4 events, setting new best times in 50 freestyle and 100 backstroke, and swimming right near best times in 200 freestyle and 50 butterfly. **Kaila Duffy** looked great in her very first meet, trying 5 events and setting her first times to beat in 50 freestyle and 100 freestyle. **Kaela Forvilly** took on a full 9 events and looked very strong, setting new best times in 100 freestyle and 50 breaststroke, and taking 3rd place in 50 backstroke. **Analisa Neal** also swam 9 events, improving 6 sec in 200 freestyle and 3 sec in 100 freestyle, and setting a new **PC-A** and **State** time in her first 200 IM. **Taylor Sullivan** swam 9 events too, dropping 6 sec in 200 IM, 3 sec in 100 freestyle for a new **PC-A** time, and 2 sec to take 3rd place in 100 breaststroke

with a new **JO** time of 1:34.09. **Zoe Tkaczyk** tried 2 new events in her 2nd meet with strong finishes in 100 freestyle and 50 backstroke. **Kaela** and **Taylor** were joined by **Annalisa** and **Emily** to take 2nd place in the 200 medley relay, and by 8-year-olds **Angel Neal** and **Sarah Hyatt** to finish 2nd in the 200 freestyle relay.

9-10 boy **Max Whear** had impressive improvements in 3 of 4 events, dropping 9 sec in 100 backstroke and 5 sec in 50 backstroke. **Max** also teamed up with **Ambrish Santhanam**, **Daniel Taylor**, and **Connor Taylor** for the 10-under 200 freestyle and 200 medley relays.

Our 11-12 girls included **Savannah Chappell** who looked very strong in her 5 events, including a new **PC-A** time in her first 1000 freestyle, and a 3 sec drop in 100 freestyle for a new **PC-A** and **State** time. **Chandler Howe** had a successful first meet, swimming 4 events and setting 4 new times to beat in 50 freestyle, 50 backstroke, and 50 & 100 breaststroke. **Jordan Knowles** swam new best times in 6 of 8 events, dropping a huge 24 sec in 200 freestyle, 2 sec in 100 breaststroke, and setting her first 500 freestyle time. **Shelby Koontz** was unstoppable, clocking new **FW** times of 1:08.76 in 100 backstroke and 2:27.11 in 200 IM, finishing her first 200 breaststroke in **JO** time, and taking 2nd place in most of her events. **Anne Lancaster** swam 3 events and improved a huge 5 sec in 50 backstroke. **Shea Pitts** swam 6 events in her 2nd meet, improving 1 sec in 50 freestyle, and expanding her repertoire with 3 new times in 100 backstroke, 50 & 100 backstroke. **Shea**, **Jordan**, and **Anne** were joined by **Savannah** for the 200 freestyle relay, and by **Chandler** for the 200 medley relay.

For the 11-12 boys, **Andrew Brockhage** took on 7 events and improved a huge 91 sec in 500 freestyle, set a new best time in 50 backstroke, and looked very strong in 200 freestyle. **Adam Dack** also swam 7 events, dropping 2+ sec for a new **State** time in 100 freestyle, setting 3 other

new best times, and taking 4th place in a strong 500 freestyle. **Eric Jacobs** set 6 new best times in 7 events, dropping 3 sec each in 100 freestyle & IM, 2 sec each to set new **State** times in 50 & 100 breaststroke, and swimming his first 200 freestyle. **Logan Killion** swam 6 events looking like he has been training hard, and finishing strong in 100 freestyle. **Dylan Matheson** swam 8 events, setting his first 500 freestyle time, a new best time in 50 backstroke, and looking strong in 50 & 100 breaststroke. **Aditya Santhanam** improved 8 sec in 100 freestyle, 2 sec in 50 breaststroke, and was right on best time in 100 IM. **Adam**, **Dylan**, and **Logan** also teamed up with **Andrew** for the 200 freestyle relay, and with **Eric** for the 200 medley relay.

The 13-14 girls included **Erica Chappell** who had a super meet with 100% improvement, including a new **State** time in 200 IM, a 1st place finish in 500 freestyle, and dropping 33+ sec to win the 1000 freestyle with a new **JO** qualifying time. **Eli Cruz** continued making huge progress toward **JO** times, dropping 5 sec in 200 IM and 3 sec in 100 backstroke for 2 new **State** times, and setting a new **PC-A** and **State** time in her first 500 freestyle to take 2nd place; her coach sees great things in her future! **Meagan Skilling** looked strong in her 7 events, setting a new best time in 100 butterfly, finishing near best times in 4 more events, and taking 1st place in 100 backstroke & breaststroke.

For our 13-14 boys, **Kyle Johnston** swam 8 events tired, which was a good sign of his training and speed to come, and still dropped 5 sec for a new **JO** time in 200 IM, kept Far Western pace in 100 & 200 butterfly, and finished 1st in 100 IM and 50 butterfly. **Jake VanBeuge** swam a full plate of 9 events with continued big improvements, dropping 113 sec for a new **PC-B** time in 1650 freestyle, improving 10 sec in 200 freestyle, and setting his first time in 100 butterfly.

Swimming with the 15-18 girls were **Michelle Forman** who also

swam tired which is just where she should be for this season, and still swam all **FW** times in her 5 events and took 2nd place in most. **Taylor Killion** was working on some speed for **State**, swimming best times in 5 of 6 events including 1 sec faster and **JO** pace in 100 freestyle, and was on **FW** pace in 100 backstroke. **Sarah Koontz** had a stellar meet, showing off her hard work with a new **State** time in 200 freestyle, new **JO** and **State** times in 100 & 200 backstroke, and new best times in 100 breaststroke and 200 IM. **Chandra Matheson** swam **PC-A** times in 6 events, including a new best time in 100 backstroke and a strong 400 IM. **Mary Smithen** took 2nd place in 50 backstroke, swam another best time in 100 backstroke, and should have a promising spring season ahead of her. **Michelle**, **Taylor**, and **Mary** teamed up with **Meagan Skilling** for a 1st place finish in the open 200 freestyle relay, and **Sarah** teamed up with in **Eli Cruz**, **Shelby Koontz**, and **Erica Chappell** for another 200 freestyle team. With **Chandra** replacing **Erica**, these same Dolphins also swam two teams of 200 medley relays.

The 15-18 boys included **Ryan Dykes** who got his feet wet with 100 freestyle and 50 backstroke just before his last **State** Championships, and should have a strong meet. **Janosch Lancaster** continued improving with new best times in 100 freestyle and 100 backstroke, and his first time in 100 butterfly. **Shawn Stubnar** swam a hard meet with 9 events, looking strongest in 50 freestyle and 100 butterfly, and with a lot of hard training before **State**. **Eric VanBeuge** swam some fun events like 50 butterfly and 100 IM to get some meet experience before **State**, where he should swim amazingly. **Janosch**, **Shawn**, and **Kyle Johnston** teamed up with **Eric** for the open 200 medley relay, and with **Jake VanBeuge** for the open 200 freestyle relay.



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!

December 3-6, Las Vegas, NEVADA STATE CHAMPIONSHIPS! Qualifying times same as 2008.
IMPORTANT MEET INFO AT PEP RALLY Monday 11/30!

January 9-10, Cerritos CA, Pacific Coast All-star Meet (Pacific Swimming application and selection required; see your coach or www.pacswim.org.)

January 16-17, Carson City, Tigersharks Polyathlon Invitational, meet sheet www.pacswim.org/0110cars.pdf (entries due postmarked Mon. 2/1, or online or hand delivered Wed. 2/3).

HOME MEET: February 12-14, St. Valentine Invitational, meet sheet www.pacswim.org/0210ddst.pdf (entries due postmarked Mon. 1/4, or online or hand delivered Wed. 1/6). **All parents please be prepared to help out!**

March 6-7, Morgan Hill, CA, Pacific Swimming Zone All-star Development Meet (see coaches for applications, due ASAP or by Feb. 14th at St Valentine meet).



DDST Key Contacts

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Locker Room Etiquette

Parents and swimmers, the Swim Center staff asks that you please remember to **bring all belongings out onto the deck or leave them inside a locker** while at swim practice. Several swimmers have been leaving items on benches meant for people to sit on, or designated for handicap patrons. **All benches must be kept clear of personal items!** Also you should know that some swimmers have had items stolen from the locker rooms, so it would be safer to have their belongings with them out on deck.



DDST Mission

(from the Douglas Dolphins Swim Team Handbook, April 2009)

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



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, December 1st 2009, 7:00 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 7:00 pm at Arrowhead Dental Center**, in Minden Medical Center, 925 Ironwood Drive, suite 1103 (**across highway 395 from Danny's Restaurant**).

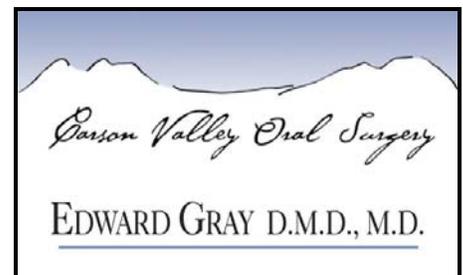
Board Contact information:
www.ddst.org/boardmembers.htm.



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



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Gold Medal Sponsor



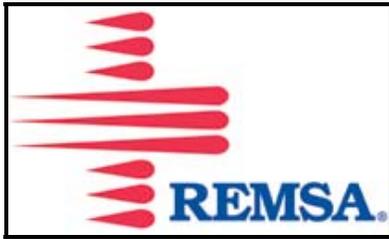
Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



CARE FLIGHT

Gold Medal Sponsor



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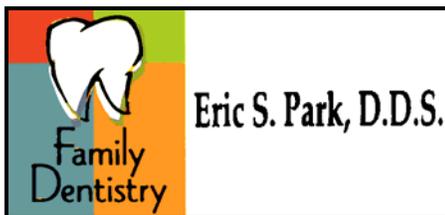
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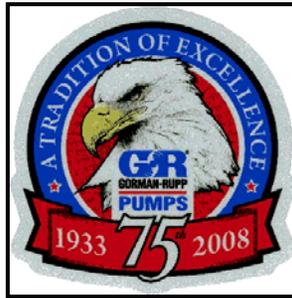
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Bronze Medal Sponsors:

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- Mountain View BBQ
- Norris Auto Body
- Protech Auto
- Ragz 2 Bagz
- Walker Country Store



Transitions

Welcome new swimmer Amanda Van Fosson and **returning swimmers** Grace Fischmann, Madison Harvey, and Nikki Jackson. **Moving up: congratulations to new White Dolphins** Sophia Cruz and Connor Taylor; **Blue Dolphins** Zoe Maalouf, Dylan Matheson, and Audrey Muller; and **Senior Dolphin** Taylor Killion. **Farewell and good luck** to Silvia Lawson-Vilches and Veronica Lawson-Vilches – we'll miss you! **Happy December Birthdays** to Anne Lancaster (12/07), Michael Schaan (12/15), Emma Gray (12/16), Adam Dack (12/20), Jason Gray (12/21), Taylor Knowles (12/25), and Shawn Stubnar (12/26).

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



Practice Schedules

SEE SPECIAL DAYS - PAGE 1!
Check 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 December 15th. **All submissions should be received by Thursday, December 10th.** Questions, content requests, items of interest to the DDST membership, address changes, and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Jim Morefield, at [jdmore @ charter.net](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.

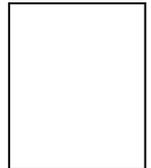
A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, Stefanie Signorella, & Whitney Simpson; Ed Gray, Linda Koontz, Joe Stubnar; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.

Latest news online: www.ddst.org.



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Time-sensitive Swim Team news enclosed!