

Dolphins' Monthly

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

www.ddst.org

December 2009

Online Member Survey due Jan. 2!

Parents AND Swimmers: Please help us evaluate your Coaches and Board of Directors! Take this anonymous survey anywhere, anytime you have Internet access & about 10 spare minutes. Go to www.ddst.org/handbook.htm and click on the Survey link to begin! This is a "360" survey – coaches and Board members also participate. We need the input of every parent and swimmer to help make your team better!



Swim-a-Thon[®] Evening Jan. 30

See your coach for more information!
WHAT YOU NEED TO KNOW:

- **All Dolphins participate!** Your coach will suggest a distance and time limit appropriate to your age and ability. Swimmers will have up to 1 or 2 hours to complete their swims.
- **Incentive prizes for all participants!** The more you earn, the more prize options become available. See your packet for details.
- Encourage **family, friends, neighbors, and local businesses** to support **your** swim team!
- **Pledges** are gathered from sponsors **before** swim-a-thon day (Jan. 30). Flat amounts can be collected before you swim (to save a return visit), and per-length pledges after you swim.
- **Swim-a-thon day is Saturday January 30th, 2010, 6-10 pm.**
- All pledge money **and packets (used or not)**, must be submitted with your prize choice by **February 11th, 2010!**



Swimmers of the Month

Nikki Jackson was chosen as white group swimmer of the month for her amazing performance at the State Championship meet in Las Vegas. Nicole qualified in the 25 freestyle and also swam in two relays! Nicole's dedication and consistent hard work in swim practice certainly paid off as she swam her best at State Championships. She always has a smile on her face, is always positive, and makes swim practice fun for everyone.

Ambrish Santhanam was smokin' hot at State Championships! He had 100% improvement in all 6 of his events, dropping 19.15 seconds total. That's for 25s, 50s and 100s! His attitude was amazing during the meet, and he checked in with the coaches before and after every event. This is a good example for every swimmer. Ambrish was able to get important reminders to focus on before each race, and then received feedback after each race to learn from for future races. Ambrish worked really hard to get to State, and then did a great job once he got there!

Shelby Koontz worked very hard leading up to a phenomenal performance at Nevada State Championships. This 11-year-old's speed earned her a spot on the Dolphins' Open "A" relay, the fastest girls relay we brought to Las Vegas, with teammates ages 15, 17, and 18. Shelby handled her part of the relay with astounding speed, splitting 58 sec in her 100 freestyle leg. Shelby also qualified for finals in all her individual events, basically swimming two 4-day meets in one. Makes her coach tired just thinking of it. Well done Shelby!

Meagan Skilling had an amazing State Championship meet in Las Vegas with 100% improvement in all of her events. Meagan swam faster Junior Olympic qualifying times in 5 events, and improved her Far Western qualifying time in 100 backstroke to place 7th in the state. She was also lead-off swimmer in both team-record-breaking 13-14 relays at State Championships. Meagan attacked this meet with a positive attitude and with great success.



Practice Changes

- **No Dolphins practices during Winter Break 12/21-1/1.** See Coach Sarah's corner for an alternative!
- **School-out practices Jan. 18-19.**



Carson Meet Entries due Jan. 6!

Entries for the Carson Tigersharks' Polyathlon Meet, January 16-17 in Carson City, are **due online or hand-delivered by Wednesday January 6th, or post-marked Monday January 4th.** Submit entries and payment to the host team (not DDST!). www.ddst.org/meets2010.htm. **NOTE:** the 2-day polyathlon meet format requires each swimmer to enter all 6 events (ages 10-under) or all 8 events.



State Meet Photos Needed!

For the Bulletin Board! Please leave prints or CDs in the Morefield's file folder at the pool lobby (put your name on back if you want them returned), or email digital files (no more than 5 MB at a time) to jdmore@charter.net.



COACH

Sarah's Corner

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

I will be offering **Christmas Break workouts** through Carson Valley Swim Center on Mondays, Tuesdays, and Wednesdays from 10:30-11:30 am. Normal public use fees will apply. So if your swimmer is feeling like they just can't miss practice, this is an alternative. Please contact me if you need more information.



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

I have been very busy working on our 2010 season plan. Due to the restriction to two lanes and other proposed changes during the upcoming High School Season, we will suspend the separation of Senior and Pre-senior groups. We will begin the testing and separate training again following the High School season. From January 4th through April 11th we are still in what is called Short Course season. All Dolphins are training in the same Micro cycle until April 11th. I'm sure the Pre-seniors and Seniors will be happy to know we will not be testing 2 weeks into January as originally planned.

2009 IN REVIEW

New Team Records: I counted and counted again and I couldn't believe – wow we have some exceptional swimmers! By any measure, the 2009 Dolphins were our fastest team in at least a decade. In short-course competition, with records going back at least 20 years, 9.2% of the 228 possible age-group records were broken, almost double the average yearly replacement rate. Likewise in long-course, with records going back at least 10 years, 20.7% of the 208 possible records were broken, a little more than double the average rate. Individually or in relays, Dolphins athletes swam at least 71 team record-breaking races in 2009, including repeat records in some events.



Overall 64 of the possible 436 short- and long-course team records (14.7%) are now from 2009 competition, and are held by 10 individual and 7 additional relay athletes.

Long Course Meets: part of the reason for so many records is that we had better participation in long-course meets this year. In the development of an athlete, most ASCA Level 5 coaches would agree that long-course swimming is crucial. The top venue meets including the Olympics are performed in long-course meters. I am glad to see swimmers this year setting the Dolphins standard faster. I can't wait til next long-course season.

Meet participation: our overall numbers of swimmers qualifying for meets with time standards have increased, along with family participation in such meets. We realize that there is an expense incurred for each meet a swimmer participates in, but the advancement in swimmer development has been fantastic. I would consider 2009 to be very successful and am excited to see what next year brings.

Some numbers: 2008 2009

Valentine Meet	51	58
Spring JOs	8	9
Far Westerns	3	6
Bishop Meet	29	37
High Country	55	52
State Champs	26	34
Senior T&F	5	3

New Dryland Trainer for the Senior and Pre-senior Groups. For the swimmers who regularly participate in dry land training we have heard virtually no complaints of shoulder problems. When swimmers with problems are asked if they are participating in dryland the answer is always no, they are not taking part regularly in the training. Andrea Lindsey specializes in giving our swimmers "swim appropriate" strength exercises while trying to maintain a balance of not "boring" our Y generation. After observing athletes at practice and analyzing meet performance it is my opinion that our dry land program is indeed benefitting our swimmers.

COACH

Stefanie's Corner

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

I hope all the families who went to Las Vegas for the Nevada State Championships had a rewarding trip.

Since the last newsletter Red group focused a lot on training for the State meet, even if they weren't going. We got in one dryland practice that included a take-home **ball exercise**. The last newsletter mentioned having your swimmer practice these exercises at home. I hope that all the swimmers have been practicing the first exercise. I will be checking your technique out in the gym. (Hint: Plant feet on the ground and lay on the ball, face up, with the ball between your shoulders. With arms straight overhead, rotate arms side to side without moving your feet. There will be more exercises coming. If you do your homework, your balance and strength will improve for the more challenging exercises ahead!

The team is looking forward to the **2nd annual Swim-a-Thon** coming up January 30th. Swim-a-Thons are not only for fundraising, they are good team-builders, confidence builders for each swimmer, and memory makers. I still remember the Swim-a-Thons I swam with my swim teams. The daunting task of swimming continuously for lap after lap becomes a goal and a personal challenge; with your team mates swimming alongside, and parents on deck for support, amazing things happen. When a swimmer swims to his/her physical limit, the accomplishment can carry over to new confidence in other areas of their swimming and their life.

Another benefit of Swim-a-Thons is the opportunity to work on stroke technique. In PreComp and Red groups, I really want to emphasize the importance of swimming with good strokes during the repetitive swimming of a Swim-a-Thon. A swimmer has the choice of using these laps to their benefit or to their detriment. Habits are formed by repetition. In PreComp and Red groups we work a LOT on technique. So I'll be looking for good habits during the Swim-a-Thon! Remember swimmers: good technique means easier swimming and faster swimming!



Valentine Meet Open for Entries!

The Dolphins' St. Valentine Meet **February 12-14** (Presidents' Day weekend) is now open for entries. Information sheets are in the team file box at the pool lobby, or at www.ddst.org/meets2010.htm.



February Meet Last Chance For Volunteer Hours

Families of competition-level swimmers (White Group and up), our home meet February 12-14 will be your last chance this meet season to accumulate your required family meet volunteer sessions. Contact Meet Director Lorna Johnston (782-2382, johnstonld@gmail.com) to sign up early and reserve your time!



Dolphins' Classified ITEMS WANTED OR OFFERED

OFFERED

TRAINING PADDLES, size 0.5 red, used, for \$7. Linda Koontz, 775-782-7806, blkoontz92@yahoo.com (2)

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

DOUGLAS DOLPHINS TOWEL, blue, left at State meet. Linda Koontz, blkoontz92@yahoo.com, 775-782-7806 (3)

MOLLY T-SHIRT & PINK SHORTS, found stuffed into wrong green-plaid backpack. Linda Koontz, blkoontz92@yahoo.com, 775-782-7806 (2)

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



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.



DDST Key Contacts

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

Head Coach: Kat Matheson
coachkat0809@hotmail.com; 775-315-7701

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

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

Coach Whitney: whitneysimpson@hotmail.com

Meet Director: meets@ddst.org;
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



Meet the Wolfpack Saturday 1/30!

The University of Nevada, Reno, swimming and diving team is inviting local team swimmers to join them for their last home meet against Seattle University, including "Breakfast with the Pack" press conference and a facilities tour before the meet, and a special autograph session right after the meet. Up to 4 Dolphins (8th grade or younger) and their parents may attend. For more information contact Coach Sarah ASAP or see www.ddst.org.



INSIDE THIS ISSUE:

<i>Member Survey due Jan. 2</i>	<i>1</i>
<i>Swim-a-Thon[®] Jan. 30</i>	<i>1</i>
<i>Swimmers of the Month</i>	<i>1</i>
<i>Practice Schedule Changes</i>	<i>1</i>
<i>Carson Meet Entries due 1/6</i>	<i>1</i>
<i>Coaches' Corners</i>	<i>2</i>
<i>DDST Key Contacts</i>	<i>3</i>
<i>State Championship Results</i>	<i>4</i>
<i>Upcoming Meets</i>	<i>7</i>
<i>Holiday Nutrition</i>	<i>8</i>
<i>Officials Corner</i>	<i>8</i>
<i>Next Board Meeting Jan. 5th</i>	<i>8</i>
<i>Thank you sponsors!</i>	<i>8</i>
<i>Welcome New Swimmers!</i>	<i>10</i>
<i>Practice Schedules</i>	<i>10</i>



2010 Registration Fees Reminder!

All those who have not yet paid their 2010 USA/Pacific Swimming registration fees may not have their cards in time to swim after December 31st. **Unregistered swimmers will not be allowed to practice or compete** in any swim meets. Contact the Billing Coordinator, a Coach, or any Board member with any questions.



Results from State Championships

Each year State Championships is a much-anticipated adventure, and December 3-6, 2009, was truly an adventure. We found ourselves in the Las Vegas Municipal pool, and to keep the air fresh, we found ourselves at the coldest indoor meet in a long time. Thankfully the host provided a heated tent outside that kept the 600+ swimmers warm most of the time. Though conditions were not perfect, our 34 swimmers (up from 26 last year) had a successful meet and some amazing swims, with huge drops in time. Six Dolphins improved 100% of their entry times: **Ambrish Santhanam, Savannah Chappell, Jordan Knowles, Andrew Brockhage, Erica Chappell, and Meagan Skilling**. In addition, **Erica Chappell** swam a perfect meet, improving her time between every prelim and final race, and even swimming a best 500 freestyle time in the first half of her 1000 freestyle!

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

THURSDAY DISTANCE

Thursday afternoon led the meet off with distance events, and 7 Dolphins came and conquered them. Starting with **400 IM**, **Shaelin Morefield** swam in the very first heat of the meet and dropped 6 sec to finish 8th with a new **Sectional Bonus** time of 4:48.65. **Michelle Forman** then improved her time by 4 sec to break our 17-18 **team record** with a **Sectional Bonus** time of 4:47.66, and **Shawn Stubnar** wrapped up the event. Next were **Savannah Chappell** and **Adam Dack** in 11-12 **500 freestyle**, both swimming super races and both improving their times by 8 sec. The **1000 freestyle** featured an 11 sec improvement by **Michelle Forman** in her second record swim of the evening, eclipsing Coach Sarah's

12-year-old 17-18 **team record** with a time of 11:17.66, and picking up a new **FW** split time of 5:34.91 in her 500 along the way! **Sarah Koontz** and **Erica Chappell** both dropped 8 sec from their best times to finish the day with **JO** times of 11:35.51 and 11:47.50, and **Erica's** first 500 was also a best time at 5:51.55! All in all a great start to the meet.

FRIDAY PRELIMS

Day two started off with 9 Dolphins swimming **200 freestyle**, including **Shelby Koontz** who qualified for consol finals, **Logan Killion** and **Adam Dack** both dropping lots of time on their way to new **PC-A** times, **Erica Chappell** improving by 2 sec and **Eli Cruz** by 3+ sec, **Kyle Johnston** with a strong prelim race to position himself at the top of consol finals, and **Taylor Killion**, and **Sarah Koontz** dropping 1+ sec for a new **JO** time of 2:07.60. **Haley Von Schottenstein** improved by 2 sec with a new **FW** time of 2:05.17 and another chance to swim in finals, **Shawn Stubnar** improved by 1 sec in a strong race, and **Eric VanBeuge** dropped 6 sec for a new **JO** time of 1:54.94.

Next up was **50 breaststroke**, where **Shelby Koontz** swam a strong race to qualify 6th for finals, and **Eric Jacobs** looked great in his first race of the meet. In **100 breaststroke** **Eli Cruz, Meagan Skilling, Shaelin Morefield, and Michelle Forman** earned trips back for finals with new best times, **Meagan** with a new **JO** time of 1:15.33, and **Michelle** with a new **Sectional Bonus** time of 1:10.27. **Chandra Matheson** swam a strong prelim race, **Haley Von Schottenstein** qualified for finals on **FW** pace, and **Ryan Dykes** swam his first race of the meet.

Before we knew it **100 backstroke** was up with **Jordan Knowles** swimming great in her first race of the meet, and taking another 1 sec off her best time. **Andrew Brockhage** had a great swim in his only individual event of the meet, improving his best time by 3

sec. **Adam Dack** took 1 sec off for a new best time, and **Logan Killion** swam a strong race very close to best time. In **200 backstroke** **Erica Chappell** dropped 3 sec and **Meagan Skilling** dropped 5 sec, both qualifying for consol finals. **Taylor Killion** swam a strong prelim race to earn a return to consol finals, and **Sarah Koontz** improved her **JO** time by 3 sec. **Janosch Lancaster** swam his first race of the meet right on best time pace, and **Cameron Morefield** and **Eric VanBeuge** swam fast enough to return for finals.

50 butterfly was the next event for **Logan Killion**, and for **Shelby Koontz** who swam right on best time to ensure a spot in finals. Ten Dolphins swam **100 butterfly** starting with **Eli Cruz** who swam right near best time. **Shaelin Morefield** improved enough to break our 14-year-old 13-14 **team record** with a **Sectional Bonus** time of 1:01.65, qualifying 4th for finals. **Meagan Skilling** dropped 1 sec for a new **JO** time and a trip back for consol finals, and **Kyle Johnston** swam right at best time pace to qualify 3rd for finals. **Michelle Forman** and **Haley Von Schottenstein** both qualified for finals, and **Shawn Stubnar** improved his best time by 2 sec. **Ryan Dykes, Cameron Morefield, and Eric VanBeuge** also swam in prelims.

FRIDAY AFTERNOON

While the older swimmers left to eat and rest for evening finals and relays, the **Friday afternoon** session got under way with **200 freestyle** and **Amanda Castro** and **Annalisa Neal** who both improved 2 sec, and **Taylor Sullivan** who also clocked a new best time. **Sarah Hyatt** then swam a fast **100 freestyle** right at best time, and **Ambrish Santhanam** dropped a huge 9 sec in a great race.

Next in **50 breaststroke**, **Amanda Castro, Kaela Forvilly, Annalisa Neal, and Taylor Sullivan** all finished strong races with **PC-A** times, **Taylor** with a new best time and a 6th place finish, and **Annalisa** in the top 16.

Swimming **25 breaststroke** were **Hayley Killion**, and **Sarah Hyatt** who finished 12th.

Amanda Castro then attacked the **100 backstroke** and swam a new best time, and **Kaela Forvilly** finished strong with a **JO** time. Swimming **50 backstroke** were **Sarah Hyatt**, **Hayley Killion** who improved a giant 6 sec, and **Ambrish Santhanam** with a huge 5 sec drop. Finishing up with **100 IM** were **Kaela Forvilly**, **Annalisa Neal**, and **Taylor Sullivan** who finished right near best time.

Relays were next! **Angel Neal** and **Nikki Jackson** teamed up with **Sarah Hyatt** and **Hayley Killion** for the 8-under **4x25 medley relay**. For the boys, **Connor Taylor**, **Daniel Taylor**, and **Taylor Knowles** joined **Ambrish Santhanam** for a great race and 4th place finish. In the 9-10 **4x50 medley relay**, the team of **Kaela Forvilly**, **Taylor Sullivan**, **Annalisa Neal**, and **Amanda Castro** finished off the session.

FRIDAY FINALS

Coming back rested and ready to go, **Shelby Koontz** started off right at 5 pm in **200 freestyle** by dropping 1+ sec for a 3rd place finish in consol finals. **Kyle Johnston** then swam 2 sec faster to win consol finals with a new **FW** time of 1:54.65, and **Haley Von Schottenstein** swam in bonus finals. **Shelby** was right back in **50 breaststroke** and held her pace and her 6th place position from the morning rounds. In **100 breaststroke** consol finals **Meagan Skilling** held her morning prelim pace and **Eli Cruz** dropped more time to finish under 1:20. In finals **Shaelin Morefield** dropped another 1 sec and moved up to 7th place overall with a new **FW** time of 1:11.79. **Michelle Forman** and **Haley Von Schottenstein** powered through an incredibly close 15-18 final to finish 3rd and 5th overall, **Michelle** dropping another 1 sec in the process to go under 1:10.

Next in **200 backstroke** **Meagan Skilling** and **Erica Chappell** swam in

consol finals, **Erica** dropping yet more time for a strong finish. **Taylor Killion** came back strong and determined, improving her best time by 1 sec to finish 3rd in consol finals. **Eric VanBeuge** also improved his time by 1+ sec to move up to 6th in consol finals, and **Cameron Morefield** rounded out the bonus final heat. Next up in her third final of the evening, **Shelby Koontz** swam a new best time in **50 butterfly** to finish 6th overall. In **100 butterfly** **Meagan Skilling** improved her **JO** time from prelims another 1+ sec to finish at 1:05.29 in consol finals. **Shaelin Morefield** lowered her new 13-14 team record from morning prelims another 0.6 sec to 1:01.15 to hold on to 4th place overall in finals. In one of the best Dolphins races of the meet, **Kyle Johnston** dropped an incredible 2 sec to smash the 20-year-old 13-14 team record with a new **PRT** of 56.66, finishing 2nd place overall in finals. **Michelle Forman** and **Haley Von Schottenstein** both still in training for Sectionals, swam tired in finals and still held on to 6th and 8th places overall.

At the end of finals **Adam Dack**, **Eric Jacobs**, **Logan Killion**, and **Andrew Brockhage** grabbed some team points in the **4x50 medley relay**. In the **4x100 medley relay** **Meagan Skilling**, **Shaelin Morefield**, **Eli Cruz**, and **Erica Chappell** teamed up to break our 13-14 team record with a time of 4:35.56. Three more 11-over teams brought home still more relay points for the Dolphins. By 9 pm most of the evening crew gathered afterward at Pizza Hut for a group dinner of pasta and salad (thanks to **Lorna Johnston** for arranging in advance!) followed by a well deserved night's sleep.

SATURDAY PRELIMS

Saturday morning came all too fast as we climbed out of bed at 6:00 am to find some food and return to the pool for more fast swimming. Starting us off in **200 IM** was **Sarah Koontz** finishing right at best time, **Taylor Killion** swimming a new best time, and **Michelle Forman** swimming a strong pre-

lim race to qualify 1st for consol finals. **Haley Von Schottenstein** and **Shawn Stubnar** also swam prelims. **Eli Cruz** and **Meagan Skilling** each improved their **PC-A** times by 2 sec, **Shaelin Morefield** swam a new best time to qualify for consol finals, and **Kyle Johnston** qualified 2nd for consol finals at near best time. Swimming **100 IM** were **Logan Killion**, and **Adam Dack** with a new best time.

Sarah Koontz was up again in **200 breaststroke**, swimming a super race, dropping 5 sec to a new **JO** time of 2:49.11, and qualifying for bonus finals. **Chandra Matheson** finished on **JO** pace, **Michelle Forman** qualified 3rd for finals with a 2 sec improvement for a new **Sectional Bonus** time of 2:31.90, and **Shaelin Morefield** qualified 1st for consol finals. **Shelby Koontz** finished **100 breaststroke** at **JO** pace to qualify for finals.

A dozen Dolphins swam **100 freestyle** with **Haley Von Schottenstein** qualifying for consol finals, **Shawn Stubnar** swimming a strong race right at best time, and **Eric VanBeuge** finishing near best time to qualify for bonus finals. **Taylor Killion** and **Ryan Dykes**, also swam prelims. **Eli Cruz** improved her time by 1 sec to 1:00.35, and **Erica Chappell** dropped 1+ sec to break the minute mark and qualify for consol finals at 59.85. **Meagan Skilling** swam a great race, breaking the minute mark and her old time by 2 sec to qualify 4th for consol finals, and **Kyle Johnston** swam right near best time to qualify 5th for finals. **Savannah Chappell** turned in a new best time, and **Shelby Koontz** stayed under the minute mark and near best time to get into finals. **Adam Dack** improved his best time by 1 sec in a strong prelim race, and **Logan Killion** swam strong to finish off our morning session.

SATURDAY AFTERNOON

The Saturday afternoon crew was off to a great start in **50 butterfly** with **Amanda Castro** dropping a huge 3 sec for a new **PC-A** time of 40.91, and in **25 butterfly** with **Ambrish Santha-**

nam improving his time by 1 sec. Next up was **50 backstroke**, where **Amanda Castro** dropped 1 sec, **Kaela Forvilly** swam a fast race to finish in 3rd place right near best time, and **Annalisa Neal** swam near best time. Swimming **25 backstroke** were **Sarah Hyatt**, **Hayley Killion** who dropped her best time by 1 sec, and **Angel Neal** who swam a strong race near best time in her 1 event of the meet. **Ambrish Santhanam** also improved by 1 sec, and **Daniel Taylor** finished strong near best time.

Our four **100 breaststrokes** were **Amanda Castro**, **Annalisa Neal** with a 6th place finish, **Taylor Sullivan** in 10th place, and **Kaela Forvilly** in 14th. In **50 breaststroke** **Sarah Hyatt** finished 11th and **Hayley Killion** swam right on best time. For the **100 freestyle** **Amanda Castro** improved her best time by 2+ sec, **Kaela Forvilly** dropped 1 sec, and **Annalisa Neal** and **Taylor Sullivan** also swam. In **50 freestyle** **Hayley Killion** swam near best time and **Ambrish Santhanam** improved by 2 sec.

Taylor Sullivan, **Amanda Castro**, **Annalisa Neal**, and **Kaela Forvilly** came together at the end for an awesome **4x50 freestyle relay**. This was followed by **Hayley Killion**, **Angel Neal**, **Nikki Jackson**, and **Sarah Hyatt** in the **4x25 freestyle relay**, and then a 3rd place finish by the team of **Daniel Taylor**, **Taylor Knowles**, **Connor Taylor**, and **Ambrish Santhanam**.

SATURDAY FINALS

Right out of the gate in **200 IM** **Michelle Forman** improved by 1+ sec to break our 17-18 **team record** with a new **Sectional** time of 2:13.16, winning consol finals in a photo finish. **Shaelin Morefield** dropped 3 more sec in consol finals with a new **FW** time of 2:17.56, and **Kyle Johnston** improved a huge 4 sec to finish well ahead of the pack in consol finals at 2:12.43. Returning for **200 breaststroke** was **Sarah Koontz** who finished her bonus final race right on her **JO** pace from prelims. **Michelle Forman** swam a

great race, dropping another 1 sec from her prelim time to take 4th place overall in finals at 2:30.93. **Shaelin Morefield** also swam a beautiful race to win consol finals by half a pool length, improving 2 sec to 2:35.99. In **100 breaststroke** **Shelby Koontz** improved on her prelim time to finish 7th overall in finals.

Half of our **100 freestylers** returned for finals, starting with **Haley Von Schottenstein** who swam near best time to finish 2nd in a close consol finals race. Next up was **Eric VanBeuge** who took 2nd place in bonus finals with a new best time of 50.82. **Erica Chappell** and **Meagan Skilling** swam consol finals together, and each dropped another 1 sec from their prelim times, **Erica** finishing in 59.26, and **Meagan** taking 3rd place in the heat at 57.34. **Kyle Johnston** swam a smoking-fast finals race, dropping over half a sec for a new **PRT** of 51.61 and tying with a friend from Reno for 3rd place overall. **Shelby Koontz** swam speedy to wrap up the individual finals, finishing 6th overall in a close finals race and dropping 1 sec for a new **FW** time of 58.36.

Our 4 teams of the **4x100 freestyle relay** included another record-breaker, as **Meagan Skilling**, **Eli Cruz**, **Erica Chappell**, and **Shaelin Morefield** teamed up to break our 13-14 **team record** with a time of 4:03.97. Also coming together for the **4x50 freestyle relay** were **Adam Dack**, **Eric Jacobs**, **Andrew Brockhage**, and **Logan Killion**. By about 8:15 much of the evening crew was headed to Sweet Tomato's for a salad etc. buffet (and some ice cream abuse) before turning in for another fast night's sleep.

SUNDAY PRELIMS

With great training comes great times on the 4th and final day, and that's what the coaches saw, more best times and great swims, despite the coldest weather in recent Las Vegas history, and a persistent chlorine fog over the pool. Starting off with **50 backstroke**, **Savannah Chappell** and **Jordan**

Knowles both swam new best times at **PC-A** pace, **Shelby Koontz** swam a strong prelim race at **JO** pace to qualify for finals, **Adam Dack** swam a strong race right on best time to qualify as 2nd Alternate for evening finals, and **Logan Killion** finished off the event for the Dolphins.

For our dozen Dolphins in **100 backstroke**, **Erica Chappell** swam 2 sec faster to finish at 1:10.25, **Shaelin Morefield** swam at **JO** pace to qualify for consol finals, and **Meagan Skilling** improved her **FW** time by 1 sec to qualify for finals. **Jake VanBeuge** swam a strong race right near best time, and **Kyle Johnston** dropped 1+ sec to qualify for consol finals with a new **FW** time of 1:01.84. **Sarah Koontz** finished a strong prelim race right near best time, **Haley Von Schottenstein** qualified for consol finals right on best time pace, and **Taylor Killion** swam on **FW** pace to qualify for consol finals. **Janosch Lancaster** had a great race, improving 3 sec for a new **PC-A** time of 1:10.03, **Shawn Stubnar** finished with a **PC-A** time, **Cameron Morefield** finished on **JO** pace, and **Eric VanBeuge** qualified 1st for bonus finals on **FW** pace.

Next was **500 freestyle** where a fast enough swim meant doing it all again in finals, and our Dolphins didn't hesitate. **Eli Cruz** dropped 10 sec for a great swim, breaking 6 minutes at 5:58.56, and **Erica Chappell** improved her best time by 1 sec to qualify for consol finals. **Sarah Koontz** and **Taylor Killion** each swam best times by 2 sec to qualify for consol finals, **Taylor** on a **JO** pace of 5:35.70, and **Shawn Stubnar** finished off the event for the Dolphins.

In **200 butterfly** **Shaelin Morefield** swam near best time pace to qualify for finals, and **Kyle Johnston** also qualified for finals, both on **FW** pace. **Chandra Matheson** swam near best time to come back for bonus finals, **Michelle Forman** cruised into consol finals on **FW** pace, and **Cameron Morefield** cruised into bonus finals.

Wrapping up with speed in the **50 freestyle**, **Shelby Koontz** swam a new best time of 27.23 to qualify 3rd for finals, and **Adam Dack** and **Logan Killion** both finished strong races with new best times. **Erica Chappell** improved her best time by 1 sec, **Eli Cruz** finished near best time, and **Meagan Skilling** dropped half a sec to qualify for consol finals with a new **JO** time of 27.01. **Jake VanBeuge** swam a new **PC-A** time of 29.57 and **Kyle Johnston** swam near best time to qualify for finals. **Haley Von Schottenstein** swam a strong race to qualify 3rd for finals in 25.04, **Cameron Morefield** finished exactly on best time, **Ryan Dykes** swam near best time, and **Eric VanBeuge** qualified for bonus finals in 23.92 near best time.

SUNDAY AFTERNOON

Sunday afternoon our 10-under Dolphins were still ready for some fast swimming in their last events of the meet. In **200 IM** **Taylor Sullivan** improved her **PC-A** time by 1 sec, and **Sarah Hyatt** improved her **100 IM** by 8 sec. In **50 freestyle** **Annalisa Neal**, **Kaela Forvilly**, and **Taylor Sullivan** all swam **PC-A** times, **Annalisa** improving by a huge 2+ sec, and **Kaela** finishing strong near best time. Swimming **25 freestyle** were **Sarah Hyatt**, **Hayley Killion**, and **Nikki Jackson** who finished right at best time in her 1 individual event of the meet. **Daniel Taylor** looked strong and finished near best time, and **Ambrish Santhanam** swam a fast race to finish 11th with a new best time of 19.72.

SUNDAY FINALS

Without relays on Sunday, finals were able to start earlier, and by 3:30 pm we were under way. **Shelby Koontz** improved her **50 backstroke** time from prelims to finish 8th overall. Six Dolphins then swam **100 backstroke** finals, starting with **Shaelin Morefield** who finished 3rd in consol finals right on best time and 1 sec faster than morning prelims. **Meagan Skilling** impressed her coaches by improving

another 1+ sec from prelims to finish 7th overall in finals at 1:02.60. Then **Kyle Johnston** wowed his coaches again by dropping 2 more sec from prelims to break the minute mark, finishing a close 2nd in consol finals at 59.79. **Haley Von Schottenstein** finished consol finals on **FW** pace with a new best time of 1:04.99, and **Taylor Killion** swam 3 sec faster than her prelim time to finish 3rd in consol finals at 1:02.87. **Eric VanBeuge** swam 1 sec faster than his morning prelim time and tied for 1st place in bonus finals.

Back to swim their second **500 freestyle** of the day were **Erica Chappell** who finished consol finals with another new best time, and **Sarah Koontz** and **Taylor Killion** who swam their consol final heat together, **Taylor** finishing near best time.

Records fell next in **200 butterfly!** **Shaelin Morefield** lowered her best time a full 3 sec to break our long-standing 13-14 **team record** with a new **PRT** of 2:15.84, and finished 4th overall in finals. **Kyle Johnston** then followed suit, lowering his own 13-14 **team record** from earlier this year by 1 sec, finishing 4th in finals with a **PRT** of 2:09.44. As the only remaining 15-18 bonus final contender, **Cameron Morefield** was allowed to swim with the 13-14 boys consol final rather than swimming his own final alone, and thanked Coach Kat by blowing away the heat with a new best time of 2:19.72. **Chandra Matheson** finished bonus finals right on her pace from morning prelims, and **Michelle Forman** finished way ahead of the pack and right on best time in consol finals.

Wrapping up with speed in the **50 freestyle**, **Shelby Koontz** improved her best time from morning prelims to finish 3rd overall in finals at 27.22. **Meagan Skilling** improved her new **JO** time from prelims to finish consol finals in 26.90, and **Kyle Johnston** improved his prelim time to finish 7th overall in finals. **Haley Von Schottenstein** held on to 3rd place overall in finals, finishing near best time at 24.81, and **Eric VanBeuge** finished bonus fi-

nals faster than his morning prelim time.

In the end our **top 4 point scorers** were **Kyle Johnston**, **Shelby Koontz**, **Shaelin Morefield**, and **Michelle Forman**. With a major winter storm closing roads and airports back home and on its way south, everyone took their time returning home safely over the next 36 hours. Every Dolphin can take pride in our 6th place finish in the State among 15 teams competing. Great work team!



Upcoming Meets

Online entries, meet sheets, updates: www.ddst.org/meets2010.htm.

Paper meet sheet copies: front of team file box by trophy case at pool lobby.

Remember: get your entries in early in case the meet fills up!

January 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).

March 26-28, San Ramon CA, Pacific Swimming Junior Olympics Championships, meet sheet pending (qualifying times apply, see coach for details).

April 8-11, Morgan Hill CA, Far Western Short-course Championships, meet sheet www.pacswim.org/0410alma.pdf (qualifying times apply, see coach for details, entries due postmarked Mon. March 29th, or online Wed. March 31st).

April 23-25, Folsom CA long-course meet (TEAM ENTRIES will be due to Coach Kat by mid-March!).



Holiday Nutrition

From the Speedo Tip of the Week feature, in the Swimmers section of www.usaswimming.org.

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

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

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

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

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

"Dessert works the same way. 'You can have a small dessert plate,' says Fields. 'If it's a buffet, you can put a variety of things on your plate, but don't go back for seconds.' And you don't have to eat it all.

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

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



Officials Corner

www.ddst.org/officials.htm

A big **THANK YOU** to Dolpins parent **Greg Taylor** who recently became certified as a Stroke & Turn Judge. The presence of trained officials at meets helps to ensure fair and equitable competition for all swimmers. As with all of our parent volunteers, we appreciate your service to our swimmers!

We always need more officials!

Parents interested in learning more about the rules of swimming and the role of officials are welcome and encouraged to join working officials on deck during our meets. There is no obligation for just checking it out. For more information, visit the web address above or contact Jim Morefield, jdmore@charter.net, 782-4360.



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, January 5th 2010, 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**).

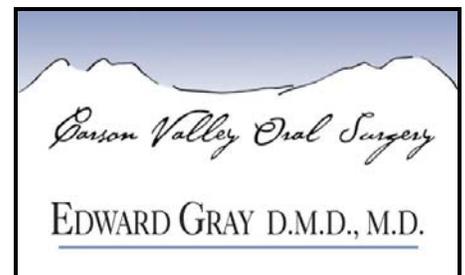
Board Contact information:
www.ddst.org/boardmembers.htm



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



Lifetime Sponsor



Platinum Medal Sponsor



Gold Medal Sponsor



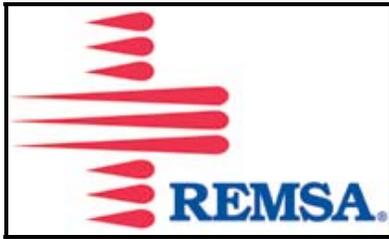
Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



CARE FLIGHT

Gold Medal Sponsor



Gold Medal Sponsor



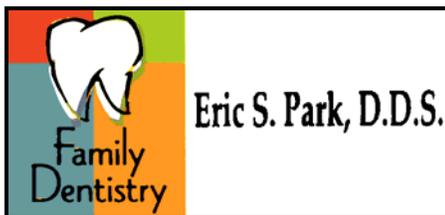
Gold Medal Sponsor



Gold Medal Sponsor



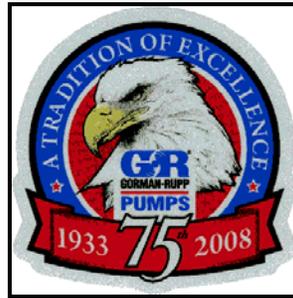
Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor

Bronze Medal Sponsors:

- Animal Behavior Consulting
- 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 swimmer Karina Ward and **returning swimmers** Grace Brooks, Anna Jackson, and Michael Schaan. **Moving up: congratulations to new Red Dolphins** Stephanie Gray, Chandler Howe, and Shea Pitts. **Farewell and good luck** to Chris Bergstrom and Meleeah McKown – we'll miss you! **Happy January Birthdays** to Dylan Matheson (1/07), Grace Fischmann (1/08), Chandler Howe (1/14), Jake VanBeuge (1/24), Max Whear (1/26), and Sarah Hyatt (1/31).

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



Practice Schedules

NO PRACTICES WINTER BREAK, DEC. 21 to JAN. 1.

SCHOOL OUT Mon-Tue 1/18-19.

Check www.ddst.org for updates.

ANY Public School(s) IN Session

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

M & W 5:00-6:00 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 January 23rd. **All submissions should be received by Tuesday, January 19th.** 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.

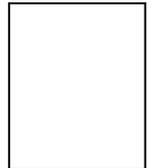
A big thank you to this month's contributors, coaches Sarah Davenport, Kat Matheson, Stefanie Signorella, & Whitney Simpson; Linda Koontz, Joe Stubnar; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.

Latest news online: www.ddst.org.



Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423

www.ddst.org



Time-sensitive Swim Team news enclosed!