

Dolphins' Monthly

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

www.ddst.org

January 2010

Valentine Meet Entries Due 2/3!

Entries for our St. Valentine Meet, in Minden February 12-14, are **due online or hand-delivered by Wednesday February 3rd**. Information sheets are in the team file box at the pool lobby, or at www.ddst.org. **All Dolphins are strongly encouraged to enter this meet!** Check with your coach if you are unsure what events to enter. This is our last home meet until August.



Last Chance For Volunteer Hours!

Families of competition-level swimmers (White Group and up), our home meet February 12-14 will be your last chance this meet season to accumulate your required meet volunteer sessions! A home meet is a great opportunity for newer parents to get trained! **Contact Meet Director Lorna Johnston (johnstonld@gmail.com, 782-2382) now** to sign up for the job of your choice, or look for the sign-up sheet at the Swim-a-Thon Saturday evening!



Zone All-star Meet Applications Due

Applications for the Pacific Swimming Zone All-star meet (March 6-7, Morgan Hill, CA) are now available from your coach or at www.ddst.org/meets2010.htm. **Don't forget to sign up** if you want to be considered for this fun travel meet! **Deadline** is the last day of our Valentine Meet, **February 14th**.



Swim-a-Thon[®] Evening Jan. 30!

Come join the party Saturday evening!

WHAT YOU NEED TO KNOW:

- **All Dolphins participate!** Your coach will suggest a distance based on your age and ability. Swimmers will have up to 2 hours to complete their swims, including snack stops if needed.
- **WE NEED PARENTS!** to 1) **time and count laps** for your swimmer(s). and 2) **bring a snack** to share at your swimmer's session (healthy carb, protein, &/or fruit/veggie)!
- Please **arrive 15 minutes before** your scheduled time to be ready.
- **Time: 6:00-8:00 pm for Precomp, White, Red, & some Blue** group swimmers (check with your coach).
- **Time: 8:00-10:00 pm for Senior, Pre-senior, & some Blue** group swimmers (check with your coach).
- **Invite friends, family, sponsors** to come cheer on your Dolphins!
- **MAKE-UP TIMES are available through your coach if you can't make your scheduled time.**
- **Fill in the team chart this week** with your pledge total so far.
- **Incentive prizes for all participants!** The more you earn, the more prize options become available. See your packet for details.
- **You can collect pledges after** your swim, as well as before. All pledge money **and packets (used or not)**, must be submitted, with your prize choice, to **Pattie Dack (220-3193, psdack@charter.net) by February 11th, 2010!**



Swimmers of the Month

Taylor Knowles has become quite the hard worker these days! He puts 110% into swim practice from start to finish. Taylor's hard work and dedication in swim practice definitely pay off in his races as he swims exceptionally well in each event he swims. He always sees everything in a positive light, and he inspires his teammates to work harder and never give up. Keep up the great work Taylor!

Shea Pitts has followed through exceptionally well with her goal-setting. Shea is excited about her short-term and long-term goals. Each day at practice her mind is set on her goals and it shows, which is exceptional when you consider the fate of most New Year resolutions! Shea attends practice consistently, listens with her eyes and ears, and asks great questions. She is motivated to be a better swimmer, and that's what goals are all about. Each swimmer has their own goals, and when they keep them in sight and close by they will reach them.

Michelle Forman was chosen for her performance at Speedo Gold Sectionals. At her first National-level championship competition she swam a perfect meet with 100% improvement in 3 events, including 2 new team records in 100 butterfly and 200 IM. Michelle has risen to this level in just over 2 short years by working super hard at double practices, dryland, and in every meet she can enter. She always has great attitude in and out of the water – a coach's dream. Michelle is going far in swimming and in life – keep up the great work Michelle!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

(The following was inadvertently left out of the December 2009 newsletter. —ed.)

Rock the Blocks State 09

Rock the blocks State 09

The Dolphins swam really fine.

Traveling by cars and traveling by air,

No one could beat the \$25 fare.

Touring the ghettos was great but,

All the coaches showed up late.

A few hours in we were coughing and sneezing,

A Carson swimmer in ER wheezing.

So in the morning the truth at last we had,

All been poisoned by chlorine gas.

Open the windows open the doors,

Watch your step there are frozen floors.

All the sacrifices all the training,

We swam in the cold without too much complaining.

Despite the conditions the Dolphins swam fast,

No JO cuts are a thing of the past.

This team is getting faster without a doubt,

9 new team records were counted out.

Shaelin 1 and Kyle 2 PRTs,

Makes me so happy I fall to my knees.

Lots of excitement to be had, there was no choice,

Even Darin Skilling lost his voice.

With Dolphins team spirit our parents the loudest,

The coaching staff were by far the proudest.

Some left early, to jobs they had to run,

Others they stayed to have some fun.

To the strip both new and old,

Riding a roller coaster out in the cold.

Oh no, flights cancelled, another night to stay,

Ryan and his laptop save the day.

Walking down the strip with soaking wet feet,

An all you can eat buffet for swimmers can't be beat.

We made it back home a little late,

All in all we had another

GREAT STATE! —Coach Kat



COACH

Sarah's Corner

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

I wanted to share the following article by Mike Bottom, now University of Michigan Men's Head Coach, who has coached many of the United States' top sprinters, including Gary Hall, Jr.

Sprint Swimming: The Five-Finger Approach, by Mike Bottom, © 2000 Sports Publications, Inc.

Imagine a large marble balancing in your open, upturned hand. Your fingers are extended and the palm of your hand forms a shallow bowl. With every slight movement of your hand, the marble rolls over the lines and ripples of your palm. The marble represents your sprinting goal. To "grasp" the marble or your goal, you must act with the five digits of the hand, each corresponding to a component of sprint swimming.

Aerobic or Endurance Training: The Little Finger. According to Dr. Ernest W. Maglis-Cho's book, *Swimming Even Faster*, only two percent of the energy used to sprint 50 meters comes from aerobic metabolism, while 10 percent of the energy used in a 100-meter race is endurance-related. So why do sprinters train so many endurance yards?

Back to the analogy of the hand: The little finger does not appear to add much to the strength of the grip around the marble. However, of the eleven muscles that move the fingers, five act on the little finger. The muscles in the palm of the hand below the little finger are all connected in some way to the movement of the small finger. Without this muscular base, the marble would roll off before the hand could be closed. Endurance training increases the volume of blood the heart pumps and improves the central circulatory and respiratory systems. These systems, in turn, affect every energy system in the body.

Anaerobic or Lactate Training: The Ring Finger. Does the term "tying up" mean anything to you? The last five to 10 meters of a sprinter's 100 usually makes or breaks the race. According to Dr. Maglis-Cho, 48 percent of the energy

spent in a 50-meter sprint and 65 percent of the energy used in a 100-meter race originate from anaerobic metabolism. To train this energy system, one must swim with 95 to 100 percent of one's energy for 30 to 60 seconds. In other words, you should reach the "pain barrier" and then keep going.

Anybody who has been in a lasting relationship knows what makes or breaks a relationship is the ability to push through the times of painful confusion. When all seems to break down, the "winners" find a way to make it through the challenging moments.

Sample set: 3 x (100 blast, 200 swim), starting every six to eight minutes. Immediately after the fast 100, move into the 200 swim, which is 50 on your back, 150 working on your stroke. On the 100 blast, try to keep the heart rate between 160 and 180, depending on age. Three or four lactate sets per week should be maximum. (Note: Those with a history of heart problems should consult with a doctor before attempting lactate work.)

Power or Speed Training: The Middle Finger. Power and speed are the trademarks of the sprinter. Fifty percent of the 50-meter sprint and 25 percent of the 100-meter race are attributed to energy sources in the muscles that are stored and ready to use. However, to swim fast in competition, it is necessary to train at fast speeds. When training at race pace, the body will ride high and the swimmer must learn to hold or feel the water at high speeds.

Interestingly, in our culture the display of the middle finger often communicates a power stance. Sample set: 10 x 100, swimming 25 blast through turns, 75 stroke work. Play with speed every workout.

Body Position and Stroke Mechanics: The Index Finger. Many of the world's strongest people swim like a rock, displaying poor form. I believe the most important ("number one" with the index finger) component of sprinting is body position and mechanics. Golf and tennis enthusiasts will hire experts on stroke mechanics and invest as much time and money as needed to "get it right." For

some reason after many people have passed the learn-to-swim class, they feel they have arrived.

Water is a thousand times more dense than air. Doubling your speed in the water results in quadrupling your body's drag force or resistance in the water. The easiest way to get faster is to reduce your body resistance in the water, accomplished by spending time with an expert and a video camera.

Strength of Will (Commitment and Concentration): The Thumb. The limiting factor in grip strength is the ability of the thumb to oppose the force of the fingers. The factor limiting how fast you can swim is not your aerobic fitness, your ability to push through pain, your speed or power in the water, or your ability to overcome the resistance of the water. Simply stated, it is your WILL. To swim fast as you are able, you have to want to swim fast more than you want to watch TV, more than you want to feel comfortable, or more than you want to eat lunch with a friend.

Go for it! Swimming fast is fun.



COACH

Stefanie's Corner

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

I want to recognize **PreComp** for their great attendance and hard work at practice. Robbie, Hope, Kayce, Michael, and Emily – I am proud of how well you listen to your coach at practice. You're learning so much. I can see you improving every practice, growing into real swimmers. I am very proud of you!

One of the many skills **Red Group** has been working on is **reading the pace clocks** – both manual and digital. This is one skill needed for moving up to Blue Group. Being able to read the clocks also helps motivate an athlete. As competitive athletes, the swimmers measure their improvement with time in swim meets and in practice. Intervals and clocks can motivate swimmers to put more effort and speed into their swimming. Yes, learning proper stroke technique is our main goal in Red Group. Intervals are multi-purpose. If a

swimmer is trying to make an interval, he/she will soon learn (hopefully) to use their best technique. Good technique is not only faster, it requires less energy in the long run. Ask your swimmers what they think of intervals.

Red group has also been working on **setting goals** this month. Coach Kat pulled Red and Blue group swimmers out of practice 2 at a time and discussed goals with them. Has your swimmer talked to you about this? If you ask them, can they remember what their swim team goals are?

We've been **testing skills** January 18-21. I put a copy of your swimmer's results in your family folder. Please sign the sheet at the bottom and have your swimmer return it to me. We will be testing one week every month. See elsewhere in this newsletter for more information and the scheduled dates. Testing does not necessarily mean your swimmer is going to move up to a new group soon. In addition to "passing" a skill/test, testing gives the swimmers a chance to push themselves to new levels. They remember past test sets and can try to improve on them in subsequent months. Like most tests, these are measurement tools for both swimmers and coaches. If you have any questions, please ask any coach about this.

Lastly, just a reminder that **Red Group dryland practice** has changed days from Mondays to **Wednesdays** at 4:30 P.M.



COACH

Whitney's Corner

(whitneysimpson@hotmail.com)

Recently many swimmers have been **forgetting to bring their swim gear with them to practice**, or they are misplacing their swim gear. This includes swim suits, caps, and goggles. It is very important that each swimmer remembers to bring their swim apparel because without it they cannot practice properly (or at all in the case of swim suits!). I highly recommend each swimmer have at least an extra pair of goggles and cap that they keep in their backpack at all times.

I want to encourage every White Group swimmer to participate in the upcoming Swim-a-Thon! This is a wonderful event that the kids will really enjoy! I would love to see every swimmer there! While swimming for two hours straight may seem like a long time for a young child, keep in mind they can go at their own pace and can take breaks as needed. When a swimmer discovers how long and far they can really swim, they become encouraged and inspired!

Lastly, I will be putting each **swimmers skill sheets** from testing week in their folders. I will have these out on Wednesday the 27th so make sure you check your folders and pick them up. Keep in mind, these skill sheets are for the swimmers to keep and they do not need to be returned to me. I hope to see everyone at the Swim-a-Thon!



COACH

Andrea's Corner

(andrealindsey03@charter.net)

For those who do not know me, my name is Andrea Lindsey. I'm certified in Yoga, Pilates, Massage Therapist, and am a Personal Trainer at the Minden World Gym. Currently I am also the Dryland Assistant Coach for the Douglas Dolphins senior swim team. I have been enjoying working with these athletes to help them improve their swimming and increase their knowledge base for injury prevention.

This month, the senior team and I are working on **strengthening the rotator cuff**. These muscles in the shoulder joint are used constantly during swimming. It is very important to build strength and keep the flexibility in this joint.

Tip for parents: nutrition is very important for an athlete. Food supplies the building blocks for healthy growth and development. Eating a lot of fresh fruits, vegetables, lean protein, and whole grains is extremely important for an athlete to recover and progress in their sport. Try to stay away from processed foods that will not be nearly as beneficial for the recovery and health of these young athletes.



Group Testing Week Schedules

Group testing schedules are now posted on the Dolphins' web site, on the Practice Schedules page at www.ddst.org. Practice groups up through Blue will be doing **skills testing one week each month**. Testing does not necessarily mean your swimmer will be moving to a new group soon. See Coach Stefanie's Corner in this newsletter for more information, and please feel free to contact any coach with questions.



Swimmer Contracts Due!

If you and your swimmer(s) have not yet read, signed, and returned your Swimmer Contract to your coach, please do so immediately! This contract outlines the standards of conduct expected of each member, and is **required in order to participate in all Dolphins' programs**. If you have not seen a copy yet, please check in your file folder, or get one from your coach, or print one from www.ddst.org.



2010 Registration Reminder!

All active DDST athletes must now have valid 2010 USA Swimming Registration to practice or compete. **Any DDST swimmer returning from a break** since last year, who has not yet paid for 2010 registration, **must** bring a completed 2010 athlete registration form and fee to your coach **before** you will be allowed back in the water! There is **no grace period** for returning swimmers (only for swimmers never before registered). Forms can be found at www.ddst.org/newmembers.htm or www.pacswim.org.



Survey Results!

A huge Thank You to all the members who took the time to respond to our online member survey before and during the holiday break. The response rate was tremendous and provided tons of constructive feedback that is already helping the Board and coaches to improve our programs and our governance. One key result was on the question of...

FUNDRAISING PREFERENCES

The overwhelming majority of respondents indicated that they wanted to **choose their preference at the beginning of each year**. The Billing Coordinator will now accommodate one of the following two choices for each family for 2010 – please read carefully:

Choice #1: Continue to pay existing monthly dues, and meet your annual fundraising obligation separately. **If this is your choice, you need not do anything**, as this is the existing status for all members. Note that, with this choice, any fundraising you choose to donate yourself is like any other tax-deductible donation to DDST, **up until the time you have to be billed** for any shortfall at the end of the calendar year. Billed amounts are considered team dues and cannot be deducted for tax purposes.

Choice #2: Pay higher monthly dues and have no annual fundraising obligation. **If this is your choice, you must contact the Billing Coordinator ASAP** to make the change for 2010. As noted under choice #1 above, team dues are not tax-deductible, while fundraising donations are.

The team will continue to coordinate at least two fundraising opportunities each year: the winter Swim-a-Thon, and the summer Sponsorship Drive/Ad Campaign. Other opportunities may become available, and fundraising donations are always welcome at any time. For potential member savings, and greater community involvement with Dolphins programs, we always encourage the fundraising option (choice #1).



Dues Reduced for High School Team

High School swimming season runs from mid-February through mid-May, and this year High School swimmers are required to practice with the High School team at least 2 days per week. In a related development, the Swim Center is limiting the Dolphins to 2 lanes every day during High School practices until the outdoor pool opens in early April. For these reason, **High School swimmers who also continue to swim with the Dolphins will have their dues reduced to \$55 per month for March, April, and May**.

Also, because of the lane-space restrictions, the Senior Group is being suspended during High School season, and **Pre-senior dues of \$80 will apply to any Seniors not swimming with the High School team**. Separate Senior and Pre-senior programs (and dues) will resume after testing at the conclusion of High School season. Please contact Coach Kat if you have any questions.



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We Are Getting Full!

Have you noticed? Some of our practice groups are nearing or at their capacity. In order to maintain quality programs for all Dolphins' swimming levels, the Head Coach has established a different maximum number of swimmers per lane for each practice group, at which that group will be considered full. Above those numbers, prospective members will be placed on a waiting list – first come first served – until a space opens up.

For this reason, existing members who take month(s) off can no longer be guaranteed a place on the team when they return, **unless they continue to pay monthly dues for their group during such absences.**

Different groups may be full at different times of year, due to variations in attendance and available lane space. **If you are considering taking time off from the team, you are strongly urged to discuss this with your coach** and Coach Kat first, to determine the likelihood that space will be available when you plan to return.

As always, Dolphins policy requires that you notify the Billing Coordinator **in advance** if you wish not to be billed for one or more months when you will be absent.



Officials Clinics Saturday Feb. 6th

Any parents interested in learning more about the rules of swimming and the roles of officials, and possibly becoming trained as an official, are invited to attend a basic educational & training clinic February 6th, 2010, at the **Sunridge Fire Station in north Douglas County, 3602 North Sunridge Dr** (across 395 from Target), 1:30-3:30 pm, in the meeting room on the right-hand (south) side of the building.

There will also be an advanced officials clinic that same morning, 9:00 am – noon, in the same location, for recertifying officials and anyone interested in learning more.



Meet the Wolfpack Saturday Feb. 6th!

The University of Nevada, Reno, swimming and diving team is inviting local team swimmers to join them for their last home meet against University of Pacific, 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. To attend contact Coach Sarah by Friday Jan. 29th, or see www.ddst.org for more info.



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



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, February 2nd 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.



Winter Short Course Sectionals

Just two weeks after Nevada State Championships **Michelle Forman** took off for Long Beach, CA, to participate in the USA Swimming 2009 Speedo Champions Series, Western Zone, Winter Gold Sectional Championships. The temperature upon arrival was a warm 78 degrees on the beach. This was a nice change from the snow and freezing temperatures that greeted us after Nevada State Championships.

Michelle performed very well for such a big venue. She swam all best times, with two new Pacific Recognition Times (PRT) of 2:30.68 in 200 breaststroke and 59.27 in 100 butterfly. Michelle also broke 2 final Dolphins' **Team Records** for 2009, lowering her own previous records in 100 butterfly, and in 200 IM with a time of 2:12.92.

Besides Michelle's great swims we were treated to another spectacular vision. Michelle and Coach Kat got to watch Kosuke Kitajima, Gold Medalist in the 100 & 200 breaststroke in Athens 2004 and in Beijing 2008, swim the 200 yard breaststroke. This is an example of the quality of swimmers who participate in Sectionals. Great job Michelle! All the double practices, dryland, and hard work have paid off.



Carson Polyathlon Meet Results

There were 28 Dolphins among the 200 swimmers at our first meet of 2010, the Carson Tigersharks' Polyathlon held January 16-17. The format of this meet was different from most. All participants entered and swam the same six (for 10-unders) or eight (for 11-up) events, and were scored using total Hy-tek points for each of their times. Hy-tek points are based on individual swimmer ages (not age groups), and score the quality of each swim for that age, allowing comparison across all age groups. Seven Dolphins placed among the top 3 scores for their age groups, and two Dolphins placed 5th and 6th across all ages. All the

Dolphins were looking good for such an early-season meet.

Abbreviations: IM=Individual Medley;
PC-X=Pacific Swimming Standards;
FW=Far Western.

For the 6-under group **Sophia Cruz** swam a great meet to place 2nd overall, improving 3+ sec in 50 freestyle, setting new best times in 3 more events including her first 25 breaststroke, and trying 25 butterfly and 100 IM. **Connor Taylor** earned 1st place overall by swimming 4 sec faster in 25 freestyle, and setting new best times in 25 backstroke and his first 25 butterfly and 100 IM.

The 7-8 group included **Angel Neal** who improved 10+ sec in 50 freestyle for a new **PC-B** time, set new best times in 25 freestyle and 25 butterfly, and got her very first time in 100 IM. **Daniel Taylor** swam 9 sec faster in 25 butterfly, 5 sec faster in 50 freestyle for a new **PC-B** time, and set his first 100 IM time to shoot for in future meets.

Swimming with the 9-10 girls were **Grace Brooks** who did a great job in her very first meet, setting brand new times in 50 & 100 freestyle, 50 backstroke, and 50 butterfly. **Emily Dack** looked strong with 3 new best times, swimming 3 sec faster in 50 butterfly and 2 sec faster in 50 breaststroke. **Kaila Duffy** had a perfect meet with all new best times, including a 5 sec drop in 100 freestyle and her first times in 50 backstroke, breaststroke, and butterfly, and 100 IM. **Annalisa Neal** looked strong to begin the new year, swimming near best times in everything and setting new best times in 50 backstroke and 100 IM. **Taylor Sullivan** also looked strong, swimming at **PC-A** pace in 5 events and improving a huge 4 sec in 50 butterfly.

Taylor Knowles represented our 9-10 boys by swimming a perfect first meet, setting new times to beat in all 6 of his events, and looking especially strong in 50 freestyle and 50 backstroke.

For the 11-12 girls, **Emma Gray** swam the meet of her life with 100% huge improvements in 8 events, dropping 30+ sec in 200 freestyle and 200 IM, 11+ sec in 100 backstroke and 100 breaststroke, and setting new **PC-A** times in 50 & 200 freestyle and her first 200 backstroke. **Jordan Knowles**

looked strong in all her swims and dropped a huge 24 sec in 200 IM, 1 sec in 100 freestyle, and 1 sec in 50 freestyle for a new **PC-A** time. **Shelby Koontz** took 2nd place overall, winning her 50 freestyle and 100 freestyle on **FW** pace, and setting her first 200 backstroke time on **PC-A** pace.

Andrew Brockhage represented our 11-12 boys very well, dropping 18 sec in 200 backstroke, 15 sec in 100 breaststroke, and 14 sec in 200 freestyle for a new **PC-B** time.

The 13-14 girls included **Eli Cruz** who was looking strong for the new season, swimming 5 new best times in 100 & 200 freestyle, 100 breaststroke, 200 IM, and her first 200 backstroke. **Shaelin Morefield** reflected some hard early season training with a strong freestyle meet, finishing near best times in the 50 and 200, and setting a new best time in a motivated 100 freestyle race. **Meagan Skilling** continued swimming well after State, setting new best times in 200 freestyle and 100 breaststroke, finishing 1st in 50 freestyle and 100 backstroke, and placing 2nd overall.

Swimming for the 13-14 boys were **Adam Dack** who came to the meet for 4 events, improving 6 sec in 200 IM and swimming near best times in 100 freestyle and 100 backstroke. **Kyle Johnston** swam a strong 50 freestyle right near best time, improved 1 sec in 100 breaststroke, and dropped 4 sec in 100 backstroke for a new **FW** time of 2:13.95. **Jake VanBeuge** swam 3 new best times, going 1 sec faster in 100 butterfly, 2 sec faster in 100 breaststroke, & 8 sec faster in 200 freestyle for a new **PC-B** time.

For the 15-16 group, **Taylor Killion** swam 3 sec faster for a new best time in 100 butterfly, and looked very strong in 200 IM and 100 breaststroke. **Sarah Koontz** improved another 1 sec in 100 freestyle and also finished strong in 200 IM and 100 butterfly. **Janosch Lancaster** continued swimming faster with 7 new best times for a near-perfect meet, dropping 5 sec in 100 butterfly 3 sec in 200 freestyle, 2 sec in 200 backstroke, and setting his first 200 IM time. **Cameron Morefield** was able to swim strong races in 50 & 100 freestyle and 100 breaststroke while nursing an inflamed elbow tendon.

The 17-18 group included **Michelle Forman** continued training and racing hard with a new **FW** time of 56.75 in 100 freestyle and a new best time in 200 freestyle, and placed 2nd overall in her age group and 6th in the whole meet. **Chandra Matheson** swam all **PC-A** times and, like many other Dolphins this weekend, looked strongest in her 50, 100, & 200 freestyle events. **Haley Von Schottenstein** swam 7 of 8 events on **FW** pace, improving 1 sec in 100 backstroke, looking very strong in 100 butterfly & breaststroke, and placing 1st overall in her age group and 5th in the whole meet. **Eric VanBeuge** improved 3 sec in 200 IM, finished on **FW** pace in 100 & 200 backstroke, and placed 1st overall in his age group.



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!

HOME MEET: February 12-14, St. Valentine Invitational, meet sheet www.pacswim.org/0210ddst.pdf (entries due postmarked Mon. 2/1, or online or hand delivered Wed. 2/3). **All parents please be prepared to help out!**

March 6-7, Morgan Hill, CA, Pacific Swimming Zone All-star Development Meet (applications due by Feb. 14th at St Valentine meet, available at www.ddst.org/meetinfo/0310zone4.pdf).

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).

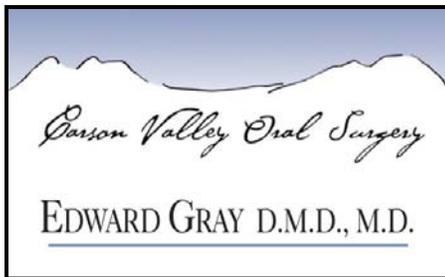
April 23-25, Folsom CA long-course meet (TEAM PRE-ENTRIES will be due to Coach Kat by mid-March!).



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



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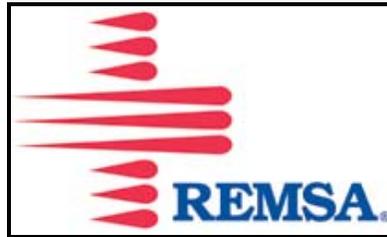
Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



CARE FLIGHT

Gold Medal Sponsor



Gold Medal Sponsor



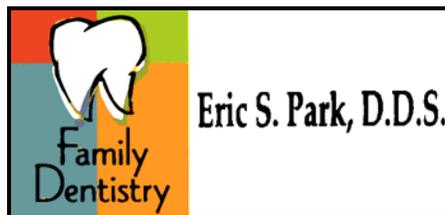
Gold Medal Sponsor



Gold Medal Sponsor



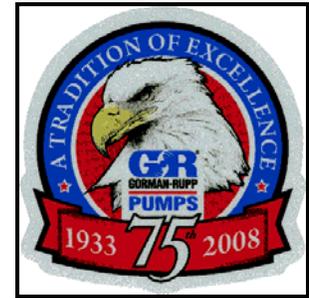
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Transitions

Welcome new swimmer Bryce Chandler & **welcome back** Julia Chappell & Jessie Jin. **Moving up: congratulations to new White Dolphin** Taylor Knowles, **new Blue Dolphin** Eric Jacobs, & new **Pre-senior Dolphins** Logan Killion & Janosch Lancaster. **Farewell & good luck** to Allison Ansel, Hannah Carne, Grace Fischmann, Taylor Harker, Christina Henning, Yuchen Jin, Matthew Shick, Paula Sigala, & Jamie Walden – we'll miss you! **Happy February Birthdays** to Audrey Muller (2/02), Shaelin Morefield (2/04), Eli Cruz (2/07), Sophia Cruz (2/09), Anna Jackson (2/09), Cassie Parr (2/16), Eric VanBeuge (2/16), & Zoe Maalouf (2/18).

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



Practice Schedules

SCHOOL OUT Mon. Feb. 15.

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, **W** 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, **W** 4:30-5:00
White: M-Th 4:00-4:45
Pre-competition: T & Th 4:30-5:00



Next Newsletter

The next *Monthly* will appear about February 19th. **All submissions should be received by Tuesday, February 16th.** 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.

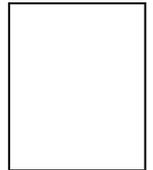
A big thank you to this month's contributors, coaches Kat Matheson, Sarah Davenport, Stefanie Signorella, Whitney Simpson, & Andrea Lindsey; Lorna Johnston, Joe Stubnar, Greg Taylor; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.

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!