

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 46th year!)

www.ddst.org

April 2010

Awards Banquet May 16th!

The annual DDST Awards Banquet is scheduled for Sunday afternoon and evening, **May 16th, starting 4:00 pm at Pau-Wa-Lu Middle School** in Gardnerville. This is the time we celebrate our past successes, and get to brag about each swimmer! **The theme this year: James Bond 007.** You can come as you are, or dress as your favorite James Bond character. If you want costume ideas check out www.jamesbondmm.co.uk. Watch your mail for an invitation and details. Don't let your swimmer(s) miss this fun-filled and rewarding evening!



SAVE THE DATE!

An Evening With The Olympians

This year's *An Evening with the Olympians* will be held **Saturday June 5, 2010**, at the Peppermill Casino Pool Complex. In attendance for this year's gala event will **Jason Lezak, Cullen Jones, and Rowdy Gaines**. All of the athletes will be available for meet and greets, to give autographs, and to talk about their swimming careers and Olympic experience. **Tickets are on sale today!** Don't wait to get yours! Adult tickets are just \$30 and include dinner and a drink. Kid's tickets are only \$15, available at www.sncaquatics.org/snca-store.htm.

An Evening with the Olympians is a fundraiser for Sierra Nevada Community Aquatics, whose mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows. For more information visit www.sncaquatics.org or contact Executive Director Leah Bradle (775-997-3004, lbradle@sbcglobal.net).

WANTED: a few new Board Members!

Parents, have you ever thought about becoming a DDST Board member? Not sure if it's for you? Would you like an opportunity to **try it out** for a few months before the next elections?

The DDST Board is currently 3 members short and running on a skeleton crew. We need your help! **Please consider adding your voice to planning and directing our team's activities** through August and maybe beyond. No previous experience is required!

The best way to start is to join us at our next meeting May 4th (see announcement on page 4). **For more information** please call current Board President **Chris Dack** (see contacts on page 3) or any current Board member.



SAVE THE DATE!

Next Home Meet August 6-8

The next Dolphins home meet is a big one – the High Country League Championships August 6-8, 2009. **Please mark you calendars now!** We will need the help of all Dolphins parents to make this a successful experience for the athletes. High Country Championships is a fun, inclusive, summer-ending meet for all the teams of our region. Newer and seasonal swimmers may enter without qualifying times, and the 11-up age groups have an opportunity (often the first) to experience a Trials & Finals format.



Swimmers of the Month

Garrett Frankiewich was chosen by coaches Whitney and Sarah for his attendance at practice and his awesome attitude. Garrett just recently joined the Dolphins and has been a wonderful addition to White Group. He amazes us with his talent and his fast learning skills. He is always working his hardest to reach his goals, has great listening skills, and is a pleasure to coach. There is never a dull moment when Garrett is around! Keep up the awesome work Garrett!

Janosch Lancaster and **Shaelin Morefield** are each being recognized by coaches Sarah and Kat for the same reasons. Dedication and diligence are two great qualities, and they make both of these Dolphins a joy to coach and fine examples to follow. Janosch and Shaelin have had almost perfect attendance for several months. The only things that keep them away from practices are extreme illness or family out of town, a true testament to their ability to balance all of life's activities. While we call them Swimmers of the Month, we think rising stars might be a better term.



SAVE THE DATE!

Swim Camp in Minden Aug 13-15

The Douglas Dolphins will be offering our very own Swim Camp in Minden the weekend of August 13-15. Expert guest coaches and staff will be working with Dolphins of all levels during a fun and intensive 3 days, imparting new skills and ideas, and preparing each swimmer for their next level. Stay tuned for info on cost, times, etc., or contact Coach Kat



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

Testing Criteria Adjusted: The Douglas Dolphins are faster than ever. Because of their awesome achievements we have had to "raise the bar." Starting with April's testing all of our skills sheets have changed. Most of the test sets have faster intervals to accommodate the level of our team. While there might be some short-term frustrations during the change-over, this will ultimately make for a better faster team while keeping the practice groups balanced and effective.

New Pre-/Senior Equipment:

There is a new piece of equipment we would like the Pre-seniors and Seniors to have in their bags. It is a **Finis snorkel**. This snorkel is different from scuba snorkels, so please be sure to get the right one. It can be found at most of you favorite swim sites. The cheapest place I've found is just Amazon.com. I would like the kids to get the **regular model** (not the youth or the freestyle model). This snorkel has many positive aspects to training a stroke with great technique. It alleviates that dreaded "garbage yardage."

And while we're on the subject of equipment, you might want to check with your swimmer on the status of their sponges and belts.



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

FREE TO GOOD HOME(s): the following lightly-used swimming items:

TRAINING PADDLES size 1 (green)

DDST BEANIE

DDST JAMMER SUIT, navy size 32

TYR JAMMER SUIT, royal blue size 30

TYR JACKET, royal/white adult Large

GOGGLES, 6 pairs various Speedo

Check white plastic Speedo bag in the equipment room at the pool or contact Jim Morefield, 775-782-4360. (3)

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



COACH

Sarah's Corner

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

White Group Parents: Note that our testing for this group has recently changed (see Coach Kat's Corner). All the coaches agreed that the tests needed to be harder. We changed the freestyle and backstroke tests to a legal 100 with turns to move to red group, as well as a 50 breaststroke with pull-downs. We also have recently introduced the pace clock, and I was pleasantly surprised that the swimmers picked it up immediately. If any parents have questions about the tests or testing weeks please feel to ask your swimmer's coach.

Equipment for White Group: All white group swimmers should purchase their own set of fins. You can order them online at any of the swim shops. Please see your coach if you need help choosing the best style or size. Please **no scuba fins**.



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!

May 28-30, Carson Tigersharks Intermountain Classic (long course), meet sheet www.pacswim.org/0510cars.pdf (enter online or hand deliver by May 19th, or mail by May 17th).

June 18-20, Reno Gamble Invitational (long course), meet sheet www.pacswim.org/0610reno.pdf (enter online or deliver by June 9th, or mail by June 7th).

June 25-27, Bishop Swim Team, meet sheet www.pacswim.org/0610bst.pdf (pending; enter ASAP after posting). **This is a fun travel meet in the Bishop city park! This meet will fill up early!**



Lost & Found!

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

SAVE THE DATE!

Splash-Back is Back!

TRAIL-BUILDING AUGUST 10th

Calling all Dolphins 10 years and older:

On Sunday, August 10th, 2010, our swim team has the opportunity to help build a new hiking trail near Daggett Summit with the Tahoe Rim Trail Association. The TRTA works on new and existing trails in our area each year from June through October. They clear trees, brush, and rock, and build walls and stream crossings to maintain the safety of the trails.

Our swim team relies heavily on donations and support from our local community. This is our chance to splash back! – **giving something back** to the community to show our appreciation.

So plan now to join your teammates during Fun Week on August 10th, to have some fun in the mountains, get some fresh air, get your hands dirty, and be a part of building something new and unique.

Parents: we will need about 1 adult for every 7 kids. Swimmers and parents, **please sign up now** on the sheet posted on a clipboard by the team file box in the lobby. **Sign-ups are due by June 15th.** Contact Julie Gray (265-9565) if you have any questions.



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Spring Junior Olympics Championships

(Abbreviations: IM=Individual Medley;
Times: FW=Far Western, PRT=Pacific
Recognition Time.)

Eight Dolphins were treated to some sunny and mild spring weather March 26-28 in San Ramon, CA, while attending the Pacific Swimming Junior Olympic Short-course Championships. Our swimmers in turn treated Coach Kat to some fast swimming in preparation for Far Westerns just 2 weeks later.

Taylor Sullivan (9) swam a super 100 breaststroke in her first JO experience, improving 3+ sec to finish in 1:30.75.

Kaela Forvilly (10) raced at **FW** pace in both of her backstroke events, finishing near best time in 50 backstroke, and improving a huge 3 sec in 100 backstroke to qualify as 1st alternate for finals with a new **FW** time of 1:14.84.

Shelby Koontz (11) swam strong in all 5 of her events, dropping 1 sec in 200 freestyle, a huge 6 sec in 200 breaststroke to finish in 2:47.94, and swimming right on best time in 50 freestyle, 50 backstroke, and 100 breaststroke.

Erica Chappell (13) came and conquered the 1000 freestyle in her first JO meet, swimming 19 sec faster to finish 15th in 11:28.23.

Shaelin Morefield (14) improved in 4 of 7 events, nailing a new **FW** time in 100 backstroke, dropping 2 sec to 4:46.35 in 400 IM to finish 6th and break a **team record** that had stood for 15 years, and breaking her own **team record** each time she raced 200 butterfly, first in prelims, then finishing 5th in finals at 2:14.09 for a total drop of 2 sec.

Sarah Koontz (16) also swam 7 strong events, improving a huge 64 sec in 1650 freestyle to finish 9th at 19:27.77, dropping 8 sec in 400 IM, clocking a new best time in 200 breaststroke, and finishing near best time in 200 & 1000 freestyle and 100 backstroke.

Haley Von Schottenstein (17) swam finals in 5 of 6 events and improved in 4 events, taking 2nd place in 50 freestyle

finals, dropping 2 sec for a new **FW** time of 2:16.73 in 200 IM, 2 sec in 100 backstroke finals to finish 5th, finishing 2nd in 100 breaststroke finals at 1:07.13 in a close race, and clocking a new **PRT** of 59.28 in 100 butterfly prelims.

Michelle Forman (18) swam finals in 4 of 6 events, breaking her own **team record** in 100 butterfly finals to finish 7th in 59.06, dropping 4 sec to finish 6th in 400 IM with a new **PRT** of 4:43.91, and swimming on or near best time in 200 freestyle, 200 butterfly (4th place in finals), and 200 IM (5th place in finals).



Far Western Championships

(Abbreviations: IM=Individual Medley;
Times: PRT=Pacific Recognition Time.)

As we all know our weather has been quite odd lately. Our 7 Far Western Dolphins were all ready for some nice mild spring weather in Morgan Hill, CA, April 8-11, and the first two days did not disappoint. The third day was cooler, cloudy, and windy which we all know is unpleasant when you're wet. And the fourth day was just plain miserable, with 50 mph winds plus lots of rain to make the swimmers' time on the blocks just a little more exciting. Thank you to Linda Koontz for running to get us buckets and bungees to keep the Skilling's EZ-up on earth.

Through all the weather we still managed to have some really great swims, competing with over 1450 top athletes from all over the western U.S. and as far away as Hawaii, south Texas, and Virginia. We finalled more than ever, and **Michelle Forman** and **Haley Von Schottenstein** got to receive their awards from U.S. Olympians Dana Kirk and Dana Vollmer. Each year our number of Far Western athletes seems to increase, and Coach Kat says, "the more the merrier!"

Kaela Forvilly (10) qualified for and swam 50 backstroke and 100 backstroke in her very first Far Western meet, and finished right at best time in her 50.

Shelby Koontz (11) swam 5 events, swimming near best time in 100 freestyle, a new best time in 50 breast-

stroke, and making huge improvements in her IM events, dropping 12+ sec in 400 IM, and 6 sec in 200 IM for a new **PRT** of 2:20.80.

Shaelin Morefield (14) swam a full 7 events, improving 1 sec to 2:16.23 in 200 backstroke, 1 sec in 200 breaststroke to 2:34.88, and finishing right near best time in most other events.

Meagan Skilling (14) came to swim 100 backstroke and finished right near best time at 1:02.97.

Kyle Johnson swam 7 events and improved in all 4 freestyle events, dropping 1 sec each to finish at 50.99 in 100 freestyle and 1:53.43 in 200 freestyle, and breaking his own **team record** by a whopping 53 sec in 1650 freestyle to finish in 18:02.96.

Haley Von Schottenstein (17) swam 6 events, finishing right on best times in 100 freestyle and 200 IM, and lowering her best 100 butterfly time to 59.19 with a 3rd place finish in finals.

Michelle Forman (18) swam finals in 4 of 7 events and lowered 4 of her own **team records**, dropping 2 sec in 200 IM to qualify 5th with a new **PRT** and **team record** of 2:11.36, swimming a total of 3 sec faster to finish 3rd in 400 IM finals with a new **Sectional** time and **team record** of 4:40.72, finishing half a sec faster to place 5th in 200 butterfly finals with a new **team record** of 2:13.62, placing 4th in 100 butterfly finals after setting a new **team record** of 59.02 in prelims, and dropping 1 sec to place 7th in 200 breaststroke finals at 2:29.55.



DDST Key Contacts

Board President: Chris Dack

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Head Coach: Kat Matheson

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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



Twilight Practice Meet April 15th

Thirteen Dolphins swam at the Carson twilight practice meet Thursday April 15th, including 3 who had never previously swum in a meet. The event was a quick hour and a half, with lots of fast swims from our Dolphins. It was a great meet for new swimmers, and got that competitive blood flowing for those who haven't had a chance to race since February.

Our 3 Pre-comp swimmers included **Hope Rakow** in her first meet, racing in 50 freestyle and 50 backstroke and swimming strong to the finish. **Michael Schaan** swam a great meet 16 sec faster in his 50 freestyle with a time of 1:08, and a fast 25 backstroke. **Ashton Dav-enport** also swam his first meet, racing in the 25 freestyle and 25 backstroke.

There were 6 White Group Dolphins including **Leah Frankiewich** who raced 100 freestyle for the first time, 5 sec faster 50 backstroke, and a successful 50 breaststroke, swimming beautifully in all three events. **Nikki Jackson** swam strong in 25 freestyle, 50 breaststroke, and a first 25 butterfly time of 26 sec. **Connor Taylor** swam 50 freestyle, 25 backstroke, and 25 breaststroke, all with fast times. **Max Whear** swam 50 freestyle, 100 backstroke, and 50 breaststroke with best times, lookin' fast. **Angel Neal** swam 50 freestyle, 50 backstroke, and 50 breaststroke. **Garrett Frankiewich** swam his first meet and won all 3 of his races in 25 free, 25 backstroke, and 25 breaststroke.

Red Group sent 3 swimmers including **Daniel Taylor** who swam 50 freestyle, 50 backstroke, and 50 breaststroke with faster times in all 3. **Am-brish Santhanam** swam 50 freestyle, 50 backstroke, and a very fast 50 butterfly. **Aditya Santhanam** swam wonderfully in 100 freestyle, 50 backstroke, and 50 breaststroke.

Our Blue Group swimmer **Annalisa Neal** swam 100 freestyle with a best time, 100 backstroke with a best time, and 50 breaststroke.

Coach Sarah thanks the Carson team and Coach Kat for making this meet possible!



New Options for Sponsoring Blocks

Want to help DDST complete our set of competitive starting blocks, without the financial commitment of a lifetime sponsorship? Now there are several more modest, short-term ways for you (or a sponsor you obtain) to contribute and display your support for the Dolphins! **What you should know:**

- > **Sponsorship is tax-deductible, and counts toward your family's annual fundraising obligation.**
- > Short-term sponsor's name and/or logo will appear on both sides of a **lane sign hanging from block** (see Lane 1 at pool for example).
- > **Two sponsors may split** the donation and sign space for a lane (one sponsor on each side of sign).
- > **Meet Sponsor** signs hang for 1 week before/during/after each meet sponsored. **Cost: \$60** for 1 meet **or \$150** for 3 meets (a year's worth).
- > **Annual Sponsor** (Lane 2 only) sign displays full-time all year. **Cost: \$400** per year.
- > Sponsorship donations go into a **block fund for each lane** until that block is fully sponsored.
- > **Lifetime Sponsor includes** permanent custom placards on 3 sides, in addition to above lane sign (see Lane 1 or 3 for examples).
- > **Lifetime Sponsor is earned** by donating the balance remaining to complete full sponsorship of a lane (**minimum donation \$1000**, up to \$1900 for Lane 2, or up to \$1750 for Lane 4, 5, or 6).
- > **Lifetime Sponsorship may be shared** by 2 or 3 sponsors.
- > **Lane 2** used full-time; **Lanes 4, 5, & 6** used during all Dolphins & High School meets; **Lanes 7 & 8** used during our two summer outdoor meets and will be acquired once lanes 1-6 are fully sponsored.
- > **Contact Jim Morefield** (775-782-4360 or jdmore@charter.net) to sponsor a block, coordinate a shared block, or ask questions.



No Junior Meet June 5-6

Due to schedule conflicts we are **not** going to the Junior+ meet June 5-6.



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, May 4th 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:

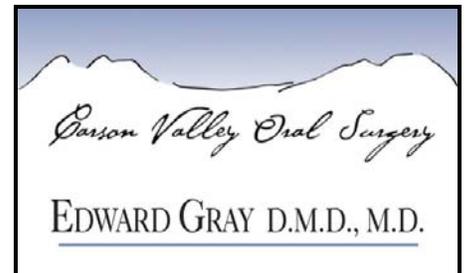
www.ddst.org/boardmembers.htm



Thank You to our 2009 – 2010 SPONSORS:



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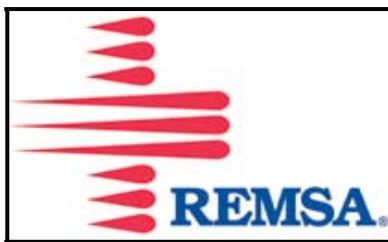
Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



CARE FLIGHT

Gold Medal Sponsor



Gold Medal Sponsor



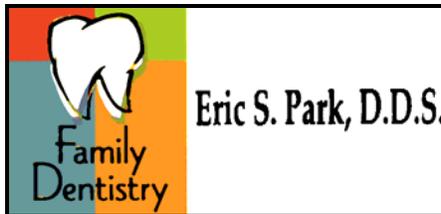
Gold Medal Sponsor



Gold Medal Sponsor



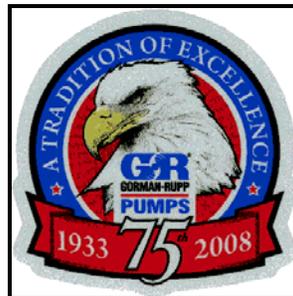
Silver Medal Sponsor



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:

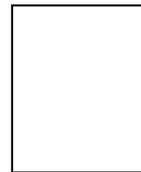
- Animal Behavior Consulting
- Carson Valley Veterinary Hospital
- Centerfield Sports Bar & Grill
- Ken & Linda Gorder
- Grover Hot Springs
- Linda Koontz Tupperware
- Meadowcliff
- Mountain View BBQ
- Norris Auto Body
- Protech Auto
- Ragz 2 Bagz
- Walker Country Store



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



www.ddst.org



SEE MORE ARTICLES BELOW!

Time-sensitive Swim Team news enclosed!



Transitions

Welcome new swimmers Ashton Davenport, Nicholas Green, and Sean Wolfkiel, and welcome back Meleeah McKown. Moving up: congratulations to new White Dolphin Emily Willis, new Blue Dolphin Anne Lancaster, and new Pre-senior Dolphin Adam Dack. Happy May Birthdays to Chloe Cutter (5/3), Jordan Knowles (5/11), Garrett Frankiewich (5/12), Amanda Van Fosson (5/12), Amanda Castro (5/17), Bryce Chandler (5/21), Logan Killion (5/21), and Kyle Johnston (5/27).

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



Practice Schedules

Check www.ddst.org for updates.

ANY Public School(s) IN Session
Seniors: M-Th 2:30-4:45, F 2:30-4:30,
M & W 5:00-6:00 pm (dryland)
Pre-seniors: M-F 2:30-4:30,
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 4:15-5:00



Next Newsletter

The next *Monthly* will appear about May 24th. **All submissions should be received by Wednesday, May 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 Kat Matheson, Sarah Davenport, & Whitney Simpson; Julie Gray, Joe Stubnar; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.

Latest news online: www.ddst.org.

