

Dolphins' Monthly

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

www.ddst.org

July-Aug. 2010

Reno & Carson Meet Entries Open

Entries are now open for **two meets, both being held in Carson City**. These are 2 of the last 3 chances for swimmers to get their qualifying times for State Championships in February and Zone All-stars in March. (Applicants for Zone All-stars need 3 PC-A times.)

The **October 23-24 Fall Classic & King of the Hill Challenge** is being hosted by the Reno and Sparks teams (**but held at the Carson City pool**). The King of the Hill is a special 50 freestyle tournament open to 11-18 swimmers who enter the 50 freestyle and at least 6 other events. Entries are due online or hand-delivered by Oct. 13th, or postmarked Oct. 11th.

The **Carson Tigersharks' Fall Frenzy meet is November 13-14**, and offers all the events that will be swum at State Championships. Entries are due online or hand-delivered by Nov. 3rd, or postmarked by Nov. 1st.

Meet information sheets for both meets are available at www.ddst.org (along with links to online entries) or from your coach. See you there!



2011 State Times

The Nevada State Championship qualifying and bonus **time standards are unchanged for 2011**, and are available from the coaches or online at www.ddst.org. Swimmers making just one or two qualifying times are allowed to swim up to three events total, if they also make the bonus times (which are easier) for the extra events. 2011 Nevada State Championships are in Carson City February 18-21.



January Events Rescheduled

The dates of our next home meet, the Last Chance State Qualifier, have been changed to January 28-30. The Swim-a-Thon is being moved to Saturday evening, January 15. All the latest information is always on our web site at www.ddst.org.



Meet Pictures Online

You can still check out your swimmer's action shots from the High Country meet at www.instaimage.com, and purchase prints if you desire. Also contact InstaImage for reprints of your team and individual photos taken August 5th.



Help For New Parents

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and our Parent Liaison is available to answer all your questions and show you the ropes.

Contact **Karen Sullivan (ksullivan@dcsc.k12.nv.us, 775-267-4035)** or another key contact (see p. 8) to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



Swimmers of the Month(s)

Connor Taylor showed consistent effort toward stroke improvement in White Group practices, and everyone could see the results at the Bishop meet, where Connor swam eight new best times. We look forward to more great things from Connor in the coming season!

Nikki Jackson showed off her hard work in Red Group by competing in the Bishop and Tahoe meets and achieving many new lifetime best times, including five new A times and six B times. Keep watching Nikki into the next season also, where we should see her improvements continue.

Taylor Sullivan really shows off her hard work at long-course meets. After training with high intensity and focus, Taylor made her goal of another Junior Olympic time at her "birthday meet" (the Reno Gamble in June), along with 2 new A times. Training hard and getting results, way to go Taylor!

Clara Gray recently moved from Blue Group to Pre-seniors and has been working hard at double practices during the summer. She swam at both the Reno meet and the Bishop meet, and swam 6 new A times at Bishop.

Sylvanna Villalba was a new addition to the team after the high school season. She has since swum with the team in all of our meets, and is constantly working hard at practices. She swam all best times at the Bishop and Tahoe meets with 3 new A times.



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



COACH

Sarah's Corner

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

I just want to say how proud I am of all the swimmers in the Pre-senior and Seniors groups. They came to practice constantly this summer and worked hard. The Bishop meet was just a small taste of more successes to follow. Afternoon sprint practice hit all-time highs with close to 20 swimmers attending. Parents please continue to make sure your hard-working swimmers get signed up for meets, so they can swim to impress. Lets keep working hard and having fun.



Dues & Breaks Policy Reminder

All parents please remember:

1. If your swimmers will be taking a break from the team, you MUST notify the billing coordinator IN WRITING and IN ADVANCE (14th of prior month if possible) to have your monthly dues suspended. (See your monthly invoice or www.ddst.org for contact information.)

2. Dues can only be suspended in calendar month increments. If your swimmer practices or competes in any part of a calendar month (outside of free trial weeks), dues must be paid for the entire month. This is because pool usage and other costs are incurred by DDST monthly based on swimmers in the water.

3. Dues (and any late fees) will continue to be charged and payable if the billing coordinator is not notified in advance of an absence, and must be settled BEFORE a swimmer may resume practices or competition with DDST.

4. If your swimmer's group is full and has a waiting list, swimmers on **unpaid** breaks may be replaced from the waiting list, and may have to be placed on the waiting list themselves when they return. **Check with your coach first** to see if this is an issue for your group!



COACH

Andrea's Corner

Hey parents and swimmers, I just wanted to let everyone to know that July was my last month as the senior dry land coach. I wanted to say thank you to the parents for supporting the team and helping these swimmers achieve their goals. I have enjoyed working with the senior team very much and giving them some knowledge on cross training. I appreciate all your hard work and support.

ABOUT ENERGY BARS

(from usaswimming.org)

Energy bars fall into 3 main categories, depending on their nutrient composition:

- > High Carbohydrate Bars (>30 g carbohydrate)
- > High Protein Bars (>12 g protein)
- > Mixed Bars (usually >20 g carbohydrate, >10 g protein, 2.5-10 g fat).

High carbohydrate bars provide the fuel needed for tough endurance workouts. High protein bars are often promoted for post-workout recovery. Mixed bars make a healthy snack during the day when time is short and hunger is big. Be watchful of high sugar. A bar shouldn't exceed 9 grams per serving. Also look for whole grains in on the list of ingredients.

If you use energy bars, drink at least 8-16 oz (about 1 water bottle full) of water along with every energy bar you eat. While bars, drinks and gels provide a convenient way to get the extra calories necessary to keep pace with the swimmer's lifestyle, **it is critical to eat a variety of foods** from all of the food groups every day. Use energy bars and gels only to compliment a well-balanced diet when energy demands are high and "real food" is not an option. Some examples: Clif Bar, Luna Bar, Power bar, Harvest bar, Balance Trail mix Bar, etc.



Fundraising System Changes

Annual team fundraising obligations are unchanged, but are being administered differently to work with the new TeamUnify billing system. As before, no amounts will be due or billed until the end of the calendar year or termination of membership, whichever comes first. However, the entire year's amount for a Blue Group or higher family (\$300 single swimmer, \$480 multi-swimmer) will be posted to each family's fundraising balance at the beginning of each year. **Families will then receive monthly credits** for any leaves of absence, or swimmers in Red Group or below, and of course for actual fundraising amounts brought in.

You can always check your current fundraising balance by signing in to your family account at www.ddst.org and clicking on My Invoice/Payment, then clicking on the Fundraising tab across the top. Any questions or problems should be addressed to the billing coordinator.



Summer Registrations Expired Sept. 6th!

Swimmers who registered for summer season only, and who still wish to practice and compete at meets, **MUST pay their 2011 USA Swimming registration of \$60, payable to DDST, ASAP.** Note "2011 Registration" on the check, and either place in the gray payment box in the pool lobby, or mail to the return address on this newsletter. 2011 registrations are **valid for the rest of 2010 and all of 2011.** Athletes registering at meets are subject to a surcharge.

Continuing year-round athletes have already had the 2011 fees added to your invoice, and will be registered electronically once paid – no form necessary! **NOTE:** If your swimmer(s) **DO NOT** intend to practice or compete after December 31st, 2010, notify the Billing Coordinator and the 2011 registration charge(s) will be reversed.



Sign In to the new www.ddst.org

All DDST members now maintain their personal account and swimmer information on their own secure online account. For the success and safety of your swimmers, **it is important for members to check all their information regularly** and make any needed changes or updates.

All members received an email earlier this summer with password and instructions for signing in. **If you have not yet signed** in to your DDST account, please go to www.ddst.org TODAY and get started. If you no longer have your sign-in email, just use the **Contact Us** button on the web site to let us know, and we will send you another one. Also let us know if you have any problems or issues using the new web site.

The **new email capabilities** of our web site will become an increasingly important means of communication for team events, reminders, and late-breaking news. For this reason **it is critical that you maintain a current email address** in your account information, and that you **check that address regularly** (daily if possible!) for team emails. If your email is filtered for spam, **please allow all emails from teamunify.com and ddst.org.**

Besides all the old and lots of new information of interest to DDST swimmers and families, **our new web site allows you to:**

- > see current invoice & past payments
- > check fundraising balance
- > check volunteer hours
- > enter home meets (standard entry fees added to your bill)
- > sign up for team events
- > sign up for meet jobs
- > see team & group calendars
- > see your swimmer's past meet results
- > contact Coaches and Board members
- > contact other members (if they have allowed it)
- > change your password and/or email

The TeamUnify system is also capable of processing **on-line credit card payments and automatic billing**, and we will soon be polling the membership

to see if those extra conveniences would be worth the small extra costs involved.



From the Editor

Bad news first: this newsletter edition is terribly late, and for that I apologize, both to the hard working contributors whose work is finally appearing, and to you the members. In the available time, our recent web site transition and our many summer meets and activities just had to take higher priority for a while.

This combined July-August edition packs in all the summer meet results that fit, and the rest will appear in the September issue along with the Molly Lahlum meet. That is why those of you who were members over the summer, but currently are not, are still receiving this newsletter. I hope this newsletter helps to rekindle memories of the busy and fun-filled Dolphins summer of 2010!

Now for the good news: long-time team parent **Linda Koontz** has volunteered to become the next Newsletter Editor. **Thank you Linda!** After 5½ years, the *Dolphins' Monthly* definitely needs some new time and energy behind it. Linda and I will be working together on the next issue, and we will need you to bear with us again during that transition until the *Monthly* is back on a regular schedule.



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

RED DDST T-SHIRT large (14-16), free to a good home. Contact Linda 775-782-7806, blkoontz92@yahoo.com (3)

SWIM CHICK SHORTS youth medium, contact Linda (see above) (3)

NAVY BLUE SWEATSHIRT youth large, lil penguin on back under jumping dolphins. Contact Linda (see above) (3)

2 NAVY DDST WINDBREAKERS. Contact Linda (see above) (3)

2 DDST GRAY SWEATSUITS. Contact Linda (see above) (3)

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



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Election Results

In August the year-round membership elected the following team parents to serve on the Douglas Dolphins Swim Team **Board of Directors for 2010-2011:** Chris Dack (President), Karen Sullivan (Vice President), Greg Taylor (Treasurer), Chris Forvilly (Secretary), Sue Cruz, Julie Gray, Jared Hyatt, Margaret Jackson, Lorna Johnston, and Jim Morefield. The 4 officers above were elected by majority vote of the families represented at the Board meeting of September 7th, 2010. The Head Coach is the 11th Board Member.

Thank you to all these parents for their many extra volunteer hours on behalf of all our members!



Reno Gamble Meet Results

The Reno Gamble meet June 18-20 was another opportunity to swim a long course meet. Many of our athletes were trying to get long course Junior Olympic and Far Western time standards. This will become more important next year as Pacific Swimming is contemplating making the time standards faster for these summer long course championships. Even with some chilly water, our 15 Dolphins had a great meet.

Starting with the 8-under boys, **Michael Schaan** swam 50m butterfly with a huge 14 sec improvement to take 5th place, and also swam the 50 backstroke and 50 breaststroke. **Connor Taylor** tackled 5 events, improving a huge 15 sec in 50m butterfly, dropping 5 sec in 100m freestyle, and swimming a strong 50m freestyle right on best time.

For the 9-10 girls, **Kaela Forvilly** swam 6 strong events, taking 2nd place in 100m backstroke on **FW** pace, placing 3rd in 50m backstroke in **JO** time, & swimming 100m freestyle on **JO** pace. **Taylor Sullivan** improved in 6 of 9 events, taking 6th place in 50m & 100m breaststroke with a new **JO** time of 47.71 in the 50, & dropping 8+ sec in 100m backstroke for a new **PC-A** and **State** time.

Our 9-10 boys included **Ambrish Santhanam** in his first 9-10 meet, where he promptly broke our 9-10 boys 100m butterfly **team record** from 2007 by 4.6 sec to finish in 2:23.38, improving on his own best time (and 8-under record) by 8 sec, and also improved 3 sec in 100m freestyle and 1 sec in 50m freestyle.

Daniel Taylor took on 8 events, trying 100m backstroke, 100m breaststroke, and 200m IM for the first time, and posting new best times in 50m & 100m breaststroke and 50m backstroke.

For the 11-12 girls, **Emily Dack** swam a strong 100m backstroke and improved 1 sec in 50m breaststroke. **Shelby Koontz** continued chipping away at 3 of her own **team records** from earlier this season, including 30.40 in 50m freestyle for 3rd place, 1:07.26 in 100m freestyle, and a new **PRT** of 32.78 in 50m butterfly to take 1st place, and also swam a new **JO** time of 1:29.65 in 100m breaststroke. **Anne Lancaster**

swam a strong meet with solid improvements in 5 of 6 events, dropping 3 sec in 100m freestyle for a new **PC-B** time, and improving 1+ sec in 50m freestyle, 50m & 100m breaststroke.

Our 11-12 boy was **Aditya Santhanam** who posted some big improvements, dropping 10 sec in 100m breaststroke, 8 sec in 100m freestyle, and 5+ sec in 50m freestyle.

Swimming for the 13-14 girls were **Elizabeth Cruz** with 8 strong events and improvements of 8 sec in 400m freestyle, 3 sec in 100m butterfly, 2 sec in 100m freestyle, and 1 sec in 100m backstroke.

Meagan Skilling also looked strong with improvements in 4 of 6 events, dropping 17 sec in 200m IM, 3 sec in 100m freestyle for a new **JO** time of 1:05.98, and taking 2nd place in 100m breaststroke on **JO** pace.

For the 15-16 boys, **Kyle Johnston** in his first meet in the 15-16 age group broke a **team record** from 2001 by 1 sec in 200m IM, finishing in 2:31.65, and placed 3rd in a strong 100m butterfly.

Janosch Lancaster had a super meet with 100% best times in 8 events, dropping 2 sec in 100m butterfly and 3 sec in 200m freestyle for 2 new **State** times, and also dropping 4 sec in 100m breaststroke and 3 sec in 200m IM.

Our 17-18 girl was **Sylvanna Villalba** who kept up her rapid pace of improvement with 100% best times in 7 events, including her first 400m freestyle, 200m breaststroke, and 200m IM, and **PC-A** times in 50m & 100m freestyle and 100m backstroke.



Bishop Meet

This year's Bishop meet June 25-27 brought together 40 Dolphins for a fun blast of annual team events. Friday evening distance events were followed by a team pizza party, where all the kids could let loose with their swim team friends and the parents got to know each other better. On Saturday we swam strong throughout the day, collecting best times and awards. And just when all the fast fun of the age groupers finished up, you could see all the parents and coaches gathering around the pool in their suits for the annual Parent-Coaches Relay, belly flopping, floundering in the pool, and meandering back and forth trying to

find the end. This year we collected awards for "Whitest Team", "Best Belly flop", "Rubber Ducky", and "Most Creative dive." After the parents relay the Bishop swimming pool opens up for the families, letting them ride the slide and cool down from the hot day.

Later that evening the team families gathered in the Bishop City Park for our annual pot-luck barbeque, and geared up for a wet, sloppy, dirty fun evening. This year it all started too soon, when the Carson Team attacked us with water balloons, and the shaving cream started flowing, and soon Coach Ian got a good taste of the duck pond. Then the Tahoe team found us with buckets full of pond water and we found them right back with shaving cream. When we looked back from the Tahoe water fight we saw our own parents having fun themselves. And for the first time coach Kat got it, a swim in the pond.

Sunday the swimmers showed up ready to swim their best, and that is what they did. High Point trophies went to 20 Dolphins swimmers, and 6 Dolphins swam 100% best times.

(Abbreviations: IM=Individual Medley; Times: State=NV State Championship; PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Western, PRT=Pacific Recognition Time.)

Our youngest swimmer was 6-year-old **Ashton Davenport** who swam 2 events in his very first swim meet, with a 3rd place finish in 25 freestyle and a strong 25 backstroke. Good job Ashton!

For the age 7 boys **Michael Schaan** took 1st place in his very first 25 butterfly with a new **State** time of 24.01, improved 29 sec in 50 freestyle, and clocked new best times in 25 & 50 backstroke and his first 50 breaststroke. **Austin Sullivan** swam 6 events, improving 3 sec in 25 breaststroke and 1.5 sec in 50 breaststroke to take 3rd place in both events, and finishing strong in 25 freestyle. **Connor Taylor** swam a great meet, clocking best times in 8 of 9 events including drops of 28 sec in 100 IM, 6 sec in 25 breaststroke, and 2 sec in 25 freestyle and 25 butterfly, and taking the 2nd place high point trophy.

Our 8-year-old girl was **Nikki Jackson** who took 1st place in her very first 25 butterfly with a **PC-A** and new **State** time of 20.77, and finished 2nd in 25

backstroke with another new **PC-A** and **State** time of 23.15.

For our five age 9 girls, **Mychael Bellik** had an outstanding meet, taking the 1st place high point trophy with wins 100 & 200 freestyle and 50 & 100 backstroke, and improving in 7 of 9 events including 11 sec faster in 50 butterfly. **Julia Chappell** swam 9 events, improving 7+ sec in 100 freestyle, 5 sec in 50 freestyle, and finished 1st in her first 100 butterfly to take the 3rd place high point trophy. **Sarah Hyatt** improved 3 sec in 100 breaststroke to take 1st place with a new **PC-B** time, also finished first in 50 butterfly with a new best time, and improved her 50 backstroke time. **Angel Neal** swam 7 events, taking 3rd place in her first 100 backstroke, finishing strong in her first 100 breaststroke, and improving 14 sec in 100 IM and 7 sec in 50 breaststroke. **Emily Willis** tried 3 new events in 5 swims, finishing 5th in her first 100 backstroke, and setting a new time in 100 freestyle.

The age 9 boys were **Taylor Knowles** who had a fantastic meet with 100% huge improvements, dropping 22+ sec each in 100 & 200 freestyle and 100 backstroke & breaststroke, and taking the 1st place high point trophy with wins in 50 breaststroke, 200 & 500 freestyle. **Daniel Taylor** swam 4 events, improving 4 sec in 50 breaststroke to take 3rd place, setting a new best time in 50 butterfly, and finishing 3rd in 100 freestyle.

For the age 10 girls, **Kaela Forvilly** had a great meet swimming 5 new best times in 6 events including a 53 sec drop in 500 freestyle for a new **PC-A** time, finishing 2nd in 4 events, and grabbing new **JO** times of 1:11.92 in 100 freestyle and 1:20.95 in 100 IM. **Taylor Sullivan** swam 10 strong events with 6 new best times to take 3rd place high point, dropping 29 sec in 500 freestyle, 3 sec in 100 IM, and finishing 2nd place in 200 freestyle, 50 & 100 breaststroke.

The 4x50 freestyle relay fun for the 10-under group included a 1st place finish by **Taylor Sullivan, Mychael Bellik, Kaila Duffy, & Kaela Forvilly**, 2nd place by **Connor Taylor, Michael Schaan, Austin Sullivan, & Daniel Taylor**, and a 3rd place finish by **Julia Chappell, Emily Willis, Angel Neal, & Nikki Jackson**.

The age 11 girls included **Savannah Chappell** who had a super meet with 100% improvement in 9 events to take 2nd place high point, winning the 50 & 200 freestyle and 50 backstroke with new **State** times in each (plus a new **State** time in 100 backstroke), and dropping 15+ sec each in 200 & 500 freestyle and 100 butterfly. **Emily Dack** also swam an outstanding meet with 100% improvement, dropping 23 sec in 500 freestyle to take 4th place, improving 9 sec in 200 freestyle, 8 sec in 100 backstroke, & 5 sec each in 100 freestyle and 100 IM. **Shelby Koontz** won all 7 of her events to take 1st place high point, dropping 3+ sec in 100 IM for a new **PRT** of 1:05.98, & improving 1 sec in 50 butterfly for a new **FW** time of 29.55. **Annalisa Neal** swam a great meet too with new best times in 8 of 10 events, dropping 57 sec in 500 freestyle for a new **PC-A** time, improving 3+ sec to take 1st place in 100 breaststroke, & dropping 5+ sec for 2nd place in 200 freestyle.

For our age 12 Dolphins, **Emma Gray** had an excellent meet, swimming 8 new best times to take 2nd place high point, clocking a new **PC-A** time in her first 500 freestyle to take 1st place, and dropping 2 sec in 100 freestyle and 3 sec in 200 freestyle for 2 new **State** times. **Dylan Matheson** took 3rd place high point with 5 new best times in 9 events, dropping 13 sec in 200 freestyle, improving 10 sec to win the 500 freestyle, and dropping 2 sec in 50 breaststroke for a new **State** time.

In the 11-12 girls 200 medley relay, our team of **Shelby Koontz, Annalisa Neal, Emma Gray, & Savannah Chappell** grabbed gold for the Dolphins.

The age 13 group included **Jordan Knowles** who swam 9 events, improving 34 sec in 500 freestyle for a 4th place finish, also taking 4th in 200 breaststroke, and dropping 4 sec each in 200 freestyle and 200 IM. **Whitney Weaver** clocked 4 new best times including her first 200 freestyle, improved 8 sec in 200 IM for a new **PC-B** time, and took 6th place in 100 backstroke. **Adam Dack** swam an outstanding meet with 100% huge improvements in 7 events to take 3rd place high point, including a 12+ sec drop to win in 200 freestyle with a new **State** time of 2:23.73, new **State** times also in 50 freestyle and 200 IM, and drops of 22

sec in 500 freestyle and 16 sec in 200 IM. **Logan Killion** swam a full 10 events with wins in the 50, 100, & 500 freestyle to take 2nd place high point, improved 32 sec in 100 butterfly, 21 sec in 200 IM, and 11 sec in 100 breaststroke, and clocked his first 200 butterfly time.

For the age 14 girls, **Erica Chappell** swam a full 10 events to take 3rd place high point, finishing 1st in 50 freestyle and 100 backstroke, and improving 2 sec in 100 breaststroke and 1 sec in 200 IM. **Elizabeth Cruz** swam 200 IM, 100 breaststroke, 100 freestyle, and finished 4th place in 500 freestyle. **Clara Gray** swam a strong meet with 8 new best times in 9 events, including a 4th place finish in 200 breaststroke with a new **PC-A** and **State** time, and improvements of 23 sec in 500 freestyle, 7 sec in 200 IM, 6 sec in 100 breaststroke, and 4 sec each in 100 backstroke and 200 freestyle for 5 more new **PC-A** times. **Shaelin Morefield** took 2nd place high point, winning all but one of her 7 events, improving 2 sec in 500 freestyle, and swimming strong in 100 & 1000 freestyle. **Meagan Skilling** swam 200 IM, 100 breaststroke, 100 freestyle, and finished 1st place in 200 backstroke.

The age 15 boys included **Kyle Johnston** who won all 7 of his events to take 3rd place high point, and improved 5 sec in 500 freestyle, 3 sec in 100 breaststroke, and 3 sec in 200 IM. **Janosch Lancaster** had an incredible meet with 100% huge improvements in 10 events to tie for 1st place high point, dropping 5 sec in 200 backstroke for his first **JO** time of 2:17.41, winning the 200 freestyle, 100 backstroke, and his first 400 IM, and clocking new **State** times in 8 events. **Cameron Morefield** also swam 10 events and tied for 1st place high point, winning the 50 freestyle with a new best time of 24.99, and also taking 1st place in 100 butterfly. **TJ Smithen** swam 5 strong events, dropped 16 sec to take 3rd place in 200 freestyle, dropped 12 sec for a new **PC-A** and **State** time in 200 backstroke, & improved 3 sec in 50 freestyle for a new **PC-A** time of 27.24.

For the age 16 girls, **Sarah Koontz** swam 6 **PC-A** times in 6 events, taking 2nd place in 200 freestyle and 100 breaststroke. **Mary Smithen** took 1st place in 4 of her 5 events, dropping 2 sec for a new **JO** time of 1:05.91 in 100 butterfly,

and finishing near best time in 100 & 200 backstroke.

The age 17 girls included **Tara Chitwood** who swam 3 events in her very first Dolphins meet, and came home with 4th place in the 50 freestyle. **Sylvanna Villalba** clocked 6 new best times in 8 events to take 3rd place high point, with 1st place finishes in 200 & 500 freestyle, and new **PC-A** times in 50 & 100 freestyle for 2nd place finishes. **Haley Von Schottenstein** won all 6 of her events to take 1st place high point, looking strongest in 200 IM & 200 freestyle.

Swimming for the age 18 girls were **Anna Jackson** who swam a new **PC-A** time to finish 2nd in 50 freestyle, also finished 2nd in 100 butterfly, and took 3rd place high point. **Chandra Matheson** swam a full 10 events and won them all to take 1st place high point, clocking a new best time in 500 freestyle, and finishing near best time in 400 IM.

In the 13-over 200 medley relays, the Dolphins brought home two 1st place finishes with the teams of **Jordan Knowles, Chandra Matheson, Shaelin Morefield, & Mary Smithen** and **Janosch Lancaster, Cameron Morefield, Kyle Johnston, & TJ Smithen**. The girls teams of **Erica Chappell, Haley Von Schottenstein, Anna Jackson, & Tara Chitwood** and **Meagan Skilling, Sarah Koontz, Elizabeth Cruz, & Clara Gray** swept 2nd and 3rd places.



Junior Olympics

With our largest contingent (13 swimmers) in recent memory, the Dolphins presence was noticeable this year at the Pacific Swimming Long Course Junior Olympic Championships, held July 15-18 in Moraga, CA. Making our Dolphins even more noticeable was some fast swimming, with lots of finalists and 27 new team records broken.

Special thanks to parent Syndi Skilling for her help above and beyond the call, staying with and chaperoning swimmers, and doing extra timing.

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

Our 10-year-olds included **Kaela Forvilly** who swam 6 events, improving 5+ sec in 200m freestyle for a new **FW**

time of 2:46.81, dropping 3+ sec in 100m freestyle, and clocking a new best time in 50m freestyle. **Taylor Sullivan** swam a strong 100 breaststroke right at best time, and clocked a new best time in 50 breaststroke.

Shelby Koontz (12) swam the meet of her life with 100% best times, shattering **6 team records** in 7 events (4 of those in new **PRT** times), improving 1 sec in 50m freestyle prelims to 29.56 (qualifying 2nd and placing 6th in finals), dropping 5 sec in 200m freestyle to break Coach Andrea's 2001 **team record** in 2:24.68, swimming 2 sec faster in 50m breaststroke finals to place 5th at 38.20, improving Coach Andrea's 2001 **team record** by 4 sec in 100m breaststroke to 1:25.37, dropping 1+ sec to 31.47 in 50m butterfly to place 4th in finals, and improving her own 200m IM time by 10 sec to break Coach Andrea's 2001 **team record** by 4 sec in 2:41.63.

Shaelin Morefield (14) also had a super meet, breaking **5 team records** in 7 events, including 1:25.02 in 100m breaststroke, dropping 2 sec to 3:01.33 in 200m breaststroke, improving 2 sec in 200m butterfly finals to finish 4th in 2:33.44, dropping 2 sec in 200m IM to 2:38.56, and 1 sec in 400m IM prelims to 5:29.80 to qualify and place 8th for finals, and placing 6th in 100m butterfly finals right on best time.

Our six 15-16 Dolphins included **Sarah Koontz** who swam 5 events looking strong, finishing 200m backstroke and 200m freestyle right near best time, and clocking a new best time in 100m backstroke.

Meagan Skilling had a great meet with 100% improvement in 7 events, broke Haley's 2009 **team record** in 100m backstroke by 5 sec in a new **FW** time of 1:12.69, dropped 12 sec to lower Haley's 2009 **team record** in 200m IM by 1 sec to 2:40.27, dropped 14 sec in 200m backstroke, and came back to place 8th in 100 butterfly finals with a new **FW** time of 1:10.21.

Mary Smithen also swam with 100% improvement in 5 events, tied our 2001 **team record** in 100m freestyle with a time of 1:03.21, then lead off our 15-18 400m medley relay and lowered Meagan's 100m backstroke **team record** from the previous day by another half sec with a new **FW** time of 1:12.11,

qualified 5th for 50m freestyle finals in 28.68, and came back with nearly the same time in finals that evening.

Kyle Johnston swam 4 events with a new best time in 100m freestyle, qualified for finals in 200m butterfly with a 5 sec improvement, then came back another 1 sec faster to place 7th in finals.

Janosch Lancaster had a great swim in his first Junior Olympics, improving his 200m backstroke time by 4 sec to finish in 2:33.79, within 0.2 sec of the 15-16 team record!

Cameron Morefield swam 100m & 200m backstroke, 200m breaststroke, and 400m IM with 100% improvement, dropping about 3 sec in each, and breaking the 2001 **team record** in 200m breaststroke by 1.4 sec at 2:59.26.

In the 17-18 group, **Michelle Forman** improved in 6 of 7 events to shatter **4 team records**, dropping 7 sec to finish 2nd in 200m backstroke finals in 2:36.53, improving 10 sec in 200m butterfly finals to finish 3rd in 2:35.87, shedding 4 sec in 200m IM finals to 2:34.09 for a 3rd place finish, dropping 6 sec in 400m IM finals to finish 4th with a new **PRT** of 5:25.61, and also placing 2nd in 200m breaststroke finals and 5th in 100m butterfly finals.

Chandra Matheson swam 3 events, including a strong 400m IM, a new best time in 200m breaststroke, and a 3 sec improvement in 100m breaststroke.

Haley Von Schottenstein broke **4 team records** in 5 events, lowering the 50m freestyle **team record** from 2002 by almost 1 sec to win finals with a **PRT** of 28.14, dropping 2 sec in 100m backstroke finals to break Michelle's **team record** by half a sec to place 8th in a new **FW** time of 1:15.33, improving 1 sec in 100m breaststroke prelims for a new **team record** of 1:20.32 qualifying and placing 3rd in finals, and breaking Michelle's **team record** in 100m butterfly prelims by 2 sec to finish in 1:08.47 and come back for finals.

At the finals sessions **Sarah, Meagan, Mary, Michelle, Chandra, & Haley** teamed up for four 15-18 relays and **3 new team records**: 2:06.77 in 200m medley relay for a very close 3rd place finish, 4:49.14 in 400m medley relay for 5th place, and 2:00.45 in 200m freestyle relay for an 8th place finish.



Summer Long Course Sectionals

Congratulations to **Michelle Forman**, **Meagan Skilling**, and **Haley Von Schottenstein** who represented the Dolphins at (and to **Mary Smithen** who also qualified for) the USA Swimming 2010 Speedo Champions Series, Western Zone Gold Summer Sectional Championships, July 21-25, 2010, in Santa Clarita, CA. Sectionals is the first level of USA National competition, and this year's Dolphins contingent was the largest in at least a decade, if not ever, to compete at this level. Gold Sectionals brings together about 1500 of the top swimmers from all of California and Nevada.

Michelle Forman was lined up for a full meet, and swam a strong 400m IM before being overpowered by an unfortunate attack of appendicitis that took her out for the rest of the season. **Meagan Skilling** qualified in the 100m backstroke and swam a strong race, near her best time. **Haley Von Schottenstein** swam 3 events, finishing near best times in 50m freestyle & 100m breaststroke, and swimming a strong 100m butterfly.



Western Zone Championships

Congratulations to **Shelby Koontz**, who was selected to attend Western Zone Championships as part of the Pacific Swimming All-star team. This meet brings together the top age-group swimmers from all over the 13 western US states, and was hosted this year by Pacific Swimming in San Jose, CA, August 10-14. Shelby did Pacific Swimming and the Dolphins proud, making finals in 2 individual events, scoring as part of Pacific relay teams, and breaking some team records along the way!

Shelby started off on Tuesday by helping the 11-12 girls Pacific Swimming "A" 4x100m freestyle relay to a 3rd place finish, with a fast 2nd-leg split of 1:04.72. On Wednesday Shelby swam a strong 50m freestyle, shaved another half sec from her own 100 breaststroke **team record** to finish in 1:24.91, and helped the Pacific Swimming "B" 4x100m med-

ley relay to a 6th place finish. Thursday Shelby qualified for finals in 50m butterfly, and tied her own **team record** to finish 8th in 31.47. On Friday Shelby took another 8th place in 50m breaststroke finals, lowered her own **team record** in 200m freestyle prelims by 3 sec to finish in a new **PRT** of 2:21.39, and swam breaststroke on the Pacific Swimming "B" 4x50 medley relay. Saturday Shelby swam 29.45 in her 2nd-leg split of the Pacific Swimming "A" 4x50m freestyle relay, which finished 3rd overall.



Far Western Championships

Two Dolphins attended the long course Far Western Championships this year, help July 28-August 1 in Concord, CA. **Shelby Koontz** swam 8 events and lowered her own 100m freestyle **team record** by 2 sec with a new **PRT** of 1:05.09, took a huge 1.5 sec off her 50m breaststroke **team record** to place 6th in finals at 36.71, smashed the 100m butterfly **team record** by 3.5 sec with a new **PRT** of 1:13.39, and lowered her own 200m IM **team record** to 2:41.17.

Mary Smithen joined Shelby and swam 2 events for the weekend, 50m freestyle and 100m backstroke.



North American Challenge Cup

Congratulations to **Michelle Forman**, who was selected to the Pacific Swimming all-star team attending the 2010 North American Challenge Cup championships August 4-8. This meet brings together the top age group swimmers from the national teams of Canada and Mexico, plus Pacific Swimming, Southern California Swimming, and Pacific Northwest Swimming.

Unfortunately Michelle had to withdraw from the NACC team at the last minute for medical reasons, but we hear she is already tearing up the pool at her new swimming home at University of Nevada, Reno, and we wish her continued success in the coming seasons!



July Tahoe Meet High Country Championships

STAY TUNED TO THE NEXT NEWSLETTER for the rest of the summer meet results!



Upcoming Meets

Online entries, meet sheets, updates: www.ddst.org under Meets & Events.

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!

October 23-24, CARSON CITY NV, Reno-Sparks Fall Classic & King-of-the-Hill Challenge (entries due online or delivered Wed. Oct. 13 or postmarked Mon. Oct. 11).

November 13-14, Carson City NV, Carson Tigersharks Fall Frenzy (entries due online or delivered Wed. Nov. 3 or postmarked Mon. Nov. 1).

December 3-5, Pleasanton CA, Pacific Swimming 14-under Junior Olympics Championships (qualifying times apply, meet sheet pending, see your coach or ddst.org for details. Hotel reservations now available).

December 10-12, Pleasant Hill CA, Pacific Swimming Senior Championships (tentative; qualifying times apply, meet sheet pending, see coach or ddst.org for details).

December 17-21, Long Beach CA, Speedo Champions Series Gold Sectional Championship (tentative; qualifying times apply, meet sheet pending, see coach or ddst.org for details).

HOME: January 28-30, Last Chance State Qualifier (meet sheet pending, entries due online or delivered Wed. Jan. 19 or postmarked Tues. Jan. 18). **All parents please be prepared to help out!**

February 18-21, Carson City NV, Nevada State Championships! (qualifying times apply, meet sheet pending, see coach or ddst.org for details).



More Transitions & Birthdays

Catching up on a summer's worth of swimmer transitions and milestones:

Swimmers New or moving up are on the back page of this newsletter.

For the Summer we also welcomed **new swimmers** Clarice Albert, Ryan Bell, Sophie Bell, Maureen Brennan, Sydney Cain, Maegan Collins, Trevor Gifford, Brandon Weese, Ryan Weese, Wolfie Weiss, Joseph Yankoskie, and **returning swimmers** Jake Forvilly, Lea Gifford, Robbie Resnik, & Austin Sullivan. It was great to have you as Dolphins, and we hope to see you again soon!

Since the last newsletter we said hello and goodbye to **Assistant Coach Ian Baines**, farewell to **Dryland Coach Andrea Lindsey**, and welcomed **Assistant Coach Richard Cannon** and **Coaches Aide Greg Taylor**. Thank you one and all for your wonderful work with our Dolphins! We will catch up more with our coaches in upcoming newsletters.

Farewell & good luck to Bryce Chandler, Julia Chappell, Ashton Davenport, Garrett Frankiewicz, Shea Pitts, Michael Schaan, Shawn Stubnar, Zoe Tkaczyk, Amanda Van Fosson, & Jake VanBeuge, **and again to graduates** Michelle Forman, Anna Jackson, Chandra Matheson, Cassie Parr, Eric VanBeuge, & Haley Von Schottenstein. We will miss you! Don't be strangers!

Happy August Birthdays to Calley Tollmann (8/6), Wolfie Weiss (8/7), Hayley Killion (8/12), Meleeah McKown & Aditya Santhanam (8/20), Janosch Lancaster (8/25), Maegan Collins (8/28), & Mychael Bellik (8/30).

Happy September Birthdays to Leah Frankiewicz (9/5), Hope Rakow (9/8), Joseph Yankoskie (9/10), Whitney Weaver (9/16), Lily Bickmore & Claire Christopher (9/17), Marin Collins & Chandra Matheson (9/23), & Lea Gifford & Stephanie Gray (9/25).

Happy October Birthdays to Bryce Cutter (10/8), Ashton Davenport (10/10), Nikki Jackson (10/20), Brandon Easley (10/21), Avery Nodar (10/28), & Sarah Koontz (10/29).

Belated **Happy July Birthdays** to Clarice Albert (7/5), Sophie Bell (7/8), Robbie Resnik (7/21), & William Jin (7/28).

Thank You Meet Workers!

We would like to thank everyone who attended and worked at our High Country Meet this August. Although the thunderstorms made us miss out on the 11 & up awards at the end of each day, we found out how fast we are able to pack up when we have to in a hurry!

Special Kudos to **Karen Sullivan** and **Syndi Skilling** who were our Hospitality Coordinators and **Linda Koontz** who coordinated the Snack Bar, **Sue Cruz** who survived the craziness of the Computer job over the three days, **Joe Stubnar** for coming back without a swimmer in the water and being such a good teacher, and **Brendon VanBeuge** for also cheerfully coming back without a swimmer to be our head meet marshal.

Computer Sue Cruz, Joe Stubnar; **Colorado** Chris Dack, Patty Dack, Chris Forvilly, Becky Gray; **Clerk of Course** Jennifer VanBeuge, Margaret Jackson, Doreen Hyatt, Gail Jacobs, Karen Christopher; **Runner** Karen Brockhage, Taylor Killion, Ed Gray, Julie Gray, Jason Tollman, Karen Christopher; **Announcer** Adrian Torres, Greg Taylor, Ben Willis, Greg Von Schottenstein.

Head Timer John Knowles, Xiaojun Jin, Mike Bellik, Tom Christopher, Anna Carroll (Carson Tigersharks); **Awards** Marion Lancaster, Randy Jacobs, Penny Santhanam; **Marshalls** Brendon VanBeuge, David & Christine Rakow, Shan Santhanam, Tom Christopher; **Hospitality** Karen Sullivan, Syndi Skilling, Karen Christopher, Christine Rakow, Anna Jackson, Tricia Smithen, Joey Smithen, Stephanie Kearney, Nicole Knowles, Chris Forvilly, Stacey Von Schottenstein, Penny Santhanam

Snack Bar Linda Koontz, Jared Hyatt (the Grill Master!), Deb Duffy, Ted Neal, Lorilyn Chitwood & Family, Raegan & Mike Bellik, Margaret & Anna Jackson, Chang Qing Jin, Joanna Ruffo; **Parent Organizer** Raegan Bellik, Malia Taylor, Margaret Jackson; **Officials** Jim & Leslie Morefield, Greg Taylor, Darin Skilling, Lane Killion; **Set Up/Tear Down** John Knowles, Karen & Don Brockhage, Jim & Leslie Morefield, DDST swimmers and families!

This was our first meet using the new volunteer sign-up online, and we are still working out some kinks with it. Thank you all for your patience! I look forward to working with you all again at our next home meet, the **Molly Lahlum Memorial Autumn Freeze Meet September 24th-26th**.

—Lorna Johnston, Meet Director



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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, October 5th 2010, 6:30 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 6:30 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 under "Coaches".



2 Lanes Still Need Block Sponsors!

Lanes 2 and 4 starting blocks are still looking for short-term or permanent sponsors. Sponsorships obtained by team families count toward annual fundraising. For more information visit **www.ddst.org** or **Contact Jim Morefield** (775-782-4360 or **jdmore @ charter.net**).

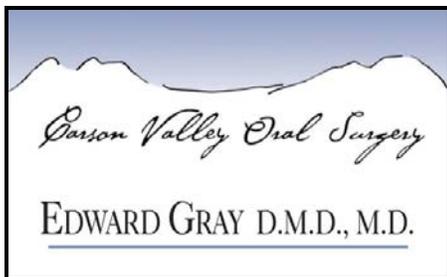
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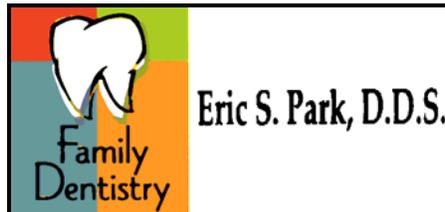
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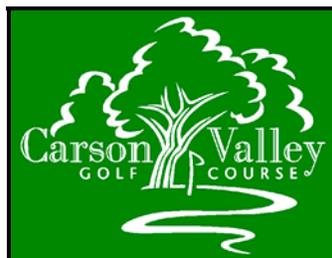
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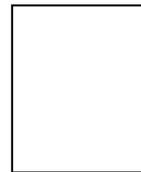
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- Quail Ridge Animal Hospital
- State Farm Agent John Scott
- Studio Vogue



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 Lily Bickmore, Tara Chitwood, Marin Collins, Sarah Hammack, William Jin, Sydney Kearney, Avery Nodar, Emma Ruffo, Kayla Ruffo, Calley Tollmann, and **welcome back** Evy Bertolone-Smith, Rachel Chen, & Sylvanna Villalba.

Moving up: congratulations to new White Dolphins Kayce Johnston, Sydney Kearney, Meleeah McKown, Hope Rakow, & Sean Wolfkiel, **new Blue Dolphin** Kaila Duffy, and **new Senior** Erica Chappell.

More Transitions & Birthdays inside this newsletter on page 8!

(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 2:30-4:45p, F 2:30-4:30, dryland M & W 5:00-6:00p

Pre-seniors: M-F 2:30-4:30p, dryland M & W 5:00-6:00p

Blue: M-Th 4:45-6:00p, F 4:15-5:30p

Red: M-Th 5:00-6:00p

White: M-Th 4:15-5:00p

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

ALL Public Schools OUT of Session

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

Pre-seniors & Seniors: M-F 7:00-9:00a, dryland M & W 9-10a

Blue: M-F 7:00-9:00a

Red: M-Th 5:00-6:00p

White: M-Th 4:00-4:45p

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



Next Newsletter

The next *Monthly* will appear around mid-October. **All submissions should be received by Tuesday, October 5th.** 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 editors**, **Linda Koontz** ([blkoontz92 @ yahoo.com](mailto:blkoontz92@yahoo.com), 782-7806) or **Jim Morefield** (jdmore @ charter.net, 782-4360). Items can also be left in our family folders, in the team file box by the trophy case at the pool lobby.

A big thank you to this edition's contributors, coaches Sarah Davenport, Kat Matheson, Ian Baines, Whitney Simpson, & Andrea Lindsey; & Lorna Johnston.

Latest news online: www.ddst.org.

