

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 47th year!)

www.ddst.org

March 2011

Swimmers of the Month

Cailey Tollmann is Pre-Comp swimmer of the month. Her attendance at practices has been excellent which shows in her improvement in skills and speed. Cailey is a joy to have in Pre-Comp because she is respectful to her coach and team mates and she listens quietly; following directions without complaint. She recently put in extra instruction time outside of practice to ensure that her breaststroke was legal, both for herself & her State relay team! Way to go Cailey, keep up the good work!

Aaron Meyer is White Group Swimmer of the Month. Aaron recently moved up to White Group and with that move came many changes. On top of adjusting to a new group and all that entails, Aaron was asked to represent the Douglas Dolphins in the Boys 11-12 state relay. He showed up to the Friday relay practices ready to work hard so that he would not let his team and his team mates down. Thanks to his commitment & participation the boys relay earned 52 points towards our team's position as 4th place in the state of Nevada. Congratulations Aaron!

Michael Schaan is Red Group Swimmer of the Month!! Since he has come back to the Dolphins, he has been working really hard to get ready for State...and it paid off! Michael had the best 10 and under swims of all the Dolphins! Go Mi-

chael! He swam 6 events at State achieving best times in all of his events, including 3 new A times, and dropped a total of 30 sec! Congratulations and keep up the hard work!

Kaela Forvilly is Blue Group swimmer of the month. Kaela recently "aged up" and since our next meet on the calendar is Junior Olympics her goal was to achieve JO cuts for the 11-12 age group! During State she became ill and swam her "goal" events regardless of the fact that she didn't feel well. Kaela swam best times at State and obtained her JO cuts in the 50 and 100 backstroke. I'm especially proud of her for chasing this goal with such determination! Fantastic effort Kaela!

Shelby Koontz and Cameron Morefield are the two Pre-Senior swimmers of the month. These two swimmers pushed one another to swim faster and stronger for the month prior to State. They constantly challenged each other during practice and as time progressed they turned just about every set given to them into a race, which paid off well for both of them. Shelby and Cameron both had a "Great State." Cameron had a 100% improvement at State and achieved his Far Western cut in the 100 backstroke. Shelby now has Sectional cuts in the 50, 100, 200 freestyle and 200 IM and was the top High Point Scorer for our team. Congratulations to you both and keep up the good teamwork!



DDST Scholarship Program

All DDST members & prospective members should be aware of our ongoing Dolphins Scholarship Program. Currently funded by a grant from Big George Ventures, DDST is able to offer a limited number of full or partial swimming scholarships for athletes, based on financial need.

DDST's focus is always to keep as many swimmers as possible in the water having fun, pursuing their goals, and gaining the many benefits of the sport. We never want to see financial hardship get in the way. By keeping dues as low as possible (consistent with a quality program), organizing fundraising opportunities for families, hosting swim meets, and offering scholarships, the Dolphins always go the extra lap to make the sport of competitive swimming as accessible as possible to athletes and families in our community.

For more information on scholarship opportunities or on supporting our scholarship program, please contact Board President Chris Dack (president @ ddst.org), or any Board member or coach.



Lost & Found!

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor, Linda Koontz 782-7806 or blkooontz92@yahoo.com (3)



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

For those of you who saw the notice on our website or came to the pool to watch practices the week after State, you may have noticed that we spent that week filming our swimmers. Using an underwater camera, we filmed each swimmer as they performed each of the four strokes and dives in order to help evaluate their technique. This allowed the coaches to observe how efficient and effective each of their strokes are and, most importantly; allowed the swimmers to obtain a visual feedback of what their strokes actually look like.

What they "feel" they are doing when they swim each stroke and what they are actually doing was often quite different and surprising for most swimmers to see. The filming was run on a delay so that each swimmer could swim and then watch themselves swim the stroke on the screen while receiving feedback pertaining to changes they could make to their technique. Finally the swimmer would return to the water to try and implement those suggested changes. We did this repeatedly as often as time would allow.

Each swimmer should use this information at each practice in order to incorporate the recommended changes into their stroke technique. In doing so, they should be able to improve their strokes making them more efficient just in time for Long Course season which will start with the Folsom meet in April!

Coach Kat



COACH

Greg's Corner

(greg@taylorcamp.org)

Red Group had a great State Meet with plenty of new best times achieved, congratulations! Now looking forward ... we have a little time before our next meet so that we can focus on technique. We were working on our "Wall Space" before State which is the space between the flags and the wall. This included working on different turns, dolphin kicking off the wall, proper first strokes off the wall and proper breathing.

Now, we have been spending time breaking down the strokes, fixing and improving where it is needed, then putting each stroke back together. The new addition of videotaping was a great way to jump start this process. Now that the swimmers have "seen" what they need to fix... it is much easier for coaches to work on the different strokes with each swimmer. We are also putting in more yardage in order to build up strength and stamina. As we get closer to meets, that will change into more sprints and wall space work.

On another note, red group please try to be ready for practice by 4:45p when possible. It is very important for swimmers to be on the deck with all their gear (fins, kickboard, etc) and ready to swim on time. We have been having a few equipment issues lately that tends to delay practice shortening our time in the water. Please have a good set of goggles (and a backup pair) ready to go prior to practice. Afterwards, don't forget to put all of your equipment away!

Red Group has been making outstanding progress the last few months and we plan to keep it up! If you have any questions, feel free to give me a call or come find me on the deck after practice!

Coach Greg



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

March 25, Collaboration Day: no school, School out of session practice.

Spring Break: April 18-22, School out of Session Practices.

May 30, Memorial Day: no school, School out of Session Practices.

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



Thank You Parents

We wanted to thank all of the parents that helped time at the State meet! DDST was assigned to provide 3 timers at the meet which can sometimes be difficult if enough parents are unable to volunteer to time or if fewer swimmers are in any of the sessions. We had several of our newer parents step up to help time which was very much appreciated. Our hope is to avoid having the same parents timing hour after hour! Remember that as we go to away meets teams will often be assigned to fill one or more timing chairs depending on how many swimmers from the team are entered in the meet.

If you find yourself at a meet and notice that DDST has been assigned a lane to time please volunteer to time or to relieve a parent that has been in one of our timing chairs for a while. It is really the best seat in the house and oftentimes timers are provided with drinks and refreshments. So thanks again for helping DDST do our part at State, we really do have a great group of parents!



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Upcoming Meets

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

March 31-April 4, Morgan Hill CA, Far Western Short-course Championships, meet sheet

<http://www.pacswim.org/0311alma.pdf>
(qualifying times apply, see coach for details, enter online by 3/23/2011).

April 15-17, Folsom CA, Sierra Marlins Spring Splash Long Course Meet (meet sheet pending, meet **will fill up before** the 4/6/2011 deadline!).

May 27-29, Carson NV, Carson Tigersharks Intermountain Classic (long course) (meet sheet pending, enter online by 5/18/2011).

June 17-19 Reno NV, Reno Gamble High Altitude Invitational (long course) (meet sheet pending, enter online by 6/8/2011)

June 24-26, Bishop Swim Team, meet sheet www.pacswim.org/0611bst.pdf (pending; enter ASAP after posting). **This is a fun travel meet in the Bishop city park! This meet will fill up early!**



Results from State Championships

This year's 2011 Nevada State Championship Meet was close to home which allowed DDST to have more Dolphins participating in the meet. We had close to 60 Dolphin swimmers and 26 relays teams put together for this fast meet! Nine Dolphins achieved 100% improvement- **Michael Schaan, Emma Ruffo, Savannah Chappell, Shelby Koontz, Whitney Weaver, Kevin Smithen, Janosch Lancaster, Cameron Morefield** and **TJ Smithen**. We also had **State Champions** in 4 events! **Taylor Sullivan** is the **State Champion** in girls 9-10, 100 breaststroke and **Shelby Koontz** is the **State Champion** in girls 11-12, 50 freestyle, 100 freestyle and 200 IM. Having so many Dolphin swimmers participating in the State meet allowed the Dolphins to win 4th place in team points, the highest showing at a State meet in a while!!

FRIDAY DISTANCE

The meet started out on Friday with the distance events. In the **400 IM** we had 6 swimmers starting with **Erica Chappell** and **Elizabeth Cruz** swimming their first events of the meet, **Shaelin Morefield** who placed 12th, **Clara Gray** improved 7 sec in a very strong race, **Cameron Morefield** dropped 2 sec and **Janosch Lancaster** took off a huge 15 sec! Next up was the 11-12 **500 freestyle** with **Savannah Chappell** who dropped 3 sec to go under 6 minutes for 8th place and **Annalisa Neal** who swam very close to best time. We had three **1650 freestyle** swimmers- **Erica Chappell, Sarah Koontz** and **Adam Dack**; **Erica Chappell** dropped a huge 16 sec in

her second event of the day and all three swimmers placed 11th.

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

SATURDAY PRELIMS

Saturday we were greeted with full on winter weather and lots of snow and ice making it difficult to get to the pool in Carson! We started out with 11 Dolphins swimming **200 freestyle** **Shelby Koontz** qualified 2nd to swim finals, **Savannah Chappell** qualified 8th for finals with a new best time, **Annalisa Neal** dropped 4 sec, **Eric Jacobs** improved 3 sec, **Emma Gray** took off 1 sec; **Clara Gray, Jordan Knowles** and **Janosch Lancaster** swam best times, **Logan Killion** also swam the event, **Sarah Koontz** and **Kyle Johnston** qualified for consol finals.

50 breaststroke we had 3 swimmers **Annalisa Neal** swam right on best time, **Kaela Forvilly** achieved a best time and **Eric Jacobs** qualified for B finals. **100 breaststroke** was next with **Jordan Knowles** and **Elizabeth Cruz** swimming just off best times, **Clara Gray** shaved off time; **Shaelin Morefield** and **Meagan Skilling** both on **FW** pace qualified for consol finals, **Cameron Morefield** also qualified for consol finals and **TJ Smithen** dropped 3 sec.

In **100 backstroke** **Jessie Jin** improved 1.7 sec in a strong race, **Kaela Forvilly** qualified for consol finals dropping 1.8 sec for a new 11-12 girls **JO** time of 1:12.51 and **Savannah Chappell** dropped time and qualified for finals in 8th place. **200 backstroke** **Jordan Knowles** and **Whitney Weaver** dropped 4

sec and 3 sec respectively, **Adam Dack** qualified for consol finals, **Logan Killion** swam right on best time, **Sarah Koontz** swam on **FW** pace, **Mary Smithen** dropped a huge 7 sec for a new **FW** time of 2:14.25 and qualified 8th for finals, **Shaelin Morefield**, **Meagan Skilling** and **Kyle Johnston** qualified for consol finals and **Janosch Lancaster** dropped almost 2 sec to qualify for consol finals.

50 butterfly we had **Kaela Forvilly** who swam the event, **Jessie Jin** shaved off a half sec and **Shelby Koontz** qualified 2nd for finals. **100 butterfly** we had 11 swimmers starting with **Erica Chappell** and **Adam Dack** who both swam the event, **Clara Gray** and **Elizabeth Cruz** both dropped 1.5 sec and **Elizabeth** qualified for consol finals, **Emma Gray** swam right on best, **Shaelin Morefield** qualified 6th for finals; **Meagan Skilling**, **Mary Smithen**, **Cameron Morefield** and **Kyle Johnston** all qualified for consol finals, and **TJ Smithen** improved over 1 sec to finish out the morning session.

SATURDAY AFTERNOON

As the older swimmers left to search out food and a little rest before finals the 10 & under swimmers were arriving to start their session. The first event was the **200 freestyle** **Taylor Sullivan** placed 8th and **Mychael Bellik** was right on best time in her first event. For the 8 & under **100 freestyle** we had **Connor Taylor** who was right on best in his first event and **Michael Schaan** who took off a huge 9+ sec to place 12th.

9-10 **50 breaststroke** was next and with **Sarah Hyatt** swimming close to best in her first event of the meet and **Taylor Sullivan** who dropped almost 1 sec to place 3rd.

9-10 **100 backstroke** **Daniel Taylor** looked strong and **Taylor Knowles** swam over 6 sec faster to place 11th. 8 & under **50 backstroke** **Cailey Tollmann** improved over 1 sec and **Connor Taylor** and **Michael Schaan** both swam fast dropping huge amounts of time, achieving new **PC-A** times and placed 11th and 10th respectively. 9-10 **100 IM** **Taylor Sullivan** placed 11th and **Taylor Knowles** also swam the event.

To finish out the 10 & under session we had medley relays. Our 8 and under girls **4x25 medley relay** team of **Rachael Hollis**, **Cailey Tollmann**, **Sarah Hammack** and **Lani Smithen** swam earning points for the team as well as the boys team of **William Jin**, **Connor Taylor**, **Michael Schaan** and **Jordan Cobb**. We also had 9-10 boys and girls **4x50 medley relay** with the A team of **Taylor Sullivan**, **Sarah Hyatt**, **Nikki Jackson** and **Lauren Hillbrick** placing 7th and the B team of **Emily Willis**, **Angel Neal**, **Mychael Bellik** and **Sydney Kearney**. **Taylor Knowles**, **Evy Bertolone-Smith**, **Daniel Taylor** and **Joey Smithen** swam the 9-10 boys relay and placed 4th.

SATURDAY FINALS

Then the older swimmers were back for finals with the top 16 from the morning session competing for the 11-12 and 13-14 age groups and the top 24 competing for the 15-18 age groups. Starting with **200 freestyle** **Savannah Chappell** took off almost 1 sec to finish 8th, **Shelby Koontz** dropped 1.8 sec to go under 2 minutes for a new **Sectional** time lowering her own **team record** with a time of 1:59.45 and placed 2nd, **Sarah Koontz** finished 23rd and **Kyle Johnston** finished 12th improving almost a sec for a new **Sec-**

tional time and **team record** breaking the record from 2001 by .31 sec with a time of 1:49.05. **50 breaststroke** **Eric Jacobs** swam finals right on best for 14th place. **100 breaststroke** **Shaelin Morefield** dropped 1 sec to place 10th (missing a sectional bonus time by one tenth), **Meagan Skilling** placed 16th and **Cameron Morefield** shaved off enough time to move up to 13th place.

100 backstroke **Kaela Forvilly** took off another sec bettering her new **JO** time from the morning to move up to 11th place and **Savannah Chappell** held her morning pace to finish 8th. **200 backstroke** **Adam Dack** dropped 4 sec to finish 14th, **Mary Smithen** improved on her morning **FW** time to finish 8th, **Shaelin Morefield** finished 13th right on best time, **Meagan Skilling** finished 19th, **Janosch Lancaster** placed 23rd with a new best time, **Kyle Johnston** dropped over 2 sec to break the 15-16 boys **team record** set in 1992 by 1.07 sec with a **Sectional Bonus** time of 2:01.68 placing 11th. **50 butterfly** **Shelby Koontz** placed 2nd with a best time lowering her own **team record** to 28.12. **100 butterfly** **Shaelin Morefield** finished 6th right on best time, **Mary Smithen** finished 14th right on **FW** pace, **Elizabeth Cruz** placed 16th on **JO** pace, **Meagan Skilling** finished 23rd, **Kyle Johnston** finished 12th dropping over half a sec for a new **FW** time of 55.05 & **Cameron Morefield** finished 20th right on best from prelims.

Relays were up next with our girls 11-12 **4x50 medley relay** team of **Kaela Forvilly**, **Jessie Jin**, **Analisa Neal** and **Savannah Chappell** placing 6th with a new 11-12 girls **team record** of 2:18.09 beating the old record by .04 sec! Followed by the boys team of **Josh**

Smithen, Matthew Wallace, Eric Jacobs and Aaron Mayer who earned points for the team. **4x100 medley relays** were next starting with our girls 13-14 A team of **Jordan Knowles, Clara Gray, Erica Chappell** and **Emma Gray** and B team of **Whitney Weaver, Rachael Chen, Claire Christopher** and **Anne Lancaster** finishing 7th and 8th respectively.

The boys 15-16 team of **Janosch Lancaster, Cameron Morefield, Kyle Johnston** and **TJ Smithen** broke the **team record** set in 2006 by 22 sec with a time of 4:03.26 to place 8th. Girls open relay team of **Meagan Skilling, Shelby Koontz, Shaelin Morefield** and **Mary Smithen** placed 6th with a **Sectional** time of 4:12.45. And our girls open B relay of **Sarah Koontz, Kaila Duffy, Eli Cruz** and **Emily Dack** also earned the Dolphins points to finish the evening. Time to go home and rest up for Day three after a day of great swims!

SUNDAY PRELIMS

Sunday morning came bright and too early for a lot of swimmers, but they still managed to pull off more great swims! The session started with **200 IM Elizabeth Cruz** and **Meagan Skilling** swam the event, **Mary Smithen** and **Clara Gray** both improved 1 sec, **Sarah Koontz** swam right on **JO** pace, **Shaelin Morefield** qualified for consol finals, **TJ Smithen** dropped 6 sec in a strong race, **Cameron Morefield** improved 1 sec and **Janosch Lancaster** 2 sec. **100 IM Shelby Koontz** qualified 2nd for finals, **Kaela Forvilly** and **Jessie Jin** shaved off time, **Savannah Chappell** took off 1 sec to qualify for consol finals, **Annalisa Neal** and **Eric Jacobs** also swam the event.

200 breaststroke started with **Clara Gray** and **Jordan Knowles** swimming right on best, **Sarah Koontz** and **TJ Smithen** qualified for consol finals, **TJ** with a huge 13 sec drop and a new **PC-A** time. **100 breaststroke Annalisa Neal, Jessie Jin** and **Eric Jacobs** were both right on best, **Eric** qualified for consol finals.

100 freestyle Annalisa Neal swam the event, **Shelby Koontz** qualified 2nd for finals, **Kaela Forvilly** swam a best time, **Savannah Chappell** dropped 2.5 sec for a new **JO** time of 1:02.36 and qualified for consol finals, **Eric Jacobs** swam right on best, **Erica Chappell** qualified for consol finals, **Adam Dack** dropped 1 sec to swim right at 1 minute, **Logan Killion** swam a best time, **Mary Smithen** qualified 6th for finals on **FW** pace, **Elizabeth Cruz** qualified for consol finals with a new 15-16 girls **JO** time of 59.17, **Meagan Skilling** qualified for consol finals on **JO** pace, **Janosch Lancaster** and **TJ Smithen** both shaved off time, **Cameron Morefield** and **Kyle Johnston** both qualified for consol finals, **Cameron** with a best time by 1 sec.

All of our **200 butterflyers** would get the opportunity to swim the event again in finals, **Shaelin Morefield** qualified 7th for finals, **Elizabeth Cruz** dropped a huge 12 sec to qualify for consol finals and **Kyle Johnston** and **Adam Dack** qualified for consol finals. **Shelby Koontz** swam the **100 butterfly** qualifying 2nd for finals to finish out the morning session. The older swimmers headed out the door to eat and sleep for a while before finals.

SUNDAY AFTERNOON

The 10 & under swimmers came ready to start their afternoon ses-

sion, first up was the **25 butterfly Connor Taylor** dropped almost 1 sec with a strong swim and **Michael Schaan** broke the 8 & under boys **team record** set in 2001 by 1.33 sec with a time of 18.54 and placed 4th! 9-10 **50 backstroke Taylor Sullivan** placed 10th with a new best time, **Daniel Taylor** swam the event and **Taylor Knowles** improved over 1 sec placing 9th. 8 & under **25 backstroke** we had several of our fairly new swimmers in this event starting with **Sarah Hammack** and **Rachael Hollis** both looked strong, **Lani Smithen** improved 1+ sec, **Cailey Tollmann** dropped almost 1 sec for a new **PC-A** time, **Emma Ruffo** dropped almost 1 sec, **Connor Taylor** was close to best, **Michael Schaan** improved over 1 sec for a new **PC-A** time to place 13th and **William Jin** was right on best time to place 11th.

9-10 **100 breaststroke Taylor Sullivan** swam fast taking off almost 2 sec to place 1st and **Sarah Hyatt** dropped almost 1 sec to place 16th. For 9-10 **100 freestyle** we had **Mychael Bellik** who swam fast dropping over 1 sec for a new **PC-A** time, **Taylor Sullivan** placed 9th and **Taylor Knowles** improved 1+ sec. 8 & under **50 freestyle** we had **Cailey Tollmann, Lani Smithen** and **Connor Taylor** swim the event before we started the relays.

Starting with the 8 and unders **4x25 freestyle relay** we had 2 relay teams of **Sarah Hammack, Emma Ruffo, Lani Smithen** and **Cailey Tollmann** and a boys team of **Connor Taylor, William Jin, Jordan Cobb** and **Michael Schaan** who placed 6th and 4th respectively and earned points for the team. 9-10 girls **4x50 freestyle relay** teams of **Nikki Jackson, Meleeah McKown, Sarah Hyatt** and **Taylor Sullivan** placed 4th and **Hope Ra-**

kow, Lauren Hillbrick, Clarice Albert and Sydney Kearney placed 6th. 9-10 boys team of Daniel Taylor, Joey Smithen, Evy Bertolone-Smith and Taylor Knowles placed 5th to finish out the afternoon. Great job Dolphins!

SUNDAY FINALS

Then it was time for the 11 and over finals swimmers to come back. Starting with: **200 IM Shaelin Morefield** finished 18th on FW pace. **100 IM Shelby Koontz** finished finals right on best from prelims in 2nd place and **Savannah Chappell** finished 12th swimming faster than her prelim time. **200 breaststroke Sarah Koontz** finished 22nd & **TJ Smithen** dropped another 2 sec to finish 22nd. **100 breaststroke Eric Jacobs** improved a half sec to finished 15th.

100 freestyle Shelby Koontz swam a great race taking off 1.6 sec for a new **Sectional** time lowering her own **team record** to 54.05 and claimed 1st place, **Savannah Chappell** finished in 12th place right on her **JO** pace from the morning, **Erica Chappell** finished 16th, **Mary Smithen** swam fast enough to finish up one spot in 5th place with a new best time, **Elizabeth Cruz** placed 20th going under 59 sec to better her **JO** time from prelims, **Meagan Skilling** placed 17th on **JO** pace with a best time, **Cameron Morefield** finished 22nd right on his prelim time and **Kyle Johnston** shaved off .39 sec finishing 10th with a **Sectional bonus** time of 49.84.

Then the **200 butterflyers** were back at it again starting with **Adam Dack** who finished 11th dropping a huge 7 sec from his best time, **Shaelin Morefield** swam faster than her morning swim to move up to 6th place, **Elizabeth Cruz** dropped another 2 sec from her morning best

time to finish 13th with a new **JO** time of 2:29.69 and **Kyle Johnston** finished 9th with a new **Sectional** time & **PRT** breaking the 15-16 boys **team record** from 2001 by .36 sec with a time of 2:01.06. **Shelby Koontz** swam the **100 butterfly** in a speedy race finishing 2nd with a new **Sectional bonus** time of 1:00.83 lowering her own **team record** by 1.31 sec.

Next was the 11-12 **4x50 freestyle relay** starting with the girls team of **Kaela Forvilly, Jessie Jin, Annalisa Neal** and **Savannah Chappell** who placed 7th and the boys team of **Josh Smithen, Aaron Mayer, Matthew Wallace** and **Eric Jacobs** who earned the team points. **4x100 freestyle relay** 13-14 girls A team of **Clara Gray, Emma Gray, Jordan Knowles** and **Erica Chappell** placed 8th and the B team of **Whitney Weaver, Rachael Chen, Anne Lancaster** and **Claire Christopher** placed 10th; 13-14 boys team of **Logan Killion, Andrew Brockhage, Kevin Smithen,** and **Adam Dack** placed 6th.

15-18 boys team of **Cameron Morefield, TJ Smithen, Janosch Lancaster** and **Kyle Johnston** placed 7th breaking the **team record** set in 2006 by a huge 15 sec with a time of 3:34.78; girls open A relay of **Shelby Koontz, Meagan Skilling, Shaelin Morefield** and **Mary Smithen** placed 4th with a **Sectional** time of 3:48.28 and B relay of **Sarah Koontz, Kaila Duffy, Eli Cruz** and **Emily Dack** placed 12th earning points for the team.

MONDAY PRELIMS

Last day of the meet and the swimmers are tired as well as the coaches, officials and parents; however our swimmers showed up ready to swim fast! We started out with **50 backstroke Kaela Forvilly**

dropped .81 sec for a new 11-12 girls **JO** time of 33.68 qualifying for consol finals and **Savannah Chappell** swam a best time. **100 backstroke** began with **Emma Gray** and **Elizabeth Cruz** swimming close to best times; **Jordan Knowles** and **Whitney Weaver** both dropped 1 sec each, **Erica Chappell** shaved off time, **Adam Dack** qualified for consol finals, **Logan Killion** dropped 1.5 sec for a new **PC-A** time, **Kevin Smithen** dropped 4 sec, **Mary Smithen** qualified 4th for finals dropping almost 3 sec for a new **Sectional** time of 1:00.85, **Shaelin Morefield** and **Meagan Skilling** qualified for consol finals, **Sarah Koontz** swam right on **JO** pace, **TJ Smithen** dropped over a sec for his first **JO** time of 1:03.57, **Cameron Morefield** dropped 2 sec for a new **FW** time of 58.34 & qualified for consol finals, **Janosch Lancaster** swam a best time and **Kyle Johnston** dropped a sec to qualify for consol finals.

200 IM Annalisa Neal swam the event, **Shelby Koontz** qualified 1st for finals and **Eric Jacobs** dropped a huge 8 sec. **500 freestyle Logan Killion** swam the event, **Jordan Knowles** dropped 3 sec; **Erica Chappell, Sarah Koontz, Kyle Johnston** and **Adam Dack** qualified for consol finals.

50 freestyle Shelby Koontz qualified 1st for finals, **Savannah Chappell** and **Emma Gray** shaved off time, **Eric Jacobs** dropped almost 2 sec for a new **PC-A** time, **Clara Gray** improved a sec to go under 29 sec qualifying for consol finals, **Jordan Knowles** and **Erica Chappell** were right on best, **Kevin Smithen** dropped over 1 sec to go under 30 for a new **PC-A** time, **Logan Killion** and **Meagan Skilling** were close to best times, **Mary**

Smithen qualified 1st for finals with a best time, **TJ Smithen** and **Janosch Lancaster** swam best times and **Cameron Morefield** shaved time to qualify for consol finals finishing out the morning session.

MONDAY AFTERNOON

The last session for our 10 & under started with **200 IM Taylor Sullivan** placed 7th with a best time and **Taylor Knowles** dropped over 1 sec. 8 & under **50 butterfly Michael Schaan** improved a huge 6 sec for a new **PC-A** time and 5th place.

9-10 **50 freestyle** we had **Daniel Taylor** in his last event and **Taylor Knowles** who placed 13th. 8 & under **25 freestyle Cailey Tollmann** looked strong, **Lani Smithen** and **Sarah Hammack** both took off almost 1 sec, **Michael Schaan** placed 8th with a best time and **Connor Taylor** looked great taking off 2.6 sec to finish 11th and that was a wrap for our 10 & under swimmers!

MONDAY FINALS

One last set of finals to go for our 11 and over swimmers started with: **50 backstroke** and **Kaela Forvilly** who improved on her **JO** time from the morning to finish in 10th place. **100 backstroke Adam Dack** swam faster than his morning swim to finish in 14th, **Mary Smithen** dropped another sec for a new **PRT** of 59.53 bettering her **Sectional** time from the morning and good enough for 3rd place, **Shaelin Morefield** looked strong improving 2 sec to place 13th, **Meagan Skillington** finished 15th, **Cameron Morefield** placed 22nd and **Kyle Johnston** took off another sec to place 17th.

200 IM Shelby Koontz dropped almost 3 sec hanging on to 1st place for another new **Sectional** time lowering her own **team record** to

2:14.74. **500 freestyle Erica Chappell** finished 16th, **Sarah Koontz** placed 14th, **Kyle Johnston** finished 18th and **Adam Dack** placed 11th. **50 freestyle Shelby Koontz** finished 1st with a new best time, **Clara Gray** dropped more time to move up to 13th place, **Mary Smithen** in a fast and furious heat finished 4th with a time of 24.49 breaking the 15-16 girls **team record** by .03 sec and **Cameron Morefield** finished 19th with a new best time.

When all the points were tallied our **Top Individual Point Scorers** were **Shelby Koontz, Taylor Sullivan, Mary Smithen, Michael Schaan** and **Shaelin Morefield**. We gathered up our belongings and many Dolphin State swimmers, parents and coaches met at the Mmmm Yogurt for a well deserved treat. (Thank you Kathy Chappell for organizing the yogurt trip and making the flyers!). Congratulations to all of our swimmers, you all did a super job and should be very proud of yourselves!



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Zone All-star Meet

Every year, all-star teams selected by the 5 zones of Pacific Swimming travel to one of the zones for a 1-day competition. The 2011 Zone All-star Meet March 5-6 was a fun and worthwhile team-building and travel experience for Zone-4 swimmers, with an opportunity to test themselves against some really fast competition. Three Dolphins were selected to make the trip to the meet. All three swimmers swam 3 individual events and 2 relay events.

Clara Gray was selected to go with the 13-14 girls team and had a great meet with 100% improvement. She swam the 200 freestyle and dropping 1.5 sec, 200 individual medley finishing with a best time by 2.5 sec and 50 freestyle with a new time to beat. She also swam the 200 freestyle A relay and the 200 medley A relay; swimming the last leg of the medley relay with a personal best 50 freestyle time of 27.67.

Logan Killion was selected to go with the 13-14 boys team swimming 50 freestyle, 200 freestyle and 100 backstroke. He also competed with the 200 freestyle B relay and the 200 medley B relay.

Adam Dack was selected to go with the 13-14 boys team also and swam 100 breaststroke with a best time by 5 sec, 100 backstroke placing 15th and 100 butterfly. He also swam in the 200 freestyle B relay with a lead off time of 27.74 a best time by over 1 sec and the 200 medley B relay.

Congratulations to all three swimmers, you represented the Zone and DDST well!



Tip of the Month

Tip of the Month comes from the Speedo Tip of the Week feature, in the Swimmers section of www.usaswimming.org.

Jerry Adams, head coach of the Schenectady Swim Club in Schenectady, NY, and the 2005 Adirondack Age Group Coach of the Year, offers some advice on race planning:

I always feel more confident in how an athlete will swim when they go into a race with a race plan. Learning the importance of race planning and developing the ability to execute a plan can help you to race closer to your true potential.

Race planning can be as simple as learning how to negative split a 400 meter freestyle. It can be as simple as trying to negative split or build each stroke during an IM. No matter what you're racing, there's always a way to swim it efficiently and fast.

Race planning also involves visualizing the race as often as you like before you race it in the water. If you can get yourself to see the race – see yourself attacking turns, see yourself carrying the speed from the walls into your breakout, see yourself sprinting to the finish – you'll go into a race with the confidence that you can get it done.

Remember that you can't win a 200-meter freestyle in the first 30 meters, but you can certainly lose it there. Staying relaxed early on in most races can not only help you to be a great finisher of races, but it might also get you out a bit faster without using too much energy.

Try to stick with the plan to the end. As you learn what works for you and what doesn't, you can always work with your coach to change the way you swim your races. In planning for any race, you

need to figure out how fast you can go without fatiguing early and also figure out where the point is that you can begin to go all-out and still finish with some speed.

If you continue to finish a race with too much left in the tank, maybe, instead of just going out faster, you should try to start sprinting 10 yards earlier. Maybe in your 200 IM, you can relax early in the backstroke and work on building to a sprint at the end of the backstroke.

There are skills that you can develop in practice every day to help you execute race plans better. When you focus on building swims at practice, you are practicing race planning. When you negative split swims, you are practicing race planning.

Go into a race with a plan, and execute it.



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

YOUR FREE AD HERE FOR 3 MONTHS, Contact the Newsletter Editor, blkoontz92@yahoo.com (3)



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, April 5th, 2011, at 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.



Did You Know....?

ALTITUDE ADJUSTMENTS

Swimmers coming to Carson Valley from lower elevations often notice the effects of our altitude, finding it harder to swim at their best times until they have trained here for a while. At an elevation of 4700 feet above sea level, a lungful of the air above our Minden pool contains 84% of the oxygen found at sea level.

Athletes in many sports, including swimming, often seek out opportunities to train at higher altitudes, to increase the efficiency with which their bodies absorb and use oxygen. An example is the U.S. Olympic Training Center in Colorado Springs, Colorado at 6035 feet elevation, offering 80% of sea-level oxygen.

Altitude gives the Douglas Dolphins, and other teams that train and compete in our area, an advantage when competing in locations closer to sea-level. Did you know that USA Swimming rules allow your times, for events 200 yards or more, to be adjusted for altitude to help you meet qualifying times for championship meets held at lower elevations?

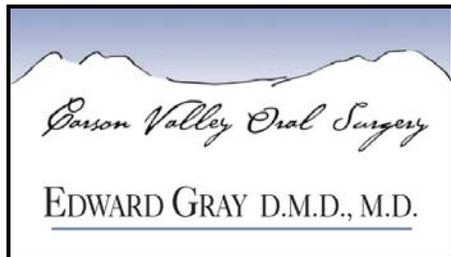
The allowable adjustments for times achieved at the Minden, Carson City, or Reno pools are the same as for Lake Tahoe or Colorado Springs, ranging from 1.20 sec for 200 yards, 5.00 sec for 400 or 500 yards, to 23.00 sec for 1650 yards. Times achieved in Bishop, CA, have smaller adjustments. For more information, check out the "Altitude Adjustments" link on our web site at www.ddst.org. To see your adjusted times, search using the "USA Swimming Times Database" link. And keep enjoying our high country air!



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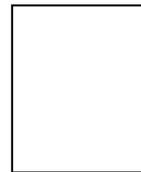
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Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



www.ddst.org



SEE MORE ARTICLES BELOW!

Time-sensitive Swim Team news enclosed!



Transitions

Welcome new swimmer Brogan Campbell Saucedo.

Farewell and good luck to Julie Bullock, Amy Ross, Kayce Johnston and Sloane Niccoli. We will miss you!

Moving up congratulations to new Pre-Senior Dolfins: Claire Christopher.

Happy April Birthdays to Erica Chappell (4/3), Katie Patrick (4/5), Connor Taylor (4/11), Emily Willis (4/15), Amy Ross (4/19), Annalisa Neal (4/20), Evy Bertolone-Smith (4/21), & Sarah Hammack (4/29)

(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 T & Th 5:00-6:00p

Pre-seniors: M-F 2:30-4:30p, dryland T & Th 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 T & Th 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 about **April 15th**. All submissions should be received by **Wednesday April 13th**. 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, Linda Koontz, at newsletter@ddst.org or 782-7806**. 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 Coach Kat, Coach Stefanie, Coach Greg, Coach Richard and Jim Morefield.

Latest news online: www.ddst.org

