

Dolphins' Monthly

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

www.ddst.org

April 2011

Swimmers of the Month

Joey Smithen is Pre-Comp swimmer of the month. Joey is always ready to swim at practices, he listens respectfully when a coach is talking & he is courteous to his teammates which makes him a pleasure to coach. He works hard on every drill, dive and lap he is asked to swim & Joey relishes feedback as an opportunity to improve his swimming. At the State meet, Joey showed his dedication to the team by swimming his relay despite not feeling well. He did not want to disappoint his teammates and he gave 100% without complaint. It is a privilege to coach Joey, good luck in White group!

Sydney Kearney is White Group Swimmer of the Month. Sydney has been working extremely hard on her starts & I have noticed remarkable improvements in her technique. She has been swimming with the team for a while now and this is one area that she has wanted to improve on. Her improvement has also been noticed by others. Good job Sydney, keep working hard & you will be able to accomplish anything!

Kayla Ruffo is Red Group swimmer of the month. Kayla just joined us last summer and in every meet since then, she has been consistently swimming best times and trying new events. This is proof of the hard work she does at practice every day. Kayla always has a smile and a laugh for her teammates and is a great influence for our newer Red Group swimmers! She has been pushing our faster swimmers & raising the bar for the whole group! Thank you Kayla and keep up the great work!!

Kaila Duffy is Blue group swimmer of the month. Kaila has set some goals for herself and has been working very hard at practice to try to reach them. She has near perfect attendance and has been pushing herself and her limits far-

ther and farther each week. The only way we will know what we are capable of is if we push ourselves beyond what we think we are capable of. Kaila's hard work & silent determination is paying off as evidenced by a lifetime best (by 5 sec) 100 freestyle time which she swam during practice! I cannot wait to see what she does at her next meet. Keep up the good work Kaila!

Kyle Johnston is the Pre-senior swimmer of the month. With the onset of high school swimming all Douglas Dolphin Seniors & Pre-seniors have been lumped into one group due to limited lane space while indoors. Kyle has continued his diligent training after State which allowed him to perform very well at Junior Olympics despite the horrible weather at the meet. He trained hard and put forth maximum effort at each practice setting an example for his teammates and encouraging them to follow his lead. This positive work ethic paid off for him with great results at JOs. Kyle achieved three best times and dropped an astounding 14.4 sec in his 400IM. Excellent work Kyle!



DDST Banquet

Everyone, get ready to have some fun & celebrate our swimmers! DDST will be holding its Annual Awards Banquet May 15th from 3:00-6:00PM at the Genoa Town Hall. The theme this year will be Super Heroes, so get your costumes together (swimmers & parents) and mark the date on your calendar!

The banquet will include a pot luck style gathering, invitations will be sent out before the event outlining who should bring what type of dish to the event. Drinks, utensils, plates & napkins will be provided. We look forward to seeing all of our DDST families at the event! Contact Julie Gray or Kathy Chappell with any questions.



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 offers a limited number of full/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 & gaining the many benefits of the sport. We never want financial hardship to get in the way. By keeping dues as low as possible (consistent with a quality program), organizing fundraising opportunities for families, hosting swim meets & offering scholarships, the Dolphins always go the extra lap to make the sport of competitive swimming accessible to athletes & families in our community.

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



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

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!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

When I first moved to Gardnerville and started coaching the Douglas Dolphins, the team owned 3 Finis snorkels. That number has now dwindled to 1 and I am sure that this is mainly due to the fact that the three we had were very, very old and they just wore out!

It also became apparent after many winters which included swim flu scares, etc; that sharing equipment such as snorkels might not be such a good idea. Last year, the Seniors, Pre-seniors and Blue groupers were encouraged to purchase snorkels to keep in their equipment bags for their own use. Coach Sarah and I have been using them more often in our practice sets and we really like the many benefits they provide.

However, there are still some swimmers and those newly promoted to these groups that do not have their own snorkels. I would ask each parent to talk to your swimmer and if they do not have a snorkel please consider purchasing one for them so that they can participate in the specific learning that this tool provides. The specific snorkel that we would like our swimmers to have is the Finis brand swimmers' snorkel, NOT the freestyle snorkel.

The cheapest place to find this item is usually on Amazon.com. (If you need help picking a snorkel please check with me.) Parents you may also want to take this time to check to see if your swimmer still has all of the other items that belong in their equipment bags & if those items still fit your growing swimmer.

Since filming, we have been working on even pulling and being more aggressive into the wall. Many swimmers take a long hesitating stroke to gasp for air before each wall, which is a habit that virtually disappears with the use of a snorkel. Is there a possibility that we can effect a change in that habit of inefficiency? With swimmer cooperation & correct training, you bet we can!



COACH

Greg's Corner

(greg @ taylorcamp.org)

We have had quite a stretch of time between the State and Folsom meets to work on our technique. It started with our videotaping and we built up from there. The past few weeks we have been focusing on streamlines. The streamline is a very fundamental part of swimming that is often forgotten. This is a good definition of a streamline:

- > One hand on top of the other, fingers pointing toward the direction of travel.
- > Fingertips stretching and reaching as far forward as possible.
- > Arms extended, pointing toward the direction of travel, arms on/behind the ears.
- > The surface from the back of the swimmer's hands, along the arms, then down the shoulders and back should be one (relatively) smooth surface.
- > Arms are actively squeezing in behind the head, as if they are trying to make their elbows touch.
- > Core is tight and straight - every muscle pulling in towards the center, to make the swimmer longer and thinner.
- > Legs are squeezed in & together with toes pointed.
- > The swimmer needs to become a strong, long torpedo, rocket, or pencil shape off the wall (and on a start).

Red Group has been working on drills to help improve our streamline & in preparation for the Folsom meet, we have been focusing on streamline in conjunction with good starts and turns off the walls (Wall Space). But don't worry, we have also been building up stamina with longer sets and the occasional taste of Blue Group. It has been a great mix of workouts!

I would like to reiterate that it is very important for swimmers to arrive on time, with all their gear & ready to swim. Red Group, please be ready by 4:45pm. We are still experiencing equipment issues which are delaying our practice time. Please have a working set of goggles (and a backup pair of goggles!) ready to go before practice, as well as having your fins, kickboard, etc all on the deck as well. After practice, do not forget to put it all away! Red

Group has been making outstanding progress the last few months & I look forward to watching you all swim at Folsom! Any questions, call me or come find me on the deck after practice!



COACH

Richard's Corner

(fishcannon @ rocketmail.com)

I would like to say that White Group has been working very hard on their technique since State wrapped up and videotaping began. We would like to thank Coach Kat for her diligent efforts to find new ways to teach our swimmers stroke techniques! Many White group swimmers learned a lot about themselves and the way they swim by watching the videotapes and they now have a better understanding of what they need to improve. White group has been working on freestyle, backstroke & breaststroke and we are now ready to move on to butterfly which can be a difficult stroke to learn. But I believe that White group is up to the challenge so we will continue to work hard in the water. We also would like to thank the Senior swimmers that have demonstrated for our group on numerous occasions, their help has been invaluable. Watching these more experienced swimmers swim a stroke allows our swimmers to see what they need to do and this along with listening to instructions from their coach gives them two ways to learn the stroke. No doubt about it, the Dolphins all work as a team no matter what group you are in!

**Next Board Meeting**

The next DDST Board of Directors meeting is **Tues., May 3, at 6:30 pm.** Parents are welcome to attend; meeting minutes are available from the Secretary.

Regular meetings of the DDST Board of Directors are the **first Tues. of each month, 6:30 pm at Arrowhead Dental**, in Minden Medical Center (925 Ironwood Drive, suite 1103, **across hwy 395 from Danny's Restaurant**).



COACH

Stefanie's Corner

(ssignorella @ charter.net)

The Pre-Competition group (Pre-Comp) has been working on breaststroke kick this month. It requires a different position of the swimmer's feet than the other 3 strokes which often adds a degree of difficulty and confusion to everything else a new swimmer is learning.

With freestyle, backstroke, and butterfly the kick is performed with the foot pointed, pushing the water up & down in order to push the swimmer forward. With breaststroke, the foot is flexed and turned outward for most of the kick, pushing the water backward in order to move the body forward. Until a swimmer trusts that this actually works, they often revert back to pointing their toes, doing something that resembles an open dolphin kick. So we continue to practice, saying "Up, Out, Around & Together." Ask your swimmer to show you these four steps as they lay tummy down on the floor at home. Once a swimmer consistently uses the right foot position during the breaststroke kick, a more advanced kick can be encouraged which offers more propulsion.

We have also been working on push-offs from the wall, open turns, freestyle & we have spent time on dives. The outdoor pool is now open and though we will not practice outdoors until summer the fact that it is open allows us more indoor lane space which means less crowding in our lanes.

I encourage parents to look at the upcoming meet schedule (dates & links to meet sheets can be found in this newsletter or on ddst.org). There are meets on the schedule that would provide fun opportunities for your swimmers to show off their skills. The Carson Tiger-sharks Intermountain Classic & the Reno Gamble are long course meets meaning they take place in a 50 meter pool instead of a 25 yard pool. The Bishop meet, South Lake Tahoe meet & our summer twilight meets (Twilight meet dates pending) will be held in 25 yard pools. Please feel free to ask me about these if you are interested. Coach Stefanie

**Salo Swim Camp**

Parents & swimmers if you are thinking of sending your swimmer to the Salo Swim Camp this June to be held at USC in Southern California, you will want to check out the website www.saloswimcamp.com for details about pricing and to get the necessary forms to fill out to save your swimmer's space. Coach Kat will be heading down to the Camp to help coach Session 3 Sunday morning June 26th leaving from Bishop (this is the weekend of the Bishop Swim meet).

If you have questions about whether this camp is appropriate for your swimmer or if you want to have your swimmer transported to and from the camp with Coach Kat please talk to her ASAP to reserve your spot and to have your questions answered. This is a wonderful opportunity for any swimmer to be coached by David Salo and the camp attendees will get to meet US Olympic swimmers!

**Ad Campaign to Begin May 15th!**

It's that time of year again! The DDST Ad campaign will be kicking off May 15th. Families are encouraged to seek out individuals & businesses in our community to **become new team sponsors, or to renew previous sponsorships**.

This is the 2nd of two DDST sponsored opportunities that families are offered each year to offset their annual fundraising obligation. **Incentive prizes will be awarded** based on the amount brought in by each swimmer. If you are interested in participating in this opportunity, keep an eye out for information packets that will be made available in a few weeks. Julie Gray will be coordinating this Sponsor drive for the team.

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**Spring Junior Olympics Championships**

Well, we were warned that the weather might be tumultuous at the Junior Olympics Swim Meet in San Ramon, we just did not know how bad it could get! Rain poured down on our swimmers, coaches & parents for a good part of the weekend and it was very cold with rivers and puddles making their way into the EZ ups! It was quite challenging for our swimmers to swim under these conditions. 14 dolphins braved the elements to swim at the Short Course Championship Meet March 18th -20th.

Taylor Sullivan (10) swam 6 events dropping over 3 sec in 200 freestyle and looked really strong in 100 IM and 200 IM. **Kaela Forvilly** (11) swam 100 backstroke and missed her second event on Sunday hoping to make it over the hill before the storm hit the mountains. **Savannah Chappell** (12) swam 4 events dropping almost 4 sec in 500 freestyle and was just off best in 100 freestyle.

Erica Chappell (14) tackled the 1000 freestyle. **Adam Dack** (14) swam 2 events achieving a new time to beat in 100 backstroke. **Elizabeth Cruz** (15) swam 5 events and was very close to her fastest time in 200 butterfly. **Shaelin Morefield** (15) competed in 7 events looking strongest in 50 freestyle, 100 freestyle and 200 freestyle, she qualified for finals in 200 backstroke & finished in 6th place just off her best time. **Meagan Skilling** (15) swam 6 events and looked very fast in 200 breaststroke which she finished on JO pace.

Abbreviations: IM=Individual Medley; **Times: JO**=Junior Olympic; **FW**=Far Western; **PRT**=Pacific Recognition Time

Kyle Johnston (15) swam 7 events qualifying for 3 finals, he shaved off time in 50 freestyle for 7th place, placed 4th in 100 freestyle, finished 100 butterfly in 2nd place achieving a new best time and **Sectionals** bonus time of 54.77 and dropped a huge 14.5 sec in 400 IM for 6th place. **TJ Smithen** (15) swam one event dropping over 1 sec in 100 backstroke swimming in his first JO meet. **Mary Smithen** (16) swam 5 events improving 4.5 sec in 400 IM and was right on FW pace in 50 freestyle and 100 backstroke.

Janosch Lancaster (16) competed in 3 events and was close to best in 100 backstroke and 400 IM. **Cameron Morefield** (16) swam 6 events and was just off his best time in 200 breaststroke and looked really strong in 200 IM. **Sarah Koontz** (17) swam 7 events and 2 finals, just missing a best time in 500 freestyle, swam finals in 200 breaststroke placing 5th and 200 backstroke placing 6th and placed 5th in 1000 freestyle.

Everyone scratched finals on Sunday hoping to get over the hill before the worst of the storm, but due to heavy snow in the mountains and avalanches getting home took a lot longer than many thought!



DDST Key Contacts

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Upcoming Meets

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

May 27-29, Carson NV, Carson Tigersharks Intermountain Classic (long course) (www.pacswim.org/0511cars.pdf, enter online by 5/18/2011).

June 17-19 Reno NV, Reno Gamble High Altitude Invitational (long course) (www.pacswim.org/0611reno.pdf, enter online by June 8, 2011)

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

July 7-10, San Jose CA, Adam Szmids Junior Olympics Long Course Championships. (qual. times apply, meet sheet pending).

July 20-24, Clovis, CA, Speedo Champions Series Summer Sectionals (qual. times apply, see coach for details).

July 22-24, South Lake Tahoe CA, Tahoe Coming Up for Air (short course meet) (meet sheet pending, online entries due June 13th).

July 27-31, Concord CA, Far Western Long Course Championships (qual. times apply, meet sheet pending, see coach/ddst.org for details).



Far Western Championships

What a difference 2 weeks makes, the weather in Morgan hill was beautiful and sunny unlike the JO meet held 2 weeks earlier. The swimmer count was reported to be 1500 swimmers for the 4 day meet which was held March 31-April 3 and is billed as "one of the premier age group championship meets in the Nation." There were teams from as far away as Hawaii, Alberta, Arizona, Virginia and Colorado in attendance. Three Dolphins traveled to the meet and they each had some very good swims!

Abbreviations: IM=Individual Medley; **Times: PRT**=Pacific Recognition Time

Shelby Koontz (12) swam 7 events achieving a new 11-12 girls **Team record** and **PRT** in 200 breaststroke by 5 sec with a time of 2:38.45, she bettered her own **Team records** in 100 butterfly by .22 sec with a time of 1:00.61 placing 6th and 100 IM by .25 sec with a time of 1:04.22, placed 6th in 50 freestyle and 100 freestyle right on best time.

Shaelin Morefield (15) swam 7 events and achieved a 7th place finish in 200 breaststroke dropping 1 sec in prelims and another 2+ sec in finals finishing with a time of 2:29.57, she swam a new lifetime best time in 200 IM and looked really strong in 200 backstroke, 100 butterfly & 200 butterfly.

Sarah Koontz (17) swam 6 events, improving her girls 17-18 **Team record** in the 1650 freestyle by 2.7 sec with a time of 18:48.58 and finishing in 5th place, dropping almost 4 sec in 200 backstroke and taking off 2.5 sec in 400 IM and was right on best in 1000 & 200 freestyle.

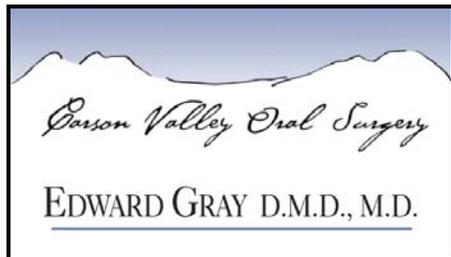
All three of our swimmers came home with medals, congratulations girls!



Thank You to our 2010 – 2011 SPONSORS:



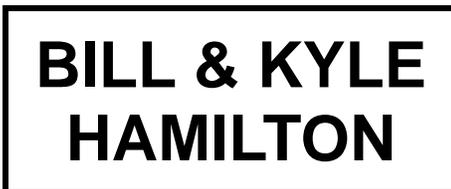
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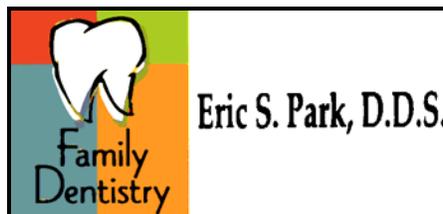
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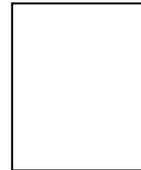
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Douglas Dolphins Swim Team
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www.ddst.org



SEE MORE ARTICLES BELOW!

Time-sensitive Swim Team news enclosed! 

Transitions

Welcome new swimmers Hannah Hammack and Lauren Hurson.

Farewell and good luck Matthew Shick. We will miss you!

Moving up congratulations to new White Dolphins Sarah Hammack, Cailey Tollmann and Joey Smithen; **Red Dolphin** Hope Rakow; **Blue Dolphins** Emily Dack and Kevin Smithen and **Pre-Senior Dolphin**: Andrew Brockhage.

Happy May Birthdays to Chloe Cutter (5/3), Jordan Knowles (5/11), Sydney Kearney (5/13), 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 2:30-4:45p, 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 **May 13th**. All submissions should be received by **Wednesday May 11th**. 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 Greg, Coach Stefanie, Coach Richard, Julie Gray and Jim Morefield.

Latest news online: www.ddst.org.

