

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(since 1964 – our 47<sup>th</sup> year!)

[www.ddst.org](http://www.ddst.org)

August 2011

## Swimmers of the Month

**McKenna Chappell** is Pre-Comp Swimmer of the month. McKenna has consistently attended practice and she participated in the High Country swim meet. However, what I really appreciate about McKenna is her attitude at practice. She always has a smile on her face, comes ready to swim, is always excited to try new drills and cheerfully listens to instructions! Her positive attitude and enthusiasm has helped to improve her technique and confidence in the water. Attitudes are contagious and McKenna's is worth catching!

**Lily Bickmore** is white group swimmer of the month. Lily had 100% best times at the High Country Meet and 100% attendance and effort during Hell Week practices. She dropped 38.7 sec in 6 events, swimming 8 events total with no DQs. BEST TIMES come with consistent attendance and hard work! Lily also tried 2 new events which shows that she is more confident in both her swimming and competition abilities, which also comes from practice. Good job, Lily! Your hard work and always trying your best paid off at the swim meet and will pay off in all you do. Keep up the great work!

**Sarah Hyatt** is Red Group Swimmer of the month. We had a crazy, wild, fun, High Country Meet and Sarah jumped into the meet and swam 100% all meet long!! Sarah has been working hard for months and it paid off! She swam the maximum of 9 events at High Country & finished with 8 new best times (the 9<sup>th</sup> she missed by only .18 sec!). She also swam 4 new B times and bettered the 2 A times she already has! Congratulations Sarah on a fantastic meet!

**Jessie Jin** is Blue Group Swimmer of the month. Jessie has been training hard this summer and the High Country

meet was evidence of her dedication. She is one of those swimmers who only misses practice if there is something seriously wrong. However, perfect attendance doesn't help performance if you don't give 100% while at practice. Jessie has been giving her all at practice and was rewarded with a new Junior Olympic cut in her 100 backstroke. She also had 100% improvement at the meet. Way to go Jessie!

**Emma Gray** is the Pre-senior Swimmer of the month. Emma was a volunteer coach for the "Beat the Heat" summer swim team which required her to sacrifice some of her personal training time this summer. During intense training periods (like we did this summer) muscle break down occurs which can cause soreness and discomfort; however, Emma gave her all everyday and endured each practice without complaint. She had an outstanding High Country meet with 100% improvement and a new "A" time in 100 breaststroke. She is also 1 of only 5 Senior and Pre-senior Dolphins who had perfect attendance for "Hell Week" so she really did "survive Hell Week"! It is a pleasure to coach Emma.

**Shaelin Morefield** is Senior Swimmer of the month. At Sectionals she showed an interest in participating in the Senior Sectional 5K Open Water Swim, an event that was definitely outside of her comfort level. She swam her Sectional events superbly with 4 new Long Course Far Western cuts & 2 New Pacific Reportable Times in the 100 butterfly and 400 IM. I am very proud of Shaelin because despite some apprehension she took a chance and swam the 5K, knowing that she had trained hard all summer and that she was ready to give it her all. She displayed true courage. Congratulations Shaelin!

"We must build dikes of courage to hold back the flood of fear" (Martin Luther King, Jr.)

## Check Your Folder!

Just a reminder to all DDST members both new and old to check your family's file folder weekly for information. Items accumulate in these folders that are meant to be taken home. They are located in the file box on the table next to the trophy case in the pool lobby.



## Summer Registrations Expires Sept. 6<sup>th</sup>!

Swimmers registered for summer season only who still wish to practice and compete after Sept. 5th, MUST pay their 2012 USA Swimming registration fee of \$65 ASAP. The fee will be invoiced THIS MONTH. 2012 registrations are valid for the rest of 2011 & all of 2012. Summer registered swimmers may not continue past Sept. 5th unless registration payment (and outstanding charges) have been paid.

Continuing year-round athletes will have the 2012 fees added to your Oct. invoice & will be registered automatically after the invoice is paid in full (no form necessary)! NOTE: If you DO NOT intend to practice/compete after Dec. 31st, 2011, please notify the Treasurer ASAP to have the 2012 registration charge(s) reversed.

PLEASE NOTE: Accounts must be paid IN FULL (including registration fees) before 2012 registration will be processed. By Dolphins' policy, accounts with unpaid charges older than 45 days cannot practice/compete with the team until ALL charges are paid (unless alternate arrangements are made with the Treasurer). 2011 swimmers without valid 2012 registration cannot swim or compete under ANY circumstances after December 31st, 2011. Contact the Treasurer ASAP with any questions or concerns.



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

### "Teaching Hard Work to Parents As Well as Children"

The above quote came from the former President of USA-Swimming, Coach Jim Wood of the Berkeley Aquatic Club of New Jersey, in response to a question "what can we do to improve American Swimming?" at a USA-Swimming Steering Committee meeting last January.

Jim, as many of you know, is a 40 year plus veteran of the coaching scene, and owns his own pool and program and has been a leader in USA-Swimming for many years. He currently is President of USA-Aquatic Sports, the umbrella organization for the Aquatic Sports in the USA, as they report to FINA. He's produced Olympians, National Champions, great age group teams and runs a highly successful swim business and swim school.

And his statement rang a bell with me.

I do talks for parents all over the world, as well as in the USA. And I "part time coach" my own team here in Fort Lauderdale, so I can stay current with all the things coaches face on deck in our sport. A considerable percentage of the parents that coaches deal with regularly have changed significantly from 10-20 and certainly 30 years ago.

I always ask parents what factors have led to their current success in life. Invariably, the majority have stories of hardships faced, challenges met, hard times overcome, on the way to a solid life and family, fiscal security or any sort of success you want to mention.

After these stories, a majority of parents say some variation on "boy, I don't want my kid to have to go through that!"

And I am always floored. "you mean, you don't want your child to experience the same formative experiences that you are describing as the 'thing that made you what you are today'?"

Invariably, they look at me blankly and then slowly it dawns on them what they are saying and the eyes go to the

floor and you can almost hear an audible "hmmm...."

The natural response of any parent is to "protect" their child.

But let us not confuse "protect" with "shelter". Children only really grow up under some pressure, some need to overcome something, the need to stretch, try harder, grow....in short, to GO TO WORK on something they care about.

The harder the work, the more satisfying the growth, maturity and individual strength created.

When we do something for our children that they are capable of doing themselves, we make them weaker. (not stronger). We want strong, independent children, yes? .....Yes?

When we let children do for themselves, they learn to work for what they want.

Just like you and I did. And most parents did. Hard work is good for all of us.

Have confidence in your child and let them grow. They will prove themselves as strong or stronger than you. But they need you to "give them something" to get there...the Freedom to do the hard work themselves. By John Leonard



COACH

## Greg's Corner

(greg@taylorcamp.org)

We had a fantastic High Country Meet and I was thrilled that we had 100 more swimmers attending the meet than last year! We had a lot of fun at finals as evidenced by our coaches and swimmers who were dancing to the tunes they picked out for finals. I have to say that Shelby and Shaelin did our team proud! At finals on Sunday, the coaches had planned a Hawaiian theme which seemed to motivate our swimmers to a new level because we saw some great swims! It was a fun meet and I want to thank our meet directors and families who helped make it possible!

After that... the dreaded Hell Week!! The goal of Hell Week was for our swimmers to realize that they can overcome, persevere and win! I know that a few swimmers really got it and they all figured out that no matter what we throw at them, they can make it which is really

important when it comes to competition. I thought of some quotes during Hell Week that I wanted to share:

*"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves. It has nothing to do with how many times you win or lose. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals."*

**Kieren Perkins**

and more to the point: *"If you're not on your 'A' game in your workouts every day, you're going to get absolutely smoked."* **Michael Phelps**

Which is what we are trying to inspire, to motivate and to teach. We trained in stations that week so I was able to interact with many of the swimmers, and I saw that they swam hard and they persevered. We threw shoes, shirts & sweatshirts at them and almost all of them got tough and swam tough. I was very proud of Red Group and all the Dolphins for the hard work they put into Hell week. I know that the lessons learned will help them push through & achieve their goals!!

Looking forward... it is testing week! What a great way to keep up the push to train hard so as to achieve our goals and make progress! Red Group (and others) are testing this week and we will get the results out quickly so as to keep the momentum moving forward. I look forward to the Autumn Freeze meet and all the great swims to come! Sign up now for the meet!



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, September 6<sup>th</sup>, 2011, at 6:30 pm**. Parents are encouraged to attend; meeting minutes are available from the Secretary.

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

[www.ddst.org/boardmembers.htm](http://www.ddst.org/boardmembers.htm)



## COACH

## Stefanie's Corner

(ssignorella @ charter.net)

After several years of coaching other groups I am looking forward to assisting to coach White Group. I first met and coached many of the swimmers who are now in White group when they started as DDST Pre-Compers. To be given the opportunity to continue teaching them and motivating them towards their future in swimming is very fulfilling for me. I am also pleased to be sharing the coaching of White Group with Coach Sarah.

Congratulations and Good job to all the swimmers who competed at our High Country swim meet. There were many best times and new events tried!! With the High Country swim meet over, school starting, and schedules getting hectic – it's time to look at the DDST website Upcoming Events to set new swimming goals. I advise you all to look at a calendar and decide now which upcoming meets you and your swimmer(s) can & will attend. Write those meets down in pen on the calendar. Then, taking one meet at a time, discuss with your swimmer the attendance and training that will be necessary to swim BEST TIMES at that meet. There are several meets that White group can attend before State Championships in February (including our HOME MEET September 16-18<sup>th</sup>). Don't let these opportunities sneak up on you!

Every practice counts - starting today. (Idea: Give your swimmer a copy of the calendar pages of the months that he/she will be competing in meets. Highlight the dates of the meet(s) & hang the pages in your swimmer's room for motivation and/or a visual reminder of how many practice days they have before their next meet. If the State Championship meet is not your swimmer's goal, use these upcoming meets not only for the FUN of the competition, but to keep your swimmer motivated and working as hard & as focused as possible at practices.

Please feel free to e-mail or call myself or Coach Sarah (contact info in this newsletter) with any questions/concerns.

A big THANK YOU for everyone's kind words & understanding this last month and a half regarding my shoulder injury!!



## Coaching Changes

The Board of Directors and Head Coach would like to inform all members of some changes in the coaching assignments. First, Richard, who has been coaching the White group, has decided that he would prefer to be an "on-call" coach and substitute when needed. Coach Stephanie and Coach Sarah have committed to sharing the coaching of the White Group effective August 1. Since Stephanie is not able to get in the water for some time, Coach Chandra will be coaching the Pre-Comp group until she returns to school in Mid-September.

We are confident that the new assignments will provide our swimmers a high level of coaching ability that will promote the development and progress of our swimmers. Our goal is to maintain the most stable and supportive coaching environment possible for all of our groups and believe that this new structure will accomplish that.

If you have any questions about these changes, please contact Coach Kat, or any Board Member.



## DDST Key Contacts

**Board President:** Chris Dack

cpdack @ charter.net; 775-267-4322

**Head Coach:** Kat Matheson

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**Assistant Coaches:**

**Sarah** sgovanswm @ aol.com; 775-287-1035;

**Stefanie** ssignorella @ charter.net; 775-901-6747;

**Greg** greg @ taylorcamp.org; 775-790-0384

**Chandra** summerprogram @ ddst.org

**Meet Director:** meets @ ddst.org;

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**Billing & Treasurer:** Greg Taylor

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**Parent Liaison & VP:** Karen Sullivan

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**Web, Officials:** Jim Morefield

jdmore @ charter.net; 775-782-4360

**Newsletter:** Linda Koontz

newsletter @ ddst.org; 775-782-7806



## Dolphins' Classified

### ITEMS WANTED OR OFFERED

#### OFFERED

**Free** - Dolphins girls swimsuit size 24 with thin straps. 782-2382

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## Upcoming Meets

**Online entries, meet sheets, updates:**  
[www.ddst.org](http://www.ddst.org) under Meets & Events.

**HOME MEET: Sept 16-18, Molly Lahlum Memorial Autumn Freeze Meet** (sign up-DDST website, entries due 9/7).

**October 21-23, Reno/Sparks Fall Classic Meet, Carson City, NV**

(<http://www.pacswim.org/1011reno.pdf>, entries due 10/12).

**November 12-13, Carson Tiger-sharks Fall Frenzy meet in Carson City** (meet sheet pending, entries due 11/2)

**December 2-4, Pacific Swimming 14/ under Junior Olympics Championships, Pleasanton, CA** (qual. times apply, meet sheet pending, see coach/ddst.org for details)

**December 9-10 Pacific Swimming Short Course Senior Championships** (qual. times apply, meet sheet pending, see coach/ddst.org for details).

**Dec 16 -20 Speedo Champions Series Winter Sectional Championship, Long Beach, CA** (qual. times apply, meet sheet pending, see coach/ddst.org for details).



## Summer Sectionals Meet Results

Sectionals is the first level of USA National competition, and this year the Dolphins' team was the largest contingent ever to compete at this level. 6 Dolphins attended Long Course Sectionals with Coach Kat and there were 1200+ swimmers ranging in ages from 12 to 33+ with a mixture of age-group & college level swimmers.

One of the most exciting swims of the meet was when Justin Lynch (14) from the Terrapins Swim Team of Concord, qualified 1<sup>st</sup> in prelims of the 100m men's butterfly breaking Michael Phelps' national 13-14 age group record with his time. In finals he was just out touched and placed 2<sup>nd</sup>, but in the process he lowered that national 13-14 age group record again by another 3/4 of a second! Justin's times broke the meet record & qualified him for the Olympic trials in 2012! It was amazing to watch!

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

Our Dolphins also stepped up to the plate and turned in some amazing swims! Starting with **Shelby Koontz** (13) who swam 5 events in her very first sectionals meet and had 100% improvement & 5 new 13-14 girls **Team records**, Thursday she swam the 100m freestyle breaking the **record** by 4+ sec to finish in 1:00.45 (106<sup>th</sup> place out of 330). Friday was the 200m freestyle, she smashed the **record** by 10 sec to finish with 2:14.71 (196<sup>th</sup> place out of 280). Saturday she swam 2 events, 50m freestyle where she beat the **record** by 1.5 sec to finish in 28.53 sec (179<sup>th</sup> out of 300) and 200m IM (placing 131 out of 237) slashing the **Team record** by 7.2 sec to finish in 2:31.27. On Sunday she swam 100m butterfly and cracked the **record** by 1.58 sec to finish in 1:07.44 (placing 125<sup>th</sup> out of 234).

**Shaelin Morefield** (15) swam 6 events also with 100% improvement and 4 new girls 15-16 **Team records**, Thursday she swam 50m freestyle in time trials & finished with a new **Sectional time** of 28.75 and she swam 200m breaststroke beating her own **record** by 5.25 sec to finish in 2:52.41 (88<sup>th</sup> place out of 118). Friday she swam the 200m freestyle time trials to finish with a **record** by 4.6 sec & **FW** time of 2:16.51 (breaking the 2001 record) and the 400m IM smashing her own **record** by 5.5 sec to finish with a **PRT** time of 5:19.98 (92<sup>nd</sup> place out of 132). On Sunday, she competed in 100m breaststroke improving 3.7 sec to finish with a **FW** time of 1:20.60 (114<sup>th</sup> place out of 144) and 100m butterfly beating her own **record** by 1 sec to

finish with a **PRT** time of 1:06.77 (102<sup>nd</sup> place out of 234).

**Meagan Skilling** (16) had 100% improvement in 3 events and one 15-16 girls **Team record**, Thursday she swam 100m breaststroke in time trials finishing with a new **record** and **FW** time of 1:20.42 breaking the record set in 2009 by 1.27 sec. Friday she time trialed the 200m backstroke and finished with a new **FW** time of 2:37.22 a best time by 1.63 sec. Sunday she swam 100m backstroke in a time of 1:12.60, a 1/2 sec short of the Team record (placing 152<sup>nd</sup> out of 172).

**Kyle Johnston** (16) swam 5 events in his very first Sectionals meet and also had 100% improvement and 5 new 15-16 boys **Team records**, Thursday he swam 3 events, the 100m freestyle finishing in a **record** time of 57.20 beating the 2001 record by 1/2 a sec (placing 212<sup>th</sup> out of 248), he time trialed the 200m backstroke finishing with a **record** and **FW** time of 2:23.42 smashing the record by 7.5 sec, and he swam 200m butterfly in a **record** and **PRT** time of 2:15.47 thrashing the 2001 record by 7 sec. (placing 81<sup>st</sup> out of 111). Friday he competed in 200m freestyle lowering the 2001 **record** by 1 sec. with a time of 2:05.99 (251 out of 274), and he time trialed the 100m butterfly achieving a **record** and **FW** time of 1:02.74 breaking the 2001 record by 1.6 sec.

**Mary Smithen** (17) swam 4 events in the meet and finished with one 17-18 girls **Team record**, Thursday she swam 100m freestyle in a time of 1:03.75 (placing 313<sup>th</sup>) just shy of the record. Friday she time trialed the 100m butterfly and finished with a time of 1:14.55. Saturday she competed in 50m freestyle and finished with in 29.23 sec (placing 274<sup>th</sup>). And on Sunday she competed in 100m backstroke finishing with a time of 1:15.91 and came back to swim it again in the girls relay to finish with a 17-18 girls **record** lead off time of 1:12.71 breaking the record set in 2010 by 2.62 sec.

**Michelle Forman** (19) swam 5 events at Sectionals, she time trialed the 200m breaststroke on Thursday and finished in 2:57.21 dropping almost 3 sec. Friday she time trialed the 100m breaststroke and finished with a time of 1:21.84 a best time by almost 2 sec. Saturday she competed in 50m freestyle and finished with a time of 28.46 a best time by 1.3 sec (placing 167<sup>th</sup> out of 300) and she also swam the 200m IM and improved by 3.7 sec to finish with a time of 2:30.31 (108<sup>th</sup> place out of 237). Sunday she swam the 100m butterfly and finished just short of a best time in 191<sup>st</sup> place.

Lastly, four of our swimmers qualified to swim in 2 relays. The first was the 400m freestyle relay where **Shelby Koontz, Mary Smithen, Meagan Skilling** and **Shaelin**

**Morefield** swam a time of 4:08.66 placing 50<sup>th</sup> out of 66 relay teams. And Sunday they teamed up to swim the 400m medley relay and placed 44<sup>th</sup> out of 59 relay teams to finish in 4:41.36.

The 5K Open Water swim was offered to sectional swimmers and it was held Monday at Millerton Lake a few miles north of Clovis. There were 52 courageous swimmers (33 men and 19 women) signed up to swim the event. Our own **Shaelin Morefield** decided to try the 5K swim and she placed 11<sup>th</sup> in the event with a time of 53:18.55!

All of our Sectionals swimmers did extremely well and they should be proud of themselves and what they accomplished at the 2011 Long Course Sectionals Meet. These swimmers worked very hard to prepare for the meet and their coaches did a great job getting them ready!



## Swim Practice Transportation!

For our newer members, a reminder that Douglas County school buses stop next to the Swim Center each afternoon. **Most of our swimmers ride the bus directly to practices after school.** To arrange this for your child, first contact the school district's Transportation Department (782-5194) and ask which bus route from your child's school makes this stop. Then provide a note to the school and bus driver allowing your child to ride that route on their practice days.



## Parent Orientation

Our annual parent informational meeting dates will be announced soon so please keep an eye out for these dates. **All Parents** will find this meeting informative & helpful, **especially if you are new within the past year.** Coaches will discuss upcoming meets, swimmer goals and expectations & most importantly they will introduce the **mandatory equipment list** and how to order equipment. It will be an opportunity for questions and communication among parents and board members and will cover Team Unify billing questions. We hope to have the vendor for our team wear there to help you order team apparel you might want for your swimmer (we will know for sure when the dates for the meetings are sent out).



# Tahoe Meet Results

21 Dolfín swimmers went up to the Lake to swim at the South Lake Tahoe "Coming Up for Air" Swim Meet and a few of our swimmers were swimming in their very first meet. We also had 7 new **State** times achieved at the meet as we head into our countdown towards the Nevada State Championships that will be held in Carson City in February!

Starting out with our youngest swimmer, **Aspen Tollmann** swimming in her very first swim meet competed in 2 events, 25 freestyle and 25 backstroke setting times to beat in her next meet!

Next was our 7-8 year old swimmers starting with **Grace DuPont-Moore** who swam a **PC-B** time in her 25 backstroke dropping 1.7 sec and placing 4<sup>th</sup>, improved 1 sec in 25 freestyle and swam her first 50 freestyle, 50 backstroke (in a **PC-B** time and new **State** time) and 25 breaststroke setting new times to beat, placing 6<sup>th</sup> in 25 breaststroke and 50 backstroke. **Emma Ruffo** swam 7 events including her first 25 butterfly and 25 breaststroke placing 1<sup>st</sup> and 2<sup>nd</sup> swimming new **PC-B** times in both and also set new times to beat in her first short course 50 freestyle, 50 backstroke and 50 breaststroke, placing 3<sup>rd</sup> in 50 backstroke and 50 breaststroke. **Cailey Tollmann** swam 7 events with 6 new best times including a new **PC-A** time in 25 freestyle dropping over a half sec, improved 4+ sec in 100 freestyle and over 2 sec each in 50 backstroke (placing 4<sup>th</sup>) and 25 breaststroke, she also placed 8<sup>th</sup> in 25 backstroke with a best time.

**Abbreviations:** IM=Individual Medley;  
**Times:** PC-X=Pacific Swimming Standards

We had one 7-8 boy swimming in the meet, **Connor Taylor** dropped a huge 13.5 sec in 100 IM for a new **State** time, almost 1 sec in 50 butterfly to place 2<sup>nd</sup> with a new **PC-A** time and improved ¾ of a sec in 25 backstroke and 25 butterfly, placing 3<sup>rd</sup> in 50 backstroke and 25 butterfly.

We had a good number of 9-10 girls starting with **Mychael Bellik** who tackled 11 events and swam new **PC-B** times in 100 breaststroke and 50 butterfly dropping over 3 sec in each, she improved 2.5 sec in 500 freestyle to place 2<sup>nd</sup>, placed 3<sup>rd</sup> in 200 freestyle and 4<sup>th</sup> in 100 freestyle. **Lily Bickmore** swam her first 100 IM, 100 backstroke and 25 freestyle setting times to beat,

she dropped 12+ sec in 50 backstroke to place 8<sup>th</sup>, improved over 16 sec in 50 breaststroke and over 7 sec in 100 freestyle, placed 7<sup>th</sup> in 50 freestyle and 100 backstroke. **Isabelle DuPont-Moore** swam 5 events at the meet dropping over 5 sec in 50 freestyle, improved 2 sec in 50 backstroke, and set times to beat in her first 25 freestyle, 50 breaststroke and 100 breaststroke placing 8<sup>th</sup> in 100 breaststroke. **Nikki Jackson** took on 9 events and she improved over 3 sec in 50 breaststroke, almost 3 sec in 100 freestyle and over 1 sec in 25 freestyle, placing 3<sup>rd</sup> in 25 freestyle, 4<sup>th</sup> in 100 breaststroke and 50 butterfly and 6<sup>th</sup> in 200 freestyle.

**Angel Neal** competed in 10 events swimming her first 200 freestyle and placing 4<sup>th</sup>, improved a huge 11+ sec in 100 breaststroke for a new **PC-B** time and 6<sup>th</sup> place, and took off 4.5 sec in 25 freestyle and 2+ sec in 50 freestyle. **Hope Rakow** had a great meet with 100% improvement in 3 events, dropping 5+ sec in 50 freestyle for 6<sup>th</sup> place, 6 sec in 100 freestyle and 6+ sec in 50 backstroke. **Emily Willis** swam 7 events in the meet dropping a huge 12.5 sec in 25 freestyle, almost 4 sec in 50 breaststroke placing 7<sup>th</sup>, and 2+sec in 100 breaststroke.

Next up was our 9-10 boys, starting with **Taylor Knowles** who had a super meet tackling 12 events with 10 best times including 3 new **PC-A** times in 100 freestyle dropping 6+ sec, taking off 3.8 sec in 100 IM and 1.5 sec 200 IM, swam a **PC-B** time in 50 butterfly dropping 7.5 sec, improved 27 sec in 500 freestyle, swam new 11-12 **State** times in 50 freestyle, 50 backstroke and 100 backstroke and placed 1<sup>st</sup> in 25 & 100 freestyle and 200 IM. **Daniel Taylor** competed in 10 events swimming 2 new **PC-B** times in 100 freestyle dropping 4.8 sec and in 200 freestyle improving a huge 20 sec, he took off over 2 sec in 25 freestyle and 100 IM (5<sup>th</sup> place), placed 6<sup>th</sup> in 100 breaststroke, 7<sup>th</sup> in 50 breaststroke and 50 butterfly, and achieved a new **State** time in 100 IM.

Followed by our two 11-12 girls, **Annalisa Neal** swam 10 events dropping almost a sec in 50 breaststroke to place 4<sup>th</sup> and was right on best looking strong in 50 butterfly, 100 backstroke and 100 breaststroke, placing 2<sup>nd</sup> in 100 breaststroke and 4<sup>th</sup> in 200 freestyle. **Kayla Ruffo** swam 3 new **PC-B** times in 50 freestyle dropping 4 sec, 50 breaststroke improving 5 sec and 50 butterfly taking off a huge 10 sec, placing 1<sup>st</sup> in 100 IM, 3<sup>rd</sup> in 50 butterfly, and 5<sup>th</sup> in 50 breaststroke.

Next was our two 11-12 boys, **Justin Hight** swimming in his very first swim meet swam 50 freestyle in a new **PC-A** and 11-12

**State** time placing 2<sup>nd</sup> and 50 backstroke placing 4<sup>th</sup> setting new times to beat for his next meet. **Aaron Mayer** dropped 2 sec in 100 freestyle and swam his first 100 breaststroke setting a new time to beat, and he improved his best time by 2 sec in 100 freestyle.

Our 13-14 girls were **Jordan Knowles** who swam one event and placed 2<sup>nd</sup> in 500 freestyle. **Anne Lancaster** swam 8 events including her first 200 breaststroke short course in a **PC-B** time, placed 3<sup>rd</sup> in 100 freestyle and 4<sup>th</sup> in 100 breaststroke, placed 7<sup>th</sup> in 500 freestyle, swam a best time in 200 freestyle and looked really strong in 100 breaststroke.

And last up was **Andrew Brockhage** who swam 3 events looking strongest in 100 freestyle and 100 backstroke, placing 7<sup>th</sup> in 100 backstroke & 100 freestyle.

The meet finished up with Mixed freestyle Relays and the Dolphins put together 4 relay teams mixed with boys and girls. A great way to end a fun meet!



# High Country Meet Results

The Dolphins had 64 swimmers participate in the 2011 High Country meet among a record 400 swimmers from around the area. We witnessed a lot of great swims including 9 new **Junior Olympic** times, 3 new **Far Western** times and a ton of new **State** times (qualifying times for the State meet which will happen in February in Carson City)!

The 11 & over swimmers were given the chance to participate in super finals & finals where we were treated to fast swimming, an eclectic selection of music and some creative dancing behind the blocks!

Two Dolphins won High Point awards: **Shelby Koontz** (13) won the 13-14 girls High Point Award and **Meagan Skilling** (16) won the High Point Runner Up Award for 15-18 girls. The Dolphins also brought home the 2<sup>nd</sup> place Team High Point Award! It goes without saying that we had a very fun and successful meet.

Diving into the results we start with our 6 & under swimmers, **McKenna Chappell** swam three events with 100% improvement dropping 24 sec in 25 freestyle and 6 sec in 25 backstroke and she swam her first 50 backstroke, placing 3<sup>rd</sup> in the 50 backstroke. **Aspen Tollmann** swam 25 backstroke taking off almost 5

sec to place 4<sup>th</sup> in the event and setting a faster time to beat in her next meet.

**Abbreviations:** IM=Individual Medley;  
**Times:** PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Western

Continuing on with 7-8 girls, **Emma Waskiewicz** one of our summer swimmers, swam 25 backstroke and 25 freestyle setting times to beat in her very first swim meet. **Grace DuPont-Moore** swam 3 events with 100% improvement including a new **PC-B** time in 25 freestyle dropping over 3 sec, she improved 3+ sec in 25 breaststroke and swam a best time in 25 backstroke achieving a 7-8 **State** time in the event. **Eden Neal** swam 7 events, dropping 1+ sec in 25 backstroke, improved a half sec in 25 freestyle, and tried her very first 25 breaststroke and 50 breaststroke.

**Emma Ruffo** swam 9 events achieving 2 **PC-B** times in 50 freestyle dropping almost 3 sec and 50 breaststroke taking off 1.7 sec & a **PC-A** time in 50 backstroke a best time by over 3 sec to place 9<sup>th</sup>, she also tried her first 100 freestyle. **Lani Smithen** competed in 5 events achieving 2 **PC-A** times in 25 freestyle and 25 backstroke dropping .8 sec and 1.4 sec respectively, improved almost 5 sec in 50 backstroke & swam a **PC-B** time in her first 100 freestyle. **Cailey Tollmann** swam 6 best times including a **PC-A** time in 50 freestyle dropping 1+ sec, 4 **PC-B** times in her first swim of the 25 butterfly & 100 IM and in 25 breaststroke and 50 breaststroke dropping 2 sec and 4 sec respectively, she placed 4<sup>th</sup> in 50 backstroke (took off 2 sec) and 8<sup>th</sup> in 100 IM.

Followed by our 7-8 boys, **Michael Schaan** swam a **PC-A** time in 50 freestyle dropping 10+ sec, he improved 3+ sec in 50 backstroke, 1+ sec in 25 freestyle, 100 freestyle, 25 breaststroke and 25 backstroke, he placed 1<sup>st</sup> in 25 & 50 freestyle and 25 & 50 butterfly, placing 2<sup>nd</sup> in 25 and 50 backstroke. **Connor Taylor** swam 4 best times dropping 3 sec in 100 IM, 1.5 sec in 50 backstroke, and took off time in 50 butterfly and 50 freestyle, placed 5<sup>th</sup> in 50 backstroke, 6<sup>th</sup> in 25 freestyle, 2<sup>nd</sup> in 50 butterfly and 3<sup>rd</sup> in 100 IM.

Next up was a large contingent of 9-10 Dolphin girls, **Mychal Bellik** swam a full slate of events and dropped 13 sec in 500 freestyle a huge 28+ sec in 200 IM for a **PC-B** time, she improved 1+ sec in 50 breaststroke, she placed 7<sup>th</sup> in 100 freestyle, 8<sup>th</sup> in 500 freestyle, and 6<sup>th</sup> in 200

IM. **Lily Bickmore** had a fantastic meet swimming 8 events with 100 % improvement, taking 8 sec off in 50 freestyle, she competed in her first 200 freestyle and 50 butterfly, dropped a huge 17 sec in 100 IM, and over 5 sec in 50 breaststroke. **Isabelle DuPont-Moore** swam 3 events improving over 5 sec in 50 freestyle and 1.4 sec in 50 breaststroke looking very strong in these two events. **Lauren Hillbrick** swam a **PC-B** time in 50 freestyle dropping 9+ sec, improved 6.7 sec in 200 freestyle, and took off over 2 sec in 100 freestyle and 50 backstroke. **Sarah Hyatt** swam 8 best times, including 4 **PC-B** times dropping almost 6 sec in 100 freestyle, 2.4 sec in 50 backstroke, a huge 12+ sec in 100 backstroke, and 13 sec in 200 IM, she placed 4<sup>th</sup> in 50 breaststroke, 5<sup>th</sup> in 100 breaststroke, and 7<sup>th</sup> in 200 IM.

**Nikki Jackson** achieved 2 **PC-A** and 9-10 **State** times in 200 freestyle dropping 12+ sec and in her first swim of the 100 butterfly, a **PC-B** time in 50 backstroke taking off almost 2 sec, improved 3.5 sec in 100 freestyle and a best time in 50 butterfly, she placed 4<sup>th</sup> in 50 butterfly & 100 butterfly and 5<sup>th</sup> in 200 freestyle. **Sydney Kearney** competed in 6 events and swam 2 **PC-B** times in 100 freestyle taking off 10 sec & 50 freestyle improving over 3 sec, she dropped 13 sec in 100 backstroke, swam a best time in 50 backstroke by 1.3 sec and completed her first 50 butterfly setting a time to beat. **Meleah Mckown** participated in 6 events and took off 11 sec in 100 freestyle, 4 sec in 50 breaststroke, improved over 2 sec in 50 backstroke and almost 1 sec in 50 freestyle, she also tried the 100 breaststroke and 50 butterfly. **Angel Neal** swam 3 new best times including a **PC-B** time in 50 breaststroke dropping over 1 sec, improved 1.5 sec in 50 backstroke, and dropped a half sec in 50 butterfly. **Hope Rakow** competed in 6 events and swam 3 **PC-B** times in 50 freestyle & 100 freestyle dropping 3.9 and 8 sec respectively, and in her first swim of 50 breaststroke, she improved a huge 15+ sec in 100 backstroke and over 4 sec in 50 backstroke.

Then our 9-10 boys showed us what they had, **William Jin** swam 4 events setting times to beat in 50 freestyle and 100 freestyle in his very first meet, he also tried his first 50 backstroke and 50 breaststroke. **Taylor Knowles** took on 9 events and achieved a **PC-B** time in 500 freestyle dropping 19 sec, he took off time in 100 freestyle and was right on best in 100 backstroke and 200 IM, placed 1<sup>st</sup> in 100 backstroke, 2<sup>nd</sup> in 100 and 500 freestyle,

3<sup>rd</sup> in 50 freestyle, 200 freestyle and 50 backstroke. **Alex Mayer** swam 2 events in his very first meet as a Dolphin setting a time to beat in 50 freestyle and trying his first 50 backstroke. **Joey Smithen** also swimming in his first official meet competed in 4 events setting times to beat in 100 freestyle placing 10<sup>th</sup> & 50 backstroke, he also tried his very first 50 breaststroke and 50 butterfly. **Daniel Taylor** swam a **PC-B** time in 50 breaststroke dropping almost 1 sec, improved a huge 61 sec in 500 freestyle, took 7.4 sec off in 100 backstroke & almost a 1/2 sec off in 50 freestyle, placed 5<sup>th</sup> in 500 & 200 freestyle, 6<sup>th</sup> in 50 butterfly, and achieved new 9-10 **State** times in 50 freestyle & 100 backstroke.

Followed up by our 11-12 girls, **Chayce Beam**, one of our summer swimmers, tried the 50 breaststroke and 50 butterfly in her very first meet. **Chloe Cutter** had a great meet swimming 4 events with 100% improvement dropping 26 sec in 100 freestyle, 26+ sec in 50 breaststroke, improving 9 sec in 50 backstroke and another 9 sec in 50 freestyle. **Emily Dack** swam 9 events with 8 best times, including a **PC-A** time in 200 backstroke dropping a huge 19 sec to place 4<sup>th</sup> in finals, and 2 **PC-B** times in 50 freestyle and 100 freestyle improving 2 and 4 sec respectively, and she took off almost 15 sec in 500 freestyle. **Kaila Duffy** had a super meet achieving an 11-12 **JO** time in 50 butterfly dropping 6.7 sec to finish with a time of 31.95, she swam 5 **PC-A** times improving 9 sec in 100 freestyle, 15 sec in 200 freestyle, 6 sec in 100 backstroke, a huge 24 sec in 100 butterfly & 35 sec in 200 IM, swam 8 finals placing 3<sup>rd</sup> in 50 freestyle, 50 & 100 butterfly and achieved 11-12 **State** times in 50 & 100 butterfly, 50, 100 & 200 freestyle, 100 backstroke & 200 IM. **Kaela Forvilly** did well with 100% improvement in 8 events, dropping 12 sec in 500 freestyle, 3 sec in 100 IM and 2 sec in 50 breaststroke, she improved 1+ sec in 100 freestyle, 100 backstroke and 50 butterfly, swam finals in 6 events placing 3<sup>rd</sup> in 100 IM, 50 & 100 backstroke, and 4<sup>th</sup> in 50 freestyle and 50 breaststroke.

**Jessie Jin** also had great meet with 100% improvement in 8 events including a new 11-12 **JO** time in 100 backstroke dropping almost 5 sec for a time of 1:12.98, she swam a **PC-A** time in her first 100 butterfly, improved over 1 sec in 50 butterfly, 50 breaststroke and 100 IM, swam finals in 7 events placing 5<sup>th</sup> in 100 backstroke, 6<sup>th</sup> in 100 IM and 50 freestyle & butterfly, and she achieved new 11-12

**State** times in 50 & 100 freestyle, 50 breaststroke, and 100 butterfly. **Annalisa Neal** had a fantastic meet with 2 **JO** times in 100 breaststroke dropping 1 sec for a time of 1:24.04 and in 50 breaststroke taking off .8 sec to finish with 37.52, she improved over 8 sec in 500 freestyle, 5+ sec in 200 IM, over 1 sec in 200 freestyle, swam finals in 5 events placing 2<sup>nd</sup> in 100 breaststroke, 3<sup>rd</sup> in 50 breaststroke & 200 IM, and 4<sup>th</sup> in 500 freestyle. **Kayla Ruffo** swam 3 new **PC-B** times by improving 16 sec in 100 freestyle, 2 sec in 100 breaststroke and 3.5 sec in 100 backstroke, she also swam **PC-B** times in her first 500 freestyle and 200 IM and dropped over 1 sec in 50 freestyle and 50 butterfly. **Megan Ruffo** swam 2 events in her very first swim meet setting a time to beat in her first 50 freestyle and trying her first 50 breaststroke. **Taylor Sullivan** swam a full slate of events and dropped a huge 22 sec in 500 freestyle, 2 sec in 50 breaststroke and 50 butterfly, over 6 sec in 200 IM, 1+ sec in 200 freestyle, swam finals in 5 events placing 5<sup>th</sup> in 200 IM, 6<sup>th</sup> in 100 breaststroke, and 7<sup>th</sup> in 200 freestyle & 50 breaststroke, achieving new 11-12 **State** times in 200 freestyle and 200 IM.

We had 4 Dolphins 11-12 boys, **Bryce Cutter** swam 5 events with 4 best times improving 17 sec in 100 freestyle, 12+ sec in 50 butterfly, taking off over 7 sec in 50 backstroke and 4+ sec in 50 freestyle, he also tried his first 50 breaststroke. **Justin Hight** swam 4 events in his 2<sup>nd</sup> meet as a Dolphin swimming the 100 freestyle for the first time & setting a new time to beat and he also looked very strong in 50 backstroke. **Aaron Mayer** swam 6 events dropping a huge 27+ sec in 100 backstroke, improving 20 sec in 100 breaststroke, and taking off 4.6 sec in 50 backstroke and 2 sec in 50 freestyle, he also tried his first 50 breaststroke. **Josh Smithen** did well, he swam 7 events and achieved 2 **PC-A** and 11-12 **State** times in 50 & 100 freestyle dropping 2.9 sec and 6.6 sec respectively, swam finals in 3 events placing 7<sup>th</sup> in 50 freestyle, 8<sup>th</sup> in 100 butterfly and 9<sup>th</sup> in 100 freestyle and set new times to beat in the 100 butterfly & 50 breaststroke.

**Savannah Chappell** started off our 13-14 girls with 100% improvement in 8 events including 2 **PC-A** times in her first 200 backstroke and in 100 breaststroke dropping 14 sec, she improved 13 sec in 200 breaststroke and 14 sec in 200 IM, swam finals in 7 events placing 5<sup>th</sup> in 200 backstroke and IM, 6<sup>th</sup> in 100 & 200 free-

style and 200 breaststroke and achieved 13-14 **State** times in 200 backstroke, 100 & 200 breaststroke & 200 IM. **Claire Christopher** swam 8 events and a **PC-A** time in 200 freestyle dropping 6.5 sec, took off 7.5 sec in 100 butterfly for a 13-14 girls **State** time, improved 11.5 sec in 100 IM, and placed 4<sup>th</sup> in 500 freestyle. **Emma Gray** had a great meet with 100% improvement in 9 events including a **PC-A** time in 100 breaststroke dropping 1 sec, improved over 8 sec in 500 freestyle, 2+ sec in 200 & 100 freestyle, 3 sec in 100 IM and 4 sec in 200 IM, swam finals in 7 events, placing 3<sup>rd</sup> in 50 freestyle, 4<sup>th</sup> 100 freestyle, 5<sup>th</sup> in 500 freestyle and swam new 13-14 **State** times in 500 freestyle & 200 IM. **Jordan Knowles** competed in a full slate of events taking off 20 sec in 1000 freestyle, 2.3 sec in 200 backstroke, 1 sec in 100 freestyle, backstroke and breaststroke, improved 2+ sec in 200 breaststroke, swam finals in 5 events, placing 4<sup>th</sup> in 1000 freestyle and 200 backstroke, 8<sup>th</sup> in 200 breaststroke and 100 backstroke, and swam a new 13-14 **State** time in 100 freestyle.

**Shelby Koontz** had a fast meet improving 3.6 sec in 1000 freestyle, almost 19 sec in 200 backstroke for a **FW** time of 2:18.60, a **JO** time in 200 butterfly of 2:23.57, took off 1+ sec in 100 IM and set a best time in 400 IM, swam finals in 8 events placing 1<sup>st</sup> in 100 & 1000 freestyle, 100 backstroke, 100 breaststroke, 100 & 200 butterfly, 100 & 400 IM. **Anne Lancaster** swam well with 100% improvement in 5 events including a **PC-B** time in her first 1000 freestyle, she took off 8 sec in 200 IM, dropped over 5 sec in 200 breaststroke, and swam new best times in 50 and 100 freestyle. **Whitney Weaver** swam 6 best times including **PC-A** times in 200 freestyle and 100 breaststroke dropping 4.6 sec and 1.2 sec respectively and in her first swim of 200 breaststroke, a **PC-B** time in her first short course 100 butterfly, she took off 13.5 sec in 100 IM, 3 sec in 200 IM and 2+ sec in 400 IM, swam finals in 5 events placing 7<sup>th</sup> in 200 breaststroke and 200 backstroke, and 8<sup>th</sup> in 400 IM.

Up next was our 13-14 boys, **Andrew Brockhage** swam 6 events with 100% improvement and **PC-B** times in 200 freestyle dropping a huge 26 sec & in 100 butterfly taking off 21 sec, he improved 6+ sec in 200 IM, swam a **PC-B** time in his first swim of the 1000 freestyle, swam finals in 3 events placing 4<sup>th</sup> in 1000 freestyle & 100 butterfly, and 5<sup>th</sup> in 200 IM, swam 13-14 **State** times in 100 & 200

freestyle and 100 butterfly. **Eric Jacobs** swam 3 best times dropping 3.8 sec in 200 freestyle, 8.4 sec in 200 breaststroke and swam a best time in 100 freestyle, swam finals in 2 events placing 5<sup>th</sup> in 200 breaststroke & 10<sup>th</sup> in 100 breaststroke, and achieved a 13-14 **State** time in 200 breaststroke.

**Logan Killion** swam 4 best times in 7 events dropping 2+ sec in 100 IM, almost 1 sec in 50 freestyle, and swam best times in 100 freestyle and 100 butterfly, swam finals in 6 events placing 5<sup>th</sup> in 100 backstroke and 6<sup>th</sup> in 100 butterfly & 50 freestyle. **Dylan Matheson** swam 7 events and finished with a **PC-A** time in 50 freestyle and 100 breaststroke dropping almost 6 sec in each, a **PC-B** time in 100 freestyle improving 9.2 sec, took off 16 sec in 200 freestyle and a huge 21 sec in 100 IM, swam finals in 2 events placing 5<sup>th</sup> in 100 breaststroke, 9<sup>th</sup> in 100 IM, and achieved a 13-14 **State** time in 50 freestyle. **Kevin Smithen** had 100% improvement in 3 events, swimming a **PC-A** time in 100 freestyle dropping 5+ sec, improved 28 sec in 100 IM and swam a **PC-B** time in his first 100 breaststroke, swam finals in 4 events placing 6<sup>th</sup> in 100 IM, 7<sup>th</sup> in 100 breaststroke, and 8<sup>th</sup> in 50 & 100 freestyle, finishing with 13-14 **State** times in 100 freestyle & 100 breaststroke.

**Erica Chappell** starts off our 15-18 girls she had a great meet swimming 2 **JO** times in 100 backstroke dropping almost a sec for a time of 1:08.48 and in 200 butterfly dropping a huge 27+ sec for a time of 2:28.49, she finished with best times in 50 freestyle, 200 freestyle and 400 IM, swam finals in 6 events placing 1<sup>st</sup> in 200 butterfly, 3<sup>rd</sup> in 400 IM and 7<sup>th</sup> in 100 butterfly & backstroke, achieving 15-18 **State** times in 100 butterfly and 200 butterfly. **Eli Cruz** competed in 9 events and finished with a **JO** time in 400 IM dropping 9.4 sec for a time of 5:10.51, she looked strong in 100 breaststroke and 200 butterfly and swam finals in 4 events placing 2<sup>nd</sup> in 400 IM, 3<sup>rd</sup> in 200 butterfly and 5<sup>th</sup> in 100 butterfly. **Clara Gray** swam 8 events and achieved a **JO** time in 200 IM dropping almost 3 sec for a time of 2:24.51, she improved 16 sec in 100 IM, 3 sec in 100 breaststroke, took off a huge 33 sec in 500 freestyle and 2.5 sec in 1000 freestyle, swam finals in 4 events placing 4<sup>th</sup> in 500 freestyle, 5<sup>th</sup> in 200 IM, 6<sup>th</sup> in 100 breaststroke, and swam 15-18 **State** times in 200 IM and 100 breaststroke. **Shaelin Morefield** swam 7 events finishing with a **FW** time in 100

freestyle dropping almost 1 sec for a time of 56.07, improved 2.3 sec in 100 IM, obtained a best time in 50 freestyle, swam finals in 6 events placing 1<sup>st</sup> in 100 butterfly, 2<sup>nd</sup> in 100 IM, 3<sup>rd</sup> in 50 freestyle, 100 freestyle & 100 backstroke, and she trained for and swam the 1000 butterfly at the meet! **Meagan Skilling** had a fast meet swimming 8 events and achieving a **FW** time in 200 breaststroke dropping 9.4 sec for a time of 2:36.26, shaved time off 200 IM, improved 1 sec in 200 freestyle, swam finals in 8 events placing 2<sup>nd</sup> in 200 backstroke, 100 breaststroke, 200 breaststroke, and 200 IM. **Mary Smithen** swam 6 events with best times in 100 breaststroke dropping a ½ second and 100 IM improving 10 sec, looked strongest in 100 backstroke and 100 freestyle, swam finals in 5 events placing 1<sup>st</sup> in 100 backstroke, 2<sup>nd</sup> in 50 & 100 freestyle, and 4<sup>th</sup> in 100 butterfly, she also trained for and swam the exhausting 1000 butterfly! **Sarah Koontz** swimming in her last swim meet as a Dolphin dropped 2.5 sec in 100 IM, and looked strong in 200 breaststroke and 100 freestyle, she swam finals in 3 events placing 4<sup>th</sup> in 1000 freestyle and 8<sup>th</sup> in 200 breaststroke and 200 IM. **Haley Von Schottenstein** swam 5 events with best times in 100 IM dropping 4.7 sec and 200 freestyle improving 2.7 sec, she swam finals in 4 events placing 1<sup>st</sup> in 50 freestyle, 100 breaststroke and 100 IM, and 2<sup>nd</sup> in 200 freestyle.

**Kyle Johnston** was one of four 15-18 Dolphin boys that swam at the meet, he swam 6 events shaving off time in 100 breaststroke and took off 5 sec in 100 IM, he looked strongest in 50 and 100 freestyle and was right on **JO** and **FW** pace, swam finals in 6 events, placing 1<sup>st</sup> in 100 backstroke, 2<sup>nd</sup> in 50 & 100 freestyle, 3<sup>rd</sup> in 100 butterfly and 100 IM, he was another Senior swimmer who trained for and swam the 1000 butterfly! **TJ Smithen** swam 4 events dropping 1.6 sec in 200 breaststroke, and looked strongest in 100 breaststroke and 50 freestyle, swam finals in 2 events placing 2<sup>nd</sup> in 200 breaststroke and 11<sup>th</sup> in 100 breaststroke. **Janosch Lancaster** swam 6 events improving 4.5 sec in 100 butterfly, shaved time in 100 breaststroke, 100 backstroke (on **JO** pace) and 50 freestyle, he improved a huge 65 sec in 1000 freestyle, swam finals in 6 events placing 3<sup>rd</sup> in 100 backstroke, 7<sup>th</sup> in 100 freestyle and 8<sup>th</sup> in 50 freestyle and 100 IM. **Cameron Morefield** swam 7 events

improving 14 sec in 100 IM and took off 1.5 sec in 200 IM looking strong in 100 breaststroke (on **FW** pace) and 100 freestyle, he swam finals in 7 events placing 2<sup>nd</sup> in 100 breaststroke and 200 IM, 4<sup>th</sup> in 100 backstroke and 100 IM, he was our fourth courageous swimmer to train for and compete in the grueling 1000 butterfly!

Two 19 and over DDST alumni swimmers participated in the meet but were ineligible to swim finals due to age. They were **Michelle Forman** who swam 6 events dropping 4.7 sec in 100 IM, almost 2 sec in 100 backstroke, and shaved off time in 50 and 100 freestyle, she also took on the challenge of training for and competing in the 1000 butterfly! **Chandra Matheson** was our final swimmer competing in 4 events and looking strongest in 100 IM and 100 breaststroke.

DDST put together 19 relay teams for the meet and some of the highlights for the relays were 2 **Team records** that were broken, the girls 15-18 freestyle relay team of **Meagan Skilling, Haley Von Schottenstein, Shaelin Morefield** and **Mary Smithen** broke the **Team record** set in 2009 by over 5 sec with a time of 3:50.48 to place 1<sup>st</sup> and the boys 10 & under 200 medley relay team of **William Jin, Taylor Knowles, Michael Schaan** and **Joey Smithen** broke the **Team record** set in 2005 by almost 4 sec to finish in 3:10.61 to place 3<sup>rd</sup>.

Other highlights were the 9-10 girls 2<sup>nd</sup> place 200 freestyle relay team of **Mychael Bellik, Lily Bickmore, Nikki Jackson** and **Sarah Hyatt** and **Bellik, Jackson,** and **Hyatt** teamed up with **Sydney Kearney** for the 200 medley relay to place 2<sup>nd</sup>. The 11-12 200 freestyle and 200 medley relay team of **Jessie Jin, Kaila Duffy, Annalisa Neal** and **Kaela Forvilly** placed 2<sup>nd</sup> in both events. The 15-18 team of **Meagan Skilling, Haley Von Schottenstein, Shaelin Morefield** and **Mary Smithen** teamed up again in the 400 medley relay to place 1<sup>st</sup> and **Sarah Koontz, Clara Gray, Eli Cruz** and **Erica Chappell** teamed up to take 2<sup>nd</sup> in the 400 medley relay and 3<sup>rd</sup> in the 400 freestyle relay. The 10 & under boys team of **Daniel Taylor, Michael Schaan, Connor Taylor** and **Taylor Knowles** teamed up in the 200 freestyle relay to place 1<sup>st</sup>. There was a lot of fun at the meet and all swimmers should be very proud of what they accomplished!



## High Country Meet Wrap Up

Wow! We received many compliments from swimmers and coaches on how much fun our High Country Meet was! Although we had problems "behind the scenes" with our computer and the Colorado timing system, most people didn't notice it!

Thank you to all of our hard working parents who put in many hours before, after, and during the meet to help make it a success! Please check your Volunteer hours on your account on the website to make sure they are accurate. Call or e-mail Lorna Johnston or Margaret Jackson, Meet Directors, if you have any questions.

**Computer** – Sue Cruz, Pattie Dack, Deb Duffy, Joe Stubnar. **Colorado** – Chris & Pattie Dack, John & Nicole Knowles, Linda Koontz. **Clerk of Course** – Karen Christopher, Beckie Tollmann, Doreen Hyatt, Julie Gray, Randy & Gail Jacobs, Dana Killion. **Marshalls** – Paul Johnston, Mark Weaver, Kelly Schaan, Don Brockhage, Jason Tollmann, Ed Gray, Ted Neal, Randy Jacobs. **Head Timer** – Denise Bickmore, Marion Lancaster, Tom Christopher, Xiaojun Jin, Dan Cutter. **Runner** – Beckie Tollmann, Shalene & Annika Hillbrick, Ed & Julie Gray, John & Joanna Ruffo, Dana Killion, Denise Bickmore. **Announcer** – Kathy Chappell, Scott Carroll (Carson), Karen Reuter Perry (Reno). **Music (For Finals)** – Greg Taylor. **Awards** – Marion Lancaster, Beckie Tollmann, Randy Jacobs, Lane Killion. **Snack Bar** – Linda Koontz, Jared & Doreen Hyatt, David & Christine Rakow, Mike and Raegan Bellik, Kathy Chappell, Ted Neal, Christy Mayer, Danielle Bickmore. **Hospitality** – Karen Sullivan, Syndi Skilling, Lisa Dupont, Changqing Jin, Karen Brockhage, Karen Christopher, Carla Schaan, Barb Cutter, Jenna Beam, Lindsey Johnston, Jenna Hammond. **Officials** – Jim & Leslie Morefield. **Set Up/Tear Down** – Jim Morefield, Chris Dack, Paul Johnston, Kelly Schaan, Marion Lancaster, Lisa Dupont, Clayton Chappell, Karen Brockhage, Barb Cutter, Raegan Bellik.

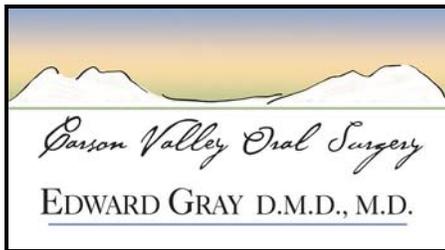
Our next meet will be the Molly Lahlum Memorial Autumn Freeze Meet September 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup> which is only a few weeks away. The 11 & older swimmers will swim in the morning sessions and the 10 & under swimmers will swim the afternoon sessions. Please check the DDST website to sign up!



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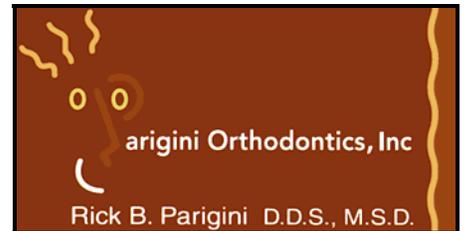
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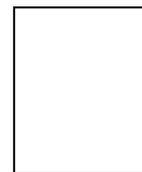
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## SEE MORE ARTICLES BELOW!

Time-sensitive Swim Team news enclosed!



### Transitions

**Welcome new Swimmers:** Aspen Tollmann, Ryan Chen, Barrett Lee, Haley Hineman & Kyla Palaroan, **Returning Swimmers:** Rachel Chen & Taylor Killion, **Farewell & good luck** to Sarah Koontz, Tara Chitwood, Bethany Ritchie & to **summer swimmers** Carson & Tyler Hearn, Jason Lowther, Chad & Sophia Maricich, Anna Northcutt, Max Owens, Taylor Reardon, Joe Sullivan & Emma Waskiewicz. **Moving up: congratulations to new Pre-Senior** Rachel Chen.

**Happy September Birthdays** to Hope Rakow (9/08), Kevin Smithen (9/14), Eden Neal (9/15), Whitney Weaver (9/16), Lily Bickmore & Claire Christopher (9/17), Marin Collins, Chandra Matheson & Lani Smithen (9/23), **Happy belated Birthday to:** Taylor Killion (7/20), Ryan Chen (8/12) & Aspen Tollmann.

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



### Practice Schedules

Check [www.ddst.org](http://www.ddst.org) for updates.

**Summer Break (starting 6/08/2011)**  
**Seniors & Pre-seniors:** M-F 7:00-9:00 am + T, Th 2:30-3:30 pm dryland + **Senior doubles** M, W 4:00-5:30 pm

**Blue:** M-F 4:30-6:00 pm  
**Red & Summer:** M-Th 3:30-4:30 pm  
**White:** M, W, F 4:30-5:15 pm  
**Pre-competition:** T, Th 4:30-5:15 pm

**ANY Public School(s) IN Session (Starts 8/15 for Elementary and 8/22 for Middle and High School)**

**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



### Next Newsletter

The next *Monthly* will appear about **September 23rd**. All submissions should be received by **Wednesday September 21st**. 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](mailto: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, Lorna Johnston, Jim Morefield and Coach Chandra.*

**Latest news online: [www.ddst.org](http://www.ddst.org).**

