

Dolphins' Monthly

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

www.ddst.org

October 2011

Swimmers of the Month

Hannah Jackson is Pre-Comp swimmer of the month. Hannah has had perfect attendance, she is always on time to practice, she is ready to get in the pool or to listen to the coach at 4:15 with her cap on and her gear in tow. Hannah listens with her ears and her eyes which means that she hears what I am saying and sees what I am demonstrating. She is respectful to correction and uses it to improve her strokes. She puts 100% effort into every practice and is very enthusiastic, kind and considerate. These attributes will help her to improve quickly!! Great job Hannah!!

Lauren Hillbrick is white group swimmer of the month. She has been swimming with the team for about a year now and she always comes to practice with a smile on her face and a great attitude! I have noticed a huge improvement in her swimming, especially in her turns and in her underwater technique. I am really looking forward to watching Lauren compete in the next meet because I believe she will do really well. Great job!!

Julia Chappell is Red Group Swimmer of the Month. Julia always comes to practice with a smile on her face, a great attitude and ready to swim! She gets in the water with enthusiasm and swims hard! Her swims at the King of the Hill meet resulted in 100% best times with a combined drop in her times of almost 54 seconds total!

Way to go Julia!! Keep up the great work!!

Josh Smithen is Blue Group Swimmer of the Month. Josh is fairly new to Blue group but I have been witnessing his drive to swim better and faster every day. Josh had a great King of the Hill meet and some of our own coach's couldn't believe how fast he had gotten and wanted to know who that "fast swimmer" was. He tried two new events at the meet and achieved three new Life Time Best's, one in the 100 breaststroke with a 5 second drop. Keep up the good work Josh!

Rachel Chen is Pre-senior Swimmer of the Month. Somewhat new to swimming, Rachael tried some new events at the King of the Hill meet which required her to step outside of her comfort zone. She did remarkably well and learned a thing or two about herself in the process. Developing confidence in oneself is important in swimming as well as life. The day after the meet Rachel was already trying to figure out how she could continue to improve her swimming. Rachael's positive attitude and encouraging nature is an asset to the team and it will take her far!

Queen of the Hill" **Shelby Koontz** is the Senior Group swimmer of the month. If you attended the "King of the Hill meet, you experienced the excitement first hand. All I can say is WOW! Shelby did a great job at this meet and she has the crown and trophy to prove it! However her success didn't just magically happen. She has been training like a beast since the day

after the High Country Meet. Shelby has impressed Coach Sarah and I with her focus and determination to train hard and win. She has made us all proud of her accomplishment. All hail the "Queen"!



Help For New Parents

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

Contact **Karen Sullivan** (ksullivan@dcasd.k12.nv.us, 775-267-4035) or another key contact (see p. 4) to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



New 2012 JO & FW Time Standards

Swimmers and Parents please be aware that the times standards for Junior Olympics and Far Westerns are changing beginning in 2012. You can find the new times on the Pacific swimming site at www.pacswim.org.



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

We are just finishing up two months of focusing on explosive training. The swimmers have been training with a lot of short distances with emphasis on mainly speed and power. After the "King of the Hill" meet we will be changing gears as we head into a new training cycle.

Our main concentration will then change to LINE, POSTURE, RHYTHM, and BALANCE. Correct body position makes everything better on land and especially in the water. We will be doing a lot of snorkel work with the purpose of creating some muscle memory for great technique. Our yardage will increase during this new training cycle as well. An emphasis on technique and a good aerobic base will lead the way to positive results at our goal meets which will be either 14 & under Junior Olympics, the Senior Meet or Senior Sectionals, depending on the athlete.



Can't Wait 4 State!

We are down to two local meets in which to qualify for the State meet in February! The Carson meet in November (the deadline for entries is November 2!!) and our own home meet in January! You still have a chance to qualify for the State meet if you enter these last 2 meets and set your sites on getting a qualifying time! If you are not sure what the State qualifying times are for your swimmer, ask their coach or you can find the qualifying times on our website under Records/Times, then Time Standards. The 2012 State time standards will be the same as the 2011 State time standards. Swimmers, stay focused because there are only about 77 practices before State for Blue group and up (64 for Red & White groups)!



COACH

Greg's Corner

(greg@taylorcamp.org)

WOW!! I was coaching the afternoon session on Saturday and our relay teams were outstanding!! The boys placed first in both relays and the ladies had great finishes in their relays also! Many best times were swam in those relays which was the key to the Dolphins winning the 1st Place Team Relay Trophy!!

As many of you may have noticed, I was at the swim meet on Sunday but not seated at the coaching table because I wasn't officially coaching that day. (Did any of you think I was napping? <LOL>).

I may have snuck in a little nap as I was trying to rest my voice, but I also managed to witness some of your swims and noticed that we have a little work to do! We have been working on Starts and Wall Space, however I still saw some sloppy starts and it seemed that a few of you were surprised that the pool was 5 feet deep!

Going forward, we will be focusing on Breaststroke as it is a complicated stroke and there is always room for improvement. It looks like our Butterfly and IM work has paid off because I saw some great Butterfly swims! We will also continue with our core and endurance training as well.

A lot of families got caught off guard when they went to sign up for this last meet and they were not able to do so because it had already filled up and closed. If we are aware that a meet is likely to fill up we will try to let our parents know ahead of time (which I did in the e-mail that I sent out before the meet closure). So make sure to keep watching your e-mail for these important messages and be aware that there are only two more meets on our schedule before State! One at Carson in November and our Last Chance Home meet in January. Currently Red Group has 8 of 19 swimmers who have State cuts! I would love to see more Red Group swimmers swimming at State in February! So make sure that you get signed up for the Carson Fall Frenzy now so we can make that happen!



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

Friday November 11th: VETERANS DAY, School-out practices.

November 24th Thanksgiving Day: Fun practice for all groups 8:00-10:00 am.

Family Day: NO PRACTICES. Any further changes will be posted at www.ddst.org – stay tuned!



Upcoming Meets

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

November 12-13, Carson Tigersharks Fall Frenzy meet in Carson City (<http://www.pacswim.org/1111cars.pdf>, entries due 11/2)

December 2-4, Pacific Swimming 14/ under Junior Olympics Championships, Morgan Hill, CA (qualifying times apply, meet sheet pending, see coach/ddst.org for details, entry deadline 11/23).

December 9-10 Pacific Swimming Short Course Senior Championships, Pleasant Hill, CA (qual. times apply, meet sheet pending, see coach/ddst.org for details, entry deadline 11/30).

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

January 14-15, 2012 Pacific Coast All-Star Meet (All-star select meet for swimmers ages 11-14. Applications Due at JOs Dec. 2-4 or Senior Champs Dec. 9-11.)

HOME MEET: January 27-29, Last Chance Meet (meet sheet pending) **All parents please be prepared to help out!**

February 17-20, Nevada State Championships, Carson City, NV (qualifying times apply, meet sheet pending, see coach/ddst.org for details)



COACH
**Stefanie's
 Corner**

(ssignorella @ charter.net)

This last month was a challenge to our PreComp swimmers with the move from outdoors to indoors and the growing size of the group. The increased noise level indoors, the crowded lane space, and the many other distractions can sometimes makes learning difficult but these swimmers did a great job learning and improving in spite of their circumstances. They are dedicated swimmers, and I am really proud of them.

As I write this, we have had only one week with the group split into 2 smaller groups and already I see this change as positive all the way around. The smaller groups allow me to get in the water and have hands-on time with each swimmer every practice. Hands-on teaching is important at the novice level because it gives the swimmer immediate feedback on body position in the water.

To make the best use of our 45 minutes of instruction time, I am asking parents to have their swimmers on deck no later than 4:10 and ready to get in the water with goggles, gear and caps on ("gear" means grabbing a kickboard and a pair of fins from the box to have on deck next to their lane). Sometimes I will talk to the swimmers before they get in the water, or we will watch a demonstration. Other times, our first few minutes of practice are spent learning the first step of a skill in a progression of steps that we will build on during that practice. If your swimmer is on time to each practice they will not miss out on any of the teaching and they will grasp each of the skills that is being taught more quickly. So that each group on the team can have their allotted time in the pool, PreComp needs to be out of the water right at 5:00 PM.

I would like to encourage swimmers and their families to get in the pool between practices. At this level of

swimming, play time in the water helps them with several skills they are trying to develop in swim practice. For example, diving for toys can improve their breathing skills and treading water will develop their ability to feel their hands grabbing the water. With our limited practice schedule, extra play time can help your swimmer to feel more comfortable in the water.

Thank you to Coach Kat and the Board for making these exciting changes happen which will improve the quality of coaching each swimmer will receive. And *Thank You!* to our parents for making these changes work by being flexible with your schedules. I love coaching your swimmers and I look forward to all the progress we will see in each of them this coming month!



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, November 1st, 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



Lost & Found!

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor [blkoontz92 @ yahoo.com](mailto:blkoontz92@yahoo.com), 775-782-7806 (3)

FOUND on the concrete bleachers after the last swim meet a pair of clear goggles with black elastic Speedo straps. Call 782-7806 if these are yours.

FOUND on the concrete bleachers after the last swim meet a brown sweatshirt size XS. Call 782-7806 if this is yours.



COACH
Sarah's Corner

(sgovanswm @ aol.com)

As of October 17th I will be taking the white group over completely as Coach Stefanie will be busy coaching the Pre-Comp group which has split into 2 groups. I have sent home a November calendar with each white group swimmer which outlines what we will be working on each day & includes my e-mail address. Please let me know if this is beneficial information to have for you and your swimmer and if it is, I will continue to send one home each month.

The next local meet is the Carson Meet which will be held November 12th and 13th. Mailed entries must be post-marked by October 31st or you can enter your swimmer in swimconnection or hand deliver the entry to the Carson Pool by November 2nd. There are only 2 meets left for your swimmers to achieve their State cuts, (the next State will be in Carson but the following 2 years it will be held in Vegas). So please don't miss out on the opportunity to have your swimmer qualify for State, they have been training hard and swim meets are their chance to show us how well they are progressing!!

On October 27th, Thursday, we will have our annual Parent meeting which will be Mandatory. Hopefully you all saw the e-mail that went out last week informing you of this meeting. At the meeting I will be going over the calendars, practice information, as well as information about swim meets. It will also give white group parents a chance to meet me and have their questions answered. I am looking forward to the Parent meeting and I can't wait to meet with you all!!!



Newsletter Survey

Thank you to those who filled in and turned in the Newsletter surveys that were given out at the parent meeting. If you still need to turn in your survey, you may put it in the family file folder labeled with my name-Koontz. The file folder box is located in the swim center lobby by the glass display case near the snack bar. Thank you all for helping us with this.



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

Offered Size 28 girls Team suit, thin straps, no wear or pilling only worn about 5 times, new/current style, Navy suit with red & white lettering, \$45 call 690-9015.

Offered Size 28 girls Team suit, thin straps older style, Navy suit with red lettering, no pilling or wear, straps are slightly "rigid" dry \$15 call 690-9015.



DDST Key Contacts

Board President: Margaret Jackson, president@ddst.org; 760-937-2874

Head Coach: Kat Matheson
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Parent Liaison: 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



New Swimmer Tryouts

If you like to swim and would like to join the Douglas Dolphins Swim Team, New Swimmer Tryouts are held the 3rd Friday of each month (with some exceptions) at the Swim center at 5:30pm. The next tryout date will be the 18th of November. Swimmers that would like to try out for the swim team should contact Karen Sullivan, our parent liaison, ahead of time to set up their tryout. You can find Karen's contact information in the DDST Key Contacts section of this newsletter. Also, you might like to check out our website (ddst.org) which has lots of useful information and will help you to begin to see what the Dolphins are all about!



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, 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, & offering scholarships, the Dolphins always go the extra lap to make the sport of competitive swimming accessible to athletes and families in our community.

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



Pool Use Outside Practice Times

The Swim Team pays a monthly fee for our pool usage during practice times. Some DDST swimmers enjoy using the other pools and equipment at the Swim Center on their own, before and/or after practice. This is fine as long as they are old enough and meet other Swim Center requirements, and as long as they pay the regular admission fee.

If you want your swimmer to be able to use the pools or equipment outside their practice times, they must pay regular admission. Monthly or annual passes can be purchased at a discount in the Swim Center lobby, or your swimmer can carry the daily admission fee.

Also, please be aware that DDST swimmers are NOT under DDST coach supervision or insurance coverage except while participating in their scheduled DDST practices or activities.



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Locker Room Etiquette

Parents and swimmers, the Swim Center staff asks that you please remember to **bring all belongings out onto the deck or leave them inside a locker** while at swim practice. Several swimmers have been leaving items on benches meant for people to sit on, or designated for handicapped patrons. **All benches must be kept clear of personal items!** Also you should know that some swimmers have had items stolen from the locker rooms, so it would be safer to have their belongings with them out on deck.



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.



SWIM FASTER TODAY

BY CHELSEY WALDEN
SCHREINER

For this week's Speedo Tip of the Week, we bring you five little things you can do right now to help yourself swim faster right away. From the Speedo Tip of the Week feature, in the Swimmers section of www.usaswimming.org.

Streamline. Streamline. Streamline. Streamlining upon entering the water and off your walls may be obvious, but it is often overlooked or the first thing to go when your arms tire and muscles scream. However, it is one of the most important habits you can practice over 100 times during a workout. Streamlining reduces drag and therefore keeps your body moving faster in the water. Those hundredths of a second can mean the difference between places. Remember, Jason Lezak out-touched Alain Bernard by just eight one-hundredths of a second in the 4x100-meter freestyle relay at the 2008 Olympic Games.

Practice head position. "If you're head is moving, your body is moving," says Kate Lundsten, coach of the Minnesota Team Aquajets and internationally-ranked National Teamer Rachel Bootsma. Like streamlining, your head position can affect the amount of drag on your body and the efficiency of your stroke. Strive for a neutral head position throughout your stroke.

No illegal turns. "Swim in practice how you want to swim in meets," says the Golden Goggles Breakout Swimmer of the Year Missy Franklin. "That way you don't have to worry about it when you're racing, and it will just come naturally." This includes illegal turns in practice. The last thing you want to do in your next 200 IM is miss the two-hand touch because you forgot to practice it in training.

Go into walls fast. Working to swim fast in the middle of the pool is

only part of the race. The wall may seem like a good place to rest, if only for a tenth of a second, but your competition may be thinking the same thing. According to T2 Aquatics coach Tom Yetter, who has coached multiple swimmers to top age group rankings, going in to the wall fast with your head down may give you an advantage over your competitors. He encourages his swimmers to practice swimming into the walls with their heads down for at least two strokes in all strokes except breaststroke. It may just give you the edge you need to move past the heat in your next race.

Kick through your break outs. Another spot in which you can pick up speed is your breakouts. Yetter promotes a strong kick off the wall to maintain the speed you just gained from pushing off the wall. Do a full pull-out for breaststroke. Keep in mind, a strong kick and a good breaststroke pull-out also need a tight streamline!

Dolphin kick underwater. If you're streamlining with a powerful kick already, one way to take it up a notch is to dolphin kick off the wall. Lundsten incorporates dolphin kicking into practice as a drill. Swimmers will dolphin kick underwater to various marks throughout the set, especially working on awareness of the 15-meter-mark. Franklin also integrates underwater kicking in her practice by completing underwater 25s. By practicing a strong underwater kick, you'll be sure to have the lung capacity and kicking power to leverage this asset in a meet.

Perfect Practice Makes Perfect. All of the techniques mentioned above can help you shave time in your races, but just thinking about them at meets isn't enough. "You have to use it in practice to use it in a meet," says Lundsten. Practice makes perfect in that your muscle memory will be developed and ready so you can focus on racing.



Clarifying Meet Entries

For those swimmers and parents who are new to the team and for those who might still be a little confused, here is a reminder of how to enter your swimmer into home and away meets. As always if you are unsure or have any questions please contact your swimmer's coach, the Parent Liaison Karen Sullivan or any of the DDST Board members for help.

HOME MEETS (meets we host in Minden): for these meets we are using the TeamUnify entry system. When you sign in at www.ddst.org, you will see a button to "Attend this Event." When a swimmer signs up to attend, a list of available races will appear. **To enter the meet**, check the races you wish to swim, and save. (Tip: print the page first and bring to the meet as proof of your entries.) A coach will go online and approve your swimmer's entries before the meet, or contact you if any changes are needed. **You will be billed** for the standard meet entry fees **on your next DDST invoice**, and prompt payment is appreciated to help cover meet expenses!

For home meets, the entry options listed on the meet sheet are also still available, but we strongly encourage you to sign up at www.ddst.org instead.

AWAY MEETS (see exceptions below): to enter meets hosted by other teams, you must use the options listed on the meet sheet. Entries are not available at www.ddst.org for these meets! Online entry is usually available through SwimConnection LLC (ome.swimconnection.com), which requires pre-payment of the entry fees plus a small convenience fee via credit card.

PAPER ENTRIES are always available for any meet (except those

requiring team entries, see below). Forms and instructions are included in the meet sheet (posted for all meets at www.ddst.org, or available from your coach). Again, we strongly encourage you to sign up for home meets at www.ddst.org instead.

TEAM ENTRIES are required for certain away meets like Sectionals and Nevada State Championships. Sign-ups will be done case-by-case for each meet, but will usually be available through the TeamUnify system at www.ddst.org. Check with your coach if you are unsure.

PLEASE NOTE: meet entry fees are always non-refundable, no matter which meet entry method is used. Fees charged to your DDST account are subject to the same late payment policies as any other amounts due.



King of the Hill Meet results

The second annual King of the Hill meet was very exciting indeed, if you did not go to the meet you missed a lot of fun! The meet was structured so that swimmers who signed up to swim at least 6 events including the 50 freestyle could enter the King of the Hill event. This event would whittle down a list of swimmers from 64 top 50 freestylers to the 2 fastest 50 freestylers and then one would be crowned King or Queen of the Hill.

We had several Dolphins that did very well in this event. For the girls, **Shelby Koontz, Mary Smithen, Shaelin Morefield, Emma Gray, Kaila Duffy, Kaela Forvilly, Rachel Chen, Anne Lancaster** and **Taylor Sullivan** made it into the top 64. Then the top 32 Dolphins were **Mary Smithen, Shelby Koontz, Shaelin Morefield** and

Emma Gray. Making our way down to top 16 we had **Shelby Koontz, Mary Smithen** and **Shaelin Morefield**. **Shelby** and **Mary** both made it into the top 8, the top 6 and the top 4 swimmers. **Shelby** made it into the top 2 and she came out on top as Queen of the Hill beating a Reno swimmer by .35 sec!

Onto the boys, **Kyle Johnston, Cameron Morefield, Janosch Lancaster, TJ Smithen, Kevin Smithen, Adam Dack** and **Josh Smithen** all made it into the top 64. The top 32 Dolphins were **Kyle Johnston, Cameron Morefield, Janosch Lancaster, TJ Smithen, Kevin Smithen** and **Adam Dack**. **Kyle Johnston, Cameron Morefield, Janosch Lancaster** and **TJ Smithen** made it into the top 16.

Kyle and **Cameron** made the top 8 and top 6 swimmers. **Kyle** was the last Dolphin eliminated, making it into the top 4! All of our King of the Hill swimmers should be very proud of themselves and how they performed in the meet.

In between the King of the Hill event we witnessed a ton of great swims by many of our Dolphin swimmers starting with our youngest swimmers the 8 and under girls, **McKenna Chappell** swam 2 events with 100% improvement, swimming the 25 freestyle with a new best time by 1.8 sec and dropping a whopping 6 sec in 25 backstroke. **Marin Collins** swam 2 new events setting times to beat in her very first 50 freestyle and 50 backstroke. **Emma Ruffo** swam 8 events with 4 new best times including a drop of 3+ sec in 100 IM, 1.4 sec in 25 breaststroke, and almost a sec each in 50 breaststroke & freestyle, she placed 3rd in 50 backstroke and 100 freestyle and 5th in 25 & 50 breaststroke.

Abbreviations: IM=Individual Medley; Times: PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Westerns; PRT=Pacific Recognition Time.)

Then our 8 and under boys stepped up to swim, **Michael Schaan** swam 8 events including a best time in 50 butterfly by 2.4 sec, and he swam 2 new **PC-A** times in 25 breaststroke and 100 IM dropping 1.4 and 1.7 sec respectively, he placed 1st in 50 freestyle, 25 butterfly and 50 butterfly. **Connor Taylor** achieved a new **PC-A** time in 50 freestyle dropping almost 3 sec, and a new best time in 50 butterfly improving over 1 sec, he placed 2nd in 50 freestyle and butterfly and 3rd in 50 backstroke and 100 IM.

Up next we had our 9-10 girls, starting with **Julia Chappell** who swam 4 events with an awesome 100% improvement, including a new **PC-B** time in 100 backstroke with a huge 24 sec drop to place 5th, another huge 27 sec improvement in 200 freestyle, a 10 sec drop in 50 butterfly and she took off 2.8 sec in 100 freestyle. **Nikki Jackson** swam 8 events looking really strong in 50 breaststroke and was also right on best in 50 backstroke and 50 freestyle, she placed 7th in 100 IM and 50 butterfly and 8th in 200 freestyle. **Angel Neal** achieved 2 new **PC-B** times in 50 freestyle and 50 backstroke dropping 1.6 sec and 2.9 sec respectively, she improved 5 sec in 200 freestyle for a new 9-10 **State** time and tried her very first 100 butterfly, she also placed 6th in 100 IM. **Hope Rakow** swam 6 events and tried her first 100 IM, she took off almost 1 sec in 100 backstroke and was right on her best time in 50 backstroke and 50 freestyle. **Cailey Tollmann** swam 4 events including her very first 100 backstroke which she took on and

conquered, she also was right on her best time in the 50 breaststroke.

Followed up by our 9-10 boys, **Taylor Knowles** had a great meet swimming 8 events and a **JO** time in 100 backstroke dropping 2.3 sec to finish with a time of 1:21.83, he also improved over 8 sec in 200 freestyle, 2.5 sec in 500 freestyle and swam new best times in 2 other events, he placed 1st in 50 & 100 freestyle and 50 & 100 backstroke. **Alex Mayer** swam 2 events with 100% improvement dropping over 19 sec in 50 freestyle and over 12 sec in 50 backstroke. **Daniel Taylor** had a fast meet swimming 7 events with improvement in 6 events, he took off 4.5 sec in 200 freestyle, 2 sec in 100 breaststroke, 1.4 sec in 50 freestyle and swam 3 other best times, he placed 2nd in 100 IM and 4th in 100 breaststroke and 100 & 200 freestyle.

Mychael Bellik started out our 11-12 girls swimming 8 events including a new **PC-B** time in her very first swim of the 1000 freestyle placing 6th, she tried her first 100 butterfly, she dropped over 14 sec in 500 freestyle and 7 sec in 100 backstroke and swam best times in 2 other freestyle events. **Lily Bickmore** swam 7 events including her first 200IM and 100 butterfly setting new times to beat, she dropped a whopping 17 sec in 100 breaststroke and 16 sec in 200 freestyle and achieved best times in 50 & 100 freestyle. **Emily Dack** swam 7 events including her first swim of 200 IM which she completed with a new **PC-B** time, she improved 1.7 sec in 500 freestyle and almost 1 sec in 100 backstroke. **Kaila Duffy** swam 6 events looking really strong in 50 freestyle and 100 butterfly and placing 6th in the 100 butterfly. **Kaela Forvilly** dropped 4 sec in 200 freestyle, over 7 sec in

100 butterfly and swam best times in 50 & 100 freestyle, she was fast enough to place 5th in 100 freestyle and 6th in 200 freestyle and 100 backstroke. **Annalisa Neal** swam 7 events with a new **PC-A** time in 100 butterfly and in her first short course swim of 200 breaststroke, she improved a humongous 38 sec in 1000 freestyle to place 1st, over 7.6 sec in 500 freestyle to place 3rd and swam new best times in 100 breaststroke to place 4th and 50 freestyle for a new 11-12 **State** time. **Kayla Ruffo** swam a **PC-B** time in her first 100 butterfly, improved a huge 17 sec in 500 freestyle, dropped 5 sec in 100 breaststroke and 1.3 sec in 50 freestyle. **Megan Ruffo** swam 4 events setting times to beat in 100 freestyle and 100 breaststroke. **Taylor Sullivan** swam a new **PC-A** time in 200 breaststroke to place 8th, improved 8 sec in 100 butterfly and 1.7 sec in 50 freestyle for 2 new 11-12 **State** times and swam a best time in 100 freestyle.

Aaron Mayer started off our 11-12 boys swimming 5 events including his first 200 freestyle, he dropped a huge 12 sec in 100 breaststroke, 7.5 sec in 100 backstroke and 4.7 sec in 50 freestyle. **Josh Smithen** swam a new **PC-A** time in 100 backstroke and a new **PC-B** time in 200 freestyle for 2 new 11-12 **State** times, he took off 4.7 sec in 100 breaststroke, placed 4th in 100 freestyle and 6th in 100 breaststroke and butterfly. **Joe Sullivan** swimming in his very first official meet swam 50 freestyle in a **PC-A** time setting a time to beat in his next meet.

They were followed by our 13-14 girls, **Savannah Chappell** swam her very first 200 butterfly in a **PC-A** and 13-14 **State** time to place 6th and achieved a new best time in 50

freestyle, she placed 2nd in 200 freestyle and 7th in 100 backstroke. **Emma Gray** swam 7 events improving over 10 sec in 400 IM, 2.3 sec in 100 butterfly, 1.7 sec in 100 breaststroke for a new 13-14 **State** time, she placed 4th in 100 freestyle, 5th in 200 freestyle and 7th in 50 freestyle. **Haley Hineman** swimming in her 2nd official meet as a Dolphin, swam 4 events trying her first 100 breaststroke, she improved 14.5 sec in 100 freestyle and 6.6 sec in 50 freestyle. **Jordan Knowles** swam 4 events looking strong in 100 breaststroke and 200 backstroke and placing 8th in 200 backstroke. **Shelby Koontz** had an amazing meet breaking the 13-14 girls **Team** record in 50 freestyle set in 1995 by a half second to finish with a **Grand Prix** time of 24.33 and she swam a new best time in 100 breaststroke, she was right on best in 200 backstroke and placed 1st in 50 & 200 freestyle, 100 breaststroke and 400 IM. **Anne Lancaster** swam 7 events improving almost 4 sec in 100 butterfly, .8 sec in 50 freestyle and swam best times in 100 freestyle and 100 breaststroke.

Our 13-14 boys were up next, **Andrew Brockhage** swam 2 new **PC-A** times in 1000 freestyle and 400 IM dropping 3.4 sec and a huge 43 sec respectively for a new 13-14 **State** time in 400 IM, he placed 3rd in 1000 freestyle and 6th in 500 freestyle and 400 IM. **Ryan Chen** improved a huge 19 sec in 100 freestyle, 2.2 sec in 50 freestyle and he tried his first 100 breaststroke. **Adam Dack** swam a new **PC-A** time in 100 breaststroke, he improved 1.3 sec in 200 freestyle for a new 15-18 **State** time and 2nd place, he was right on best in 100 butterfly and 50 freestyle, and he placed 4th in 100 freestyle and 100 backstroke.

Dylan Matheson swam 4 events and dropped almost 9 sec in 100 butterfly, looked strongest in 100 breaststroke placing 8th and placed 8th also in 200 IM. **Kevin Smithen** swam 5 events achieving a new **PC-A** time in 200 freestyle dropping 6.8 sec, 100 freestyle and 100 backstroke he took off 1.4 and 1.6 sec respectively, and he placed 5th in 100 and 200 freestyle.

Rachel Chen got our 15-16 girls going swimming 6 events and improving 17 sec in 200 breaststroke for a new **PC-A** time, she also tried her first 100 backstroke finishing with another **PC-A** time and was right on best in 50 freestyle and 100 breaststroke. **Clara Gray** swam 5 events improving 5.8 sec in 100 butterfly for a new 15-18 **State** time and .8 sec in 200 IM she looked strong in 100 freestyle and she placed 3rd in 100 freestyle, 200 IM & 400 IM. **Shaelin Morefield** swam 6 events looking fast in her 200 IM on **FW** pace and swimming right on **JO** pace in 50 freestyle, she placed 1st in 200 freestyle and 200 IM and 2nd in 100 backstroke. **Meagan Skilling** swam 4 events looking strongest in 200 backstroke and 100 breaststroke swimming right on **FW** pace, she placed 2nd in 200 backstroke and 100 butterfly and 4th in 100 breaststroke and 200 IM.

Kyle Johnston was the first of our two 15-16 boys and he had a great King of the Hill event, he achieved a new **FW** time in 50 freestyle finishing with a time of 23.04 improving by .44 sec and was right on best in 200 breaststroke, he placed 1st in 200 IM, and 2nd in 200 freestyle and backstroke. **TJ Smithen** swam 7 events improving 1 sec each in 100 breaststroke and 100 butterfly, he swam a new best time in 200 breaststroke and swam

his 50 freestyle in under 25 sec, he placed 4th in 400 IM and 5th in 100 butterfly and backstroke.

Mary Smithen also did very well in the King of the Hill event and she swam 7 events looking strong in 200 freestyle swimming right on **JO** pace, she was right on **FW** pace for 400 IM, and she placed 3rd in 50, 100 and 200 freestyle.

Janosch Lancaster swam 8 events achieving a new 17-18 boys **JO** time in 400 IM improving 3.7 sec, he took off 2.4 sec in 200 freestyle and swam new best times in 50 & 100 freestyle, he placed 1st in 100 freestyle and 2nd in 100 backstroke and 200 freestyle. **Cameron Morefield** looked very strong in the 50 freestyle King of the Hill event swimming right on **JO** pace, he was right on best in 100 freestyle, he placed 1st in 50 freestyle, 100 backstroke and breaststroke.

Relays are always fun to watch and the Dolphins broke some **Team** records at the meet, the 10 and under relay team of **Taylor Knowles, Daniel Taylor, Michael Schaan** and **Connor Taylor** swam the 200 Medley Relay in a time of 2:58.79 breaking the 10 & under **Team** record by 12 sec. The 200 Medley Relay team of **Janosch Lancaster, Cameron Morefield, Kyle Johnston** and **TJ Smithen** broke the boys 15-18 **Team** record set in 2010 by 2 sec finishing with a time of 1:48.84. The same group of 15-18 boys also broke the **Team** record in the 200 Freestyle relay set in 2006 by 10 sec to finish with a time of 1:35.95. We had a lot of other fast relay teams that swam at the meet which is why the Dolphins came home with the 1st place **Team** relay trophy!! Great job Dolphins!!



DDST Parent Responsibility for Away Swim Meets

When the Douglas Dolphins attend "away" meets, each visiting team is usually required to supply timers for the meet. If you have not timed before it is really pretty easy. At the beginning of the meet the officials will show first timers how it is done. Thereafter you can usually ask the person you are relieving what the job entails. Timers are usually provided with refreshments from the host team and you also get a front row seat for the meet! At some away meets the host team will have a specific lane and/or chairs assigned to each visiting team. The lane assignments are generally based on how many swimmers the team has brought to the meet. Larger teams are usually assigned whole lanes and smaller teams are generally assigned a chair or two.

Team parents attending the meet should set up a sort of schedule for our team so that our assigned chairs are covered with timers. Our goal is to have all team parents participate in timing at away meets so that no one is left timing for long periods of time. This will help the away meet run smoothly and by volunteering to time at away meets, each DDST parent will be doing their part!



Correction

This swimmer of the month was missed from the month of September and should have been recognized last month.

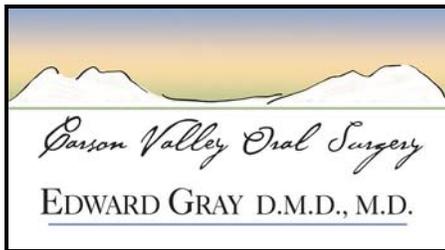
Marin Collins was the Pre-Comp Swimmer of the Month. Marin has shown exemplary team spirit which rubs off on others and she is kind and respectful of her teammates. She is on time to practice, ready to go and she listens respectfully to her coach. She is also humble and brave enough to try new things. The High Country meet was Marin's first official meet and she was able to capture the High point award for her age-group. Great work Marin, I am looking forward to seeing you swim fast in more meets!



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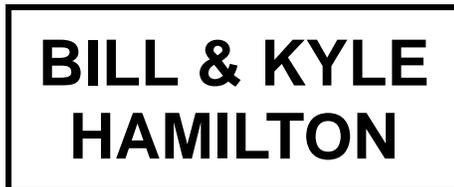
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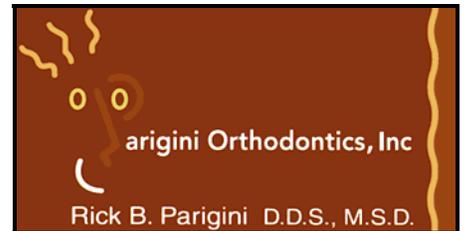
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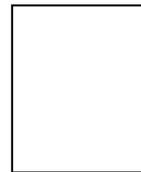
St Gall Catholic Church



Douglas Dolphins Swim Team
P.O. Box 44
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www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Welcome new Swimmers: Nesta & Fisher Boroughs, Hunter Burke, Taylor Gilbert, Hannah Jackson, Madeline Moody & Connor Schaan.

Farewell & good luck to Ethan Lee, Sofia DeLange & Lauren Hurson. **Moving up: Congratulations to new White Dolphin** Maureen Brennan, **Red Dolphins** Haley Hine-man & Emma Ruffo.

Happy November Birthdays to Kaela Forvilly (11/2), Kaila Duffy (11/4), Jessie Jin (11/5), Maureen Brennan (11/6), Emma Ruffo (11/19) & Kayla Ruffo (11/28).

(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 W 5:00-6:00p & F 4:30-5:30p

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

Blue: M-Th 4:45-5:55p, F 4:15-5:30p

Red: M-Th 5:10-6:15p

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 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 5:10-6:15p

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

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



Next Newsletter

The next *Monthly* will appear about **November 22nd**. **All submissions should be received by Wednesday November 18th**. 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 Sarah and Coach Greg.

Latest news online: www.ddst.org.

