

Dolphins' Monthly

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

www.ddst.org

November 2011

Parents Corner

Submitted by: Kat Matheson

The following is part of an article written by an American Swim Coaches Association staff member. It explains fully mine and other coaches across the country's philosophy of Age Group swimming. This also might answer some recent parent questions concerning our team testing and why some swimmers move up and others do not even though the parents feel that their child should be advanced.

The Awesome 8 Year Old

By Guy Edson, ASCA Staff

I have never met a coach who didn't want all their athletes to be the best they can be.

I have never met a parent who didn't want their child to be the best they can be.

So why do we have so many conflicts between coaches and parents? The simple answer is that each sees a different path.

Let's take the case of the unusually advanced 8 year old whose parents want their child to swim with the next group of 9-12's. "After all," the mom says, "my son is faster than half of the kids in the next group". (and she is correct.)

Why wouldn't the coach give a wholehearted "Yes" and say, "I'll move him up right away. In fact, I believe he can make the send off intervals that the 11-12's are making so I'll put him there. In a year he may be ready for the senior team."

Why not?

Because every good coach sees the importance of long term progressive development and views their young swimmers as long term endeavors. Coaches should take a patient and progressive approach to the development of their young swimmers. Coaches want swimmers in the program through their teen years and

into their 20's when they are physically mature and have the greatest potential for life changing participation.

Ask an adult who dropped out of swimming by age 12 or 13 what they remember from the sport and chances are, they remember very little. Now ask an adult who swam through college what they remember and chances are they will tell you it was one of the most important life changing experiences of their life.

So how do we keep a swimmer in the sport that long?

Many parents also will echo the importance of long term development. However, they just want to speed it up. There is a sometimes verbalized refrain, "The better he is now, then the better he will be in the future."

This is not true in most cases. Parents who are otherwise well-meaning, sometimes push their budding stars to excel too early at almost any cost. And the cost is frequently failing to finish the long term.

Parents should take note: A 2001 study by the National Alliance for Youth Sports found that 70 percent of American kids who sign up for sports quit by the time they are 13. The reason? They said it wasn't fun anymore.

A study done by the ASCA staff years ago and repeated several times since shows that only 17-20% of the aged 9-10 swimmers ranked in the top 16 are still swimming at the national level 5 years later. USA Swimming also did a study using all time Top 100 list and found that only 11% of the top ranked 10& unders are still ranked as 17-18 year olds.

What is the primary reason we lose swimmers? The number one reason according to a survey done a few years ago is simply that swimming stopped being fun.

And what are the elements of fun? Friends, caring coaches and absence of undue pressure from mom and dad to achieve their goals for the child.

When we move an 8 and under to an older age group we....

...take away their opportunity to be the leader of their peers.

...place tremendous pressure on the swimmer because now it's not about having fun and being with friends, now it's about the serious business of work and achieving the goals mom and dad are setting for the child.

...ignore the fact that the 8 year old may be better than the other 8 and unders because he is simply older biologically and developmentally than his peers and in all likelihood his peers will catch up to him at some point and many will pass on by. When that happens it is very difficult for the swimmer to understand why they aren't so "good" anymore and lose interest in the sport.

...identify the 8 year old as a "talent" with tremendous pressure to live up to it. Some parents even identify their young swimmers as "our talented butterflyer" or backstroker or breaststroker, etc. The problem is, as swimmers grow and body proportions change, they frequently lose their ability to be very good in specific stroke. If their identity is attached to a stroke and they lose their stroke, then they lose their identity. Good coaches try very hard to create well rounded IM swimmers. When parents push a certain stroke upon a child, it adds to the stress.

This is a partial excerpt from the article but as you can see there are many things to consider in the development of a swimmer. We ask that you put your trust in the many years of experience that the DDST coaches have and our understanding of the methodology of swimmer development both physically and emotionally. We care for your children and are trying to make decisions that are in their best interest and which will benefit them in the short term as well as the long term. Sincerely, Coach Kat Matheson



Swimmers of the Month

Nesta Burroughs is Pre Comp Swimmer of the month. As I teach Nesta, I see her courage, skill and her desire to be the best swimmer she can be in all that she does. I'm so proud of the effort she has been putting into learning to blow bubbles and breathe in the water without her nose plug. Nesta respects the advice and instruction I give her and in trusting me, she follows my directions and is improving quickly. Nesta, keep working hard. You are becoming a great swimmer!

Aaron Mayer is White group Swimmer of the month. Aaron has improved a ton this past month and he has been working hard at practice and outside of practice! He took 45 seconds off his 200 freestyle time from when we tested white group swimmers in October. He competed in the King of the Hill meet and the Carson Fall Frenzy meet and swam best times in 8 out of 10 events and successfully set times in 2 new events! Good job Aaron, keep it up and your times will continue to get faster!

Haley Hineman is Red Group Swimmer of the Month. Haley is a newcomer to Red Group and has been working really hard at practice!! She has competed in three swim meets with improvements in each meet! Since joining Red Group I have seen a determination to improve and to succeed in Haley. She isn't afraid to try new things or new events. At the Fall Frenzy meet she swam her first 100 Breaststroke and did a nice job. Keep up the great work!

Taylor Sullivan is Blue Group Swimmer of the month. Taylor has been working extremely hard at practice and as we have seen time and time again hard work always = good performance and this holds true for Taylor. She had 100% improvement at the Fall Frenzy Meet, she achieved a new "A" time in her 100 backstroke and she took off almost 4 seconds in her 100 breaststroke. Great job Taylor!

Emma Gray is Pre Senior Swimmer of the Month. Coach Sarah & I have noticed that Emma has been working very hard at practice every day. When we assign a physically & mentally challenging

set to the Pre-Seniors, Emma gets right to work and pushes herself until she completes the set. At the Carson meet she dropped 9 seconds off her 200 backstroke and almost 3 seconds off her 100 butterfly. Your hard work and dedication make a difference! Way to go Emma!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

Changes to Pre-Senior and Senior Dryland Training

I am very excited to announce a change to our Senior & Pre-senior dryland program. After meeting with the certified trainers at Core Performance & discussing our needs, Sarah and I have decided to hold Friday's dryland practice for these groups at Core Performance. The swimmers will be training primarily on the TRX suspension system. This is a type of training I believe directly translates to better swimming. The benefits to this type of training will be strength through stabilization with none of the injury risks involved in weight training. The trainers are aware of the age & physiological maturity of our athletes and will be sensitive to their needs.

One of our most successful athletes, Haley Von Schottenstein, trained at Core Performance last summer & related to me that this training was both fun and difficult. Even with limited water time, Haley managed to go best times at our High Country Championship Meet and she believed that this was due in large part to her training at Core Performance.

We would like to give this training a try and I believe that it will "change it up" for our older swimmers. We will start our Friday training at Core Performance December 2nd from 5-6 pm.

I realize that getting swimmers to the facility may cause some transportation issues, but with a little bit of pre-arranged car pooling I feel that we can make this work. There will be no additional charge for this training in December. Sarah and I believe that this is a good fit for our program so let's see what greatness can be achieved. (Core Performance is located at 1540 HWY 395 Suite H, Gardnerville, 89460 next to the Wells Fargo Bank. www.getcpfit.com)



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Upcoming Meets

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

December 9-10 Pacific Swimming Short Course Senior Championships, Pleasant Hill, CA (qual. times apply, see coach/ddst.org for details, www.pacswim.org/1211wcab.pdf, entry deadline 11/30).

Dec 16 -20 Speedo Champions Series Winter Sectional Championship, Long Beach, CA (qual. times apply, www.pacswim.org/1211sectionals.pdf, 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

Greg's Corner

(greg@taylorcamp.org)

With the Holidays coming up... and no meets scheduled for Red Group until January, it would be really easy to take a break, slow down and eat more. But when the Last Chance meet rolls around in January & swimmers haven't made that State Cut... who is going to be crushed? So now is the time to focus, work on our technique, build up our stamina and get those State Cuts in January!!

A couple of tips: It is a busy time of year, but if your swimmer is serious about getting their State Cuts, then they should commit to swimming a set number of days a week. It will take some reminding from parents to get to practice and focus, but it will pay off!

If you are out of town during the holiday vacation, you might want to look up a local swim team where you are visiting to practice with. Most swim teams will let you swim with them while you are visiting their area. It is best to contact the coach ahead of time so they can give you directions as to where they are located and what practice time would be appropriate for your level of swimmer. Not only does it keep the practice routine going, but it is a fresh set of coach's eyes viewing your swimmer and a fresh workout for them!

We also tend to eat more during this time of year... but it isn't all bad... So I am going to leave you with this Top 5 Healthy Holiday Foods from USA Swimming:

There is an abundance of healthy foods that appear on mom and grandma's table from November to January. So, load up your plates with these performance boosting foods:

1. **Sweet potatoes.** Fresh sweet potatoes often appear on the holiday table in a sweet potato casserole or soufflé. These dishes are very good sources of the antioxidant nutrients vitamins A and C that can help repair sore muscles and support your immune system to fight off winter colds and the flu. Sweet potatoes are naturally low in sodium and high in potassium, an electrolyte that is often overlooked but is needed by athletes. Frozen or canned sweet potatoes don't contain

as many nutrients as fresh produce, so fresh sweet potatoes are the healthiest. And, if you have never tried a baked sweet potato you are missing a great side dish or healthy snack...naturally sweet and delicious, there is no need to drown it in butter and sour cream like a baked white potato. For a holiday conversation starter, ask your family if they know the difference between a sweet potato and a yam. The yam is a completely different vegetable and is not as rich in vitamins as sweet potatoes.

2. **Turkey.** Turkey breast might be your favorite, but don't be afraid of the dark. The dark meat contains only slightly more fat than white meat but it is higher in iron and zinc. Iron helps make hemoglobin needed to deliver oxygen to working muscles and zinc is important in muscle repair and immunity. If your family likes to deep-fry the turkey, as long as the frying oil is at the proper temperature & the turkey is removed from the oil as soon as it's cooked it won't contain much more fat than a traditional roasted turkey.

3. **Greens.** It doesn't matter if they are turnip greens or collards, steamed spinach or a salad with Romaine lettuce, greens are loaded with healthy nutrients like the B-vitamin folate, fiber, beta-carotene and vitamin C. Collards and turnip greens have an added nutrition boost by being a good source of calcium.

4. **Cranberries.** This tart berry was said to be served at the first Thanksgiving in 1621. Our ancestors probably didn't know that they contain a plant compound called bioflavonoids which help prevent disease. Cranberries may show up on the table as a traditional cranberry jelly or sauce but you can also snack on dried cranberries. Cranberries are very tart so sweeteners are usually added to make them less sour.

5. **Pumpkin pie.** Holidays would not be the same without pumpkin pie. Pumpkin, like a sweet potato, has a deep orange color that is bursting with nutrients. One slice of pumpkin pie has about 350 calories but the same slice of pecan pie has over 500 calories so pumpkin pie is the more nutrient-rich choice.

This holiday, choose performance-boosting foods while enjoying great taste at the same time.

Chris Rosenbloom, PhD, RD, CSSD



COACH

Stefanie's Corner

(ssignorella @ charter.net)

The Pre Comp swimmers are doing such a great job and the whole group has had excellent attendance, which is important. Coming to all the practices enables them to keep up with the new skills we are learning and it reinforces all the skills they have already learned. I have also noticed that many of the swimmers are on the deck early, which makes it easy to start on time and allows us to get the most out of our 45 minutes of practice.

The Pre Comp M swimmers have been working on underwater push-offs, dives, breathing to the side in freestyle and butterfly!

The Pre Comp T swimmers have been working on dives, body position, catch-up stroke, bilateral breathing (breathing every third stroke) in freestyle, backstroke turns and lots of breaststroke.

Please continue to encourage your swimmers to be good listeners. With the space we have in the deep end and the noise level in the pool, I need them to be ready to listen at all times. Listening in any group is important, but especially in Precomp because they are learning things they've never even heard before.

I also want to encourage the swimmers to take their strokes home as a little bit of homework. Pre Comp swimmers have a big break between practices and that space of time doesn't help when we're working on new techniques in practice. The homework can reinforce their learning, so they bring what we learned back to the pool after the weekend breaks. Sometimes I ask them to practice in front of a mirror or I ask them to show their family what we learned. So encourage them to show you what they have learned at practice!

Finally, I would like to thank Coach Kat and the staff of CVSC for making lanes for us in the deep end of the pool!



COACH

Sarah's Corner

(sgovanswm @ aol.com)

If your swimmer does not have their mandatory equipment yet, you should order it within the next few weeks.

When it comes in, please make sure to mark each item with your swimmer's full name and then regularly check the items to make sure that they are still marked and in your swimmer's possession. Feel free to e-mail me if you have any questions about what equipment you need to order and what size your swimmer might need at [sgovanswm @ aol.com](mailto:sgovanswm@aol.com).

We will be having a Secret Santa gift exchange December 12th – 16th as part of our holiday festivities so please let me know if your swimmer would like to participate in this. Friday, December 16th all Dolphins are invited to participate in a fun Mini meet at our pool and I would like all white group swimmers to come and participate. I will be sending out more information about this as the event draws closer.

The Dolphins will be holding practices during the Christmas Break, so plan on coming if you are in town. If you are planning to be out of town for the Holiday, try to find another swim team to train with in the area you will be visiting or find another way to stay active and fit while you are away! Remember that our last local meet before the Nevada State meet is right around the corner and you want to stay in shape so that you have a shot at getting your State time if you want to swim at the State meet. Please note that white group will practice from 4:00 pm-4:45 pm during the Christmas Break.

As we wind down the 2011 calendar year I wanted to let you know that White group testing will be changing to every odd month of the calendar starting in January 2012. We will have our last testing of this year starting November 28th thru Dec 1st. You all have been working super hard. Keep it up so we can finish out the year strong!



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

Christmas Break, December 19th - January 2nd: School out Practice Schedule.

January 16th, Martin Luther King Holiday: No School, School Out Practice.

January 23rd: No School, **School In Schedule**.

January 27th: No Practice due to home meet.

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



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, December 6th, 2011, at 6:30 pm**. Parents are encouraged to attend and meeting minutes are available from the team 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



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.



Meet The Wolfpack!

The University of Nevada, Reno, swimming & diving team is inviting local club swimmers to join them for special activities at their upcoming January 28th home meet. **Up to 4 Dolphins (8th grade or younger) and their parents may attend the meet.**

Activities include "Breakfast with the Pack" (where participants get to meet the Team Captains and coaches), facilities tour before the meet, special seating in the stands during the meet, and an autograph session with the entire team after the meet. This is an all day event so be prepared to have a fun packed day at UNR.

Coordinate with Coach Kat by January 18th if you wish to participate in this event!



Awards Banquet 2012

Save the date! The DDST annual Awards Banquet which is usually scheduled in the Spring has been moved to Friday March 2, 2012. The location and time of the event will be announced at a later date. However, the Board wanted to get the information out to swimmers and parents so they could note the date and put the event on their calendars. Please plan to join the DDST Coaches & Families as we celebrate the successes & good times of the past year and recognize & brag about each swimmer.



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: REI Magenta fleece sweater, size XS (6/7), left at the Carson meet Sunday afternoon, call 775-267-9697 to claim or talk with Emily Willis at practice (white group).

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.

Free Size Large (has shrunk to size medium) Women's Parent T-shirt white with red lettering, V-neck, call 782-7806.



DDST Key Contacts

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

Head Coach: Kat Matheson
coachkat0809@hotmail.com; 775-315-7701

Assistant Coaches: Sarah sgovanswm@aol.com, 775-287-1035;

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

Greg greg@taylorcamp.org, 775-790-0384

Meet Director: meets@ddst.org;
Lorna Johnston, 775-782-2382
Margaret Jackson, 760-937-2874

Billing: Greg Taylor
billing@ddst.org; 775-790-0384

Parent Liaison: Karen Sullivan
ksulliva@dcsd.k12.nv.us; 775-267-4035

Web, Officials: Jim Morefield
jdmore@charter.net; 775-782-4360

Newsletter: Linda Koontz
newsletter@ddst.org; 775-782-7806



CHANGES IN TESTING CYCLES

Starting in January, we will be testing groups Blue and below every other month. The coaches of these groups write their training plan with many considerations in mind such as which skills need to be covered and when swim meets will occur. Testing skills takes one whole week to complete and often interrupts the training schedule and all the skills our coaches wish to cover with their particular group. Therefore, in order to give these swimmers more training time, we will only test January, March, May, July, September & November.



Payment Box Reminder!

Just a reminder to DDST members that **DDST payments should be placed in the gray metal box next to the team file folders in the swim center lobby** (unless you are mailing your payments to the team PO box). Checks placed in the gray box should have the swimmer's name and or family name written in the memo section. It is not necessary to put the check in an envelope or to include a copy of the bill as this can cause the box to fill too quickly. Payments placed in your family folder **will not** get to the Treasurer, as these folders are only for exchange of team information.



New Swimmer Tryouts

If you like to swim & would like to join the Douglas Dolphins Swim Team, New Swimmer Tryouts are held the 3rd Friday of each month (with some exceptions) at 5:30 pm at the Swim center. The next tryout date will be December 16th. Swimmers that would like to try out for the team should contact Karen Sullivan, our parent liaison, ahead of time to set up the 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!



Last Chance for Volunteer Hours

This is a reminder that the last chance to fulfill your volunteer obligation for this meet season will be at the Last Chance meet January 27-29. The job sign up for the meet will be available on the website after Christmas. If you are not sure how many volunteer hours you have please check online or with the meet directors, Lorna Johnston or Margaret Jackson. We look forward to seeing as many parents as possible at this last meet of our season!



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 (ksulliva@dcsd.k12.nv.us, 775-267-4035) or another key contact (see p. 5) 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.



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.



Fall Frenzy Meet Results

November 12-13 found over 50 of the Dolphins back at the Carson pool competing in the Carson Fall Frenzy meet. Many fast times were turned in along with 2 **Team** short course records, many new Nevada **State** times, 8 new **Junior Olympic** times & 1 **Sectional Bonus** time. All of the Dolphins swimmers did very well at the meet and they had quite a bit of fun as well!

Our four 8 & under girls did very well at the meet starting with **McKenna Chappell** who swam 3 events and dropped a huge 6.5 sec in 50 backstroke and improved 2.3 sec in 25 freestyle. **Grace Dupont-Moore** competed in 7 events including her first swim of 100 IM setting a time to beat, she improved 4 sec in 50 backstroke, 6 sec in 50 freestyle and 1.2 sec in 25 freestyle for a new 7-8 **State** time. **Eden Neal** swam 3 events achieving a new **PC-B** and 7-8 **State** time in 25 backstroke dropping 3.6 sec, improved .9 sec in 25 freestyle and set a time to beat in her first swim of 25 breaststroke. **Emma Ruffo** competed in 5 events and finished the weekend with a 1.6 sec drop in 50 freestyle, she took off 1.7 sec in 50 breaststroke to place 8th, and .7 sec in 100 freestyle.

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

They were followed by our 8 & under boys, **Michael Schaan** had a fantastic meet swimming 10 events with 100 % improvement including a new **Team** record in 25 butterfly finishing with a time of 17.95 beating his own record by .52 sec, a new **PC-A** time in 50 breaststroke improving 3+ sec, he took off 13 sec in 100 IM and 3.3 sec in 50 breaststroke for 2 new 9-10 **State** time, he finished 1st in 5 events & 2nd in the other 5. **Connor Taylor** competed in 5 events and was right on best looking strong in 25 backstroke and 100 freestyle, he placed 3rd in 25 butterfly and 4th in 25 breaststroke and 50 backstroke.

Next up was the Dolphin 9-10 girls **Julia Chappell** set a time to beat in her very first 100 breaststroke, improved 8+ sec in 100 IM, 4+ sec in 200 freestyle

and she dropped 4+ sec in 50 backstroke. **Isabelle Dupont-Moore** took on 7 events and she dropped a half sec in 50 freestyle, set a time to beat in her first 100 IM, and she was just off her best time in 100 breaststroke and 50 freestyle. **Lauren Hillbrick** swam 5 events improving 9+ sec in 200 freestyle and 5+ sec in 100 freestyle, she also finished close to her best time in 50 freestyle and 100 backstroke. **Rachael Hollis** swam 4 events 3 of which she swam for the first time setting new times to beat in 100 breaststroke, 50 butterfly and 100 IM and she was right off best time in 50 backstroke.

Sarah Hyatt took on 6 events with 5 best times taking off 5+ sec in 100 freestyle, 2+ sec in 100 breaststroke to place 4th, she improved 1.6 sec in 50 backstroke and shaved off time in 50 freestyle and 100 IM. **Nikki Jackson** had a super meet swimming a new **PC-B** time in 100 backstroke dropping a huge 13 sec, a new **PC-A** and 9-10 **State** time in her first swim of 200 IM, she achieved 2 more new 9-10 **State** times in 100 freestyle and 50 breaststroke, she placed 8th in 200 freestyle and 7th in 100 IM. **Sydney Kearney** swam 4 events with 3 new **PC-B** times in her first swims of 200 freestyle and 100 IM and in 50 backstroke improving 2.9 sec, she also took off 8.4 sec in 50 butterfly. **Angel Neal** tackled 10 events with 7 best times including a new **PC-B** time in 100 freestyle improving 5.6 sec, she dropped 3.6 sec in 100 breaststroke, 2.2 sec in 100 butterfly to place 6th and 1+ sec in 50 breaststroke, 100 backstroke and 50 butterfly.

Hope Rakow achieved 2 new **PC-B** times in 50 backstroke & 100 backstroke improving over 3 sec in each, she took off .8 sec in 50 freestyle and 50 breaststroke and set new times to beat in her first swims of 100 breaststroke and 100 IM. **Cailey Tollmann** took on 6 events and improved 8 sec in 100 backstroke, 2+ sec in 100 freestyle, she dropped 1 sec in 50 freestyle and shaved off time in 100 IM. **Emily Willis** improved 5+ sec in 50 backstroke and 100 freestyle, dropped 2 sec in 50 freestyle, almost 1 sec in 100 breaststroke and set a new time to beat in her first 100 IM.

William Jin started off our 9-10 boys by swimming a new **PC-B** time in 100 freestyle dropping 4.7 sec, and he

took off .8 sec in 50 freestyle, he also placed 7th in 50 backstroke. **Taylor Knowles** had a fantastic meet swimming 5 events including 2 new **JO** times in 50 freestyle improving .62 sec to finish with a time of 31.35, and 100 freestyle dropping 3.6 sec to finish with a time of 1:10.01, placing 1st in both of these events, he took off 6+ sec in 200 freestyle to place 3rd and swam a best time in 100 breaststroke to place 4th. **Alex Mayer** swam 2 events setting a new time to beat in his first swim of the 100 backstroke. **Daniel Taylor** swam 5 events swimming just off best time in 100 freestyle and placing 3rd in the 100 backstroke looking very strong.

Our 11-12 girls were up next, **Madison Ashbaugh-Komp** swimming in her first meet as an 11 year old took on 8 events including her first swim of the 100 IM, 50 butterfly & 100 breaststroke, she improved an amazing 12 sec in 50 freestyle, 10 sec in 50 breaststroke and over 1 sec in 200 freestyle. **Mychael Bellik** tackled 10 events with 7 best times taking off 7.8 sec in 500 freestyle, 3+ sec each in 100 breaststroke & 100 backstroke and she dropped 4.3 sec in 200 IM. **Lily Bickmore** also courageously took on 10 events & swam 8 best times, dropping over 7 sec each in 100 IM and 200 IM, she improved 6+ sec in 200 freestyle and over 3 sec each in 50 breaststroke and 100 freestyle. **Emily Dack** swam a **PC-A** time in 100 backstroke taking off 1.6 sec, she improved almost 2 sec in 100 breaststroke, swam a new best time in 50 backstroke and was right on best in 100 freestyle, she placed 7th in 500 freestyle. **Kaila Duffy** swam 4 best times improving 5 sec in 100 breaststroke, 1.4 sec in 100 IM for a new 11-12 **State** time, 2 more best times in 50 backstroke and 100 butterfly, she placed 2nd in 100 butterfly, 4th in 500 freestyle & 7th in 50 freestyle.

Kaela Forvilly had a fantastic meet with 2 new **JO** times in 100 breaststroke dropping 6.6 sec to finish with 1:22.43 and 1st place and 100 IM dropping .85 to finish with a time of 1:12.16, she placed 4th in 200 & 100 freestyle, 50 breaststroke and 100 IM. **Jessie Jin** had a fast meet with 100% improvement in 5 events dropping 2.7 sec in 100 IM, over a half sec in 100 breaststroke and 50 butterfly, and .48 in 50 freestyle to go under 30 sec, she finished 3rd in 50

breaststroke, 4th in 100 breaststroke and 5th in 50 butterfly. **Annalisa Neal** swam a new **PC-A** time in 50 backstroke dropping 1.7 sec, she improved 2.7 sec in 100 butterfly, and swam new best times in 100 IM and 50 butterfly, she placed 3rd in 200 IM, 6th in 100 butterfly and 7th in 100 backstroke and 100 IM. **Kayla Ruffo** improved 8+ sec in 200 IM and 1+ sec in 100 freestyle, and she was just off best in 100 butterfly and 50 freestyle looking very strong. **Megan Ruffo** swam her first 100 IM setting a new time to beat, she also swam big improvements of 6.6 sec in 100 freestyle and 7 sec in 50 backstroke. **Taylor Sullivan** had a fantastic meet with 100% improvement in 8 events including a new **PC-A** time in 100 backstroke dropping 2 sec and improved 3.8 sec in 100 breaststroke to place 3rd, she achieved 2 new 11-12 **State** times in 100 IM and 100 freestyle and placed 2nd in 50 breaststroke.

Followed by our two 11-12 boys, **Justin Hight** competed in his first 100 backstroke and 50 butterfly setting new times to beat, he dropped 5 sec in 50 backstroke for a new **PC-B** and 11-12 **State** time and swam a new best time in 100 freestyle.

Aaron Mayer swam 6 events with 5 best times and swam his first 50 breaststroke, he improved a huge 34 sec in 200 freestyle, 10 sec in 50 backstroke, 7+ in 100 backstroke, 2 sec in 100 freestyle and just missed a best time in 50 freestyle by a few hundredths of a sec!

The Dolphins 13-14 girls started with **Savannah Chappell** who swam 5 events and was right on best and looking strongest in 50 freestyle and 200 freestyle, she placed 1st in 500 freestyle, 3rd in 200 freestyle and 8th in 100 backstroke. **Emma Gray** dropped a whopping 9 sec in 200 backstroke, improved almost 3 sec in 100 butterfly and swam a new best time in 100 backstroke, she placed 3rd in 50 freestyle, 4th in 200 backstroke and 5th in 100 butterfly. **Haley Hineman** swimming in 4 events dropped 3.7 sec in 100 freestyle, swam a new best time in 50 freestyle and set a new time to beat in 100 breaststroke.

Jordan Knowles shaved off time in 200 freestyle, was right on best in 100 backstroke and 100 breaststroke, she placed 2nd in 500 freestyle, 5th in 200 backstroke & 6th in 200 freestyle and 100 backstroke. **Shelby Koontz** competed in 8 events swimming right on **JO** pace in 100 backstroke, on **FW** pace in 100 free-

style and 200 freestyle, she placed 1st in 100 & 200 freestyle, 100 backstroke and 200 IM. **Anne Lancaster** dropped .8 sec in 200 IM and looked very strong in 100 freestyle & 100 breaststroke, she placed 4th in 400 IM.

Andrew Brockhage started off our 13-14 boys swimming 3 events and taking off over 1 sec in 100 backstroke to place 6th and over 2 sec in 100 butterfly. **Ryan Chen** successfully swam his first 100 breaststroke setting a new time to beat, he improved 2 sec in 50 freestyle and he was just off his best time in 100 freestyle.

Adam Dack had a super meet achieving a new **JO** time in the 1650 freestyle dropping a humongous 64 sec to finish with a time of 19:34, he also improved 8 sec in 500 freestyle for 6th place and a new 15-18 **State** time, he finished 7th in 100 butterfly and 200 IM. **Dylan Matheson** did well swimming 2 new **PC-B** and 13-14 **State** times in 200 breaststroke and 200 freestyle dropping a huge 17+ sec and 7+ sec respectively, he also shaved off time in 50 freestyle, he placed 8th in 100 breaststroke and 200 breaststroke.

Up next were the 15-18 girls, **Erica Chappell** dropped 2.3 sec in 500 freestyle to place 4th and was just off best in 200 freestyle, she also placed 8th in 50 freestyle. **Rachel Chen** dropped a half second in 50 freestyle to go under 30 sec, she improved .79 sec in 100 freestyle and was just off best time in 100 breaststroke. **Eli Cruz** achieved a new **JO** time in 100 backstroke dropping .6 sec to finish with a time of 1:09.15, was right on best in 200 butterfly to place 5th and finished 8th in 100 butterfly. **Clara Gray** swam 5 events with a best time in 100 butterfly, she shaved off time in 50 freestyle for a new 15-18 **State** time and was right on **JO** pace in 100 freestyle to place 3rd, she finished 3rd in 100 breaststroke and 50 freestyle and 4th in 200 breaststroke.

Shaelin Morefield competed in 5 events and was right on **JO** pace in 50 freestyle and 200 freestyle, she placed 2nd in 100 butterfly, 200 breaststroke, 50 freestyle and 200 freestyle. **Meagan Skilling** swam 2 events finishing right on **FW** pace in 100 breaststroke to place 2nd & 200 backstroke to place 5th. **Mary Smithen** had a fast meet achieving a new **Sectional** bonus time & **Team** record in 200 backstroke with a time of 2:13.45 and 2nd place beating the record set in 2000 by .23

sec, she shaved off time in 200 freestyle finishing right on **JO** pace to place 4th in and she finished 4th in 100 butterfly.

Our last group of swimmers are the 15-18 boys, **Kyle Johnston** swam 5 events achieving a new **JO** time in 200 breaststroke dropping a huge 7+ sec to finish with a time of 2:28.68, he also placed 2nd in 200 freestyle, 100 backstroke, 100 butterfly and 3rd in 200 breaststroke. **Janosch Lancaster** shaved off time in 100 butterfly and was right on best in 200 breaststroke and 200 IM, he finished 4th in 200 IM and 100 freestyle, 6th in 200 breaststroke and 7th in 100 butterfly. **TJ Smithen** swam 3 events and finished with a new **JO** time in 100 butterfly dropping almost 1 sec to finish with a time of 58.47 and 3rd place, he also improved .8 sec in 100 breaststroke, he also finished 4th in 100 backstroke and 8th in 100 breaststroke.



Pink Caps

Many of you may have noticed at the Reno meet in Carson last month, that our swimmers were wearing pink caps in observance of Breast Cancer awareness month. We want to thank Coach Sarah for getting the caps for our swimmers; many other teams noticed the tribute and the caps educated our swimmers about the cause. Breast Cancer is the second most common cancer in women aside from Skin Cancer. One statistic from the American Cancer Society reports that about 230,480 new cases of invasive breast cancer will be diagnosed in women in 2011 and 1 in 8 women will be diagnosed with Breast Cancer in their lifetime.

We all know a friend or family member who has been diagnosed with Breast Cancer and one of our swimmer's mom, Shalene Hillbrick, is currently being treated for Breast Cancer. Our local newspaper ran an article in October about Shalene and how her life has changed since she received her cancer diagnosis. There are many resources on the internet via the American Cancer Society website to help those diagnosed, their family and friends. We wish Shalene the best as she undergoes treatment for her cancer.



New Coach on Deck

I am pleased to announce that we have a new coach on deck. His name is Daniel Ellinger & his main focus will be to assist coaches Sarah and Stephanie. Eventually he will be "plugged" into other positions as needed. I believe that he will be a great asset to our program. Please feel free to introduce yourself and welcome him to the team.

Coach Daniel started swimming in Southern California's Antelope Valley at the age of 6. He took swim lessons and water safety courses, swam with Lancaster High School's swimteam, and became a lifeguard and water safety instructor teaching toddlers and children in 2003. Daniel eventually moved to the San Fernando Valley in 2004 where he joined the Pierce College Swimming Brahamas. He continued to lifeguard and teach private and public lessons to all age ranges including adults.

After a life changing accident in 2005, Daniel took a year to rehabilitate while maintaining his water, CPR, and emergency responder certification with the Red Cross. In 2007, he began a career path with an executive protection firm, Gavin de Becker & Associates. His position as the Northwest Swimming Instructor, gave him the opportunity to relocate to the San Francisco Bay, Hawaii, and to his new home in Douglas County in 2011.

Daniel understands the essential and positive effects that physical activities have on the body, especially swimming! His zest for teaching & making a difference in others lives, is a true passion and what ultimately drives him.



Under Construction: Swimmer's Corner

Swimmers, would like you to contribute to the newsletters? We will ask a question each month, you submit your response and we will share the answers we get with your teammates. Next month's question will be: **Why do you like to swim or what do you like best about swimming with the Dolphins?** Submit your answers to [blkoontz92 @ yahoo.com](mailto:blkoontz92@yahoo.com) or leave your written answers in the Koontz file folder anytime between now & December 22nd. Look for your responses in the next Team newsletter!

Then we would like to know if there are any questions you would like to ask the DDST coaches about swimming? Do you have a question about stroke technique, are you curious about what the benefit is to wearing a drag suit or why you sometimes train with a snorkel, fins or pull buoy? Well we are going to give you a chance to ask those questions. Submit your questions at any time to [blkoontz92 @ yahoo.com](mailto:blkoontz92@yahoo.com), or write it down and put it in the Koontz file folder and the DDST coaches will take turns answering your questions. Then look for the answer to your question in the next newsletter.

Can't Wait 4 State!

Swimmers if you want to swim at the State meet, be aware that there is only one local meet left to qualify! Our very own Last Chance meet, January 27-29, will be the last opportunity swimmers will have to qualify for State. The Last Chance meet sheet will be out soon so keep looking on the DDST website for the sign in section! Remember, we prefer that DDST swimmers sign up for Home meets on our website, ddst.org.

If you are not sure what the State qualifying times are for your swimmer, ask your coach or 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.



Save the Date: Holiday Fun

This year we would like to do a "Secret Santa" exchange. This will happen the week of December 12th -16th. Swimmers who wish to participate will fill out a Secret Santa form and each swim group will draw names within their group. During that week, Secret Santa's, being careful not to reveal their identity until Friday the 16th, will "sneak" gifts to a designated area making sure that all gifts are clearly marked with the name of the recipient. You can give as many presents as you wish during the week but 1a day (or practice time) is preferred. We ask that you limit your daily present value to no more than \$5 a day & **no more than \$15** for the week.

Friday, the 16th of December will be the final day and we are asking all groups to participate in a HOLIDAY MINI MEET. The meet will be held from 4:00 - 5:30 pm and it will include the following events: a Reindeer Run Relay, 25 Freestyle, 25 Breaststroke, Reverse IM, 25 Backstroke, 25 Butterfly, Penguin Plunge Relay and the Iceberg Iditarod.

We would like to hand out candy or homemade individually wrapped Christmas treats as heat winner prizes at the mini meet. If your family can contribute any treats, we would greatly appreciate it. However, we cannot have food on deck so we'd like for each swimmer to have a stocking at the meet for collecting their prizes.

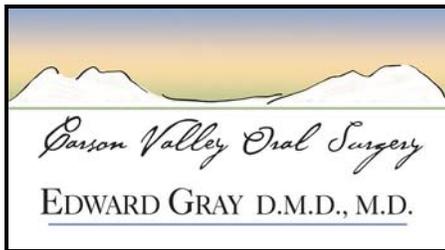
This is where the fun begins because each swimmer will bring to the meet, their own individually made (& decorated) stocking. I think it will be great to see what creativity our swimmers can come up with. Please bring your decorated stocking to the pool Friday December 16th the day of the Mini-Meet and any heat winner prizes (candy) you can contribute to the festivities.



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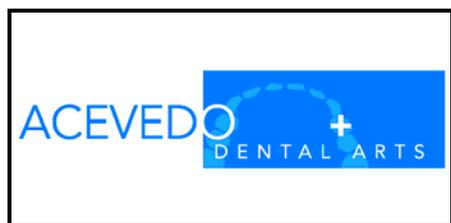
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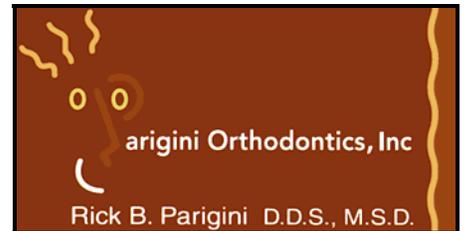
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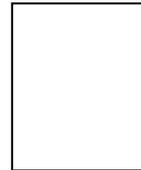
St Gall Catholic Church



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



www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Welcome new Swimmers: Maggie Hutchings & Marcelo Lang.

Welcome back: Jason Lowther & Bethany Ritchie. **Farewell & good luck**

Moving up: Congratulations to new White Dolphin Eden Neal; **Red Dolphins** Megan Ruffo & Joey Smithen; **Blue Dolphins** Sarah Hyatt & Mychael Bellik & **Pre-Senior Dolphins** Anne Lancaster.

Happy December Birthdays to Marcelo Lang (12/5), Anne Lancaster (12/7), Nesta Boroughs (12/12), Michael Schaan (12/15), Emma Gray & Aaron Mayer (12/16), Adam Dack (12/20) and Taylor Knowles (12/25).

(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 & F 5:00-6:00p

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

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: M: M & W 4:15-5P
T: 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: M: M & W 4:15-5:00p;
T: T & Th 4:15-5:00p



Next Newsletter

The next *Monthly* will appear about **December 30th**. **All submissions should be received by Wednesday December 28th**. 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 Sarah, Coach Greg, Coach Stefanie, Lorna Johnston, Margaret Jackson and Jim Morefield

Latest news online: www.ddst.org.

