

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(since 1964 – our 48<sup>th</sup> year!)

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

February 2012

## Swimmers of the Month

This month we are going to do things a little different. The Nevada State Championship meet is without a doubt one of our most important "Team Point" meets. Because team points are so vital to our team goal at the State Meet, I would like to recognize our Top 5 High Point Scorers' for this championship meet.

#1 112 Points	Shelby Koontz
#2 81 Points	Connor Taylor
#3 64 Points	Kaela Forvilly
#4 56 Points	Shaelin Morefield
#5 43.5 Points	Mary Smithen

Congratulations Dolphins on a Job Well Done!



## Pre-Competition Group practice times to change

Pre-Competition swimmers and parents please note that starting April 1<sup>st</sup> the two Pre-Comp groups will be combining back into one group and practice for this group will take place Tuesdays and Thursdays at the regular time. There will no longer be Pre-Comp practices on Monday and Wednesday. Please note the change and as always if you have any questions please contact Coach Kat.



## Help Wanted!

**Part Time Coach wanted**, experience preferred; DDST is looking a part time coach to work primarily with our Pre-Comp group, assist with White & Red Groups as needed and work as a substitute for any group as needed. There may be the opportunity to work for the Swim Center when they develop their new swim team readiness class. Interested individuals will need to complete a background check & become certified through USA Swimming if hired. If interested or you know someone who might be interested in this position, contact Coach Kat Matheson at coachkat 0809 @ hotmail.com; 775-315-7701

**Colorado Timing System Operators needed:** The Colorado Timing System gives you a front row seat to the meet! There are two parts to this job: running the Colorado Timing system and organizing the paperwork. In order to do this job you need to be able to stay focused and organized because this job is essential to keeping the meet running. The team is especially interested in parents who have younger swimmers (12 & unders). Please let Margaret Jackson [mjgjackson @ gmail.com](mailto:mjgjackson@gmail.com) or Lorna Johnston [johnstonld @ gmail.com](mailto:johnstonld@gmail.com) know if you are interested in learning this job.

**Computer Operators needed:** If you are comfortable with computers & have a basic understanding of how swim meets run, you might consider training to run the computer during our swim meets. A thorough training with the Hytek Meet Manager program will be provided and we will "ease you in" as you get more comfortable with the software. Sue Cruz & Deb Duffy would like to train new computer people at the Twilight meets before the High Country meet. If interested, con-

tact Lorna ([johnstonld @ gmail.com](mailto:johnstonld@gmail.com)) or Margaret ([mjgjackson @ gmail.com](mailto:mjgjackson@gmail.com)).

**Team Treasurer needed:** The DDST Board is looking for a parent that would be willing to take on the role of Team Treasurer, an Accounting/Financial background would be helpful. Currently four Board members are responsible for most of the day to day financial and record keeping duties associated with the Treasurer role. We need someone who can use Quickbooks and Team Unify to extract the data, run and analyze reports, follow-up on any inconsistencies, and present monthly financial reports to the Board. Additionally this person would work with the Finance committee to set and monitor the team budget, gather tax records for the team's Attorney for tax filing and keep all business and tax records up to date. If you are interested or know any outside individual that would be interested in this job please contact Margaret Jackson as soon as possible at 760-937-2874 or at [mjgjackson@gmail.com](mailto:mjgjackson@gmail.com)

**Meet Director needed:** The team is looking for someone to train as a meet director during this next meet season. The person would need to help plan and sanction our home swim meets and be available at the meet to coordinate and run the meet. One of our meet directors will be retiring after next year so we need to get someone on board to train before she retires. The team is especially interested in parents who have younger swimmers (12 & unders). Please contact Lorna ([johnstonld @ gmail.com](mailto:johnstonld@gmail.com)) or Margaret ([mjgjackson @ gmail.com](mailto:mjgjackson@gmail.com)) if you are interested in training for this position.



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

I want to talk about the Awards Banquet and what I have to say is "Wow"! I have been speaking to many families for feedback on what they thought of our 2012 Awards banquet. By far, the most repeated comment was that everyone really enjoyed watching the Group videos. It really highlighted some other talents that the kids on our team have besides outstanding swimming and excellent grades.

One parent commented that it was great to see the swimmers "acting like kids". I couldn't agree more! I just wanted to recognize that myself and all of the coaches agree that the Dolphins are made up of a wonderful group of kids and we are very proud to be their coaches! It is my pleasure to be a part of the Douglas Dolphins!

Upcoming Mini-Meet: Because we have a break in our meet schedule for kids who do not have Junior Olympic or Far Western cuts, we will be putting together a short mini-meet that will be similar to the Christmas mini-meet. Please be on the lookout for the date and signups that will come out via Team Unify.



## New Swimmer Tryouts

If you like to swim & would like to join the Douglas Dolphins Swim Team, the next New Swimmer Tryouts will be held **March 14<sup>th</sup> Wednesday** at 6:15. If you would like to try out for the team please 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!



COACH

## Sarah's Corner

(sgovanswm @ aol.com)

Testing will begin the week of March 19 so please make sure that your child attends practice that week. This testing is important because it will help me to see how each athlete is improving, and it will also allow me to see what areas we still need to work on. Each child's testing sheet will be placed in their families team file folder the following week, so be sure to check it so you know how your child is progressing.



COACH

## Daniel's Corner

(danielel184@hotmail.com)

Welcome back Coach Greg, we missed you!

I wanted to share a bit of practice ethic I use that helps tremendously. Focus. You are at the pool five days a week (plus dryland). You have homework waiting to be done, friends and a social life to keep up, and you have your family. You need personal time to apply to your hobbies, veg out and relax or you have some aching thoughts or concerns that you cannot help but contemplate upon.

These and many other things force their way into your mind during practice and can hamper your workout. Life will still be there for you to deal with when you get out of the water. As you step into the liquid, put everything in life that doesn't pertain to you moving efficiently and speedily through the water *out* of your mind.

Think about the entry and angle of your fingers, your palm, your forearm, think about your shoulder rotation, the beats of your kick, etc. Think about improving the small details of your stroke to maximize the time in the pool and shave those precious milliseconds from your best time. Listen intently to coaches critiques and fix it!

Think about how much better you feel after you complete a workout breathless and panting knowing you worked as hard as you could. Knowing you pushed yourself past the plateau you've been stuck on for the past month and have stepped forward towards goals you have set.

Don't forget to have fun! All work makes a dullard, but the energy from your focused practices can feed those around you and infects them with the same intensity to swim with and/or surpass you. It is a Push You & Pull You dynamic. If you swim faster, others try to maintain your speed making them faster in turn. Naturally, they support you by complementing your pace and thus creating an encouraging drive so you continue!

Spark this change in your workout and I can guarantee the positive results will carry throughout all the Dolphins. You might even find it easier to tackle the other facets of your life with the same focus and tenacity you bring to the water!



### INSIDE THIS ISSUE:

<i>Pre-Competition Changes</i>	<i>1</i>
<i>Help Wanted</i>	<i>1</i>
<i>New Swimmer Tryouts</i>	<i>2</i>
<i>Next Board Meeting April 10th</i>	<i>3</i>
<i>Special Practice Schedules</i>	<i>3</i>
<i>Lost and Found</i>	<i>3</i>
<i>Upcoming Meets</i>	<i>3</i>
<i>State Meet Results</i>	<i>4</i>
<i>All Star Meet Results</i>	<i>7</i>
<i>Awards Banquet</i>	<i>7</i>
<i>Parents Corner</i>	<i>7</i>
<i>Team Store Changes</i>	<i>8</i>
<i>Key Contacts</i>	<i>8</i>
<i>Thank You Sponsors!</i>	<i>9</i>
<i>Happy Birthdays!</i>	<i>10</i>
<i>Practice Schedules</i>	<i>10</i>



COACH

## Greg's Corner

(greg@taylorcamp.org)

I just want to say thank you again to everyone who jumped in to help when I couldn't be there. This has been a really tough time for me and my family so it is huge when so many people are there to help! Thank you.

I don't have much to talk about this month. Our next meet is a ways off so we are going to be doing some hard stamina work and breaking down the strokes more to help get to that streamline efficient stroke. You will also be seeing some video work in the near future to help with that. This is a great time to double check and make sure your swimmer has all the required gear including a good pair of old shoes to swim in. We only have so many pairs of old shoes at the pool and have been running out lately.

I want to leave you with a good article from John Leonard. This is something every coach has to deal with and I think this is a great perspective on it.

### Playing Favorites

By John Leonard

One day a few years ago, a club board member accused me of "having favorites" on our club team. Several other parent board members nodded their heads in agreement. The implication was that this was a terrible sin. When I was a younger coach, I thought it was terrible also. And he was right. I did have favorites. My favorites were those athletes who most fervently did what I asked of them. Those that did, I gave more attention to. I talked to them more. I spent more time teaching them. I also expected more of them.

The implication that he was making was that my favorites got better than the others because they were my favorites, and that was somehow unfair. He mistook cause for effect.

The fact is, that the athletes who came to me ready to learn, ready to listen, ready to act on what they learned and try it my way, even if it was more challenging, more difficult than they imagined, were ready to get more out of our program. And they were my favorites.

As a coach, I have only one thing to offer to an athlete. That is, my attention. Which means that I attend to their needs. The reward for good behavior should be attention . . . attending to their needs. The consequence of inattention, lack of effort, unwillingness or unreadiness to learn or just

plain offensive or disruptive behavior is my inattention to that athlete.

How could it be other than this? If you have three children, and you spend all of your time and energy work working with the one that is badly behaved, what does that tell your other two children? It tells them that to capture your attention, they should behave badly. What we reward, is what we get.

As a coach, I want athletes who are eager to learn eager to experiment to improve, eager to work hard. I want athletes who come to me to help develop their skills both mental and physical, and are willing to accept what I have to offer. Otherwise, why have they come to me. And I am going to reward that athlete with my attention. In so doing, I encourage others to become like the athlete above. If I spent my time with the unwilling, the slothful, the disruptive, I would only be encouraging that behavior.

The link I want to forge is between attention and excellence. Excellence in the sense of achieving all that is possible, and desired. My way of forging that, is to provide my attention to those who "attend" to me. This does of course result in increased performance for those that do so. I am a professional coach, and when I pay attention to a person, that person is going to improve. Over time, this makes it appear that my "favorites" are the better swimmers. Not so at all. The better swimmers are those that pay attention, and thus become my favorites.

What Dad didn't realize is that you must have favorites if anyone is to develop in a positive fashion. The coach's job is to reward those who exhibit positive developmental behaviors. Those are my "favorites," and they should be.

*Taken from the ASCA website  
<https://www.swimmingcoach.org/articles/default.asp>*

## Next Board Meeting Date changed

The next DDST Board of Directors meeting is **Tuesday, April 10<sup>th</sup>, 2012, at 7:00 pm** due to Spring Break & changes in swim schedules. 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**).

## Special Practice Schedules

**PLEASE NOTE THE FOLLOWING special practice days coming up:**

**Friday March 16<sup>th</sup> & 23<sup>rd</sup>:** Pre-Seniors dryland at Core Performance from 5:00-6:00 pm instead of swim practice.

**Spring Break April 2-6-** practices continue, school out of session schedule (High Schoolers stay tuned for your practice time).

**Any further changes will be posted at [www.ddst.org](http://www.ddst.org) – stay tuned!**



## 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:** Several items were found in the bleachers after the State meet if any of the items are yours please contact Linda Koontz ([blkoontz92@yahoo.com](mailto:blkoontz92@yahoo.com) or 775-782-7806)  
A black fleece and red nylon **Team blanket**  
Two **red 2011 State T-shirts** sizes XL and Adult Med  
**Polyester Shorts** (boys) size L black with gray stripes down the side



## Upcoming Meets

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

**March 16-18: Junior Olympics, San Ramon, CA** (meet sheet pending qualifying times apply, see [coach/ddst.org](http://coach/ddst.org) for details, online entry deadline will be 3/7)

**March 29- April 1: Far Western Championships, Morgan Hill, CA** (qualifying times apply, online entries due 3/21, <http://www.pacswim.org/0312alma.pdf>)

**April 20-22: Sierra Marlins Spring Splash Long Course Meet, Folsom, CA** (meet sheet pending, tentative entry deadline April 11<sup>th</sup>)

**May 25-27: Carson Tigersharks Intermountain Classic (long course)** (meet sheet pending)



# State Meet Results

The State meet was full of excitement, noise, cheering and camaraderie. Coach Kat and Coach Sarah even dressed in formal attire for Monday finals! It was great to see the swimmers cheering for each other and we got to see some really exciting racing.

Several of our swimmers had 100% improvement in all of their races including **Kylie Compton, Kaela Forvilly, Kevin Smithen, Joe Sullivan and Janosch Lancaster.**

The Dolphins top point scorers of the meet were **Shelby Koontz, Connor Taylor, Kaela Forvilly, Shaelin Morefield and Mary Smithen.**

**Shelby Koontz** finished as the Nevada State Champion in the 13-14 Girls 200 IM.

During the course of the meet there were 4 Team Records broken, 12 Junior Olympic times clocked, 6 new Far Western times, 5 new Sectional times and 2 Grand Prix times.

Friday started out as always with Distance events and the **400 IM: Anne Lancaster and Emma Gray, Shaelin Morefield and Eli Cruz** swam the event, **Savannah Chappell** improved a huge 43 sec, **Claire Christopher** 5.6 sec & **Shelby Koontz** placed 6<sup>th</sup> in the event. **Erica Chappell** improved 1+ sec, **Clara Gray** 7+ sec, **Mary Smithen** dropped 6 sec and **TJ Smithen** 5+ sec.

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

Up next was the **500 freestyle: Taylor Sullivan, Emily Dack and Kaela Forvilly** competed in the event, **Kaela** finishing with a best time & **Annalisa Neal** improved 6+ sec for a JO time of 6:03.66 and 9<sup>th</sup>. **Josh Smithen** dropped a whopping 18 sec for a new PC-A time.

Lastly was the **1650 freestyle:** after swimming the 400 IM earlier **Erica Chappell** came back and swam the mile improving over 28 sec to go under 20 minutes, **Adam Dack** also swam the event looking strong just off his best time.

Saturday morning came early and our swimmers arrived on deck ready to kick some butt! Starting with **200 freestyle:**

**Kaila Duffy** improved 4.7 sec, **Annalisa Neal** 1.7 sec and **Taylor Knowles** 5.8 sec, **Claire Christopher** swam the event, **Savannah Chappell** was fast enough to make consol finals, **Emma Gray** and **Jordan Knowles** dropped 2 sec & **Kevin Smithen** 3.3 sec. **Erica Chappell** finished just off her best, **Shaelin Morefield** took off 1.4 sec to make finals in 8<sup>th</sup> place, **Mary Smithen** dropped 1.7 sec for a new JO time of 2:05.31 making consol finals & **Janosch Lancaster** improved 1.6 sec.

**50 breaststroke: Kaela Forvilly** qualified 3<sup>rd</sup> for finals with a best time, **Annalisa Neal** qualified 5<sup>th</sup> for finals and **Taylor Sullivan** improved 1+ sec to qualify 7<sup>th</sup> for finals. **100 breaststroke: Jordan Knowles** swam a best time, **Shelby Koontz** improved 3+ sec for a new PRT and Sectional time of 1:08.80 qualifying for finals in 3<sup>rd</sup> place, **Dylan Matheson** swam the event, and **Kevin Smithen** improved 1.2 sec. **Eli Cruz** 1.3 sec, **Clara Gray** made consol finals with a best time as did **Shaelin Morefield, Cameron Morefield & TJ Smithen** also competed.

**100 backstroke: Kaila Duffy** improved 1sec, **Kaela Forvilly** 2.6 sec for a new FW time of 1:07.47 making finals in 4<sup>th</sup> place, **Taylor Knowles** dropped 2.7 sec, **Josh Smithen** 5.7 sec to make consol finals and **Joey Smithen** 4.7 sec for a new PC-B time. **200 backstroke: Savannah Chappell** had a great race improving 10+ sec for a new JO time of 2:20.50 making consol finals and **Jordan Knowles** took off 1+ sec. **Erica Chappell** also had a fast swim improving 6.3 sec for a new JO time of 2:21.27 making consol finals, **Shaelin Morefield** dropped 1.8 sec to make finals in 6<sup>th</sup> place, **Mary Smithen** made consol finals, **Adam Dack** took off 5.8 sec, **Janosch Lancaster** made consol finals with a best time & **Cameron Morefield** finished on JO pace.

**50 butterfly: Kaila Duffy** swam the event, **Annalisa Neal** improved a half sec, **Taylor Sullivan** clocked a best time and **Josh Smithen** shaved a half sec to make consol finals. **100 butterfly: Claire Christopher** improved 6+ sec for a new PC-A time and **Emma Gray** swam a best time both making consol finals, **Shelby Koontz** qualified 2<sup>nd</sup> for finals & **Kevin Smithen** improved 2.5 sec. **Erica Chappell** finished just off her best, **Eli Cruz & Mary Smithen** made consol finals, **Clara Gray** and **TJ Smithen** clocked new best

times, **Adam Dack** improved almost 2 sec, **Kyle Johnston** made finals in 5<sup>th</sup> just off his best and **Cameron Morefield** swam the event.

As the 11 & up swimmers left to get some fresh air, food and rest before finals, the 10 & under swimmers arrived to start their meet. The session started with **9-10 200 freestyle: Nikki Jackson** improved a whopping 13+ sec, **Angel Neal** 3.4 sec and **Daniel Taylor** shaved off time to go under 3 minutes. **8 & under 100 freestyle: Eden Neal** improved 1 sec.

**50 breaststroke (9-10): Angel Neal** and **Michael Schaan** swam just off their best times. **25 breaststroke: Eden Neal** dropped 1.7 sec and **Connor Taylor** was just off best placing 10<sup>th</sup>.

**100 backstroke (9-10): Hope Rakow** took off 6+ sec for a new PC-A time, **Michael Schaan** 1.2 sec and **Daniel Taylor** swam the event. **8 & under 50 backstroke: McKenna Chappell, Marin Collins** and **Eden Neal** competed in the event, **Grace DuPont-Moore** improved 2.2 sec and **Connor Taylor** finished 7<sup>th</sup>.

**100 IM (9-10): Julia Chappell, Angel Neal, and Nikki Jackson** swam the event, **Nikki** with a best time, **Michael Schaan** and **Daniel Taylor** also competed in the event.

Many swimmers will agree that the best part about the State meet is getting to swim relays with your teammates. We started with the **8 & under 100 Medley relay: Aspen Tollmann, Eden Neal, Grace DuPont-Moore** and **Kylie Compton** teamed up to place 6<sup>th</sup>. **9-10 200 Medley relay: Cailey Tollman, Angel Neal, Nikki Jackson** and **Hope Rakow** teamed up for 7<sup>th</sup> place & **Lani Smithen, Emma Ruffo, Julia Chappell** and **Sydney Kearney** placed 8<sup>th</sup>.

With the finish of the 10 & under session it was time for the **11 & over Saturday Finals** to begin: Starting with **200 freestyle: Savannah Chappell** shaved off a bit more time to place 14<sup>th</sup>. **Shaelin Morefield** swam super fast improving another 1+ sec for a new FW and Sectional time of 1:58.86 going under 2 minutes to move up to 7<sup>th</sup> & **Mary Smithen** was 24<sup>th</sup>

**50 breaststroke:** The Dolphins had 3 swimmers to watch in finals, **Kaela Forvilly** and **Annalisa Neal** swam right on best from the morning session to place 3<sup>rd</sup> and 4<sup>th</sup> respectively and **Taylor Sullivan** was 8<sup>th</sup>. **100 breaststroke: Shelby**

**Koontz** swam super fast dropping another sec off her new **Sectional** time from the morning finishing in 1:07.75 to place 2<sup>nd</sup>. **Shaelin Morefield** placed 11<sup>th</sup> on **FW** pace and **Clara Gray** 16<sup>th</sup> just off her time from the morning.

**100 backstroke:** **Kaela Forvilly** placed 5<sup>th</sup>, **Josh Smithen** 10<sup>th</sup> with another half sec improvement and **Taylor Knowles** 12<sup>th</sup>. **200 backstroke:** **Savannah Chappell** finished 14<sup>th</sup>. **Shaelin Morefield** held onto 6<sup>th</sup> place in a very fast race improving 3+ sec from prelims for a new **Sectional & Grand Prix Bonus time** of 2:11.59, **Mary Smithen** placed 9<sup>th</sup> dropping .7 sec from her own 17-18 **Team record** of 2:12.37, **Erica Chappell** placed 20<sup>th</sup> not far off her new **JO time** & **Janosch Lancaster** 22<sup>nd</sup> just off his prelim time.

**50 butterfly:** **Josh Smithen** placed 9<sup>th</sup> improving over .7 sec from prelims for very his first **JO time** of 31.92. **100 butterfly:** **Shelby Koontz** held onto 2<sup>nd</sup>, **Emma Gray** placed 10<sup>th</sup> dropping another 2+ sec from prelims, **Claire Christopher** 14<sup>th</sup> shaving off time from prelims and **Kevin Smithen** 12<sup>th</sup> improving another sec from his morning swim. **Mary Smithen** was 16<sup>th</sup>, **Eli Cruz** 24<sup>th</sup> and **Kyle Johnston** remained in 5<sup>th</sup> place breaking his own 15-16 **Team record** of 53.37 despite not feeling well.

When the noise level began to rise we knew it was time for the relays to start! The **11-12 200 Medley relay** team of **Kaela Forvilly, Annalisa Neal, Kaila Duffy** and **Taylor Sullivan** placed 4<sup>th</sup> and the boys team of **Evy Bertolone Smith, Josh Smithen, Joey Smithen** and **Taylor Knowles** finished 8<sup>th</sup>.

**13-14 400 Medley relay** team of **Emma Gray, Jordan Knowles, Savannah Chappell** and **Claire Christopher** were 7<sup>th</sup>.

Open **400 Medley relay** team of **Mary Smithen, Clara Gray, Shaelin Morefield**, and **Shelby Koontz** placed 7<sup>th</sup>, **Erica Chappell, Rachel Chen, Eli Cruz** and **Anne Lancaster** 14<sup>th</sup>. **TJ Smithen, Cameron Morefield, Kyle Johnston** and **Janosch Lancaster** 6<sup>th</sup>. **Kevin Smithen, Dylan Matheson, Adam Dack** and **Joe Sullivan** also swam the event earning points for the team.

Sunday came bright and early for our 11 & over swimmers who started out **Sunday prelims** with the **200 IM:** **Eli**

**Cruz** swam the event, **Clara Gray** and **Shaelin Morefield** both made consol finals shaving off time, **Adam Dack** improved by 3.5 sec, **Janosch Lancaster** dropped 3.4 sec for a new **JO time** of 2:11.17, **Cameron Morefield** swam the event and **TJ Smithen** improved 1 sec for a new **JO time** of 2:13.04. **Savannah Chappell** improved 1.6 sec, **Claire Christopher** and **Emma Gray** swam the event, **Shelby Koontz** qualified 5<sup>th</sup> for finals and **Kevin Smithen** dropped 2.5 sec for a new **PC-A time**.

**100 IM:** **Kaila Duffy** and **Taylor Sullivan** were just off best times, **Kaela Forvilly** improved 1.5 sec for a new **JO time** of 1:10.54 qualifying 8<sup>th</sup> for finals, **Taylor Knowles** clocked a best time, **Josh Smithen** qualifying for consol finals with a best time.

**200 breaststroke:** **Clara Gray** improved 1.8 sec and both she and **Shaelin Morefield** made consol finals. **Anne Lancaster** took off 2.7 sec and **Dylan Matheson** swam the event. **100 breaststroke:** **Annalisa Neal** shaved off time making finals in 4<sup>th</sup> place and **Taylor Sullivan** qualified for consol finals.

**100 freestyle:** **Clara Gray** improved .6 sec for a new **JO time** of 57.81, **Mary Smithen** and **Kyle Johnston** qualified for consol finals, **Eli Cruz** and **Janosch Lancaster** swam best times and **Cameron Morefield** competed. **Savannah Chappell** and **Claire Christopher** swam best times, **Emma Gray** dropped 1.5 sec qualifying for consol finals and going under a minute, **Jordan Knowles** improved a half sec, **Shelby Koontz** qualified 4<sup>th</sup> for finals and **Kevin Smithen** improved 1+ sec. **Kaela Forvilly** shaved off time qualifying for consol finals and **Taylor Knowles** took off .8 sec, **Joey Smithen** improved 1.8 sec & **Josh Smithen** dropped 1.6 sec making consol finals.

**200 butterfly:** **Erica Chappell, Adam Dack** and **Kyle Johnston** qualified for consol finals, **Eli Cruz** swam the event, and **TJ Smithen** improved 6.7 sec qualifying for consol finals.

**100 butterfly:** **Kaila Duffy** qualified for consol finals and **Annalisa Neal** swam the event.

Time for the 11 & overs to find food and rest up for finals and relays. The Sunday Afternoon **10 & under session** started with the **50 butterfly (9-10):** **Nikki Jackson** swam a fantastic race improv-

ing 3.5 sec for her first **JO time** of the meet finishing with a time of 36.29 placing 8<sup>th</sup>, **Michael Schaan** swam the event just off his best time placing 10<sup>th</sup>. **8 & under 25 butterfly:** **Grace DuPont-Moore & Connor Taylor** swam the event with **Connor** placing 3<sup>rd</sup> in a nail biting "photo finish" race, the top 3 swimmers finished within .7 sec of each other!

**50 backstroke (9-10):** **Michael Schaan** and **Daniel Taylor** swam the event, **Michael** finishing with a best time. **8 & under 25 backstroke:** **Kylie Compton** improved .6 sec for a new **PC-A time**, **Grace Dupont-Moore** also dropped .6 sec, **Eden Neal** 1+ sec, **Aspen Tollmann** and **Marin Collins** competed, & **Connor Taylor** swam just off best placing 7<sup>th</sup>.

**100 breaststroke (9-10):** **Nikki Jackson, Angel Neal** and **Daniel Taylor** swam the event. **8 & under 50 breaststroke:** **Eden Neal** improved 1 sec in the event.

**100 freestyle (9-10):** **Nikki Jackson** improved 4.8 sec in a fast race for a new **PC-A time**, **Angel Neal** and **Hope Rakow** swam the event, **Angel** finishing with a best time. **8 & under 50 freestyle:** **Kylie Compton** improved 1.6 sec, **Eden Neal** and **Connor Taylor** swam the event, with **Connor** placing 9<sup>th</sup>.

Then it was time for more relay fun! 2 sets of Dolphin girls teamed up for the **9-10 200 freestyle relay:** **Hope Rakow, Angel Neal, Sydney Kearney & Nikki Jackson** were 7<sup>th</sup> & **Cailey Tollmann, Julia Chappell, Isabelle Dupont-Moore & Clarice Albert** 9<sup>th</sup>.

**8 & under 100 freestyle relay:** **Grace DuPont-Moore, Aspen Tollmann, Eden Neal & Kylie Compton** placed 6<sup>th</sup>.

With the finish of the afternoon session it was time for the 11 & over finals to begin. **Sunday Finals** started with the **200 IM:** **Shaelin Morefield** did fantastic dropping 1.6 sec for a new **Sectional Bonus time** of 2:14.40 and 12<sup>th</sup>, **Clara Gray** placed 20<sup>th</sup> improving 3.5 sec from her prelim time, and **Janosch Lancaster** placed 24<sup>th</sup> taking off almost 1 sec from his morning swim. **Shelby Koontz** in a heart stopping race came from 5<sup>th</sup> place to finish 1<sup>st</sup> improving almost 6 sec for a new **PRT, Grand Prix** and **Team record** time of 2:07.41 smashing the record from 1995 by 5.6 sec. **100 IM:** **Kaela Forvilly** moved up to 7<sup>th</sup> place taking off a bit more

time and **Josh Smithen** placed 16<sup>th</sup> right on best from the morning swim.

**200 breaststroke:** **Shaelin Morefield** placed 9<sup>th</sup> and **Clara Gray** placed 11<sup>th</sup> dropping another sec from her prelim time for her first **FW** time of 2:37.40. **100 breaststroke:** **Annalisa Neal** kept her place at 4<sup>th</sup> improving another .6 sec from prelims just off the **JO** time and **Taylor Sullivan** dropped 2.6 sec for 9<sup>th</sup> place.

**100 freestyle:** **Mary Smithen** finished 11<sup>th</sup> on **FW** pace and **Kyle Johnston** finished 17<sup>th</sup> shaving off .4 sec for a new best time. **Shelby Koontz** placed 2<sup>nd</sup> with a time of 52.38 shaving time off her own 13-14 **Team record** and **Emma Gray** placed 13<sup>th</sup> right on her best time from prelims. **Kaela Forvilly** was 12<sup>th</sup> shaving off more time and **Josh Smithen** 13<sup>th</sup>.

**200 butterfly:** **Erica Chappell** placed 17<sup>th</sup> right off her best time, **Kyle Johnston** 11<sup>th</sup>, **TJ Smithen** finished 16<sup>th</sup> right off his prelim time and **Adam Dack** placed 18<sup>th</sup> improving his best by almost 4 sec. **100 butterfly:** **Kaila Duffy** placed 13<sup>th</sup> with a new best time.

Next up was the last set of relays, **200 freestyle relay:** **Taylor Sullivan, Kaila Duffy, Kaela Forvilly & Annalisa Neal** teamed up again to place 7<sup>th</sup>.

**400 freestyle relay:** **Emma Gray, Jordan Knowles, Savannah Chappell and Claire Christopher** finished 7<sup>th</sup>.

**Open 400 freestyle relay:** **Mary Smithen, Clara Gray, Shaelin Morefield & Shelby Koontz** placed 4<sup>th</sup>. **Eli Cruz, Erica Chappell, Anne Lancaster and Rachel Chen** 11<sup>th</sup>. **Kyle Johnston, TJ Smithen, Janosch Lancaster and Cameron Morefield** 6<sup>th</sup> and **Kevin Smithen, Dylan Matheson, Joe Sullivan & Adam Dack** were 12<sup>th</sup>.

Back again for our last full day of competition, everyone is tired but determined to do the best they can. **Monday prelims** started with **50 backstroke:** **Kaila Duffy** improved 1.3 sec qualifying for consol finals, **Kaela Forvilly** swam a best time qualifying 4<sup>th</sup> for finals, **Evy Bertolone-Smith** dropped 2.2 sec for a new **PC-A** time, **Taylor Knowles** qualifying for consol finals taking off 2.3 sec, **Joey** and **Josh Smithen** also competed.

**100 backstroke:** **Savannah Chappell** improved 1.2 sec qualifying for consol finals, **Emma Gray** and **Andrew Brockhage** swam the event, **Jordan**

**Knowles** was just off her best time, **Shelby Koontz** qualified for finals in 7<sup>th</sup>, **Kevin Smithen** improved 1.9 sec. **Erica Chappell** dropped 1 sec qualifying for consol finals, **Eli Cruz** swam a best time, **Shaelin Morefield** swam just off best qualifying for consol finals, **Mary Smithen** qualified 4<sup>th</sup> for finals, **Adam Dack** improved almost 1 sec, **Janosch Lancaster** took off 1+ sec for a new **FW** time of 58.91, **Cameron Morefield** and **Kyle Johnston** swam the event and **TJ Smithen** dropped almost 1 sec for his very first **FW** time of 59.29.

**200 IM:** **Taylor Sullivan** improved almost 5 sec & **Taylor Knowles** swam the event.

**500 freestyle:** **Savannah Chappell, Claire Christopher** and **Andrew Brockhage** swam the event. **Adam Dack** dropped 2.4 sec, **Kyle Johnston** qualified for consol finals, **Janosch Lancaster** improved 5.4 sec also qualifying for consol finals.

The dolphins had a number of swimmers qualified for the **50 freestyle:** **Kaila Duffy, Kaela Forvilly** and **Annalisa Neal** swam best times in the event, **Taylor Sullivan** and **Evy Bertolone-Smith** finished just off their best times, **Taylor Knowles** improved .8 sec, **Joey Smithen** 1+ sec, and **Josh Smithen** qualified 4<sup>th</sup> for finals just off his best time.

**Claire Christopher** swam the event, **Emma Gray** qualified for consol finals, **Jordan Knowles** was just off her best time, **Shelby Koontz** qualified 3<sup>rd</sup> for finals, **Andrew Brockhage** shaved off time, **Dylan Matheson** improved 2.3 sec for a new **PC-A** time, **Kevin Smithen** shaved off time to qualify for consol finals, and **Joe Sullivan** improved almost 1 sec for a new **PC-A** time.

**Clara Gray** qualified for consol finals, **Mary Smithen** qualified 5<sup>th</sup> for finals, **Janosch Lancaster** qualified for consol finals with a new **JO** time of 24.14, **Cameron Morefield** was just off his best time, and **TJ Smithen** shaved off time in the event.

Then it was time for the 10 & under swimmers to show us what they had left! **Monday's Afternoon session** started with **Julia Chappell** who was our only swimmer for the **200 IM** and she dropped a huge 8.5 sec in the event.

**100 butterfly (9-10):** **Nikki Jackson** with another great swim dropped a huge

7.2 sec for her second **JO** time of the meet finishing in 1:24.26 placing 6<sup>th</sup> and **Michael Schaan** swam the event. **8 & under 50 butterfly:** **Connor Taylor** shaved off some time.

**50 freestyle (9-10):** **Nikki Jackson** dropped 1 sec to place 14<sup>th</sup>, **Hope Rakow** improved .8 sec, **Michael Schaan** swam a best time and **Daniel Taylor** took off 2.7 sec for a new **PC-A** time & 10<sup>th</sup>. **8 & under 25 freestyle:** **Kylie Compton** improved a half sec, **Grace Dupont-Moore** dropped 2 sec for a **PC-A** time and **Connor Taylor** took off 1+ sec to place 8<sup>th</sup>.

Our 10 & unders had left it all in the pool and their coaches are very proud of their accomplishments!

Now it was the 11 & over swimmers turn to show us what they had left to give! **Monday finals** started with **50 backstroke:** **Kaela Forvilly** finished 5<sup>th</sup> improving her time from prelims, **Kaila Duffy** 13<sup>th</sup> also improving her prelim time, **Taylor Knowles** 15<sup>th</sup>. **100 backstroke:** **Shelby Koontz** held onto 7<sup>th</sup> with a .7 drop and new **FW** time of 1:03.02 and **Savannah Chappell** placed 12<sup>th</sup> right on her morning swim. **Mary Smithen** moved up to 3<sup>rd</sup> with a new best time, **Shaelin Morefield** had a fantastic race placing 10<sup>th</sup> with a new **Sectional** time of 1:00.83 improving 2 sec, **Erica Chappell** was 22<sup>nd</sup> improving another sec from prelims and **Janosch Lancaster** 22<sup>nd</sup> just off his **FW** time from prelims.

Our **500 freestyle** swimmers had the tough job of swimming the event for the second time that day. **Kyle Johnston** placed 13<sup>th</sup> just off his best time and **Janosch Lancaster** was 24<sup>th</sup>.

**50 freestyle:** **Josh Smithen** placed 8<sup>th</sup>. **Shelby Koontz** remained at 3<sup>rd</sup> just off best, **Emma Gray** 11<sup>th</sup> just off her prelim time, and **Kevin Smithen** 12<sup>th</sup> with a new best time. **Mary Smithen** was 7<sup>th</sup> close to best, **Clara Gray** 23<sup>rd</sup> & **Janosch Lancaster** 24<sup>th</sup>.

That was the end of a long 4 days for our swimmers, many of whom were sick and very tired. Our coaches had also put in a long 4 days and everyone deserved their day off on Tuesday! All of our State swimmers should be very proud of what they accomplished. Remember that the next State meet will be held in Las Vegas!



## 2012 Awards Banquet

DDST held its 2012 awards banquet March 2<sup>nd</sup> at St. Gall's gym. The theme this year was Rock & Roll and our coaches and swimmers had a great time dressing up for the event! We were treated to videos that were orchestrated by each of our swim groups which showed a lot of creativity and talent. Several parents and coaches also helped craft these videos and we appreciate all of the help our swim groups received to get these completed. The swimmers had a great time making the videos!

Several awards were given out at the banquet by the coaches. For the Senior group, **Kyle Johnston** earned Most Improved & **Shelby Koontz** Most Outstanding for their hard work & dedication.

Pre-Seniors: **Annalisa Neal** earned Most Improved with a huge 91+ sec combined drop in her times & **Savannah Chappell** was awarded Most Outstanding for her hard work.

Blue group honorees were **Taylor Knowles** for Most Improved with a whopping 170 sec drop in time this year and **Kaela Forvilly** was Most Outstanding for her great effort this past year.

Red Group winners were Most Improved **Daniel Taylor** and **Lily Bickmore** was given the Most Outstanding award.

**McKenna Chappell** was the Most Improved White group swimmer and **Kylie Compton** earned Most Outstanding for her great meet results.

Pre-Competition Coaches' Choice award went to **Nesta Burroughs** for her hard work & Most Improved went to **Connor Schaan** for his great meet results.

A new award was presented by the dryland trainers at Core Performance called the Dryland Beast. The trainers awarded this honor to **Erica Chappell** for her great effort during dryland training.

We want to thank Julie Gray for her excellent job in organizing and setting up the banquet, our pizza chef Jim Morefield, Chad Owens for his AV work so that we could enjoy the videos and music clips that the coaches & swimmers work so hard to put together. Chris Forvilly helped with editing and John Ruffo was a big help with setting up. And thanks to all our parents for bringing food and drink to the event.

This was definitely a banquet for the record books with lots of creativity & fun shown by all of the participants. That's a wrap!!



## All Star Meet Results

This year the Pacific Zone All Star meet was held in Novato California the week of March 3-4. The weather was very unusual in that it was sunny, clear & dry! Most swimmers who have attended the meet will tell you that the weather is usually wet & cold! 2 Dolphins were selected to help represent Zone 4.

The first swimmer was **Michael Schaan** who swam with the 9-10 boys, he competed in 50 backstroke and 50 butterfly where he finished just off his best times. Unfortunately there were not enough boys to have a relay team.

Our other swimmer was also 9-10, **Nikki Jackson** swam 50 freestyle right on her best time, in 50 backstroke she swam a personal best by almost 1.5 sec and the 50 butterfly. Nikki also got to participate in 2 relays the 200 freestyle relay and the 200 medley relay where she swam the butterfly leg of the event.

Both of our swimmers had a great time representing Zone 4 & the Dolphins and we are very proud of how they did!



## Parent's Corner

### 13 Steps to Being a Winning Parent, Part 1

Dr. Alan Goldberg

Published by the American Swimming Coaches Association

*[SPN Editor's Note: This is part 1, which includes steps 1 – 6. Steps 7-13 will appear in the next issue of Swim Parents Newsletter.]*

**INTRODUCTION:** If you want your child to come out of his youth sports experience a winner (feeling good about himself and having a healthy attitude towards sports), then he needs your help! You are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play your position well, then your child will learn the sport faster, perform better, really have fun and have his self-esteem enhanced as a result. His sport experience will serve as a positive model for him to follow as he approaches other challenges & obsta-

cles throughout life. If you "drop the ball" or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks, and begin to really hate the sport. And that's the good news! Further, your relationship with him will probably suffer significantly. As a result, he will come out of this experience burdened with feelings of failure, inadequacy & low self-esteem, feelings that will generalize to other areas in his life. Your child and his coach need you on the team. They can't win without you! The following are a list of useful facts, guidelines and strategies for you to use to make you more skilled in the youth sport game. Remember, no wins unless everyone wins. We need you on the team!

**STEP ONE:** When defined the right way, competition in youth sports is both good and healthy & teaches children a variety of important life skills. The word "compete" comes from the Latin words "com" and "petere" which mean together & seeking respectively. The true definition of competition is a seeking together where your opponent is your partner, not the enemy! The better he performs, the more chance you have of having a peak performance. Sports is about learning to deal with challenges & obstacles. Without a worthy opponent, without any challenges sports is not so much fun. The more the challenge the better the opportunity you have to go beyond your limits. World records are consistently broken & set at the Olympics because the best athletes in the world are "seeking together", challenging each other to enhanced performance. Your child should never be taught to view his opponent as the "bad guy", the enemy or someone to be hated & "destroyed". Do not model this attitude! Instead, talk to/make friends with parents of your child's opponent. Root for great performances, good plays, not just for the winner!

**STEP TWO: ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIMSELF.** The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning & losing is both an unfair and inaccurate measure. Winning in sports is about doing the best you can do, separate from the outcome/play of your opponent. Children should be encouraged to compete against their own potential (i.e., Peter & Patty Potential). That is, the boys should focus on beating "Peter", competing

against themselves, while the girls challenge "Patty". When your child has this focus & plays to better himself instead of beating someone else, he will be more relaxed, have more fun & therefore perform better.

**STEP THREE: DO NOT DEFINE SUCCESS & FAILURE IN TERMS OF WINNING AND LOSING.** A corollary to TWO, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to his potential and loses it is criminal to focus on the outcome and become critical. If a child plays his very best and loses, you need to help him feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is not cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child!

**STEP FOUR: BE SUPPORTIVE, DO NOT COACH!** Your role on the parent-coach-athlete team is as a Support player with a capital S! You need to be your child's best fan, unconditionally! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., but... do not coach! Most parents that get into trouble with their children do so because they forget to remember the important position that they play. Coaching interferes with your role as supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, and, if by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles (i.e. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent"). Don't parent when you coach and don't coach at home when you're supposed to be parenting.

**STEP FIVE. HELP MAKE THE SPORT FUN FOR YOUR CHILD.** It's a time proven principle of peak performance that the more fun an athlete is having, the more they will learn and the better they will perform. Fun must be present for peak performance to happen at every level of sports from youth to world class competitor!

When a child stops having fun and begins to dread practice/competition, it's time for you as a parent to become concerned! When the sport or game becomes too serious, athletes have a tendency to burn out & become susceptible to repetitive performance problems. An easy rule of thumb: If your child is not enjoying what they are doing, nor loving the heck out of it, investigate! What is going on that's preventing them from having fun? Is it the coaching? The pressure? Is it you?! Keep in mind that being in a highly competitive program does not mean that there is no room for fun. The child that continues to play long after the fun is gone will soon become a drop out statistic.

#### **STEP SIX: WHOSE GOAL IS IT?**

Step 5 leads us to a very important question! Why is your child participating in the sport? Are they doing it because they want to, for them, or because of you. When they have problems in their sport do you talk about them as "our" problems, "our jump isn't high enough", "we're having trouble with our flip turn", etc. Are they playing because they don't want to disappoint you, because they know how important the sport is to you? Are they playing for rewards and "bonuses" that you give out? Are their goals and aspirations yours or theirs? How invested are you in their success and failure? If they are competing to please you or for your vicarious glory they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone will lose. It is quite normal and healthy to want your child to excel and be as successful as possible. But, you cannot make this happen by pressuring them with your expectations or by using guilt or bribery to keep them involved. If they have their own reasons and own goals for participating, they will be far more motivated to excel and therefore far more successful.

*[In the next issue: Steps 7 – 13]*

Dr. Alan Goldberg is a nationally-known expert in the field of applied sport psychology and has a long history working with athletes, coaches and parents in the swimming community as well as just about every other sport on the planet. Dr. Goldberg works with athletes and teams at every level from developmental to elite and he is a frequent speaker at swimming clinics. You can visit his website at [www.competitivedge.com](http://www.competitivedge.com)

## Team Store Manager Changes

The DDST board would like to thank Pattie Dack for all the years she has managed the Team Store. It is not an easy job, especially when you are juggling family and a full time job. Pattie's work with the Team Store included switching the team over to Action Accents making it easier to order team apparel. She also assisted the coaches in ordering swim caps and T-shirts for special occasions such as the State meet.

Denise Bickmore has taken over the task of the Team Store and I am sure she will continue to do an excellent job for the team. If you have any questions about the team store please contact Denise at [teamstore@ddst.org](mailto:teamstore@ddst.org). Denise also jumped right in to the workings of the team and joined the DDST board a few months ago when an opening arose. We want to thank Denise for stepping up to help the team as a board member and Team Store Manager.



## 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

**Daniel** daniel84@hotmail.com

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

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

**Parent Liaison:** Karen Sullivan  
ksulliva@dcds.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

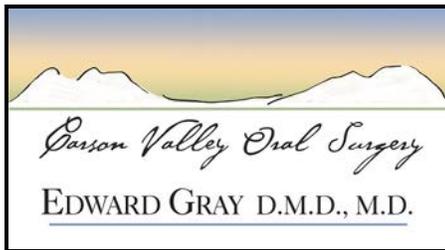
**Team Store:** Denise Bickmore  
teamstore@ddst.org



**Thank You to our  
2011 – 2012 SPONSORS:**



Lifetime Sponsor



Platinum Medal Sponsor



Platinum Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



Gold Medal Sponsor



Silver Medal Sponsor



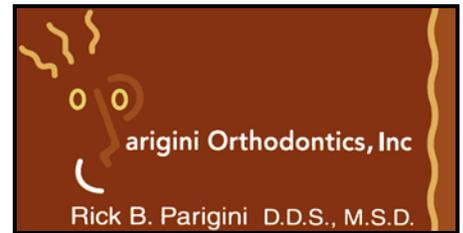
Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor



Silver Medal Sponsor

**Bronze Medal Sponsors:**

Carol Buhlig

Century 21 Clark Properties Inc.,  
Lauren Saunders, Realtor

Home Grown Grill

Intero Real Estate Services,  
Dennis McDuffee, Broker

K2 Pilates

Paul & Stephanie Kearney

Paul's Auto Painting

David & Christine Rakow

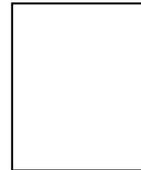
St Gall Catholic Church



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



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



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed! 

## Transitions

**Welcome back:** Jessie Jin

**Farewell and good luck** Aaron & Alex Mayer.

**Moving up: Congratulations to new Red Dolphins:** Jason Lowther & Justin Hight.

**Happy March Birthdays** to Barrett Lee (3/1), Grace Dupont-Moore (3/7), Clara Gray (3/12), Angel Neal (3/15), McKenna Chappell (3/16), Ryan Signorella (3/18), Daniel Taylor (3/23), Mary Smithen (3/26), Max Owens (3/30) and Justin Hight (3/31). **Happy April Birthdays:** Hunter Burke & Julia Chappell (4/1), Erica Chappell (4/3), Katie Patirick (4/5), Connor Taylor (4/11), Annalisa Neal (4/20) and Evy Bertolone-Smith (4/21).

*(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.

### ANY Public School(s) IN Session

**High Schoolers:** M-Th 2:30-4:45p, F 2:30-4:30; dryland W & F 5:00-6:00p

**Pre-seniors:** M-F 4:45-6:45p, dryland W 2:30-3:30p

**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:** M: M & W 4:15-5P (only until 4/1); 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 (until 4/1); T: T & Th 4:15-5:00p



## Next Newsletter

The next *Monthly* will appear about April 13<sup>th</sup>. All submissions should be received by Wednesday April 11<sup>th</sup>.

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 Daniel, Margaret Jackson, Lorna Johnston, and Jim Morefield.*

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

