

# Dolphins' Monthly

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

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

May 2012

## Swimmers of the Month

**Abigail Hutchings** is Pre-Comp Swimmer of the Month. Abigail always comes to practice with a winning attitude, ready to swim, eager to improve, and with a smile from ear to ear! She displays a tenacious practice ethic that propels her forward and over her challenges to bring her to the next level. Whenever she is at and/or in the water, she has a positive grin and you cannot help but grin with her. Keep up the stupendous work Abigail and we all look forward to your continued progress!

**Barrett Lee** is White group Swimmer of the month. Barrett come to practice with a smile on her face, and a skip in her step. She is a joy to work with and I have seen tremendous improvement in her swimming. Barrett has a beautiful butterfly, and I hope to see her competing in future meets so she can show off all that she has learned! Keep up the smiles and good work Barrett!

**Julia Chappell** is Red Group Swimmer of the Month! Julia has been working hard at every practice and it has paid off! At the Intermountain Classic she achieved all best times!! She took off 47+ seconds overall and swam the 400m freestyle for the first time!! She has become a leader in Red Group & I look forward to seeing her thrive under her new responsibilities! Congratulations Julia!

**Nikki Jackson** is Blue Group Swimmer of the Month. She has been focused at practice and is swimming with determination. Nikki is getting stronger each day. The whopping 51 total seconds she dropped at the Carson Intermountain Classic off her lifetime best times shows her persistence. She also obtained 4 new "A" times. Nikki even swam two new events she had never tried before and had 100% improvement at the meet. Great work Nikki!

**Adam Dack** is the Pre-senior/Senior Swimmer of the Month. He did a great during the High School season and was one of

2 High School swimmers that participated in the Carson Intermountain Classic Long Course meet last weekend. All high school swimmers were tapered (well rested) for competing at the Nevada High School State Championships 2 weeks ago, and it is difficult to go from resting to large yardage with good meet results. Adam did fantastic with 100% improvement in his events, a new "A" time in his 400m freestyle & he tried the 1500m freestyle. An impressive start to his Long Course season. Way to go Adam!



## Carson Valley Days Parade

**Come help decorate** this year's DDST float **5:00-6:00 pm on Friday June 8<sup>th</sup>** at the pool! Then get your squirt guns ready for a morning of walking, waving & spraying. **Saturday June 9<sup>th</sup>** we will meet at the Swim Center at **8:00 am** as the Parade begins at 9:00 am. **Swimmers, wear Team shirts and walking shoes.** We won't know our float number until the day of the parade. **All swimmers must be picked up at the end of the parade route (Lampe Park) immediately following our float's finish.**



## 2012 FALL FESTIVAL FUNDRAISER

Have you planted your pumpkin yet????  
DDST will be holding a Fall Fundraising this year. One of the activities we will be hosting is a pool pumpkin game and we will need lots of pumpkin donations.

A BIG "Thank You" to Felicia Gantar and her daughter Clarice Albert, who have purchased a garden plot at **Plant It Nursery** and will be hard at work this summer growing pumpkins to donate for this event.



## Good Luck 2012 Graduates!

The Douglas Dolphins are proud of this year's graduating Seniors, and it is with mixed emotions that we get ready to say farewell to them as they start the next chapters in their lives.

**Cameron Morefield** has been a Douglas Dolphin for almost 8 years, he will be attending the University of Nevada Reno in the fall with the intention of studying Environmental Sciences. Cameron says that his favorite thing about swimming is "all the swimmers, you know who you are...."

**Mary Smithen** has been a Douglas Dolphin for 6 years, she will be attending Western Nevada College where she plans to start out in General Studies. Mary's favorite swim memory is breaking the pool record in the 100 backstroke!!

**TJ Smithen** has been a Douglas Dolphin for 6 years, he will be attending Western Nevada College with plans to Major in Science. TJ's favorite swimming memory is "getting my legs shaved for Regionals."

Congratulations and good luck to our graduating Seniors! We look forward to seeing you in and around the pool this summer & will miss each of you as you move on.



## Trailer needed for The Carson Valley Days Parade

The Carson Valley Days Parade is fast approaching and the swim team usually has a decorated trailer that the swimmers and coaches can ride on or walk behind for the parade. If anyone has a trailer the team can use for the Parade contact Karen Sullivan at 267-4035 or 750-5016.



COACH

## Kat's Corner

(coachkat0809@hotmail.com)

As I am writing this article my printer is busy printing the psych sheet for the Grand Prix International meet in which two Douglas Dolphins are going to be competing this weekend. While I take a break to do proof-reading, I glance at the psych sheet.

It is really inspiring to be reading names like Park Tae-hwan (Korea), Nathan Adrian (CAL), Natalie Coughlin (CAL), Leisel Jones (AUS), Lisbeth Trickett (AUS), Dana Vollmer (CAL), Shaelin Morefield (DDST), Shelby Koontz (DDST) and the list goes on... Can I just say "I'M SO EXCITED". 1. The formula of parent support + coaching<sub>2</sub>, dedication + swimmer determination + and peer encouragement seems to be equaling success. The Douglas Dolphins future looks bright to me!



## Summer Swim Team Program

Sign-ups for the 2012 DDST Summer Swim Team Program are ongoing, with the first official practice on Monday June 11<sup>th</sup>. **Every level of swimmer is encouraged to try out!**

The cost for the program is a flat \$250. Included in the cost are seasonal USA Swimming registration & insurance, team and pool fees, a team swim cap and T-shirt, four fun 1-hour practices M-Th 3:30-4:30 each week (see practice schedules on page 10), and two home twilight practice meets. There will also be opportunities to join in competition meets during the summer and in the team's Fun Week August 13-16 (small additional costs apply for these events). The Summer Swim Team Program will run through August 2<sup>nd</sup>. (Summer swimmers wishing to participate in the High Country Meet will have practices until August 9<sup>th</sup>).

**Encourage your friends** to come spend their summer afternoons by the pool making new friends, improving their swimming skills and staying cool! Contact Coach Kat or Karen Sullivan with questions (see contact information in this newsletter).



## Greg's Corner

(greg@taylorcamp.org)

I think we can all see the signs that school is ending soon & summer is almost here! There seems to be a level of excitement in the air... a lot of energy!! With that goes a lot of splashing around and a bit less listening! I have a feeling it is going to be an exciting summer swimming... here and in London.

At a recent appearance, Olympian Ryan Lochte told a crowd his story about not taking swimming seriously as a kid and then in High School, he decided to set goals and focus on swimming. That's when his performance excelled. The Olympian emphasized three points for the crowd:

Listen to your coaches

Set goals

Push yourself beyond what you think you can do and you will

We have been talking in the Red Group a lot lately about listening, setting goals and pushing yourself. Some get it and some are still trying to figure it out. But progress is being made!! A few think they can't do it, it is too hard or "I am not good enough". That is when we start talking about confidence & being positive... because they all can do it!

What do some successful people say about CONFIDENCE??

"Confidence comes from accepting a challenge & achieving it using the best of your ability. Confidence builds through training to meet your challenge". Phil Rogers (Olympic Medalist).

"Confidence is about believing in yourself and your ability to do something -- not necessarily believing in your ability to do it perfectly or better than other people, but believing that you have as good a chance as anyone to achieve something. Confidence is having the courage to get up & try and face whatever the outcome is -- good, bad or something in between." Chloe Flutter (Australian Swimmer -- now Rhodes scholar).

"Attitudes such as belief, optimism, high aspirations, and anticipation of the best possible result—all these positive states of mind add up to confidence, the keystone for success. But of course it pays for all of these to be built on the firm rock of a sound preparation". Forbes Carlile (Legendary Coach, successful business man, author, leading anti-drugs in sport campaigner).

Confidence it seems, is a skill -- a skill that can be learned. You learned to swim. You learned to flip turn. You learned how to do butterfly. You can learn to be confident.

Recently I saw this quote and it is my current favorite:



"Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny."

— Gandhi



COACH

## Sarah's Corner

(sgovanswm@aol.com)

### RECOVERY NUTRITION: TIPS & REMINDERS

1. Start the replenishment process IMMEDIATELY! The "window of opportunity" for maximizing glycogen repletion starts to close as soon as exercise stops... it lasts for about 2 hours. Pulse the system by trying to eat something substantial every hour versus waiting for the large meal or eating only every 3-4 hours.
2. Adjust post-exercise fuel intakes accordingly. Focus on maximizing glycogen repletion when practices are exhaustive. You might not need to replenish as long when workouts are not as intense.
3. Most replenishment periods should continue for at least 2 hours, but may last as long as 5 hours if the workout was completely exhaustive.
4. Something is better than nothing. If you just can't meet the 1.0 g/kg/hr for at least two hours recommendation, consuming some carbohydrate fuel immediately after workout will do more to help prevent chronic or long-term glycogen depletion than consuming nothing at all.

With summer starting up so does doubles. It's important that we all hydrate, rest, and have a good regiment for recovery nutrition in order to have a successful summer. Let's all, swimmers, parents and coaches work together in having another HOT Dolphins Summer.



COACH

## Daniel's Corner

(danielell84@hotmail.com)

Participating in dryland recently, I've remembered how important one autonomic body function is that we take for granted. Breathing. This is actually one of the autonomic functions that we have control of. We can slow it down, speed it up, take a deep or short breath, etc.

In yoga, there is actually an exercise called *Pranayama* that focuses on breathing techniques to "change subtle energies within the body for health and well being." [www.amsa.org/healingthehealer/breathing.cfm](http://www.amsa.org/healingthehealer/breathing.cfm) It can work in your favor both in and out of the water when utilized properly. A slow, controlled breath in through your nose and a controlled, slow exhale in the same fashion out of your mouth (in a rhythmic manner in accordance and flow with your workout or activity) is the basic way to perform this generic phenomenon. This type of breathing during daily life and especially during workouts is a great natural and easy way to give yourself that boost of energy, serenity, focus, happiness and better well-being to go farther, go faster, go longer, go better!



## From the Meet Directors

We have started working on our High Country League Championships meet and look forward to another successful meet season! We want to remind everyone that each swim family is required to work a minimum of 6 sessions (each session is @ 4 hours long) during our 3 home meets. Our first meet, the High Country League Championship meet is August 10th - 12th; a full 3 days with Trials and Finals. This means all swimmers will swim in the morning sessions. 11 & older swimmers who swim the fastest 16 times will stay and swim in the Finals session in the late afternoon each day.

We are still looking for a few more people to help out in important jobs at our first home meet in August. We have one meet director that will be retiring after this meet season, so we are looking for someone who would be willing to start training and learning the job of meet director. If you are organized and enjoy working with people, this is the job for you!

In addition, we are also looking for someone to be Hospitality Coordinator for

this meet. This person would be in charge of planning a menu, shopping for food, and supervising the other Hospitality parent helpers at the meet. If you are interested, the previous Hospitality Coordinators could answer questions and give you some menus/guidelines beforehand.

We are also looking for someone to be the Snack Bar Coordinator or share this position for the August meet. This person would be in charge of preparing a shopping list, shopping for food, and supervising the other Snack Bar parent helpers at the meet. The present Snack Bar Coordinator would be available to answer questions and help you learn the position.

Also, we are still looking for parents of younger swimmers (10 & under) who would be willing to train on the Colorado Timing System. You get a front row seat to the meet and get to see times right away! This job does require you to stay focused and work well with others. You can start training at our August meet and be ready for the September meet!

Our other two meets will be in September and December. The Molly Lahlum Memorial Autumn Freeze Meet will be September 21st - 23rd. The December Meet will be the 8th and 9th and is still in the planning stages. We will give you more information on the format when we get closer to that meet. We will not be doing the Last Chance Meet this year. On the years that the state meet goes to Las Vegas, Carson gets to have the Last Chance Meet.

We look forward to working with you all! Please let us know if you are interested in any of our jobs listed above!

Lorna Johnston &amp; Margaret Jackson



## 2012 AD CAMPAIGN UNDERWAY

Friday, July 13, is the due date for Ad Campaign sponsorships, and it will be here before you know it!

Now is the time to seek out sponsors for our team from local businesses and family members and friends. The Ad Campaign packet was placed in the team file folder box, and is also available on [www.ddst.org](http://www.ddst.org). Turn in sponsorship packets to Julie Gray in the fundraising file folder or email to [fundraising@ddst.org](mailto:fundraising@ddst.org).



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## On-Line Dues Payments, Sign Up Soon

The Board is pleased to introduce secure online credit card and/or Direct Bank processing to our billing system.

**All members need to sign up for one of these options by 8/31/12. Effective 9/1/12, the only option for paying dues and fees will be through this system. (Members with outstanding balances have till 8/31/12 to pay it down by check.)**

**ACH or Charge my Bank Account is less expensive for the team therefore we encourage this option. After choosing one of the options, your current account balance will be collected on the 1st of each month, including any overdue amounts.** Statements will arrive via email 7-10 days prior to the 1st of each month with the total amount to be charged to your account.

*Please maintain an active email address that is frequently accessed as there will be frequent communications both for billing and other team functions.*

Direct any inquiries, questions or concerns via e-mail to [billing@ddst.org](mailto:billing@ddst.org). (Thank you to those who have already signed up for one of the options!)



# Folsom Meet Results

The first Long Course meet of the season was in Folsom, California April 20-22. The weather was very warm which allowed the swimmers to thaw out and enjoy the meet. There were some very nice swims at the meet with many swimmers achieving 100% improvement. I understand that some of our swimmers even got to go shopping.

Let's start out with the 3 gentlemen that attended the meet, **Michael Schaan** swam 8 events with 100% improvement and some great results, he achieved a new **Team record** and **PC-B** time in 100m butterfly by 12+ sec and he beat his own **Team record** in 50m butterfly by almost 6 sec, he finished with **PC-B** times in 100m backstroke and 100m breaststroke improving 15 sec, and he dropped 14 sec in 100m freestyle. **Connor Taylor** swam 8 events, improving 28+ sec in 50m breaststroke, he successfully swam his first 200m freestyle and 100m butterfly, he dropped 13sec in 50m backstroke, 12 sec in 100m freestyle, and 13 sec in 50m butterfly. **Daniel Taylor** in his first meet as an 11 year old did very well, competing in 8 events with 100% improvement including a new **Team record** in 200m breaststroke beating the record from 2007 by 7+ sec, he dropped 19 sec in 100m breaststroke, and 8 sec in 100m freestyle and 50m butterfly.

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

Then on to our ladies starting with **Emma Ruffo** who swam fast with 100% improvement in 6 events, including new **PC-B** times in her very first long course swims of 100m breaststroke and 100m freestyle, she improved 13+ sec in 50m breaststroke, 10 sec in 50m freestyle, and 6 sec in 50m backstroke. **Cailey Tollmann** also did well with 100% improvement in 6 events, with a new **PC-B** time in 100m backstroke dropping 10+ sec, she tried her very first 200m freestyle and finished it with a new **PC-B**

time, took off 20+ sec in 50m breaststroke and 10+ sec in 100m freestyle.

**Lily Bickmore** had a great meet with 100% improvement in 8 events with a new **PC-B** time in her first long course swim of 50m butterfly, she took off 13+ sec in 50m freestyle, improved a whopping 43 sec in 100m freestyle, 23 sec in 50m backstroke and 36 sec in 100m backstroke. **Kaila Duffy** swam 8 events with new **PC-A** times in 50m butterfly and 100m butterfly improving 3 sec and 18+ sec, new **PC-B** time in 50m breaststroke improving 3+ sec, improved 7 sec in 200m freestyle and 3+ sec in 100m freestyle. **Kaela Forvilly** had a super meet swimming 9 events with 100% improvement, including a new 11-12 **Team record** and **FW** time in 200m backstroke by 9.14 sec, new **FW** time in 100m backstroke dropping 1.4 sec, new **JO** time in 50m backstroke taking off 1.6 sec, she improved 14+ sec in 400m freestyle, and 7+ sec in 50m breaststroke.

**Sarah Hyatt** swam 7 events with 100% improvement in her first meet as an 11 year old, swimming a new **PC-B** time in her very first swim of 200m breaststroke, improving 5+ sec in 50m freestyle, 4+ sec in 50m backstroke, and 3 sec in 50m breaststroke and 100m breaststroke. **Megan Ruffo** swam 6 events in her very first Long course meet, she tried the 200m freestyle, 50m freestyle and 100m freestyle and did very well in her freestyle events, she also tried the 50m breaststroke and butterfly finishing these races successfully setting new long course times to beat at her next long course meet. **Taylor Sullivan** swam 8 events and achieved a **JO** time in her first Long Course swim of 200m breaststroke finishing with a time of 3:17.58, she improved 9+ sec in 200m freestyle and 100m breaststroke and 3+ sec in 100m freestyle and 50m breaststroke.

**Savannah Chappell** swam 8 events with a new **PC-A** time in her first Long course swim of 100m butterfly, improved almost 17 sec in 200m backstroke, 11 sec in 100m backstroke, 3+ sec in 100m breaststroke and 200m IM. **Claire Christopher** competed in 7 events with 100% improvement and finished with new **PC-A** times in 50m freestyle, 100m freestyle taking off 3 sec & 200m freestyle with a best time by 5+ sec and 200m IM improving 10+ sec,

and new best times in 100m backstroke and butterfly. **Emma Gray** swam 6 events with 100% improvement, with a new **PC-A** time in 100m butterfly improving 7+ sec, dropped 4.7 sec in 100m backstroke, 3.2 sec in 100m breaststroke, and 1+ sec in 50m, 100m and 200m freestyle. **Shelby Koontz** clocked 2 new **Team records** in 13-14 100m breaststroke by .14 sec and 200m breaststroke by 2.57 sec for a new **PRT** time of 2:58.76, she was on FW pace and just off best in 50 freestyle, 200m IM and 100m butterfly.

**Anne Lancaster** swam 7 events with 100% improvement, including 6 new **PC-A** times in her first swim of 200m IM long course, 100m backstroke improving 20 sec, 200m breaststroke dropping 18+ sec, and all of her freestyle events (50m, 100m & 200m), in 100m breaststroke she improved 10+ sec for a new **PC-B** time. **Kayla Ruffo** in her first meet as a 13 year old, swam 7 events with 100% improvement, she tried her first 200m breaststroke and 100m butterfly long course, improved almost 30 sec in 200m freestyle, 24 sec in 200m IM, 11 sec in 100m freestyle and 8 sec in 100m breaststroke. **Shaelin Morefield** had a fast meet swimming 8 events including her first 1500m freestyle which she completed with a new **FW** time and **Team record** of 19:14.01, smashing the record by 28+ sec, she finished her 400m freestyle with a new **JO** time of 5:00.01 improving 9+ sec, new **JO** time in 800m freestyle finishing with a time of 10:10.76, swam a best time in 200m backstroke and was just off best in 100m backstroke.



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, June 5<sup>th</sup> 2012, at 6:30 pm**. Parents are encouraged to attend and the 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](http://www.ddst.org/boardmembers.htm)



# High School Championships

This year's Douglas High School Tigers swim team did very well both during the swim season and at the Northern Nevada Division 4A Regional Championships May 11-12 in Carson City. The Swimmers that participated in the meet were:

**Erica Chappell** who finished 8<sup>th</sup> in the 200 freestyle with 2:04.80 a best time by 4 sec and a new **JO** time and 6<sup>th</sup> in the 500 freestyle with another **JO** time of 5:38.18 taking 10 sec off her best.

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

**Rachel Chen** finished 14<sup>th</sup> in the 100 freestyle a best time by 3 sec and 16<sup>th</sup> in 100 breaststroke improving her time by 4 sec. **Eli Cruz** finished 6<sup>th</sup> in 100 butterfly just off her best and 8<sup>th</sup> in 200 IM with a new **JO** time of 2:23.20 a best time by 1 sec. At the State meet she led the girls freestyle relay with a best 100 freestyle time of 57.55, another new **JO** time.

**Clara Gray** finished 4<sup>th</sup> in 100 freestyle with a 56.95 just missing a spot at the State meet and she placed 5<sup>th</sup> in 100 breaststroke improving in both events by 1 sec each. **Jordan Knowles** finished 13<sup>th</sup> in 500 freestyle going under 6 minutes in the event and getting a best time by 5 sec and 8<sup>th</sup> in 100 backstroke taking off almost 2 sec, just off the **JO** time.

**Shaelin Morefield** finished 1<sup>st</sup> in the 100 butterfly clocking a 57.60 for a new **Team** and **High School Record** by .6 sec and swam 3 relay events. She went on to finish 3<sup>rd</sup> at State with a time of 58.00, she also swam a new **FW** time in her lead off swim of 100 freestyle in the girls relay with a time of 55.75.

**Bethany Ritchie** was 15<sup>th</sup> in the 100 freestyle finishing with a 1:08.65. **Meagan Skilling** was 2<sup>nd</sup> in 100 breaststroke with a **PRT** time of 1:07.56 and 3<sup>rd</sup> in 200 IM improving 7 sec for a new **FW** time of 2:12.91 fast enough to qual-

ify to swim both events at State. At the State meet she went on to finish 7<sup>th</sup> in the 100 breaststroke and 8<sup>th</sup> in 200 IM.

**Mary Smithen** was 3<sup>rd</sup> in the 50 freestyle and finished 1<sup>st</sup> in 100 backstroke with a new **Grand Prix** and **PRT** time of 58.20 qualifying to swim both events at State. At State she finished 8<sup>th</sup> in 50 freestyle and an amazing 3<sup>rd</sup> place finish in the 100 backstroke with a new **Team Record** of 57.79 and new **High School record** by .16 sec.

**Andrew Brockhage** swam 200 freestyle finishing 14<sup>th</sup> improving 8 sec off his best time and 500 freestyle he placed 8<sup>th</sup> going under 6 minutes in the event with a new best time by 17 sec. **Adam Dack** placed 6<sup>th</sup> in 500 freestyle taking off a huge 20 sec for a **JO** time of 5:20.82 and he was 6<sup>th</sup> in 100 backstroke improving 3 sec for another **JO** time of 1:01.80.

**Kyle Johnston** finished 4<sup>th</sup> in 200 freestyle with a new **Team record** and **Sectional time** of 1:45.18 beating the old record by 2.4 sec, and 3<sup>rd</sup> in 100 butterfly qualifying to swim at State. He went on to place 4<sup>th</sup> in 100 butterfly with a new **Team Record** and **PRT** time of 52.64 beating the old record by .73 sec and just missing the High School record.

**Cameron Morefield** was 7<sup>th</sup> in the 100 breaststroke and swam 3 relay events clocking a best time in his lead off 100 freestyle in the boys relay. **TJ Smithen** was 4<sup>th</sup> in 100 butterfly with a new best time of 57.24 and swam 3 relay events. At State his lead off swim of 100 freestyle for the boys relay was a 51.74 a new **JO** time with a drop of 4 sec.

The Girls 200 Medley relay team of **Mary Smithen, Meagan Skilling, Shaelin Morefield** and **Clara Gray** finished 1<sup>st</sup> at Regionals with a **Regionals record** time of 1:49.83 and 3<sup>rd</sup> at State with a time of 1:49.38 breaking the **Team record** with both swims the second time beating the record by almost 4 sec just missing the High School Record.

The 200 freestyle relay team of **Meagan Skilling, Erica Chappell, Elizabeth Cruz** and **Shaelin Morefield** finished 1<sup>st</sup> at Regionals with a time of 1:42.37 for a new 15-18 **Team record** beating the old record by .65 sec and

went on at State to finish 4<sup>th</sup> with a time of 1:43.08.

The 400 Freestyle relay team of **Shaelin Morefield, Erica Chappell, Clara Gray** and **Mary Smithen** finished 1<sup>st</sup> with a time of 3:44.55 breaking the **Team record** by almost 6 sec and **High School record** by almost 4 sec, and finished 6<sup>th</sup> at State with a time of 3:48.88, with **Cruz, Gray, Chappell** and **Morefield**.

The Boys 400 Freestyle relay team of **Cameron Morefield, TJ Smithen, Adam Dack** and **Kyle Johnston** finished 2<sup>nd</sup> with a time of 3:28.01 and went on to finish 7<sup>th</sup> at State with a time of 3:27.01 breaking the **Team record** by 4.7 sec.

Several High School Dolphins made First Team and Second Team Honors for Swimming and Diving. **Shaelin Morefield** made First Team for 100 butterfly, **Mary Smithen** made First Team for 100 backstroke and Second Team for 50 freestyle; **Clara Gray** made Second Team for 100 freestyle and **Meagan Skilling** made Second Team for 100 breaststroke and 200IM. **Kyle Johnston** made Second Team for 200 freestyle and 100 butterfly and **TJ Smithen** made Second Team for 100 butterfly. Congratulations to all of our High School Swimmers on a job well done!



## Help For New Parents

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

Contact **Karen Sullivan (ksullivan@dcsd.k12.nv.us, 775-267-4035)** or another key contact (see p. 8) 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.



# Intermountain Classic Meet Results

26 Dolphin swimmers participated in the Intermountain Classic Meet over the Memorial Day weekend and many of our Dolphins had 100% improvement and they tried new and challenging events! There were some records broken, a new Junior Olympic time and lots of other fast times turned in at the meet!

For our 8 & unders: **Eden Neal** took on 9 events and finished with a new **PC-A** time in 50m backstroke for 7<sup>th</sup> place with a 5 sec drop, a new **PC-B** time in her first swim of 50m butterfly, she placed 5<sup>th</sup> in 200m IM 6<sup>th</sup> in 50m breaststroke, and she took off 1+ sec in 50m freestyle for 8<sup>th</sup> place.

**Connor Schaan** swam 2 events in his very first swim meet setting times to beat in his next swims of the 50m backstroke and 50m freestyle.

Up next were our 9-10 group: **Maggie Hutchings** swam 3 events in her first Long Course meet successfully setting times to beat in 50m freestyle and swam a **PC-B** time in 50m breaststroke, she also tried her very first 50m backstroke event.

**Nikki Jackson** competed in 8 events with 100% improvement placing 3<sup>rd</sup> in 100m butterfly with a **JO** time of 1:38.45, swam new **PC-A** times in 50m freestyle placing 7<sup>th</sup>, 100m freestyle taking off 9 sec, 50m breaststroke dropping 8 sec, 50m butterfly for 6<sup>th</sup> place, and 200m IM, and 2 new **PC-B** times in 50m & 100m backstroke.

**Emma Ruffo** swam 6 events achieving a new best time in 50m freestyle, a new **PC-B** time in 100m backstroke improving 7+ sec, and she was right on best in 100m freestyle and 50m breaststroke.

**Michael Schaan** swam 8 events, broke his own **Team record** in 50m butterfly by 2 sec for his first **JO** time of 41.39 and 2<sup>nd</sup> place, he broke the **Team record** in 100m butterfly by 15

sec for 1<sup>st</sup> place and a new **PC-A** time and he broke the **Team record** in 100m freestyle from 2005 set by Kyle Johnston by .19 sec for 2<sup>nd</sup> place, he placed 3<sup>rd</sup> in his backstroke & breaststroke events, finishing with a **PC-A** time in 50m breaststroke. **Connor Taylor** swam 4 events looking strongest in 100m freestyle and 50m breaststroke, he also placed 7<sup>th</sup> in 50m butterfly.

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

Followed by the 11-12 Dolphins: **Mychael Bellik** had a fast meet taking on 9 events with 100% improvement with new **PC-B** times in her first swim of 200m backstroke for 9<sup>th</sup> place, 400m freestyle, and 50m freestyle dropping 8 sec, she took off 7 sec in 100m freestyle, 20 sec in 200m freestyle, and 3 sec in 50m backstroke. **Lily Bickmore** swam 9 events with new best times in 100m freestyle and 50m backstroke, she also courageously took on her first 200m butterfly and set a new time to beat in the event and the 50m breaststroke, she also looked strong in 100m backstroke.

**Julia Chappell** swam 6 events with 100% improvement dropping lots of time, she took off a huge 55 sec in 200m IM, 23 sec in 100m freestyle, almost 15 sec in 50m butterfly and 13 sec in 50m backstroke, she also set times to beat in her first swims of 400m freestyle and 100m breaststroke. **Kaila Duffy** achieved new **PC-A** times in 100m backstroke taking off almost 3 sec, 200m IM improving 4.4 sec, and in her first swims of 400m freestyle and 200m butterfly, she placed 8<sup>th</sup> in 200m freestyle, 3<sup>rd</sup> in 100m & 200m butterfly, 7<sup>th</sup> in 50m butterfly, and shaved off 1 sec in 50m backstroke.

**Kaela Forvilly** competed in 7 events, improving 9 sec in 200m IM for a new **JO** time of 2:53.83, achieved a **PC-A** time in her first swim of 200m breaststroke, took off 7 sec in 200m freestyle, 2 sec in 100m freestyle, 1+ sec in 50m & 100m breaststroke, placed 3<sup>rd</sup> in 100m & 200m freestyle and 50m

breaststroke and 5<sup>th</sup> in 100m breaststroke. **Sarah Hyatt** swam 8 events, dropping 11 sec in 100m freestyle, 5.8 sec in 50m butterfly, 2.3 sec in 200m IM and swam a new **PC-B** time in 50m breaststroke shaving off time, she also looked really strong in 100m breaststroke.

**Sydney Kearney** completed 4 events in her first Long Course meet setting new times to beat in her first swims of 100m freestyle, 50m backstroke, 200m backstroke and 50m butterfly, looking really strong in 100m freestyle. **Angel Neal** swam 8 events with 100% improvement, achieving 3 new **PC-B** times in her first swims of 200m breaststroke and 200m freestyle and in 100m backstroke where she took off 19+ sec, she also dropped 10 sec in 50m backstroke, 29 sec in 50m butterfly and 5 sec in 50m freestyle.

**Taylor Sullivan** swam 8 events taking off 6+ sec in 100m backstroke for 9<sup>th</sup> place, she improved 1+ sec in 50m backstroke and 100m freestyle and almost 2 sec in 50m butterfly, she finished 7<sup>th</sup> in 50m breaststroke & 100m breaststroke. **Emily Willis** successfully competed in 3 events in her very first Long Course meet setting times to beat in 50m freestyle, 50m breaststroke and 100m backstroke.

**Taylor Knowles** swam 8 events with 100% improvement, setting new **PC-A** times in 200m freestyle improving a huge 33 sec and in his first swim of 200m backstroke for 7<sup>th</sup> place, he improved 6+ sec in 50m butterfly and 100m freestyle and took off 4.7 sec in 100m backstroke. **Daniel Taylor** swam 4 events improving 3.6 sec in 50m backstroke and 3 sec in 100m freestyle, he also looked strong in 100m breaststroke.

Followed by the 13-14 swimmers: **Savannah Chappell** swam 4 events, taking off 6.5 sec in 400m freestyle for 4<sup>th</sup> place, she shaved off time in 100m backstroke for 6<sup>th</sup> place and was right on best in 100m freestyle and 200m IM for 5<sup>th</sup> place. **Emma Gray** took on 6 events, finishing with new **PC-A** times in her first swim of 200m backstroke, in 200m IM taking off 7 sec, she dropped 2 sec in 200m freestyle for 8<sup>th</sup> place and

shaved off time in 100m freestyle and was right on best in 50m freestyle.

**Anne Lancaster** swam 7 events, shaved off time in 50m freestyle, improved 1.8 sec in 100m breaststroke, and was just off best in 200m breaststroke and 200m IM. **Annalisa Neal** competed in 9 events with 100% improvement, achieving new **PC-A** times in 200m IM improving 26 sec for 9<sup>th</sup> place, in her first swim of 400m IM and 800m freestyle, new **PC-B** times in her first long course swim of 100m & 200m butterfly, she improved 31 sec in 400m freestyle and 10+ in 200m breaststroke, placing 4<sup>th</sup> in 800m freestyle. **Kayla Ruffo** swam 6 events with 100% improvement, taking off 7.8 sec in 200m breaststroke, 5.5 sec in 100m butterfly, 4.8 sec in 100m breaststroke and 3.6 sec in 200m IM.

Lastly we have the 15 & over swimmers: **Erica Chappell** swam 5 events taking off 4.9 sec in 200m IM, almost 5 sec in 400m IM, 2.9 sec in 100m backstroke and 2.6 sec in 100m freestyle, she finished 6<sup>th</sup> in 400m freestyle, and 7<sup>th</sup> in 100m freestyle and 100m backstroke. **Adam Dack** swam 6 events with 100% improvement, dropping a huge 51 sec in 400m freestyle for a **PC-A** time, he took off 19 sec in 400m IM, 12 sec in 200m butterfly, 7 sec in 200m IM & 5 sec in 100m backstroke, placing 5<sup>th</sup> in 1500m freestyle, 6<sup>th</sup> in 100m backstroke & 7<sup>th</sup> in 200m butterfly and 400m IM.

We had several relay teams swim at the meet, **Kaela Forvilly, Kaila Duffy, Taylor Sullivan & Sarah Hyatt** swam the 200m freestyle relay to finish with a 2:23.00 a new 11-12 **Team record** placing 2<sup>nd</sup>, **Mychael Bellik, Lily Bickmore, Julia Chappell & Angel Neal** placed 6<sup>th</sup>, and **Nikki Jackson, Emma Ruffo, Sydney Kearney & Eden Neal** placed 11<sup>th</sup>. 200m Medley relay team of **Forvilly, Sullivan, Duffy & Hyatt** placed 1<sup>st</sup> for a new 11-12 **Team record** of 2:38.83. **J. Chappell, Angel Neal, Bickmore & Bellik** placed 7<sup>th</sup> and **Kearney, E Ruffo, Jackson & E Neal** placed 8<sup>th</sup>.

The 13-14 girls 200m freestyle relay team of **Emma Gray, Annalisa Neal,**

**Anne Lancaster and Kayla Ruffo** placed 5<sup>th</sup> with a new **Team record** of 2:18.77. **Erica Chappell, Annalisa Neal, Emma Gray and Anne Lancaster** swam the 13 & over 200m Medley relay and finished in 3<sup>rd</sup> with a time of 2:27.09. The 12 & under team of **Taylor Knowles, Daniel Taylor, Michael Schaan and Connor Taylor** swam the 200m freestyle relay and finished 4<sup>th</sup> with a time of 2:40.82 and the same group swam the 200m Medley relay and finished 4<sup>th</sup> with a time of 3:13.54.



## Special Practice Schedules

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

**June 15<sup>th</sup>** No Practice --Reno Meet.

**June 22<sup>nd</sup>** No Practice -- Bishop Meet.

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



## Upcoming Meets

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

**June 15-17: Reno Summer Splash Long Course Meet**, entry deadline June 6, (<http://www.pacswim.org/0612reno.pdf>)

**June 22-24: Bishop Swim Team Invitational, Bishop CA**, entry deadline June 13<sup>th</sup>, (<http://www.pacswim.org/0612bst.pdf>)

**July 2-6: Tahoe Come Up for Air Meet, short course, South Lake Tahoe** (meet sheet pending, entries due June 27)

**July 10: Twilight meet, 3:15-6:00**, at our pool, registration deadline July 6<sup>th</sup>, on our website.

**July 19-22: Junior Olympics Long Course Championships** (qual. times apply, <http://www.pacswim.org/0712oapb.pdf>, entries due July 11)

**July 25-30: Speedo Series Summer Sectional Championships** (qual. times apply)

**August 1-5: Far Western Long Course Championships** (qual. times apply)



## Parent's Corner SMOTHERED IN PRAISE

**Are we hurting our children by constantly telling them how smart and great they are?**

By Todd Huffman

For The Register-Guard

Appeared in print: Sunday, Oct. 3, 2010, page G1

<http://special.registerguard.com/csp/cm/s/sites/web/opinion/25315084-47/smart-failure-intelligence-kids-praise.csp>

“She’s so advanced!” beams the proud parent. “He’s just so smart!” boasts the doting grandmother.

So goes another day in the Lake Wobegon land of a pediatric office, where all the children are above average.

Not to disparage anyone, for who would contest the prerogative of kin to exult their beloved child? Would that all children be so adored.

Yet what happens when a child, since before she could talk, constantly hears that she’s smart? Does self-awareness of one’s smartness translate into fearless confidence later on? Or does it instill fearful hesitation to try new things, fearing failure?

Kids today are being raised in an age where self-confidence is everything. A positive attitude, not perseverance, is the answer to the riddle of success. At home and school, children are saturated with messages that they’re doing great — that they are great, innately so. They have what it takes.

Having been lauded from cradle to college for their greatness, too many leave the nest — if they leave at all — without the faintest idea of what greatness is, or what it demands. Greatness is always there and always theirs, and failure is always someone else’s fault.

According to a survey conducted by Columbia University, 85 percent of parents believe in the importance of telling their kids early and often that they’re smart. The presumption is that if a child believes he’s smart — having been told so, repeatedly — he won’t be intimidated by new challenges.

Constant praise is an angel on the shoulder, daily whispering the words of Al

Franken's Stuart Smalley: "You're good enough, you're smart enough, and dog-gone it, people like you!"

But a growing body of research strongly suggests that it works the other way around. Giving kids the tag of "smart" does not insulate them from underperforming. It actually might undermine their prospects of success.

Researchers long have noticed that large numbers of the smartest children severely underestimate their own aptitude. They lack confidence in their ability to tackle novel tasks. Smart children, to whom many things come very quickly, often give up just as quickly when things don't.

Children afflicted with this lack of perceived competence adopt lower standards for success and expect less of themselves. They too readily divide the world into things they are naturally good at and things they are not. They pay rapt attention to the devil on the other shoulder, who shouts, "You're not good at this!" Unless otherwise nudged or shoved into a new activity, too often they heed an internal warning to refrain.

Always having been praised for their intelligence, smart children often overlook or discount the importance of effort. My smarts are the key to my success, the kid's reasoning goes, therefore I don't need to put out effort. Expending effort is public proof that you can't cut it on the strength of your natural gifts.

Researchers have measured the effect of praising schoolchildren for their intelligence ("you're so smart at this"), as compared to the effect of praising them for their effort ("you must have worked really hard at this"). What is consistently found is that children praised for their effort subsequently choose harder tasks, while those praised for their intelligence choose easier ones.

Over and again, the "smart" kids took the easy way out.

The adverse effect of praise for innate intelligence on performance holds true for students of every socioeconomic class. And it knocks down both boys and girls — the very brightest girls, especially, are found most likely to collapse after failure.

Children praised solely and repeatedly for their intelligence are in effect being told the name of the game is to look smart, to not risk making mistakes and being

embarrassed. Failure is assumed as evidence that they aren't really smart at all.

Kids must of course be allowed to fail, and to learn from their failures. Let us do away with the hodgepodge of ribbons, pins and mass-produced certificates that commemorate everything but real achievement. No more banning schoolyard games that inherently produce winners and losers. If we are constantly rewarding mediocrity, how will children learn the difference between the excellent and the ordinary?

Brushing aside failure and just focusing on the positive is not being a good parent, caregiver or teacher. A child who comes to believe failure is something so terrible that the adults in his life can't acknowledge its existence is a child deprived of the opportunity to discuss mistakes — and a child who therefore can't learn from them.

Our job instead is to instill in children a firm belief that the way to bounce back from failure is to work harder. In other words, try, try again.

People with persistence — the ability to repeatedly respond to failure by exerting more effort instead of simply giving up — rebound well and can sustain their motivation through long periods of delayed gratification. Children who receive rewards too frequently and superfluously will not develop persistence; instead, they'll quit when the rewards disappear.

Praise is important, just not vacuous praise. Researchers have found that to be effective praise needs to be specific, credible and sincere. Again, intelligence alone should not be praised. Effort, true skill or talent, insight, intention, patience, humility, tolerance, and receptiveness to constructive criticism — combined with a determination to learn from it — should be praised.

Instead of saying "you're so smart," parents and teachers should say, "I like how you keep trying." Emphasizing and praising effort gives a child a variable that they can control. They come to see themselves as masters of their destiny. Praising natural intelligence removes destiny from the child's control and provides no good formula for responding to a failure.

Kids should be taught that intelligence is something developed rather than innate. Kids taught thusly are more likely to make effort, to strive no matter the challenge. The concept of teaching kids that

the brain is a muscle, and that giving it a harder workout makes you smarter, has been shown to greatly improve young school-age children's study habits & grades.

We should be honest with our children if we feel that they are capable of better work. As parents and as teachers, we should not be there to make children feel better, but to encourage them to do better.

As parents, what's the bottom line? Love your kids unconditionally. But unconditional love does not require offering unconditional praise.

While there's no mistaking the allure of a life outlook in which you'll make every basket, get every job and reach every star, teaching your children such an outlook does not prepare them for adulthood. And preparing our children for adulthood is our first and largest responsibility as parents.

We should not implant the absurd notion of, "Of course you can do it." Success is not bought & delivered with the currency of happy thoughts. Success is earned through tenacity, patience, scholarship, sacrifice, self-discipline and due diligence.

The best slogan to live by and to teach our children isn't all that inspiring, but it's the truth: Expect failure, but keep trying. Joy is found in the striving. And with persistence, you will have successes.

Savor them and treasure them, for you've earned them through hard work.



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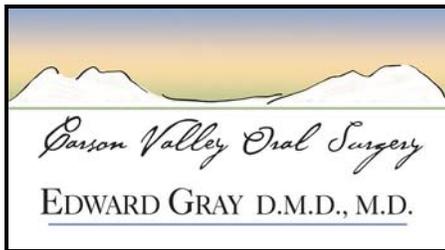
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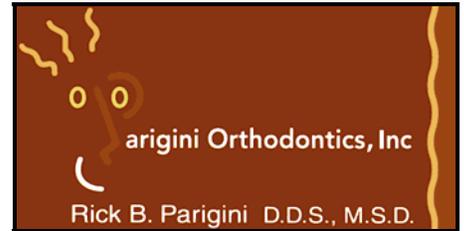
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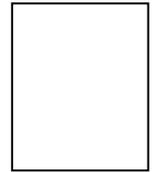
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[www.ddst.org](http://www.ddst.org)



## SEE MORE ARTICLES BELOW

**Time-sensitive Swim Team news enclosed!**



### Transitions

**Welcome back:** Michelle Forman, Jake Forvilly, Sarah Koontz & Chandra Matheson.

**Farewell and good luck:** Jessie & William Jin, Bethany Ritchie and Aspen Tollmann

**Moving up: Congratulations to new White Dolphins:** Maegan Collins & Barrett Lee

**Blue Dolphins:** Lily Bickmore

**Pre-Senior Dolphins:** Kaila Duffy, Kaela Forvilly, Kevin Smithen & Taylor Sullivan

**Happy belated May Birthday** to Amanda Castro

**Happy June Birthdays** to Josh & TJ Smithen (6/2), Lilia Fields (6/4), Emily Dack (6/15), Taylor Sullivan (6/18), CJ Hill-Holeman (6/21) and Eric Jacobs (6/22)

*(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**

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

**Pre-seniors:** M-F 2:30-4:30, dry land 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:** T & Th 4:15-5:00p

**Summer Break (starting 6/04/2012)**

**Seniors & Pre-seniors:** M-F 7:00-9:00 am + T, Th 2:15-3:15 pm dryland +

**Senior doubles** M, W 4:15-5:45 pm

**Blue:** M-F 4:30-6:00 pm

**Red:** M-Th 6:30-7:30 pm+ Optional Fast Fridays 4:30-6:00

**Summer:** M-Th 3:30-4:30 pm (6/11-8/2)

**White:** M, W, F 3:30-4:15 pm

**Pre-competition:** T, Th 3:30-4:30 pm



### Next Newsletter

The next *Monthly* will appear about **July 13<sup>th</sup>**. All submissions should be received by **Wednesday July 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 Sarah, Coach Kat, Julie Gray, Lorna Johnston, Coach Greg, Karen Sullivan, Coach Daniel, 2012 Graduates and Jim Morefield.*

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

