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 Duck 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 8th at the pool! Then get your squirt guns ready for a morning of walking, waving & spraying. Saturday June 9th 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.

2012 Graduates!

The Douglas Dolfins 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 Dolfin 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 Smitten has been a Douglas Dolfin 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 Dolfin 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.
**Kat’s Corner**
(coachkat0809 @ hotmail.com)

As I am writing this article my printer is busy printing the psych sheets 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 proofreading, 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". The formula of parent support + coaching + dedication + swimmer determination + peer encouragement seems to be equalling 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 11th. 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 2nd. (Summer swimmers wishing to participate in the High Country Meet will have practices until August 9th).

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).

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**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

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**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 regimen 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.
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 automatic 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 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 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 & 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. Turn in sponsorship packets to Julie Gray in the fundraising file folder or email to fundraising@ddst.org.
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 13 sec in 50m breaststroke, 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 breaststroke. 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 breaststroke 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 breaststroke, 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 breaststroke 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 breaststroke.

Next Board Meeting

The next DDST Board of Directors meeting is Tuesday, June 5th 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
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 8th in the 200 freestyle with 2:04.80 a best time by 4 sec and a new JO time and 6th in the 500 freestyle with another JO time of 5:38.18 taking 10 sec off her best.

Rachel Chen finished 14th in the 100 freestyle a best time by 3 sec and 16th in 100 breaststroke improving her time by 4 sec. Eli Cruz finished 6th in 100 butterfly just off her best and 8th 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 4th in 100 freestyle with a 56.95 just missing a spot at the State meet and she placed 5th in 100 breaststroke improving in both events by 1 sec each. Jordan Knowles finished 13th in 500 freestyle going under 6 minutes in the event and getting a best time by 5 sec and 8th in 100 backstroke taking off almost 2 sec, just off the JO time.

Shaelin Morefield finished 1st 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 3rd 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 15th in the 100 freestyle finishing with a 1:08.65. Meagan Skilling was 2nd in 100 breaststroke with a PRT time of 1:07.56 and 3rd in 200 IM improving 7 sec for a new FW time of 2:12.91 fast enough to qualify to swim both events at State. At the State meet she went on to finish 7th in the 100 breaststroke and 8th in 200 IM.

Mary Smithen was 3rd in the 50 freestyle and finished 1st 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 8th in 50 freestyle and an amazing 3rd place finish in the 100 backstroke with a new Team Record of 57.79 and new High School record by .16 sec.

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

Kyle Johnston finished 4th in 200 freestyle with a new Team record and Sectional time of 1:45.18 beating the old record by 2.4 sec, and 3rd in 100 butterfly qualifying to swim at State. He went on to place 4th 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 7th 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 4th 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 1st at Regionals with a Regionals record time of 1:49.83 and 3rd 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 1st 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 4th with a time of 1:43.08.

The 400 Freestyle relay team of Shaelin Morefield, Erica Chappell, Clara Gray and Mary Smithen finished 1st 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 6th 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 2nd with a time of 3:28.01 and went on to finish 7th at State with a time of 3:27.01 breaking the Team record by 4.7 sec.

Several High School Dolfins 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 Dolfins? 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@desd.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 Dolfin swimmers participated in the Intermountain Classic Meet over the Memorial Day weekend and many of our Dolfins 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 7th place with a 5 sec drop, a new PC-B time in her first swim of 50m butterfly, she placed 5th in 200m IM 6th in 50m breaststroke, and she took off 1+ sec in 50m freestyle for 8th 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 3rd in 100m butterfly with a JO time of 1:38.45, swam new PC-A times in 50m freestyle placing 7th, 100m freestyle taking off 9 sec, 50m breaststroke dropping 8 sec, 50m butterfly for 6th 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 2nd place, he broke the Team record in 100m butterfly by 15 sec for 1st 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 2nd place, he placed 3rd 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 7th in 50m butterfly.

Followed by the 11-12 Dolfins: 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 9th 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 breaststroke. Lily Bickmore swam 9 events with new best times in 100m freestyle and 50m breaststroke, 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 1M, 23 sec in 100m freestyle, almost 15 sec in 50m butterfly and 13 sec in 50m breaststroke, 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 8th in 200m freestyle, 3rd in 100m & 200m butterfly, 7th 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 3rd in 100m & 200m freestyle and 50m breaststroke and 5th 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 9th place, she improved 1+ sec in 50m backstroke and 100m freestyle and almost 2 sec in 50m butterfly, she finished 7th 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 7th 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 4th place, she shaved off time in 100m backstroke for 6th place and was right on best in 100m freestyle and 200m IM for 5th 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 8th 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. **Annalis Neal** competed in 9 events with 100% improvement, achieving new PC-A times in 200m 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 4th 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 6th in 400m freestyle, 7th 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 5th in 1500m freestyle, 6th in 100m backstroke & 7th in 200m butterfly and 400m IM.

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

The 13-14 girls 200m freestyle relay team of **Emma Gray, Annalisa Neal, Anne Lancaster and Kayla Ruffo** placed 5th with a new Team record of 2:18.77. **Erica Chappell, Annalis Neal, Emma Gray and Anne Lancaster** swam the 13 & over 200m Medley relay and finished in 3rd 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 4th with a time of 2:40.82 and the same group swam the 200m Medley relay and finished 4th with a time of 3:13.54.

**Special Practice Schedules**

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

- **June 15th**: No Practice -- Reno Meet.
- **June 22nd**: 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](http://www.pacswim.org/0612reno.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 6th, on our website.
- **July 19-22**: Junior Olympics Long Course Championships (qual. times apply, [http://www.pacswim.org/0712oapb.pdf](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


“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 hesitance 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 doggone 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 the importance of effort. Their 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 you 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.

### 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; Greg greg@taylorcamp.org; 775-790-0384; Daniel daniellell84@hotmail.com

**Meet Director:** daniel84@hotmail.com; 775-790-0384; Greg greg@taylorcamp.org; 775-790-0384; Daniel daniellell84@hotmail.com

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

**Parent Liaison:** Karen Sullivan kssulliva@dcslk12.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
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- St Gall Catholic Church
**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 Dolfins: Maegan Collins & Barrett Lee

**Blue Dolfins:** Lily Bickmore

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

**Happy belated May Birthday** to Amanda Castro


(please inform the editor of any errors or omissions in this section, and we’ll make it right!)

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**Practice Schedules**

Check www.ddst.org for updates.

**ANY Public School(s) IN Session**

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

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

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

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

White: M-Th 4:15-5:00p

Pre-competition: 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

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**Next Newsletter**

The next *Monthly* will appear about July 13th. All submissions should be received by Wednesday July 11th. 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.