

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 50th year!)

www.ddst.org

March 2013

Swimmers of the Month

Silver Group's swimmer of the month is **Josh Beam**. Josh has improved tremendously since joining our team and continues to surprise. He has shown great strength in getting his flip-turns quick and keeping his streamline off the wall. He has made an effort to respect his peers more and has an excited and charged attitude for swimming! We are very happy with his appetite for swimming and look forward to his progress in the coming days.

We had some GREAT Red Group swims at State this year! Everyone took off time, there were a lot of JO cuts, and we had a lot of fun!! I do have to say our Red Group girls were on fire! First, ALL of the Red Group that went to State qualified for and swam a full schedule of events (7)! That is Awesome! Cailey Tollman and Emma Ruffo just blew it out of the water with Cailey almost swimming a perfect meet and taking off over 29 seconds! Emma was the ONLY Dolphins swimmer who had a 100% perfect meet!! WOW! So congrats to **Emma Ruffo**, Red Group Swimmer of the Month

Wow who is that! True, he is stealthy and tends to fly under the radar of most of his teammates at practice, but not any longer. **Justin Hight**, Blue Group Swimmer of the Month, definitely brought attention to himself at State. He had a fantastic meet! Justin took off a total of 32 seconds off his events at the Nevada State Championships. He also obtained three new "A" times in the 200 Free, 100 Back and 200IM. Justin made finals in the 100 Fly and had a spectacular swim going from a 1:09 to a final

time of a 1:03.65. Keep up the great work and congratulations on State Justin!

Savannah Chappell is the Senior Swimmer of the Month. She had an outstanding State meet. She took off a total of 55 seconds in her events. That is an amazing amount of time and is the payoff of great training. She got Life Time Best times in 9 of the 10 events she swam. Savannah also got a new Junior Olympic time in her 1650 Free, 200 Fly and 200 IM. She definitely puts meaning to the words Great State!



Enter Folsom LC Meet ASAP!

Attention swimmers! Our first Long Course meet of the season, The Sierra Marlins Spring Splash, takes place April 19-21 in Folsom, CA. This meet usually fills up quickly, and Friday is already full. Don't wait for coaches recommendations or until the April 11 deadline to sign up or you may miss out!



SAFETY UPDATE

Parents and swimmers, PLEASE remember that Dolphins are guests at the Swim Center, and coaches are not responsible for watching swimmers except in their designated practice lanes and times. We have had problems with swimmers climbing trees, running around the front area and parking lot, running on the pool deck and running on the mezzanine bleachers, etc., before or after practices.

We are very fortunate to have the schools drop swimmers off at the pool for practice, but swimmers who misbehave can get in trouble or even injured. A possible solution is to bring your child to practice right before their start time. If

this is not an option for you, then please talk to your swimmer(s) about appropriate behavior before and after practices!

A few quick reminders about some important rules of swimmer conduct **before, during and after** practice times in pool areas from USA Swimming:

1. Always walk on the pool deck and in the locker room as the floors in those areas can be uneven and are usually slippery. No chase games.
2. Keep hands and feet and other objects (towels) to yourself. No hitting, pushing dunking or splashing.
3. Stay off of starting blocks, diving boards, lane lines, railings unless you are supervised by a coach.
4. Young people tend to think "It can't happen to me" or "I was just goofing around", but accidents can happen to anyone. It is important to look out for others as well as yourself. Everyone is responsible for having a "safe swim team".

If an accident or injury does occur at the Carson Valley Swim Center, the swim center may decide to call paramedics to provide a higher level of care. Emergency personnel will evaluate the victim and might recommend transport in an ambulance to the hospital. This evaluation is a free service to the public, but transportation and ER care are not. If the victim is a minor or unconscious or if there is no parent or guardian available, he or she will be automatically taken to the hospital emergency room and released into the care of the hospital staff. However, the victim or parent (if victim is a minor) does have the right to refuse treatment and/or ambulance transportation if they deem it unnecessary.



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

Swim Practices: Cheap Buffet or 7-Course Meal?

Buffets are often a great deal because they use inexpensive ingredients purchased in bulk. The offerings are generally not coordinated much beyond offering all of the food groups, and they do not require highly trained staff to produce. The same menu can be offered week after week, and you can try different things each time.

You are free to take a lot of the foods you like, and skip all the ones you don't. Be honest now, who hasn't loaded up on their favorite desserts at a Buffet at least once?

An expertly crafted 7-course meal, on the other hand requires a highly trained chef (or, more often, a team of chefs) and only the finest ingredients combined in precise ways. Without a doubt, it costs more to partake in such a meal. If you can afford it, however, and are willing to try the whole menu, the rewards can be great in the end. There is nothing like the contentment of digesting a quality, well-balanced meal.

So when it comes to the next week of swim practices, are you going to a cheap buffet, or sitting down to a 7-course meal?

If you have ever wondered why your coach makes certain practices "mandatory," or requires a certain percentage of attendance, or makes attendance at morning practice a requirement to attend again that same afternoon, or chooses varied and specific kinds of dryland work....

....Well, it's because your coach is the "master chef" when it comes to training swimmers. Coaches go to classes and other various training opportunities to stay updated on all the latest "meal preparations".

Your coach crafts each week of practices carefully as a 7-course meal (or sometimes more!). Each day's

"course" is designed to complement and reinforce the others, giving you maximum training "flavor" and benefit. For sure, you will enjoy some courses more than others. Others will require more focus and discipline from you to appreciate. Some days may be "palate cleansers" (recovery days!), and they are important too.

Taken together, however, the week's "meal" becomes greater than the sum of its parts when it comes to helping you become a well-rounded and finely-tuned athlete.



COACH

Greg's Corner

(greg@taylorcamp.org)

In the Red Group we have a little breather before our next big meet, and we will continue to work on technique and speed. We are also going to add core strengthening to the top of our focus. This will help our swimmers streamline better, hold their position in the water better and have faster wall space. So we will be mixing it up a bit, and we think the swimmers will have fun especially when that outdoor pool opens! Below is a good recent article about Core Strength by Mike Mejia, M.S., C.S.C.S

<http://www.usaswimming.org/DsktopDefault.aspx?TabId=1545>

Straight Talk: Michael Phelps's strength coach reveals the "secret" to his success.

When you're the strength and conditioning coach for one of the greatest athletes of all time, it's easy for people to think that there's some kind of special "secret" involved. Sure, Michael Phelps had the genetic make-up to be an outstanding swimmer and put in tons of hard work in the pool, but there just had to be something extra special about his dryland training in order to allow him to ascend to the top of the swimming world. Not so, says Phelps' long time

strength and conditioning coach Keenan Robinson. In fact, he credits much of Michael's tremendous success to physical attributes that were developed back during his days as an *age group swimmer*. These were attributes that Robinson was able to build upon in making Phelps into an Olympic champion.

"Michael was always very athletic growing up, playing both lacrosse and baseball" says Robinson. By not specializing in swimming too early, Robinson contends that Phelps was able to avoid some of the early onset injuries and postural imbalances that often begin to plague swimmers by the time they reach their early teens. As a result, Michael has always been able to "hold his position in the water" better than his competitors. It's a trait that allows him to finish so strongly as best evidenced by his thrilling win in the 100 meter butterfly at the '08 Games.

So what's the takeaway here for younger swimmers that have their own dreams of Olympic glory? According to Robinson, "a multi-faceted approach to athletic development and early emphasis on the right kinds of dryland training" is absolutely key. For younger age group swimmers, games like tag, kickball and ultimate frisbee will help develop agility and coordination, while getting them away from the repetitive motions of swimming. He's also a big proponent of running; especially drills that incorporate working at different speeds (i.e. quick burst sprints interspersed with more moderately paced runs), as well as what he calls "general body awareness drills" performed on dry land. This will help improve something known as kinesthetic awareness and ultimately lead to greater fluidity of movement in the water. ... *More online...*



COACH

Daniel's Corner

(danielell84 @ hotmail.com)

I would like to once again take the time to discuss good, simple, and easy-to-prepare post-workout snacks. Keep in mind that these snacks are just as easy to buy and prepare as those high-sugar content, unhealthy snacks. The trick is discipline! If you find yourself looking for those high-sugar, processed snacks, STOP! Even if your parents get them, you don't have to eat them. Once your parents realize there is an influx of junk food not being consumed, they will stop purchasing it. Those bad foods will not do anything for you in or out of the water so do not partake of them. Garbage in, garbage out. Here are some foods that USA Swimming recommends to consume post-workout;

1. **Almond or peanut butter and fruit jam sandwich on whole grain bread.** Probably the easiest to prepare and to transport with you to the pool. It's a no-brainer.

2. **Vanilla-flavored Greek yogurt with low-fat granola cereal and berries.** High protien, tasty, and chalked with phytonutrients, you can heft a small Igloo lunch bag to carry it to the pool. I love this one.

3. **A cup of instant oatmeal with low-fat milk.** Most likely you won't have a microwave handy, but there is another alternative, Oatmeal Sqaures. Coach Sarah and I snacked on these regularly when we swam and I have shared these with some of you already, so you know how good they taste and they are very beneficial for you!

There are two more foods that you can check out for yourself on the website

<http://www.usaswimming.org/ViewNewArticle.aspx?TabId=0&Alias=Rainbow&Lang=en&ItemId=5086&mid=11545>.

These were the ones that I enjoy the most and are the easiest to stuff in your backpack or carry in a small insulated lunch bag. Sooner or later you're going to understand that good foods aren't hard to prepare or find, it's just a mat-

ter of disciplining yourself to keep the bad garbage out and invest in your well-being by consuming the good garbage! (wink!)



Dues Changes for All Dolphins and High School Team

High School swimming season will run from February 22nd through mid-May, and this year High School Dolphins swimmers will be practicing with the High School team 5 days a week. High School practice will end each day as late as 4:00, however dues paying Dolphins swimmers will practice until 5:00pm

Pre-Seniors and Senior swimmers not participating in High School swimming will have their practice times changed to 3:30 to 5:00 pm.

Because of this and the reduced lane space during High School practice, all non-high school Seniors and Pre-Seniors **will receive a \$10 dues credit for March on their accounts for the loss of water time.**

Beginning April 1, dues increases for all group levels will take effect. If you did not receive an email regarding the recent dues increases, please contact Joanna Ruffo.



Lost & Found!

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor grayju1235@wildblue.net 775-690-0124 (3)

2013 DDST State Team T-shirt. Turned in at Zone All-star Meet in Carson City March 3rd. Contact Jim Morefield (webmaster@ddst.org) and describe to have it returned to you.



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Dolphins Members Take On New Positions

We want to thank some parent volunteers for stepping forward and volunteering for some new team duties! Julie Gray will take over as Newsletter Editor. Kathy Chappell will be coordinating the Ad Campaign, the fundraiser that our team runs in conjunction with our August High Country Meet. Jenna Beam has offered to take charge of our next Swim a thon fundraiser. A big "Thank you" to our parent volunteers!

The next Team Board elections will take place in August of 2013, and an announcement will go out to all asking for team parents to join our board. It is a great way to get involved with your child's activities and have a say in how our club is run.



Very Last Chance Meet Results

The Carson Tigersharks added another meet to their schedule this year! This enabled some Dolphins one last chance to qualify for the Nevada State Meet, or try to improve on their times.

Conner Schaan swam 5 events and was just off best in the 50 freestyle.

(Abbreviations: IM=Individual Medley;
Times: PC-X=Pacific Swimming
Standards)

McKenna Chappell competed in 3 events and was just off best in the 25 breaststroke.

Barrett Lee swam 4 events with 100% improvement, new **PC-A** and **State** times in her first 100 freestyle. She also had **State** times in her 50 backstroke, improving 3.7 sec, and 50 butterfly.

Rachael Hollis tried her hand in 5 events and brought in 2 best times. She improved 7 sec in the 50 freestyle, 4.6 sec in 50 breaststroke and was just off best in 50 backstroke.

Jessica James impressed, putting in great effort in 5 events with 4 best times that included new **PC-B** times in 50 breaststroke and 100 IM. She also improved 2.4 sec in 50 freestyle and 3.8 sec in 100 freestyle.

Eden Neal took off time in all 3 of her events. She took off 5 sec in the 100 breaststroke, 6.3 sec in 100 breaststroke and 1.3 sec in 50 breaststroke.

Cailey Tollmann competed in 3 events, improved 2.4 sec in 100 freestyle for a new **State** time. She subtracted 2.4 sec in 50 breaststroke for a new **PC-B** time and was just off best in 50 butterfly.

Michael Schaan took on 4 events and finished just off **JO** pace in the 50 butterfly and just off best in 50 breaststroke.

Mychael Bellik raced in 5 events, and finished with a best time in the 100 backstroke, and just off best in the 50 backstroke.

Julia Chappell swam 3 events, improved 3 sec in 50 butterfly for a new

PC-B and **State** time, just off best in 100 freestyle and 100 IM.

Nikki Jackson raced in 5 events, improved 2.5 sec in 100 freestyle (**State**), swam a **PC-B** time in her first 500 freestyle finishing under 7 minutes, improved 1.6 sec in 50 breaststroke (**State**), and shaved time off of her 50 butterfly and 200 IM.

Angel Neal, another 100% improvement Dolphin, raced in 3 events, took off 10+ sec in 200 freestyle, shaved off a half sec in 50 breaststroke and improved 1.6 sec in 100 breaststroke for a **State** time.

Hope Rakow swam 4 events and improved 1.5 sec in 50 freestyle, 1.8 sec in 100 freestyle and 1+ sec in 100 breaststroke.

Megan Ruffo took on 3 events and took off .8 sec in the 50 breaststroke for a new **PC-B** time, and was just off best in 50 butterfly.

Emily Dack improved in both of her 2 events, shaving off time in 50 freestyle and 100 backstroke.

Kaela Forvilly competed in 2 events, shaved off time in 100 freestyle staying right at a minute, and dropped almost 2 sec in 200 backstroke.

Kayla Ruffo rounded out the Dolphins performances with faster times in 2 events. She shaved off time in the 100 breaststroke and set a **PC-B** time in her first 200 butterfly for 2 new **State** times.

Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, April 9th, 2013, at 6:30 pm**. Parents are encouraged to attend and meeting minutes are available from the team Secretary.

Regular meetings of the DDST Board of Directors are the **first Tuesday of each month at 6:30 pm at Arrowhead Dental**, in Minden Medical Center, 925 Ironwood Drive, suite 1103 (**across highway 395 from Danny's Restaurant**). **Board**

Contact info:

www.ddst.org/boardmembers.htm

ACTION ACCENTS ORDERS DUE APRIL 1ST

This is your last chance to order a team suit from Action Accents in the 2 styles that were selected last summer. To order, fill out the order form that was placed in your family folder and hand it in to the "Team Store" folder at the pool by no later than April 1. You do not need to submit payment with your order as it will be billed to your regular, monthly invoice. Any questions, contact Denise Bickmore, Store Manager, at teamstore@ddst.org

Awards Banquet April 28th

The DDST Annual Awards Banquet will take place on Sunday, April 28th from 4:00 to 7:00 pm at St. Galls Catholic Church. This is a fun and spirited event where all swimmers are recognized for their contributions and accomplishments. This year's theme is Pajama Party, so all swimmers should come dressed up in their favorite sleepwear!

We will be providing pizza for all, but we do need every family to contribute salads, dessert and drinks. If your last name starts with **A-H**, bring salads. If your last name starts with **I-P**, bring desserts. If your last name begins with **Q-Z**, please bring drinks.

A reminder to all swimmers, each group level will be contributing a video for this event. Please turn in any individual videos to your video editor **NO LATER THAN APRIL 20TH**.

State Meet

36 Dolphins swimmers traveled with their coaches to Las Vegas Nevada to compete against the best swimmers in the State February 21-24. Several swimmers finished the meet with 100% improvement: **Emma Ruffo, Taylor Sullivan, Savannah Chappell and Kaela Forvilly.**

Out of these 36 swimmers we saw 11 Team records fall; 12 Junior Olympic times, 4 Far Western times and 3 Pacific Reportable times posted and we also had a **State Champion** in 5 events. **Shelby Koontz** finished as the **13-14 girls State Champion** in the 50 freestyle, 100 freestyle, 200IM, 100 breaststroke and 100 butterfly where she also posted the new **State record.**

We saw some really great racing, a lot of fast swims and some finishes that left us on the edge of our seats! The swimmers worked really hard over the 4 days of competition and we got to see the results of their months of hard training.

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

THURSDAY DISTANCE

The first day of the meet started out with distance events. The **400 IM** was the first event of the meet and **Amanda Castro** started the Dolphins off right by clocking a best time, **Emma Gray** then followed up by dropping 1.8 sec for a **JO** time of 5:11.23, **Anne Lancaster** swam the event finishing right on best and **Kayla Ruffo and Kevin Smithen** both had great swims improving huge amounts in the event by taking off 7.5 sec and 11+ sec respectively. We had one Dolphin entered in the 11-12 **500 freestyle**, **Taylor Sullivan** looked very strong

improving 16 sec in the event to go under 6 minutes to finish 8th.

In the **1650 freestyle Savannah Chappell** dropped a huge 31 sec for a **JO** time of 19:00.73, her first of three, placing 4th, **Savannah's** 1000 freestyle split in the event netted her another best time by 27 sec; **Annalisa Neal** dropped a monstrous 57 sec for a **PC-A** time finishing 11th and her 1000 freestyle split was faster by 23 sec; **Shaelin Morefield** dropped 16+ sec for a **PRT** time and 17-18 girls **Team record** of 18:19.93 placing 8th, with her 1000 freestyle split she smashed the girls 17-18 girls **Team record** by 15 sec with a **FW** time of 11:02.38; and **Adam Dack** swam the event finishing 17th.

FRIDAY PRELIMS

Friday morning started bright and early for our 11 and over swimmers. The first event to swim was the **200 freestyle**, **Lily Bickmore** dropped 1.4 sec for a **PC-A** time, **Angel Neal, Taylor Knowles** and **Daniel Taylor** participated in the event, **Savannah Chappell** and **Shelby Koontz** made finals, **Kaila Duffy** and **Kaela Forvilly** swam in prelims, **Kaela** finishing with a best time, **Justin Hight** dropped 5.6 sec for a **PC-A** time, **CJ Hill-Holeman** and **Adam Dack** finished right on their best times, **Shaelin Morefield** and **Janosch Lancaster** made consol finals **Janosch** with a best time by 1.7 sec.

In the **50 breaststroke** **Nikki Jackson** finished strong just off her best time and **Taylor Sullivan** made finals with a personal best. Next up was the **100 breaststroke** where **Kaela Forvilly** qualified for consol finals, **Annalisa Neal** and **Shelby Koontz** qualified for finals, **Kayla Ruffo** looked fast swimming right on her best time, **Ryan Chen** improved 4 sec for a **PC-A** time, **Joe Sullivan** had a great swim mak-

ing consolation finals with a 5 sec improvement. **Rachel Chen** had a good prelim swim, **Clara Gray**, who came to swim just the breaststroke events due to a recurring injury, made consol finals as did **TJ Smithen** and **Kevin Smithen.**

The breaststroke was followed by the **100 backstroke**, **Lily Bickmore** swam in prelims close to her best time, **Julia Chappell** had a super swim dropping 2 sec for a **PC-A** time, **Taylor Sullivan** also improved 2 sec qualifying for consol finals and **Taylor Knowles** made finals dropping 2 sec for a **JO** time of 1:11. In the **200 backstroke** **Amanda Castro** posted a personal best time, **Savannah Chappell** dropped 1+ sec making finals, **Kaela Forvilly** qualified for consol finals, **Annalisa Neal** improved 1.2 sec, **Justin Hight** took off a huge 7.6 sec; **Jordan Knowles, Shaelin Morefield** and **Janosch Lancaster** made consol finals, **Jordan** with a personal best; **Emma Gray** and **Adam Dack** also swam prelims.

The last event of the session was butterfly, in **50 butterfly** **Lily Bickmore** and **Nikki Jackson** both had strong swims, **Julia Chappell** shaved off almost a sec and **Taylor Sullivan** was right at her best time. In the **100 butterfly** **Amanda Castro** finished just off best, **Savannah Chappell** made consol finals with a best time by a half sec, **Shelby Koontz** qualified for finals, **Kaila Duffy** shaved off time, **Ryan Chen** had a great swim dropping 5 sec, **Justin Hight** improved 3.5 sec to qualify for consol finals, **CJ Hill-Holeman** dropped 3.6 sec to finish with a **PC-B** time, **Emma Gray, Anne Lancaster** and **Jordan Knowles** all had a strong prelim swim, **Jordan** finishing with a best time, **Adam Dack** and **Kevin Smithen** finished with personal

bests and **TJ Smithen** qualified for consol finals.

The 11 and over swimmers were finished with the morning session and as they left the pool to find food and get a little sleep before finals, the 10 and under swimmers arrived ready to swim their best!

FRIDAY AFTERNOON

We started with the **200 freestyle**, **Emma Ruffo** dropped a huge 7 sec, **Cailey Tollmann** improved 5 sec to go under 3 minutes and **Remy Hill-Holeman** had a strong swim placing 13th. In the **100 freestyle** **Kylie Compton** dropped 3.4 sec finishing 10th and **Barrett Lee** improved 3.8 sec to finish in 1:31.17. **Michael Schaan** was our lone **50 breastroker**, he clocked a **JO** time in the event, his first of four for the meet, finishing in 43.08.

Our three **100 backstrokers** did very well, **Emma Ruffo** had a faster swim by 2.8 sec to finish 12th, **Cailey Tollman** dropped almost 2 sec and **Connor Taylor** improved his personal best by 1 sec. In the **50 backstroke** **Kylie Compton** finished faster in the event by 1 sec, **Barrett Lee** finished strong in 16th place and **Connor Schaan** also had a good swim.

The last event of the session was the **100 IM**, **Emma Ruffo** and **Cailey Tollmann** both improved their best times by 1.8 sec, **Remy Hill-Holeman** dropped 3.8 sec for his first of 2 **JO** times at the meet clocking a 1:21.91, **Michael Schaan** took off 2.8 sec for a **JO** time finishing in 1:21.04 placing 9th and **Connor Taylor** also competed in the event.

Our 10 and under swimmers did very well for their first session of the meet and as their session ended the 11 and over swimmers were returning to swim their finals.

FRIDAY FINALS

In finals the top 16 compete in each event for the 11-12 and 13-14

age groups. For the 15-18 age groups the top 24 were able to swim again in finals. We started finals with the **200 freestyle** where **Shelby Koontz** in the first of her many amazing races dropped a huge 4 sec in finals to move up 3 spots to finish in 2nd place with a **PRT** time of 1:52.62, **Savannah Chappell** finished 8th with a personal best time, **Shaelin Morefield** moved up to 12th in finals with a best time and **Janosch Lancaster** finished 22nd improving on his best time from prelims.

In the **50 breaststroke** **Taylor Sullivan** held on to 5th place swimming right on her best time In the **50 breaststroke** **Taylor Sullivan** held on to 5th place swimming right on her best time from prelims.

Kaela Forvilly started out the **100 breaststroke** posting a best time in the event and placing 11th, **Shelby Koontz** had a super-fast swim and finished in 1st with a 13-14 girls **Team record** of 1:07.43 breaking the record from 1996, **Annalisa Neal** placed 8th just off her time from prelims, **Joe Sullivan**, **Clara Gray** and **TJ Smithen** all finished in 16th right on their prelim times and **Kevin Smithen** had a fast swim dropping 3 more sec from his prelim time to move up a spot to 22nd.

Both of our **100 backstrokers** maintained their fast **JO** pace in finals, **Taylor Sullivan** held on to 13th to finish with a **JO** time of 1:11.07 dropping another 1.6 sec from her prelim time and **Taylor Knowles** held on to 8th place finishing right on his **JO** time from the morning. Not to be outdone, the **200 backstrokers** started out with **Savannah Chappell** who finished in 8th place right on her best from prelims, **Kaela Forvilly** placed 11th taking 2.5 sec off her best time, **Jordan Knowles** moved up a spot to finish 23rd, **Shaelin Morefield** in a super-fast race, placed 10th post-

ing a **PRT** time of 2:10.69 and a 17-18 girls **Team record** breaking the old record by 1.6 sec and **Janosch Lancaster** also had a great swim dropping another 1.4 sec from his prelim time to move up 2 spots finishing in 17th.

The **100 butterfly** was next and **Savannah Chappell** finished in 15th right on her prelim time **Shelby Koontz** had an smoking fast swim finishing 1st with a 13-14 girls **State record** of 56.19, **Justin Hight** dropped 2 more sec in finals improving a total of 5 sec in the event to finish up a spot in 11th place and **TJ Smithen** moved up to 14th place shaving time off his best.

Part of the fun of the State meet is getting to swim in relays. The Dolphins were able to put together quite a few relay teams which help the team earn points. **Julia Chappell**, **Taylor Sullivan**, **Lily Bickmore**, **Megan Ruffo** teamed up to swim the 11-12 4 x 50 Medley relay finishing 11th. The 4 x 100 medley team of **Savannah Chappell**, **Shelby Koontz**, **Shaelin Morefield** and **Emma Gray** teamed up to swim the relay placing 10th and scoring team points for the Dolphins along with 2 other girls medley relay teams. **Kaela Forvilly**, **Clara Gray**, **Kaila Duffy** and **Jordan Knowles** placed 13th. **Amanda Castro**, **Annalisa Neal**, **Anne Lancaster**, and **Rachel Chen** came in 17th.

The 4 x 100 medley team of **Adam Dack**, **Janosch Lancaster**, **TJ Smithen** and **Kevin Smithen** teamed up to finish 8th in the event and the Dolphins had another boys team that also scored points for the team. **Taylor Knowles**, **Justin Hight**, **Ryan Chen**, and **Joe Sullivan** came in 13th.

SATURDAY PRELIMS

After a late night of finals and relays, Saturday came bright and early for our 11 and over swimmers.

They arrived at the pool hopefully rested and ready to post some more fast times. Starting with the **200 IM Savannah Chappell** dropped 3 sec to finish with a 13-14 girls **JO** time of 2:23.64 qualifying for consol finals, **Kaela Forvilly** also had a great swim improving her time by 4+ sec with a 13-14 girls **JO** time of 2:23.60 making consol finals, **Shelby Koontz** qualified for finals, **Ryan Chen** smashed his best time by a huge 8 sec, **Justin Hight** took 5 + sec off for a **PC-A** time, **CJ Hill-Holeman** and **TJ Smithen** swam good prelim races, **Shaelin Morefield** and **Janosch Lancaster** made consol finals and **Kevin Smithen** finished faster in the event by 3.6 sec. Up next we had 3 Dolphins in the **100 IM**, **Lily Bickmore** posted a best time looking strong, **Taylor Knowles** finished right near his best time and **Daniel Taylor** competed in the event.

There were quite a few swimmers in the **200 breaststroke** starting with **Amanda Castro** who improved her best time by 1.6 sec, **Kaila Duffy** took off 4.5 sec making consol finals, **Annalisa Neal** improved 1 sec qualifying for finals, **Kayla Ruffo** dropped a humongous 7.7 sec, **Ryan Chen**, **Rachael Chen** and **Emma Gray** had good prelim swims, **Emma** finishing with a best time, **Clara Gray** made consol finals, **Jordan Knowles** and **Anne Lancaster** both had really fast swims posting **PC-A** times with 6 sec and 5 sec drops respectively, **Shaelin Morefield** qualified for finals, and **Janosch Lancaster** & **TJ Smithen** qualified for consol finals. In the **100 breaststroke** **Angel Neal** competed in the event and **Taylor Sullivan** qualified for finals.

Many of our Dolphins swimmers competed in the **100 freestyle** starting with **Nikki Jackson** who fin-

ished with a best time, **Taylor Knowles** and **Daniel Taylor** participated in the event, quite a few swimmers managed to crack the minute mark in the event starting with **Savannah Chappell** who improved almost 2 sec to finish in 58.40, **Kaela Forvilly** made consol finals with a time of 59.86, **Shelby Koontz** made finals, **Ryan Chen** and **CJ Hill-Holeman** also swam prelims, **Justin Hight** had a great swim dropping over 2 sec to post a time of 58.38 and **Joe Sullivan** took off 1.6 sec clocking a fast time of 58.67, **Adam Dack**, **Janosch Lancaster** and **Kevin Smithen** also competed in the event **Kevin** finishing with a best time.

The last events of the morning were the butterfly events. In the **200 butterfly** **Savannah Chappell** improved a huge 15 sec for a **JO** time of 2:33.90 qualifying for consol finals, **Kaila Duffy** and **Annalisa Neal** both qualified for consol finals with best times, **Kaila** with an improvement of almost 3 sec, **Kayla Ruffo** had a great swim improving 11 sec to go under 3 minutes for a **PC-A** time, **CJ Hill Holeman** made consol finals, **Emma Gray**, **Jordan Knowles** and **Anne Lancaster** all swam in the same heat pushing each other to a trio of great swims, the three girls dropped 10 sec, 5 sec and 7 sec respectively in a very close race, **Adam Dack** had a strong prelim swim and **TJ Smithen** qualified for consol finals. In the **100 butterfly** **Lily Bickmore** finished with a best time, and **Julia Chappell** & **Nikki Jackson** both looked strong in the event.

SATURDAY AFTERNOON

Our 11 and over swimmers left the pool exhausted and ready for food and sleep in that order! Our 10 and under swimmers arrived on deck ready to warm up for their session. The session soon got under

way and we started with the **50 butterfly** where **Remy Hill-Holeman** improved almost a sec finishing 15th, **Michael Schaan** placed 5th with a boys 10 & under **Team record** of 34.56 and **Connor Taylor** had a good swim. There were two Dolphin swimmers in the **25 butterfly**, **Kylie Compton** who dropped a humongous 4 sec for a **PC-A** time and 11th place and **Barrett Lee** who had a strong swim.

The **50 backstrokers** were next, **Cailey Tollmann** improved her time by a half sec, **Michael Schaan** swam the event right on best finishing 15th and **Connor Taylor** competed in the event. In the **25 backstroke** **Kylie Compton** dropped 1.3 sec to finish 14th, **Barrett Lee** swam the event and **Connor Schaan** dropped 1.7 sec.

Up next was **100 breaststroke** where **Emma Ruffo** took off an amazing 6 sec for a **PC-A** time finishing 16th and **Remy Hill-Holeman** dropped 2 sec to finish 9th.

The last events of the session were the freestyle events starting with the **100 freestyle**. **Emma Ruffo** and **Cailey Tollmann** dropped 1 sec each, **Remy Hill-Holeman** and **Connor Taylor** also participated in the event. In the **50 freestyle** **Kylie Compton** had a fast swim dropping 4 sec to finish 8th and **Barrett Lee** also did well placing 16th with a best time by 2 sec.

After a fast afternoon session the 8 and under swimmers were ready to relax and refuel for tomorrow, the last day of competition.

SATURDAY FINALS

The 11 and over swimmers came back rested and ready to go starting with the **200 IM**, **Kaela Forvilly** dropped another sec off her prelim time (for a total of 5.2 sec) and finished 12th, **Shelby Koontz** missed the State record by 12 hundredths of a sec finishing 1st in the event for a

13-14 girls **Team record** and **Grand Prix B** time of 2:04.52 slashing 2.6 sec off her personal best, **Shaelin Morefield** finished in 2:10.38 breaking the 17-18 girls **Team record** by almost a sec to place 12th, **Janosch Lancaster** finished up 2 places to 21st finishing with a best time by 2.7 sec.

Finals for the **200 breaststroke** started with **Kaila Duffy** who improved her best time from prelims to keep her spot in 15th, **Annalisa Neal** had a fast swim dropping another sec from her prelim time to stay in 6th, **Clara Gray** improved on her morning swim to move up to 18th, **Shaelin Morefield** posted a personal best **PRT** time of 2:29.39 fast enough to remain in 7th, **Janosch Lancaster** looked super-fast dropping 7 sec for a **FW** time of 2:26.33 moving up a spot to 17th and **TJ Smithen** was right on his heels improving 3 sec to finish in 18th. The lone Dolphin **100 breast-stroker** was Taylor Sullivan who had a great swim taking off 2.7 sec for a **FW** time of 1:15.67 moving up 3 spots to finish in 3rd.

Kaela Forvilly started out the **100 freestyle** finals placing 16th in the event and **Shelby Koontz** had another great swim taking off .76 for a 13-14 girls **Team record** of 51.62 and 1st place.

Four swimmers were back to swim the **200 butterfly** for a second time that day, **Kaila Duffy** and **Annalisa Neal** finished 15th and 16th respectively right on their prelim times, **CJ Hill-Holeman** moved up to 12th bettering his time by almost 3 sec and **TJ Smithen** had an awesome swim dropping 7+ sec, moving up 5 spots to 17th with a **FW** time of 2:04.42.

As the last individual event was completed the noise level rose and it as time to swim the relays. The Dolphins 4 x 50 freestyle relay team of **Lily Bickmore, Megan Ruffo,**

Nikki Jackson and **Taylor Sullivan** teamed up to earn the Dolphins some points finishing in 13th place.

The 4 x 100 freestyle relay team of **Shaelin Morefield, Emma Gray, Jordan Knowles** and **Shelby Koontz** placed 10th earning the Dolphins team points. The Dolphins also put together 2 other girls relay teams for the 4 x 100 freestyle relay **Kaila Duffy, Annalisa Neal, Kaela Forvilly** and **Anne Lancaster** came in 14th. **Rachel Chen, Kayla Ruffo, Taylor Sullivan** and **Amanda Castro** placed 17th.

The 4 x 100 freestyle relay team of **Janosch Lancaster, Adam Dack, Kevin Smithen** and **TJ Smithen** placed 9th and a second boys 4 x 100 freestyle relay also earned the Dolphins team points. **Justin Hight, Ryan Chen, CJ Hill-Holeman** and **Joe Sullivan** swam to 16th place.

SUNDAY PRELIMS

With great training comes great times on the fourth and final day of competition! Our swimmers were tired but they were determined to swim their best. In the **50 back-stroke** **Taylor Knowles** and **Daniel Taylor** swam the event finishing just off best. Followed by the **100 backstrokers**, **Amanda Castro** and **Kaila Duffy** participated in prelims, **Kaela Forvilly** made consol finals with a best time, **Ryan Chen** dropped 2 sec, **Justin Hight** dropped 3 sec for a **PC-A** time, **Joe Sullivan** and **Kevin Smithen** finished the event just off best, **Emma Gray, Jordan Knowles** and **Adam Dack** competed in the event, **Shaelin Morefield, Janosch Lancaster** and **TJ Smithen** all made consol finals, **TJ** with a best time.

200 IM **Lily Bickmore** dropped a huge 5 sec for a **PC-A** time, **Nikki Jackson** took off 1 sec, **Taylor Sullivan** made consol finals and **Taylor Knowles & Daniel Taylor** swam a good prelim race.

Up next was the **500 freestyle** **Kaila Duffy** competed in the event, **Annalisa Neal** made consol finals and **CJ Hill-Holeman** improved 3 sec. They were followed by the sprinters, in the **50 freestyle** **Nikki Jackson** had a good swim, **Taylor Knowles** and **Connor Taylor** swam the event finishing just off best, **Taylor Sullivan** took off 1.4 sec to go under 30 sec, **Kaela Forvilly** and **Ryan Chen** swam the event in personal best times, **Shelby Koontz** qualified for finals, **Kaila Duffy** and **Annalisa Neal** swam the event, **Justin Hight** swam the event finishing just off his best, **CJ Hill-Holeman** dropped .75 sec, **Joe Sullivan** dropped 2 sec finishing with a time of 25.71 qualifying for consol finals, **Emma Gray** swam the event, **Shaelin Morefield** and **TJ Smithen** made consol finals and **Janosch Lancaster & Kevin Smithen** finished just off their best times.

SUNDAY AFTERNOON

The 11 and over swimmers headed out to get lunch and a little rest before finals and the 10 and under were back for their last session of the meet. Starting with the **200 IM** where our 3 Dolphin swimmers dropped an amazing amount of time! **Cailey Tollmann** dropped 18.5 sec for a **PC-A** time, **Remy Hill-Holeman** improved 10.4 sec for a **JO** time of 2:54.17 to finish 12th, **Michael Schaan** took off 13 sec for a **JO** time of 2:53.78 to finish 11th, both of the boys broke the 10 & under **Team record**, **Michael** with the faster time! One Dolphin took on the **100 IM**, **Kylie Comp-ton** dropped 4.5 sec in the event for a **PC-A** time and finished in 16th.

The next event was the **100 butterfly** where **Emma Ruffo** took off 5 sec for a **PC-A** time placing 14th, **Michael Schaan** took off 1.7 sec for a **JO** time of 1:22.87 finishing

10th and **Connor Taylor** took off 5 sec for a **PC-B** time.

The last event of the meet was freestyle and in the **50 freestyle** **Emma Ruffo** took off 1.5 sec for a **PC-A** time, **Cailey Tollmann** participated in the event, **Remy Hill-Holeman** and **Michael Schaan** shaved off time placing 10th and 9th respectively and **Connor Taylor** swam the event. In the **25 freestyle** **Kylie Compton** finished just off best for 10th place, **Barrett Lee** improved .42 sec for 12th and **Connor Schaan** took off 1.6 sec in the event.

SUNDAY FINALS

Eight 11 and over swimmers returned for the last session of the meet starting with the **100 backstroke**, **Kaela Forvilly** dropped another 1.3 sec from prelims hanging on to 9th by a hundredth of a sec, **Shaelin Morefield** shaved time off her best moving up a spot to 10th, **Janosch Lancaster** was right on best finishing 19th and **TJ Smithen** was faster by .5 sec holding on to 12th place.

In the **200 IM** **Taylor Sullivan** had a great swim taking off 5 sec which moved her up two spots to 9th.

Annalisa Neal was back to swim the **500 freestyle** for the second time in one day and she finished 14th up a spot from prelims.

The last event was the **50 freestyle**, **Shelby Koontz** finished 1st in the event with a best time and 13-14 girls **Team record** of 24.01, **Joe Sullivan** finished 14th just off his best swim from the morning, **Shaelin Morefield** was just off best placing 16th with a 25.63 and **TJ Smithen** held on to 21st shaving time off his best to finish with a 23.57.

All of the swimmers should be very proud of the hard work they put into training for the State meet

and in the results that they accomplished!

After all the points were tallied, our top point earners were **Shelby Koontz**, **Taylor Sullivan**, **Shaelin Morefield**, **Michael Schaan** and **Savannah Chappell**.



All Star Meet Results

Having just finished the Nevada State Meet Championships a week earlier, most Dolphins were taking a break and sleeping in on Sunday, March 3rd.

However, 10 brave Dolphins participated in the Pacific Swimming Zone 4 All Star Meet held in Carson City. These swimmers deserve recognition for their tenacity and toughness as most were still tired from the grueling, 4 day long State meet!

Kylie Compton was just off best in the 25 freestyle, 50 freestyle and 25 backstroke. She came in 13th, 12th and 15th place in those events respectively.

Sofia Delange had a 100% improvement meet, taking 0.68 seconds off of her best in the 25 freestyle with a 14th place, and achieving new State times in the 50 freestyle and placing 14th (dropping a huge 4.40 sec) and 25 backstroke coming in 13th (taking off 2.33 sec).

Emma Ruffo swam 3 events, taking off time in her 50 backstroke with a 15th place finish

Remy Hill-Holeman also swam 3 events and bettered his 50 breaststroke time by .85 sec earning 12th place

Connor Taylor tackled 3 events, with a best time in the 50 freestyle by .87 sec and brought in a new **PC-A** time in the 50 backstroke by 1.57 sec

Taylor Sullivan, coming off of a fantastic State Meet effort, swam 3 events.

Kaila Duffy, competing in 3 races, was close to best in the 50 freestyle

Kaela Forvilly was just off best in the 50 freestyle and on **Junior Olympic** time in the 100 backstroke

Annalisa Neal, another state competitor, took off some time in her 200 individual medley with a 14th place finish

Justin Hight found his best time in the 50 freestyle, shaving off .04 seconds



Junior Olympics

The Pacific Swimming Junior Olympic Championship Meet was held on March 15-17 in San Ramon, CA. Two Dolphins enjoyed the beautiful, sunny weather while turning in some great swims!

Remy Hill-Holman swam 3 events, dropping .35 seconds in his 200 freestyle for a boys 10 and under **Junior Olympic** time of 2:36.48 and just off best in the 200 individual medley prelims.

Taylor Sullivan had an awesome meet, swimming 5 events and dropping time in the girls 11-12 100 backstroke for a **Junior Olympic** time of 1:10.60, and was just off best in her 50 breaststroke. She turned in great efforts in her 200 breaststroke, dropping .41 seconds and placing 7th in finals and dropping .77 seconds in her 200 individual medley prelims and coming in 8th place in the 200 individual medley finals.



New Swimmer Tryouts

If you are interested in joining the Douglas Dolphins Swim team, please contact Karen Sullivan for more information about tryouts at ksulliva@dcsd.k12.nv.us, 775-267-4035.



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 daniel184 @ hotmail.com

Meet Director: meets @ ddst.org;
Linda Koontz, 775-782-7806;

Billing: Joanna Ruffo
billing @ ddst.org; 775-450-5112

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

Web, Officials: Jim Morefield
webmaster @ ddst.org; 775-782-4360

Newsletter: Julie Gray
newsletter @ ddst.org; 775-690-0124

Team Store: Denise Bickmore
Teamstore @ ddst.org; 775-265-1871



Help For New Parents

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

Contact Karen Sullivan (ksulliva@dcsd.k12.nv.us, 775-267-4035) or another key contact 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.



Special Practice Schedules

PLEASE NOTE THE FOLLOWING special practice days coming up:

April 1-5: Spring Break, School out of Session Practices. From **April 1-5**, during Douglas County spring break, practices for all groups will follow the **School Out of Session** times. Excep-

tions will be communicated by your coach and/or shown for your practice group on the calendars page. Highschool and dryland times for Spring Break are pending.

May 27: Memorial Day, No School.

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



DDST Scholarship Program

All DDST members & prospective members should be aware of our ongoing Dolphins Scholarship Program. Currently funded by a grant from Big George Ventures, DDST offers a limited number of full/ partial swimming scholarships for athletes, based on financial need.

DDST's focus is always to keep as many swimmers as possible in the water having fun, pursuing their goals, and gaining the many benefits of the sport. We never want to see financial hardship get in the way. By keeping dues as low as possible (consistent with a quality program), organizing fundraising opportunities for families, hosting swim meets, & offering scholarships, the Dolphins always go the extra lap to make the sport of competitive swimming accessible to athletes and families in our community.

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



Dolphins' Classified ITEMS WANTED OR OFFERED

OFFERED

YOUR FREE AD HERE FOR 3 MONTHS, any swimming-related goods or services wanted, offered, or for sale, used or new. It really works! Contact the Newsletter Editor, blkoontz92@yahoo.com, 775-782-7806 (3)



Swim-a-Thon[®] Wrap-Up

We want to send a big "Thank You" to all swimmers who participated in this year's Swim a thon! As you know, our team relies heavily on donations from families and our community. We could not be a team without this generosity. Top Dollar donation awards go to **Justin Hight! Maggie Hutchings** was right behind him and **Emily Willis** was a close 3rd. **Joseph Smithen** was 4th top dollar swimmer! Top Roster awards go to White group who brought in the most donations. Blue group was 2nd and Red group was 3rd. 4th was the Pre-Senior group with 5th place going to the Seniors and 6th going to the Silver swimmers.

Swim a thon incentives are in the process of being ordered. Notification will be sent out soon about when to pick them up. Please contact Julie Gray if any questions.



Upcoming Meets

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

April 4-7: Morgan Hill, CA-Far Western Championship

(<http://www.pacswim.org/0413FWChamps.pdf>, qualifying times apply, deadline 3/27)

April 12: Twilight Practice Meet, Carson City, 3:30-6:30 pm, sign up

www.ddst.org under meets and events and **commit or not commit** (applies to Silver, White, Red and Blue groups only)

April 19-21: Folsom, CA Spring

Splash Long Course Meet (meet sheet now on ddst.org, deadline 4/11)

May 24-26: Carson City, NV; Carson Tigersharks Intermountain Classic

(meet sheet pending, deadline 5/15)

May 30-June 2: Santa Clara Grand Prix, Santa Clara, CA (qualifying times apply).

Jun 14-16, 2013: Reno, Nevada,

Summer Splash Meet Long Course (meet sheet pending).



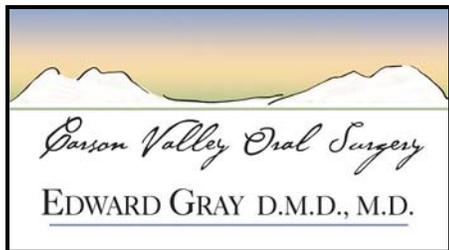
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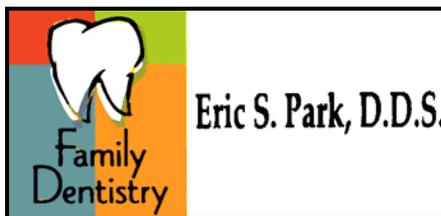
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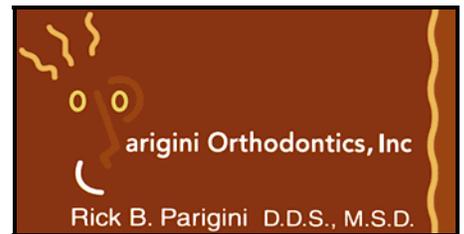
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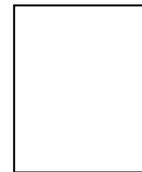
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Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Farewell and good luck to: Connor & Michael Schaan, **Welcome to:** Gracie Daniels

Pre-Senior: Kayla Ruffo, Josh Smithen

Blue: Megan Ruffo

Red: Sebastian Zeron

Happy April Birthdays to Julia Chappell (4/1), Erica Chappell (4/3), Katie Patrick (4/5), Connor Taylor (4/11), Emily Willis (4/15), Annalisa Neal (4/20) & Niko Hight (4/29).

Happy May Birthdays to Grace Nelson (5/1), Kyla Palaroan (5/9), Jordan Knowles (5/11), Sydney Kearney (5/13), Amanda Castro (5/17), Rachael Chen (5/18), Maggie Hutchings (5/19), Gracie Daniels (5/24), Kyle Johnston & Jason Lowther (5/27).

(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)



Practice Schedules

Check www.ddst.org for updates.

ANY Public School(s) IN Session

Seniors: M-Th 2:30-4:45p, F 2:30-4:30p

Pre-Seniors: M-F 2:30-4:30p

Dryland Tuesday and Thursday,
5:15-6:15p

Blue: M-Th 5:00-6:15p, F 4:15-5:30p

Red: M-Th 5:00-6:00p (optional Fast
Fridays 4:15-5:30p with Blue group)

Silver: Tu & Th 4:15-5:00p

White: M, W & F 4:15-5:00p

ALL Public Schools OUT of Session

(common break days; public holidays
except Summer breaks)

Seniors: M-F 7:00-9:00a

Pre-seniors: M-F 7:00-9:00a

Blue: M-F 7:00-9:00a

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

Silver: Tu & Th 4:15-5:00p

White: M, W & F 4:15-5:00p



Next Newsletter

The next *Monthly* will appear about **May 15th**. All submissions should be received by **Monday May 13th**. 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, Julie Gray, at newsletter@ddst.org or 775-690-0124**. 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 contributions: Coach Kat, Coach Greg, Coach Daniel, Jim Morfield, Denise Bickmore and Linda Koontz.

Latest news online: www.ddst.org.

