

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(since 1964 – our 50<sup>th</sup> year!)

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

May/June 2013

## Swimmers of the Month

**Brenna Bytheway** is Silver group Swimmer of the Month. Brenna has come in each day with a tenacity to swim and power through every workout. She is eager and ready for instruction and improvements to her stroke, while keeping a positive outlook and attitude. We are happy that she has been on our team and hope she will continue her progress in swimming!

**Cole Petrosky** is White group Swimmer of the Month. Cole was chosen for his leadership, receptiveness to coaching, and work habits. Cole comes to practice early everyday ready to swim. He leads whatever lane is assigned to him, and puts 110% into every set. His coaches look forward to working with Cole every practice.

**Madison Ashbough-Komp** is Red group Swimmer of the Month. Madison recently has been making a marked, improved effort during practice. She thinks we don't notice... but we do! <grin> I have watched her go from last in the lane to 3rd, 2nd and sometimes first! In the Carson Intermountain Classic Long Course Meet, she had a full load of events. While she didn't have any long course times, she took time off in all but one of her converted short course times! That was almost a minute total taken off. Madison, your hard work is paying off! Keep it up!

**Taylor" Jeffrey" Knowles** is Blue group Swimmer of the Month. We talk to the swimmers about attendance and effort at practice equaling meet performance. Jeffrey's equation was spot on this month. He had the highest attendance rate of Blue Group at 96% and stayed focused while working hard. The result of such dedication

was a spectacular performance at the Carson Intermountain Classic Meet. Jeffrey obtained two new "B" times in the 200IM and 50 Breast. He also got five new "A" times in the 50, 100, 200, & 400 Free, and the 200 Back. To complete this outstanding performance he got his Junior Olympic qualifying time in the 100 Back. Great Job Mr. Knowles!

**Kayla Ruffo** is non-high school Pre-senior of the Month. During the end of the year it is really tough to balance all the responsibilities a young athlete has today. Regular attendance at swim practice and maintaining a high grade point average isn't an easy task. Most college swimmers can attest to the fact that they are not allowed to take time off for finals. Learning how to manage high demands of your time is a critical skill. Kayla is getting an early start on this and hopes to continue this delicate balance into her high school years. Her almost perfect attendance of 96% sets her apart from her non-high school peers. She has made some marked improvements on her freestyle technique which showed at the Carson Intermountain Classic meet. Keep up the hard work Kayla!

**Kaila Duffy** is also non-high school Pre-senior of the Month. Kaila was chosen for her attendance, and her receptiveness to coaching. Kaila knows how to balance all her activities and can still be at practice with an average attendance above 95%. When Kaila is in the water she is focused and does everything the coaches ask and more. That is why Kaila was chosen for Swimmer of the Month.

**Shaelin Morefield** is our high school female Swimmer of the Month for having an outstanding season. She swam the most beautiful 200 IM and 100 fly, winning both events at League Championships, and Regionals. At the Regional meet she went 2:06.3 in the IM and 56.5 in the fly, clocking new

All American standards in both. Shaelin was chosen to be the Junior Team Captain and showed great leadership throughout the season. Shaelin is a total package. She is out-going, hard working, has great sportsmanship, and is fun loving. Looking forward to her Senior Season!

**Ryan Chen** was chosen as high school male Swimmer of the Month for his dedication and hard work. Ryan had a great attitude and never complained about any events he was placed in and swam 2 1/2 hour practices. As a result Ryan was able to swim the 200IM in 2:29 and a great 500 freestyle in 6:33.3. Ryan was a great addition to the team and we are looking forward to next season with him.



## Good Luck 2013 Graduate!

This year the Douglas Dolphins are pleased to congratulate **Kyle Johnston**, our only graduating Senior! Kyle has been swimming with the Dolphins since he was 9 years old and has moved up through every group from White to Seniors. He will be attending Colorado Mesa University in Grand Junction, CO and swimming with their men's Division II swim team. He plans on studying Sports Management with a minor in Personal Training and Psychology. He wishes to thank the coaches & his teammates for giving him many great memories of being a part of the Dolphins team and he will miss them all when he leaves in August!

Congratulations and good luck, Kyle! We look forward to seeing you at the swim center this summer and will miss you as you move on to the next chapter in your life. We know you'll be great!



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

### Team Character - What Do You Do At A Swim Meet?

John Leonard

*Editor's Note to Parents: The following article is written for athletes. We are sending it to you for the simple reason that you know what coaches are expecting of athletes and we are hopeful for your support.*

#1. Each individual needs to be self-reliant...this keeps any one person from dragging down others in any way.

#2. When #1 doesn't work, the TEAM picks up and helps the person who needs it.

#3. For just a few hours of a few days a year, we turn off our electronic "stuff" and focus on each other.

#4. We cheer for our teammates.

#5. We do all we can "realistically" to support each other. Good swims get praise.

Ok Swims - we work to find the good things and learn from the bad.

Bad Swims - we help our teammates focus on the "next opportunity" which may come in minutes or a day later. Too late to mess with the past. No time.

#6. We are ALL responsible for creating the next great, inspiring swim by a teammate. CREATE SUCCESS, don't just "be a part of it".

#7. "If it's to be, it's up to me".

#8. "Speak only to good effect."

#9. If you're not helping, you're hurting.

#10. Take care of the basics. Warm, dry, cool enough? Let those who need to focus, do so. Stay hydrated. Eat as NECESSARY, not as wanted.

#11. Take extra goggles. Hoard extra team caps. Have both ready for when they break. Have an INDIVIDUAL PLAN to deal with these emergencies.

#12. Don't aid "pity parties". Everyone fails sometimes. Get over it. Get on with it. Don't seek attention and drag others down. (This includes parents! This is about learning to cope with your own "stuff".)

#13. Plan your races. Have a plan. Don't wait for the coaches to devise one.

Discuss it with the coach. Take RESPONSIBILITY for your performance.

#14. Warm-up well. Loosen down well. More "next days" are ruined by poor end of

night swim-downs than anything else. Don't be in such a rush that you don't warm down.

#15. SHOES (not flip-flops). Energy leaves the body through the arch in your foot. Don't let it. Support the arch.

#16. Be EARLY for warm-up. You never know when "stuff happens". (parking, traffic, accidents, etc. Be EARLY.)

#17. Positive speech, positive attitudes, encouraging.

#18. Smiles. Fake it till you make it. You will get there.

#19. Don't dwell on swims good or bad. Learn what you can, celebrate for a short period, think of the next swim. Plan.

#20. Mentally rehearse ONLY what you can control.

#21. Mentally rehearse events a week or so in advance, once a day. Do NOT do it the day of the event. Just turn your brain off and swim. First you are MINDFUL, which you should do most of the season, then limit yourself to one key thought, and then at championship time, turn the brain off and swim. (mindless swims...)

#22. EAT simple carbohydrates at the meet, and not MUCH at all. What you eat DAYS Before the meet is what actually fuels you at the meet. There is no magic to what you eat at the meet. Just don't upset your stomach.

#23. Be extraordinarily kind and polite to everyone around you. When you are "the best you", it rubs off and it pays off. Be at your best.

#24. Anyone being mean to you is more focused on you than on themselves. You know where that leads. Don't fret it. Be cool.

#25. Strive for objectivity. THINK after the meet about what you could do better next time. Write it down.

#26. Nothing great was ever achieved by meekness...you have to be daring and have courage to approach races with enough bravado to be successful.

#27. When in doubt, get it front. We all swim better there.

#28. 200's are split, smooth, fast first quarter, control the 2<sup>nd</sup> quarter, descend 3<sup>rd</sup> quarter with power, descend 4<sup>th</sup> quarter with kick increase. (haven't kicked hard enough in practice to do that? .....good luck!)

#29. 100's are not won on the first 50. They are won on the 2<sup>nd</sup> 50, especially long course.

#30. To combat Cranial - Rectal Insertion Syndrome, focus on HELPING SOMEONE ELSE who needs it more. If you can't find someone, LOOK HARDER.

You will.

You can't fix yourself by being inside yourself...the view isn't nice in there.



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## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, June 4th, 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](http://www.ddst.org/boardmembers.htm)



## COACH

**Sarah's Corner**

(sgovanswm @ aol.com)

It has been a very exciting High School Season! Swimming has become the most winning sport at Douglas High which is something that our club should be proud of, since we are a huge contributor to this. High School swimming has a different dynamic than club swimming. It's all based on team effort, and strategy, while club swimming is based more on the individual. This season was also our largest team in history, with 57 athletes. Quite a few of these were new swimmers, and in this short season we learned to swim and swim well. I would like to welcome some of these athletes to year round swimming. During all the meets that DHS won we swam some very fast times, broke Team, League, and Regional records, making our mark and dating this season in the books.

Team records broken included **Shelby Koontz** (50 free, 100 free), **Shaelin Morefield** (200 IM) and **Meagan Skilling, Emma Gray, Shaelin Morefield, and Shelby Koontz** (200 free relay). League record titles now belong to **Shelby Koontz** (50 free and 100 free), and **Shaelin Morefield** (100 Fly). Regional Records included **Shelby Koontz** in the 50 free and 100 free. Best times at regionals were swum by **Janosch Lancaster** (200 Free and 100 back), **Shaelin Morefield** (200 IM and 100 Fly), **Kyle Johnston** (200IM), **Ryan Chen** (200IM and 500fr), **Shelby Koontz** (50 free and 100free), **Emma Gray** (50 free), **Savannah Chappell** (500 free and 100 back), **Erica Chappell** (100 fly), **Kevin Smithen** (100 Fly and 100 free), **Rachel Chen** (100 free), **Anne Lancaster** (500 free and 200 free), **Jordan Knowles** (200 free, and 100 back), and **Jason Lowther** (200 IM and 500 free). Wow, that is a ton of best times! Great job, Tigers!

**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, [newsletter@ddst.org](mailto:newsletter@ddst.org), 775-690-0124 (3)



## COACH

**Greg's Corner**

(greg@taylorcamp.org)

Just a quick reminder to all of our families that we are a Competition Swim Team. So what exactly does that mean? It means we are doing more than just working out in a gym to stay fit. It means that we have goals, and our workouts are designed to help our swimmers achieve goals.

From USA Swimming a couple of points:

- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.

So how do we measure this? How do we deal with winning and losing? At Swim Meets. This is where it all comes together for the swimmer. It is where they learn that while they may be the fastest in their lane or group, there is always someone faster out there for them to try and beat!

So if you are only going to practices and are not participating in meets, you are missing out on half the program and a great learning experience. If you are nervous about meets, start off slow. Sign up for one day. Take a look at USA Swimming write ups about meets, and talk to your coaches. I think you will find it worth the time and a great experience for your swimmer.

USA Swimming Web site: [Home / Member Resources / Parents / Swimming 101](#), <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1696&Alias=Rainbow&Lang=en>

**Lost & Found!**

**LOST OR FOUND ITEM?** List Dolphins-related items here and get them home! Newsletter Editor [newsletter@ddst.org](mailto:newsletter@ddst.org) 775-690-0124 (2)

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

**2013 AD CAMPAIGN UNDERWAY**

DDST is currently conducting our 2013 Summer Ad Campaign and Sponsorship Drive to raise critically needed money to fund team operations.

This year you can collect sponsors via our website and your private team account much like was done for the last Swim a thon. Using the online fundraising system makes it easier to email and add potential donors and track donations.

It also allows your child or family to create a unique and personalized donor page. There is a "Help Video" on our website to help you get started! Paper Ad Campaign packets are still available as well if you or your donor prefer. They should be turned in to Kathy Chappell's folder at the pool lobby. Donations and ads are due Friday, July 12<sup>th</sup>. Thank you to Kathy for being our Ad Campaign Coordinator this year!

**Awards Banquet**

A good time was had by all at the 2013 Annual Awards Banquet held at St. Gall Catholic Church on Sunday, April 28! Swimmers from Silver through Senior level came dressed in their favorite pajamas, stuffed themselves with pizza, and showed off their awesome video making skills. Coach Kat, Sarah, Danielle, and Greg were on hand to pass out "Most Improved" and "Most Outstanding" awards to swimmers in each group.

**Joshua Beam** earned Most Improved title for Silver group & Most Outstanding went to **Niko Hight**. **Marin Collins** won Most Improved & **Sofia DeLange** won Most Outstanding for the White group. Red group produced **Meagan Collins** as Most Improved & **Emma**

**Ruffo** as Most Outstanding. **Megan Ruffo** earned Most Improved for Blue group with **Lily Bickmore** taking Most Outstanding.

**CJ Hill-Holeman** was the Most Improved Pre-Senior & Taylor **Sullivan** was Most Outstanding for that group. **Savannah Chappell** won Most Improved Senior while **Shelby Koontz** was Most Outstanding. Every year 1 swimmer is awarded the "Beast Trophy" for Best Dryland Workout Athlete. This year that award went to **Rachel Chen**.



COACH

## Daniel's Corner

(danielell84 @ hotmail.com)

This past couple of months have been a little rocky and something that I want to share with everyone; parents, kids, and coaches is the acronym T.H.I.N.K. In the past I've shared different social insights and types of attitudes to have when dealing with self and each other. This powerful idea was introduced to me by one of our parents and I cannot stress enough how, if applied, will bring all of us together in harmony. It stands for "Is what I am saying/texting/typing/writing; True Helpful Important Necessary and/ or Kind?" I will take it a step further and ask, "Is what I THINK/say/text/type/etc..."

The thoughts we cultivate in our minds and/or say will eventually manifest themselves physically and may wind up hurting someone or that person. Hearsay, he said/she said, and any other unsubstantiated gossip or rumors will destroy the integrity of a relationship, friendship and team. Search for something about someone that will encourage and build up (whenever needed) not break or tear down. Observe those who inspire you and emulate their behavior.

"Rumors are like wildfire; you are burned up before you know it"

-Kenneth D. Mcilroy

<http://mygirltalk.org/GirlTalkResources/THINK.aspx>



## 10 & Under Short Course Championships

The Douglas Dolphins had a single team member attend the 10 & Under Short Course Championship Meet in Sunnyvale, CA on April 28. That Dolphin's swimmer was **Remy Hill-Holeman** who posted some awesome times! He took off time in 3 of his 4 events, dropping .18 sec in the 50 freestyle for a **PC-A** time of 32.44, dropped 3.50 sec in the 200 freestyle for a **JO** time of 2:32.98 and was just off best in the 100 individual medley.

His best race was the 500 freestyle where he dropped 23.90 sec for a new boys 10 & under **Team Record** and a new **JO** time of 6:41.80!



## Far Western Meet Results

The 2013 Speedo Far Western Short Course Championships were held April 4-7 at the Morgan Hill Aquatic Center in Morgan Hill, CA. Four Dolphins attended the meet and posted some great times!

**Shelby Koontz** had an amazing meet, swimming **PRT** pace in all 7 of her events. She set a new **Team Record** in the 50 free with a time of 23.86 and a 3<sup>rd</sup> place finish. She dropped 2.62 sec off her 100 backstroke time and finished 2<sup>nd</sup> in the 200 individual medley, 4<sup>th</sup> in the 100 freestyle and 5<sup>th</sup> in the 100 butterfly and 200 freestyle.

**Shaelin Morefield** placed highly in several of her 7 events. She came in 3<sup>rd</sup> in the 400 individual medley on **PRT** pace, 4<sup>th</sup> in both the 200 individual medley and 200 butterfly, and 5<sup>th</sup> place in both the 50 freestyle and 200 breaststroke.

**Janosh Lancaster** had a near 100% improvement meet with new **FW** times in the 100 backstroke (58.77), 200 backstroke finals (2:04.49) finishing 8<sup>th</sup>, and in the 200 breaststroke (2:24.30).

**TJ Smithen** smashed his 100 butterfly time by almost 2 sec coming in at a 54.08, he shaved time off his 100 backstroke (56.72) and was on **FW** pace in the 200 butterfly.



## From the Meet Directors

A big "Thank You" to Linda Koontz and Hope Castro who have agreed to take on the positions of Meet Director and Co-Meet Director! They will be taking over for Lorna Johnston and Margaret Jackson and will have big shoes to fill!

Just a reminder to everyone as we head into summer and begin planning for our High Country Meet scheduled for August 9-11, 2013 that each swim family is required to work a minimum of 7 sessions (each session is about 4 hours long) during our 3 home meets. The High Country League Championships will be a full 3 day meet with Trials and Finals which means that all swimmers will swim in the morning sessions. 11 & older swimmers who swim the fastest 8 times will stay and swim in the Finals session in the late afternoon each day. Our other two meets will be the Molly Lahlum Memorial Autumn Freeze Meet September 20-22, and the Valentine Meet February 14-16, 2014.

We would love to have some of our parents with 10 and under swimmers come and learn how to run the Colorado timing system. We currently only have a few people trained to run the Colorado and they would greatly appreciate some help. We will also need to train some new parents on how to do Clerk of Course and we plan to have a training session on how to do this job before our next meet. If you are interested in learning to do any of these two jobs please let me know beforehand and I can make sure that you get some training. Helping out at meets is where parents get to meet other parents and working together with as much help as possible enables us to host a well-run meet that allows all swimmers to compete and have fun!



## Folsom Meet Results

The first Long Course meet of the season was held in Folsom, California April 19-21. The swimmers who attended were rewarded with warm weather, fast times and 7 new long course team records!

Three Douglas boys attended this meet. **Niko Hight**, swimming in his first long course meet, set times to beat in the 50m freestyle and 50m backstroke. **Justin Hight** swam 6 events and achieved **PC-A** times in the 50, 100 and 200m freestyle, 100m backstroke and 100m butterfly. **Janosch Lancaster** had a 100% improvement meet swimming 8 events and brought in a boys 17-18 **team record** in the 100m breaststroke with a time of 1:24.47 and another **team record** in the 200m IM with a **JO** time of 2:28.82. He improved .75 sec in the 50m freestyle, .93 sec in the 100m freestyle, 8.90 sec in the 200m freestyle, .21 sec in the 100m backstroke and .65 sec in the 200m backstroke, all **JO** qualifying times. He also took 7.56 sec off his previous 100m butterfly for a **PC-A** time of 1:10.26.

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

The Douglas girls also turned in impressive performances starting with **Emma Ruffo**, another 100% improvement swimmer who took 25.67 sec off her previous 200m freestyle, 10.71 sec off her 100m backstroke and 6.69 sec off her 100m breaststroke, all **PC-A** times. She also dropped 5.78 sec in her 50m freestyle for a **PC-B** time. **Mychael Bellik** improved in 7 of her 8 events, bringing in new **PC-B** times in the 50m backstroke, 100m backstroke and taking off 16.47 sec in the 200m backstroke. In addition, she also improved 7.19 sec in the 200m freestyle. **Lily Bickmore** took off time in 6 of her 8 events, achieving a new **PC-A** time of 1:27.41 in the 100m but-

terfly and dropping over 15 sec. She swam 3 new **PC-B** times in the 50m and 100m backstroke, and 100m freestyle and improved 13.71 sec in her 200m freestyle. **Sarah Hyatt** improved in 5 of her 6 events, and brought in new **PC-B** times in the 50m freestyle and 100m breaststroke. She dropped 7.29 sec in her 100m freestyle and 5.14 sec in her 50m butterfly. **Amanda Castro**, achieving **PC-B** times in all of her events, took 2.98 in her 100m freestyle and set times to beat in the 50m freestyle, 100m and 200m backstroke. **Emily Dack** had a 100% improvement meet, competing in 6 events and taking off an impressive 1:27.23 in the 200m IM, 10.69 sec in the 100m freestyle, 4.53 sec in the 100m freestyle and 4.29 sec in the 200m backstroke. **Kaila Duffy** swam in 8 races, bringing in a new **PC-B** time of 1:37.93 in the 100m breaststroke, dropping 21.36 sec and a new **PC-A** time of 2:57.06 in the 200m IM, dropping 16.23 sec. **Kaela Forvilly** swam 6 **PC-A** times and improved in 7 of her 8 events, achieving a **JO** time in the 100m backstroke, dropping 1.97 sec, and in the 200m backstroke, improving .90 sec. She also dropped 2.95 sec in the 200 freestyle and 2.51 sec in the 100m freestyle. **Megan Ruffo** swam 4 events, setting times to beat in the 200m breaststroke, 100m butterfly and 200m IM and dropping 10.41 sec in her 50m freestyle. **Kayla Ruffo** had an awesome and 100% improvement meet and achieved new **PC-B** times in all of her events. She dropped 2.07 sec in the 50m freestyle, 31.74 sec in the 200m breaststroke, 15.41 sec in the 100m butterfly and 22.14 sec in the 200m IM. **Shaelin Morefield**, our last Dolphins girl competitor, also had an awesome meet and came away with 5 new girls 17-18 **Team records** in the 100m freestyle with a **JO** time of 1:03.10, the 200m freestyle with a **JO** time of 2:19.01, 400m freestyle with a **FW** time of 4:47.95, 200m breaststroke with a **FW** time of 2:59.07 and 100m butterfly with another **FW** time of 1:06.76.



## High School Regional & Nevada State Championships

The Northern Nevada Regional High School Championships took place at the Carson Aquatic Center May 10-11, and the Douglas High School Tigers women's swim team pulled off a second consecutive regional title this year, out-scoring second place Galena High School by 45 points. The Tiger men's team took second place, falling just short of taking the regional title by 3 points.

The Tiger girls were led by **Shelby Koontz** who won both the 50 freestyle in 24.18 sec and 100 freestyle, breaking **regional championship records** in both and the Douglas High school **record** in the 100 freestyle with a time of 51.22 sec (13-14 girls record) She was also named the **Regional Swimmer of the Year**. **Shaelin Morefield** also led the way winning **regional titles** in the 200 individual medley and 100 butterfly. Her time of 56.57 sec in the 100 butterfly was a **DDST 17-18 girls, regional** and Douglas High school **record**. Her 200 individual medley time of 2:06.33 broke the previous **school record**, and the **DDST 17-18 girls record**. Both girls posted **All-American** times in their events.

**Kyle Johnston** won the boys 200 individual medley with a times of 2:01.14 and the 100 butterfly with a times of 52.96. The boys 200 freestyle relay team of **Kevin Smithen, Janosch Lancaster, Andy Esparza and Johnston** won the **regional** title in 1:33.40. **Morefield, Koontz, Erica Chappell and Savannah Chappell** won **regional** honors in the 400 freestyle relay with a time of 3:48.38.

Other **State** qualifiers included the girls 200 medley relay team of **Savannah Chappell, Meagan Skilling, Erica Chappell and Emma Gray** who came in second with a time of 1:57.06,

**Janosch Lancaster**, who was second in the 200 freestyle with a time of 1:51.44, and the girls 200 freestyle relay team of **Skilling, Morefield, Gray and Koontz**, which swam a **school record** time of 1:39.16. **Savannah Chappell** also qualified for **state** by finishing 3<sup>rd</sup> in the 100 backstroke, and the boys 400 freestyle relay team of **Lancaster, Adam Dack, Smithen and Johnston** qualified by finishing second with a time of 3:25.23, a boys 15-18 **DDST team record**.

Other point scorers for the Douglas girls included **Erica Chappell** (5<sup>th</sup> in the 200 freestyle and 6<sup>th</sup> in the 200 butterfly), **Savannah Chappell** (5<sup>th</sup> in the 500 freestyle), **Meagan Skilling** (4<sup>th</sup> in the 100 breaststroke and 6<sup>th</sup> in the 200 individual medley), **Anne Lancaster** (7<sup>th</sup> in the 200 freestyle and 10<sup>th</sup> in the 500 freestyle), **Jordan Knowles** (7<sup>th</sup> in the 100 backstroke and 9<sup>th</sup> in the 200 freestyle), **Clara Gray** (7<sup>th</sup> in the 100 breaststroke), **Rachael Chen** (14<sup>th</sup> in the 100 freestyle), and **Emma Gray** (4<sup>th</sup> in the 50 freestyle and 7<sup>th</sup> in the 100 butterfly).

On the boys side, other point scorers included the 200 medley relay team of **Adam Dack, Garret Seward, Ryan Chen and Jake VanBeuge** (4<sup>th</sup> with a time of 1:58.01), **Adam Dack** (5<sup>th</sup> in the 500 freestyle and 7<sup>th</sup> in the 100 backstroke), **Ryan Chen** (12<sup>th</sup> in the 200 individual medley and 13<sup>th</sup> in the 500 freestyle), and **Kevin Smithen** (7<sup>th</sup> in the 100 butterfly and 4<sup>th</sup> in the 100 freestyle).

The Nevada State High School Championships took place a week later on May 17-18 also at the Carson Aquatic Center. The Douglas girls wound up finishing 4<sup>th</sup> in team standings behind State Champion Bishop Gorman, Palo Verde and Galena. The Douglas boys were 5<sup>th</sup> behind Palo Verde, Green Valley, Coronado and Reno in that order. **Shelby Koontz**, breaking the school record for the 5<sup>th</sup> time this season, won the **state title** in the 100 freestyle with a time of 51.19, and new girls 13-14 **DDST record**. She was named **Northern Nevada Female Swimmer of the Year**. Shelby

also broke her own **school record** and **DDST record** in the 50 freestyle with a time of 23.81 and a 2<sup>nd</sup> place finish. **Shaelin Morefield** came in 3<sup>rd</sup> in the 200 individual medley with a time of 2:07.36, and 3<sup>rd</sup> in the 100 butterfly with a time of 56.74, just a shade over her own school record. **Kyle Johnston** came in 3<sup>rd</sup> in the 200 individual medley with a time of 2:01.23 and 4<sup>th</sup> in the 100 butterfly with a time of 53.13 sec. **Janosch Lancaster** took 6<sup>th</sup> in the 100 backstroke and 7<sup>th</sup> in the 200 freestyle, and **Savannah Chappell** was 7<sup>th</sup> in the 100 backstroke. **Chappell, Meagan Skilling, Erica Chappell and Koontz** finish 3<sup>rd</sup> in the 200 medley relay with a time of 1:55.53. **Skilling, Morefield, Emma Gray and Koontz** took 3<sup>rd</sup> in the girls 200 freestyle relay. **Erica Chappell, Emma Gray, Savannah Chappell and Morefield** came in 4<sup>th</sup> in the 400 freestyle relay. For the boys relays, **Kevin Smithen, Lancaster, Andy Esparza and Johnston** took 3<sup>rd</sup> in the 200 freestyle relay. **Lancaster, Adam Dack, Smithen and Johnston** finished 6<sup>th</sup> in the boys 400 freestyle relay.



## Help For New Parents

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

Contact Karen Sullivan (ksullivan@dcsc.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.



## 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 Acting Board President Jim Morefield ([president@ddst.org](mailto:president@ddst.org)), or any Board member or coach.



## DDST Key Contacts

**Acting Board President: Jim Morefield**  
president@ddst.org; 775-782-4360

**Acting Secretary:** Nikki Willis nikki\_willis@charter.net; 775-267-9697

**Coaches:** Kat Matheson  
coachkat0809@hotmail.com; 775-315-7701

**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

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**Parent Liaison:** Karen Sullivan

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**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



# Intermountain Classic Meet Results

28 Dolphins swimmers competed in the Intermountain Classic meet in Carson City over Memorial Day weekend. Many swimmers dropped even more time in their second long course meet of the season. There were also several new Junior Olympic times and team records achieved!

For our 9-10 group, **Barrett Lee** swam 4 events setting times to beat in the 50m and 200m freestyle, 50m backstroke and 200m IM.

**Kyla Palaroan** raced in 5 events with times to beat in 50m, 100m, 200m freestyle, 50m backstroke and 50m breaststroke.

**Emma Ruffo**, competing in 10 events, brought in 3 new **PC-A** times in her 50m freestyle, dropping 1.14 placing 15th, 100m freestyle, dropping 14.60 sec and placing 14th, and in her 50m backstroke, dropping 6.63 sec and coming in 14th. She also brought in 2 new **PC-B** times in the 50m breaststroke, and the 50m butterfly, and a 5<sup>th</sup> place finish in the 100m backstroke.

For our 9-10 boys, **Niko Hight** took off 4.20 sec in his 50m freestyle. He also set times to beat in the 100m freestyle and 50m butterfly, placing 13<sup>th</sup> in that event.

**Remy Hill-Holeman** swam 9 events and set 6 new **PC-A** times in the 50m freestyle placing 5th, 100m freestyle placing 4<sup>th</sup> setting a DDST boys 10 & under **long-course team record**, 50m breaststroke for a 3<sup>rd</sup> place finish & another **team record**, dropped 10.74 sec in the 100 backstroke, 23.85 sec in his 100 butterfly for a 4<sup>th</sup> place finish and 39.56 sec in his 200 IM for another 4<sup>th</sup> place and **team record**. He also set a 4<sup>th</sup> **team record** in the 200m freestyle.

**Ryan Signorella** set times to beat in the 50m freestyle and 50m backstroke where he placed 15<sup>th</sup>.

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

**Connor Taylor** dropped time in 7 out of 10 events with new **PC-B** time in the 50m freestyle, the 50m backstroke coming in 9th and the 100m backstroke. He took off 15.38 sec in his 100m freestyle and 14.17 sec in his 200m freestyle and improved in

his 50m breaststroke and 50m butterfly with an 8<sup>th</sup> place finish.

First up for the 11-12 girls was **Madison Ashbaugh-Komp** who set times to beat in all 8 of her events, looking strong in the 200m freestyle

**Mychael Bellik** competed in 9 events, dropping 18.90 sec in her 200 IM. She also improved in the 200m freestyle, 50m breaststroke and took off 13.43 sec in her 100 breaststroke.

**Lily Bickmore** improved in 7 out of 10 events, bringing in new **PC-A** times in the 200m freestyle, 50m backstroke, 200m butterfly, placing 3<sup>rd</sup> and 200m IM, placing 11<sup>th</sup>. Her 50m breaststroke time dropped by 6.45 sec for a new **PC-B** time.

**Julia Chappell** had a nearly 100% improvement meet with new **PC-B** times in the 100m freestyle, 50m backstroke, 200m IM and the 400m freestyle where she dropped 32.36 sec. She also dropped 15.17 sec in her 100m breaststroke.

**Sarah Hyatt** swam 9 events and brought in new **PC-B** times in the 50m breaststroke, 200m breaststroke, dropping 7.03 sec and the 200m IM taking off 19.47 sec. She also improved in her 100m freestyle, 50m backstroke and 100m breaststroke.

**Nikki Jackson** improved in 6 out of 9 events bringing in a new **PC-B** time in the 100m breaststroke, dropping 20.53 sec in that event. She took off 11.74 sec in her 200m freestyle.

**Hope Rakow** swam 10 events and set 3 new **PC-B** times in the 50m freestyle, dropping 11.35 sec, in the 100m freestyle, dropping 30.01 sec and in the 100m backstroke taking off 33.04 sec. She also took off 13.20 sec in the 50m backstroke and 18.08 sec in the 50m breaststroke.

**Taylor Sullivan** had a great meet with 100% improvement in all 10 of her events, 6 new **JO** times, dropping 34.99 sec in the 400m freestyle placing 2nd and 11.95 sec in the 200m IM coming in 1st place, 8.31 sec in the 200m freestyle and 5.87 sec in the 100m freestyle. She also got 2 new **PC-A** times in the 50m backstroke dropping 3.62 sec and in the 50m butterfly taking off 3.31 sec, and placed 4<sup>th</sup> in both the 100m and 200m breaststroke.

**Emily Willis** set times to beat in her 100m freestyle, 50m backstroke and 100m breaststroke. She dropped 4.36 sec in her 20m freestyle, 4.08 sec in the 100m backstroke and 1.14 sec in the 50m breaststroke.

**Taylor Knowles**, first off for the 11-12 boys, was another 100% improvement swimmer. He brought in new boys 11-12 **team records** in the 400m freestyle a 3<sup>rd</sup>

place finish, dropping a huge 1:20.04 and in the 50m breaststroke, taking off 6.41 sec. He brought in a new **JO** time in the 100 m backstroke placing 6th taking off 11.41 sec, new **PC-A** times in 5 events dropping 18.82 sec in the 200m backstroke and new **PC-B** times in 2 events, dropping 37.11 sec in his 200m IM with a 4<sup>th</sup> place finish.

**Daniel Taylor** was also a 100% improvement Dolphins competitor who swam 7 events and set 3 new **PC-B** times including the 200m freestyle, taking off 40.52 sec in that event. He dropped 21.47 sec in the 200m IM placing 8th and set a time to beat and another 8<sup>th</sup> place in the 400m freestyle. He broke his own 11-12 boys long course **team record** in the 200m breaststroke by 5.19 sec.

**Amanda Castro** was first up for the 13-14 girls. She swam 9 events setting times to beat in 5 events and bringing in a new **PC-B** time in the 200m freestyle dropping 11.62 sec and swimming her first 400m freestyle.

**Kaila Duffy** took off time in 5 of her 7 events, taking off 4.07 sec for a new **PC-A** time in the 200m breaststroke, dropping 15.51 sec in the 400m freestyle and 16.77 sec in the 200m butterfly placing 5<sup>th</sup> in that event.

**Kayla Ruffo** swam 9 races with 4 new **PC-B** times in the 100m freestyle taking off 6.87 sec, the 200m freestyle, dropping 14.52 sec, the 400m freestyle, dropping a huge 1:30.64 and the 100m breaststroke, taking 13.88 sec off.

**Megan Ruffo** competed in 8 events improving in her 100m freestyle by 17.54 sec and her 200m freestyle by 37.13 sec. She was just .03 sec off her best time in the 50m freestyle.

For the 13-14 boys **Justin Hight** swam 6 events improving in the 50m freestyle by .41 sec, setting a time to beat in the 200m IM and just a shade off his best time in the 100m backstroke placing 5<sup>th</sup> in that event, and 5<sup>th</sup> in the 100m freestyle.

**CJ Hill-Holeman** competed in 6 events improving in 5 of them. He dropped a huge 56.06 sec in his 800m freestyle coming in 9<sup>th</sup> place, 6.29 sec in the 200m freestyle, and 5.59 sec in the 100m breaststroke.

**Cole Petrosky** set times to beat in 3 events looking strong in the 50m freestyle.

**Joe Sullivan** swam 9 events with **PC-A** times in the 50m and 100m freestyle placing 5<sup>th</sup> and 7<sup>th</sup> place respectively, and set times to beat in his 400m freestyle, 200m breaststroke and 100m butterfly.

**Sebastian Zeron** competed in 2 events setting a time to beat in the 100m freestyle and looking strong in the 100m backstroke.

**Adam Dack**, our only 15-18 Dolphins competitor, swam 4 events, looking strong and close to best in the 200m IM.



## Dolphins Take On New Positions

The next Team Board elections will take place in August, 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.

A big "Thank you" to several DDST parents who have agreed to tackle new Board positions and team jobs! **Jim Morefield** has agreed to take on the position of Acting Board President, and **Nikki Willis** agreed to take over for Jim as Acting Board Secretary as well as starting a new position of Safety Coordinator. **Robbie Hight** has joined as a DDST Board member and **John Ruffo** is training as our new Webmaster. We say "Thank you and Farewell" to **Margaret Jackson** our outgoing Board President. Your contribution and hard work were invaluable and much appreciated!



## Special Practice Schedules

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

**June 14<sup>th</sup>:** NO PRACTICES—  
Reno Meet

**June 21<sup>st</sup>:** NO PRACTICES—  
Bishop Meet

**July 4<sup>th</sup>:** ALL GROUPS practice  
7:00-9:00 am. No afternoon practice or dryland

**July 5<sup>th</sup>:** NO PRACTICES—  
Tahoe Meet.

**August 1<sup>st</sup>:** normal practice times,  
TEAM PHOTOS (all groups) at 8:30 am.

**August 2<sup>nd</sup>:** NO PRACTICES  
**August 3<sup>rd</sup>:** ALL GROUPS practice  
relays 8:00-9:30 am

**August 9<sup>th</sup>:** first day of High  
Country Meet

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



## Swimmers Corner

### Top 5 Beverage Choices For Swimmers

By **Chris Rosenbloom, PhD, RD, CSSD**

Just because you're in the water it doesn't mean you don't need to drink water. After 30 minutes of swimming, dehydration can occur. Environmental factors contribute to a swimmer's dehydration—warm water temperature and warm, humid air around the pool can increase the need for fluids. The National Association of Athletic Trainers recommends drinking about 2 cups (16 ounces) of water 2 to 3 hours before a workout or swim meet with another 1 cup (8 ounces) 10 to 20 minutes before diving into the pool. Most workouts are long and strenuous, so drink about 1 cup of fluid every 10 to 20 minutes during your workout. Keep a sports bottle filled with water at poolside so it is in easy reach.

What should you drink? Try these 5 choices and switch up your drinks for variety.

1. Water is best for most athletes. If you don't like the taste of plain water, ask mom or dad to slice up lemons or limes to drop into your water bottle for a fresh taste.
2. Sports drinks are a good choice when you have long, hard workouts or have to race many times during a meet. Stick to the basic tried and true sports drinks...like Gatorade or Powerade because they provide a good balance of carbs, sodium and potassium to replace losses.
3. Light sports drinks or zero-calorie sports drinks. These beverages, like G2 or Powerade Zero provide the same amount of sodium and potassium as regular sports drinks. These are good choices when you are trying to get lean or when injured and you are not able to train as hard or as long. These drinks contain artificial sweeteners, so drink them in moderation (1-2 servings per day).
4. Diluted fruit juice. Why dilute fruit juice? Fruit juice is too high in natural sugars to be a good fluid replacement. Fluids that have more than 6 to 7% carbohydrate (fruit juice has about 10% and some fruit juices even more) takes longer to leave the stomach so fluids don't reach your working muscles as quickly.
5. Low-fat milk is a good pre-workout and post-workout drink because it provides carbs, sodium, potassium (like sports drinks)

with the added benefit of protein for muscle recovery and calcium for strong bones. Choose fat-free or 1% milk to lower the fat content; and it is OK to choose low-fat flavored milk like strawberry or chocolate if you prefer the taste.

Staying hydrated can help improve your performance and keep you healthy. Develop an individualized fluid plan and don't wait until you are thirsty to drink...stay ahead of thirst so you don't get dehydrated.

Chris Rosenbloom is the sports dietitian for Georgia State University Athletic Department and is the editor of the American Dietetic Association's Sports Nutrition Manual, 5th edition, schedule for publication in 2012.



## Upcoming Meets

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

**Jun 14-16: Reno, Nevada, Summer Splash Long Course Meet**, entry deadline June 5,  
(<http://www.pacswim.org/0613reno.pdf>)

**June 21-23: Bishop Swim Team Invitational, Bishop CA**, entry deadline 6/12  
(<http://www.pacswim.org/0613bst.pdf>).

**June 27: Twilight meet, 6-8 pm**, at our pool. Sign up on our website.

**July 5-7: Tahoe Swim Club Swimming at Altitude Meet, short course, South Lake Tahoe**, entry deadline 6-26  
(<http://www.pacswim.org/0713taho.pdf>)

**July 12-14: Junior Olympic Championships, Concord CA**, entries due 7-3, qual.times apply, meet sheet pending.

**July 17-22: Speedo Championship Series Summer Sectionals, Santa Clarita, CA** (qualifying times apply)

**July 19: Carson Twilight Meet, 3:45-6 pm**. Sign up on our website by July 16.

**July 25: Twilight Meet, 6-8 pm**, at our pool. Sign up on our website.

**July 31-August 4: Far Western Long Course Championships**. No DDST coaches will be attending. Check with your coach if you want to go. Entries due July 24, qual. times apply.  
(<http://www.pacswim.org/0713LCFWChamps.pdf>)



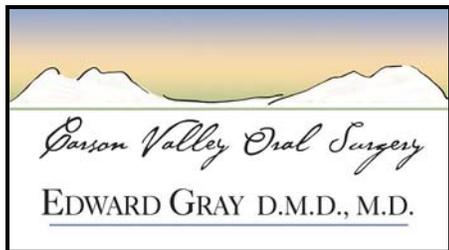
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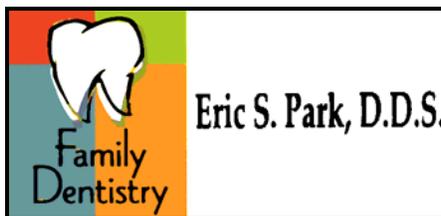
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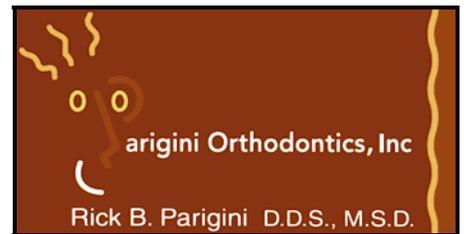
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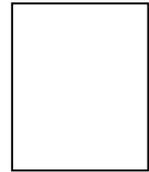
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

**Farewell and good luck to:** McKenna Chappell, Ashton Davenport, Lindsey Thew & Yasha Krassovski.

**Welcome to:** Jack Stevenson.

**White:** Niko Hight, Ashley Ponsness

**Pre-Senior:** Ryan Chen, Justin Hight & Joe Sullivan.

**Happy June Birthdays to** Josh Smithen (6/2), TJ Smithen (6/2), Lilia Fields(6/4), Emily Dack (6/5), Taylor Sullivan (6/18), and CJ Hill-Holeman (6/21).

**Happy July Birthdays to** Savannah Chappell (7/2), Clarice Albert (7/5), Rachael Hollis (7/5), Shelby Koontz (7/6), Hailey Keenan (7/7), Amelia Hicks (7/9), Chayce Beam (7/14) and Brook Cameron (7/30).

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



## Practice Schedules

Check [www.ddst.org](http://www.ddst.org) for updates.

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

**Seniors:** M-Thurs 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

**Summer Break (starting 6/3/2013)**

**Seniors:** M-F 6:30-8:30a + M & W 7-8:30p, **dryland** T & Th 3:30-4:30p

**Pre-seniors:** M-F 6:00-8:00a, **dryland** T & Th 3:30-4:30p

**Blue:** M-Th 9:00-10:30a, F 9:15-10:30a

**Red:** M-Th 8:00-9:00a, F 9:15-10:30a

**Silver:** Tu & Th 8:30-9:15 a

**White:** M, W, F 8:30-9:15a



## Next Newsletter

The next *Monthly* will appear about **July 8<sup>th</sup>**. All submissions should be received by **Friday July 5<sup>th</sup>**. Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Julie Gray, at [newsletter@ddst.org](mailto: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 Sarah, Coach Greg, Coach Daniel, Jim Morefield, Karen Sullivan, Lorna Johnston and Linda Koontz.*

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

