

# Dolphins' Monthly

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

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

July 2013

## Swimmers of the Month

**Max Owens** is White group Swimmer of the Month. Max has been working very hard in practice and is looking like a new swimmer. He has great enthusiasm for the sport and is a lot of fun to work with. He has put out strong efforts in our last 2 meets, taking over 6 seconds off his best time in the 100 freestyle at Bishop and tackling 6 events at the Tahoe Swim Meet. We can't wait to see him compete in our upcoming High Country Championship Meet.

**Maegan Collins**, you have earned Red Group Swimmer of the Month! In the past couple of meets, she has brought in 11 new best times, tried her hand at 2 new events and has gotten 3 new "PC-B" times! Wow! She has been working hard at practice and always has a smile on her face. I watch her teammates smile and give her a big hug when she shows up on the deck, glad to see her and always happy to swim with her. She is a pleasure to coach, even though she doesn't like "all" the drills we throw at her!

**Joey Smithen** is Blue Group's Swimmer of the Month. What most Blue groupers know but, have kept a secret from the rest of the team, is how hard Joey works every day at practice. His attendance has been great all summer. He has not let the, "I just want to play." attitude of the long summer days interfere with his practice attendance. He has been quietly training hard and has stayed focused. At the Bishop meet many of our own team members didn't even recognize him in the water. Joey was spectacular! He had 100% improvement and 5 new Junior Olympic time qualifications. He is going to compete in the 50 free, 50 breast, 100 breast, 100 fly, and the 100 IM at the upcoming Junior Olympics meet. Good Luck and congratulations Joey Smithen!

**Emma Gray** is the Pre Senior Swimmer of the Month. Emma has been doing

a great job training this summer, and it has been noticed by both of her coaches. She comes to practice with an awesome attitude, then puts her head down and gets the work done. She has also been making some doubles and dry land practices. She did well at the Bishop meet, finishing 1<sup>st</sup> place in 6 of her 9 events and took 1<sup>st</sup> place High Point for her age group. We are looking forward to the next meet with her.

**Erica Chappell** is the Senior level Swimmer of the Month. It may not seem like a big deal to some people but for a long time now Erica has been the first swimmer in the water for practice. Our team's presence at the pool clears other pool users out of the lanes that we use, and the pool staff watch to see if we are using the dedicated lane space in a way that is deserving. By starting practice on time, Erica shows respect to the facility and public, respect for the coach's time and effort and respect for her own training time as well as that of her teammates. Her peers see that she has begun her training on time, and see her as a leader and try to follow her example. Getting in the water first and on time is a big deal, and it speaks volumes to the character of the Douglas Dolphins and more importantly to Erica Chappell.



## WANTED: a few new Board Members!

### Nominations Due Aug. 1

The Douglas Dolphins Swim Team is overseen by an all-volunteer Board of parent members elected each year in August by the membership. The term is for 1 year and the meetings are once a month. **Please consider adding your voice to planning and directing our team's activities for the coming year!**

Please contact current Acting Board President **Jim Morefield** ([president@ddst.org](mailto:president@ddst.org))

[ddst.org](http://ddst.org)) if you are willing to serve, or to nominate someone who is. **Volunteers and nominees should also submit a sentence or 3 about themselves** (any current team involvement, past swim team and/or board experience, other relevant background, etc. **no previous experience required!**) for inclusion on the ballot.



## Opportunity to help meet Family Fundraising Obligation

We will be auctioning off gift baskets at the High Country Meet again this year. If any family would like to participate they will need to turn in the basket and items to Julie Gray by Monday, August 5th. Include with your basket a list of the items donated and minimum bid if a certain amount is desired. Please do not include any glass items, alcohol or anything that would melt like chocolate.

You can either purchase the items or have them donated by a local business. Donations to the team are tax deductible so ask Linda Koontz or Hope Castro if you need a tax donation slip to give a local business for their donation. Wrapping your basket is not necessary. It will be done for you.

Some baskets that have been donated before include: Starbucks, Tupperware, Books, Day at the Beach, Beauty Basket, Spa, etc. to give you some ideas.

The amount that your basket brings in goes towards your family's fundraising obligation!

**Please call Julie Gray at 690-0124** if you plan on donating a basket. She will plan on collecting basket items August 5 between 4:30 to 6 pm at the swim center, or you can arrange to have donations picked up before then.



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

### The Biggest Question....

By John Leonard

In all of age group sports, the biggest question for every parent is..."How much to be involved."

In every sport from tennis to golf, to gymnastics and swimming, there are horror stories of absolutely awful parental interference, with tragic consequences for the career of the young age group athlete. Yet every one of us loves our children like nothing else in the world. So, how does this happen?

I think it's because as parents, we're all looking for a singular rule that will make our role as parents "successful". And it does not exist. In fact, exactly the opposite is the truth...the rules change all the time, as the child matures, and only experience can tell the parent that.

Here's a classic example. Jill is 8 and very enthusiastic about her new swim team....most of the time....but on a given Friday, her friend is having a sleepover party and Jill wants to go and skip practice. Perfect role of her mom? "Jill, get in the car, you made a commitment to swim team and you will keep that commitment. I'll take you to Sally's for the party right after practice."

Mom reminds Jill of her commitment, no if's, and's or but's. And enforces it, without depriving the child of the fun party. Perfect.

Now Jill is sixteen...another friend is having another Friday evening party and once again, Jill is debating where she "should be". She discusses it with her Mom. This time, Mom simply raises an eyebrow and says "Your choice, you know what you should do." Again, perfect.

But totally different.

And that, I believe, is the point. When our children are young, we are really and truly "herding them through the process" and making decisions for them, as we should be....And the goal, is to gradually and systematically, based on successful demonstration of competence, to hand over to them, the decision making power.

Athletes who have been in a sport for years, invariably have the same comments..."my parents let it be "my sport", not theirs," "they were interested in what I

did, but it was mine," "they didn't interfere at all in my teens, it was up to me to get out of bed to go get them to take me to morning practice. If I chose to sleep in, oh well, my loss."

The hard part is judging that "letting go process" and deciding when it's "right" to let go of what. Like most things in life, it's never completely straight-forward, instead, it's two steps forward, one step back, etc. In the case of most children though, by the early to middle teens years, it should be parents just sitting back and enjoying watching their teenagers make decisions and experience the consequences.

I have a friend named Lynn Offerdahl. Lynn is a former collegiate All-American diver and her husband John, a former All-Pro linebacker for the Miami Dolphins. Lynn has two children who swim and two who play football. Lynn says "Every time you do something for your children that they can do for themselves, you make them weaker. Every time you chose to "let them do it," you are choosing to make them stronger. I want strong kids."

It doesn't get any wiser or better than that.

**John Leonard is the director of the American Swimming Coaches Association and an active coach.**

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COACH

## Sarah's Corner

(sgovanswm @ aol.com)

With our championship meet coming up, I want all of the athletes (and parents) to think about what fuel you are consuming.

Pre-competition Meals for Athletes:  
When it comes to pre-competition eating, each person has their own food preference. No one single food or "magic meal" will ensure top performance. The pre-competition meal helps to:

1. Maintain a normal blood sugar and prevent the performance problems associated with hypoglycemia (light-headedness, blurred vision, fatigue and feeling uncoordinated).

2. Settle the stomach, absorb some of the gastric juices and end feelings of hunger.

3. Provide energy to fuel the muscles.

The goal of the pre-competition meal is to enhance stamina and endurance without causing any stomach discomfort. Eating too much food can cause nausea and stomach cramps. Eating too little causes lack of energy. Athletes who get very nervous, stressed or have sensitive stomachs may prefer to abstain completely from food during a meet. They should make a special effort to eat extra food the day before to be well fueled for the competition.

Carbohydrates are the best pre-competition foods because they digest quickly and are therefore readily available for fuel. Some popular choices include cereal, bread, bagels, crackers, potatoes and pasta. Protein-rich foods (eggs, tuna, steak, chicken, etc) take longer to digest and may increase the need to urinate. Fats such as fried foods, peanut butter, burgers) stay longest in the stomach and may feel heavy or uncomfortable.

Pay attention to meal timing. With morning events, eat a hearty, high carbohydrate dinner and bed-time snack the night before. That morning, eat a light meal 2-3 hours before competition or workout. For afternoon events, eat a hearty breakfast and light, carbohydrate-based lunch 2-3 hours prior to the exercise. With evening events, eat a hearty breakfast and lunch, then perhaps a light snack 1-2 hours prior. In general you should allow 3-4 hours for a large meal to digest; 2-3 hours for a smaller meal, 1-2 hours for a liquid meal and 1 hour or less for a small snack.

Always eat familiar foods prior to competition. Experiment with new foods during training to determine if they settle well or cause heart burn, cramps or intestinal discomfort.

There isn't any one pre-event meal that will compensate for a poor training diet. Therefore, you should eat a high carbohydrate diet every day to prevent chronic energy depletion.



COACH

# Greg's Corner

(greg@taylorcamp.org)

All of the coaches have had this discussion on the deck... the difference between girls and boys and how to best train to those differences. I think it is important that parents understand these differences as they sometimes influence our coaching methods. In the past we have even separated boys and girls into separate lanes, doing different workouts optimized towards these differences. This is done on purpose.

**John Leonard of ASCA (American Swim Coaches Association)** recently wrote an article about this subject. I like how he describes the differences:...

Males and females are indeed very different: Females can sit still while they learn. (boys can't.)

Boys have to move to think. (girls don't)

Females are "cooperative and collaborative."

Males have to learn to be both, but it's swimming upstream against the hard wiring.

Females can learn from listening and watching. Boys have to "experience" to learn best. Ever watch little boys and little girls play? ... Little boys run into each other, push each other, bash into each other, and laugh about it with glee. Little girls look at them doing this like they are idiots, while they play quietly and without "violence." It's not really violence, it's masculine touching.

<http://www.swimmingcoach.org/articles/MenTalkingtoMen.asp>.

If you google "how do boys and girls learn?" you will find hundreds of articles about the topic and most acknowledge there is a difference as John has pointed out above. So when you see a coach let the swimmers jump around, dive to the bottom, do flips in the water... it isn't them just messing around... that is what they need to do before they can absorb what we are teaching.



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## 2013 Fall Festival

It's time once again to plant some pumpkins for our second annual Fall Festival and Bake Sale being held Saturday, October 12 from 6:30 to 8 pm!

Last year's festival was very popular with local youngsters and we would like to hold this event again this year as a way our team can give back to our community.

We will again need at least 20 Douglas Dolphins swimmers to help run the games and hand out prizes. We will also need a minimum of 12 parent volunteers to oversee the games, help with the bake sale, collect admission money, count children being admitted, hand out pumpkins and prizes, set up and break down. If you are unable to volunteer time at this event but wish to help, we will need volunteers to assemble snack packs to be handed out to the children, and make items to be sold at the bake sale. We will be able to credit all parents who help at the event with volunteer hours, but because this is a community service activity no credit towards fundraising can be applied. Swimmers who help can apply their time towards their NJHS or NHS volunteer requirements.

We are planning on a community turnout of 200 festival participants, so we are asking for each Dolphins family to contribute 5 pumpkins each (2 small and 3 big) for this event if you don't plan to participate.

Please call Julie Gray at 775-690-0124 if you would like to volunteer to help.



## Reno Summer Splash Results

20 Dolphins swimmers competed at the Reno Summer Splash Meet in Reno June 14-16. This meet was the 3<sup>rd</sup> Long Course meet of our season. We saw some new Team Records and some fast times!

First up for the 9-10 girls was **Emma Ruffo** who had a 100% improvement meet, competing in 7 events and bringing in a 6<sup>th</sup> place finish & a new **JO** time of 2:54.97 in the 200m freestyle. She also dropped .37 sec in her 100m backstroke for another 6<sup>th</sup> place and 1.50 sec in the 100m freestyle for 7<sup>th</sup> place.

**Cailey Tollman** also had an awesome meet, swimming 6 events and achieving new **PC-A** times in the 200m freestyle dropping 27.02 sec and the 100m backstroke taking off 9.76 sec. She swam 3 new **PC-B** times dropping 4.54 sec in the 50m freestyle, 5.81 sec in the 50m breaststroke and 10.57 sec in the 50m butterfly.

Competing for the 9-10 boys was **Remy Hill-Holeman** who broke his own **team record** in the 100m freestyle with a **PC-A** time of 1:22.65 and 3<sup>rd</sup> place finish and in the 200m freestyle with a **PC-A** time of 3:01.24 and 5<sup>th</sup> place finish. He also broke a 12 year old **team record** in the 100m breaststroke, taking off 9.08 sec for a new **PC-A** time of 1:51.57 and 4<sup>th</sup> place and achieved new **PC-A** times in the 50m backstroke and 50m butterfly.

**Connor Taylor** competed in 4 events taking 2.91 sec off his best in the 50m breaststroke and .31 sec in the 50m butterfly. He was just off best in the 200m freestyle.

**Madison Ashbaugh-Komp** competed for the Dolphins 11-12 girls and took off 4.99 sec in her 200m freestyle. She swam her first long course 400m freestyle setting a time to beat of 6:52.72 and her first long course 200m individual medley with a time to beat of 3:47.21.

**Lily Bickmore** swam 9 events bringing in new **PC-A** times in the 50m freestyle, taking off 1.57 sec for a time of 33.76 and in the 50m butterfly for a time of 38.13. She improved 1.22 sec in the 100m butterfly and 1.16 sec in the 200m individual medley, both **PC-A** times. She also took 2.41 sec off in the 100m backstroke and

swam her first 800m freestyle in 12:58.53, a **PC-B** time.

**Maegan Collins** raced in 3 events looking strong in her 100m freestyle for a **PC-B** time of 1:21.27.

**Amanda Castro**, first up for the 13-14 girls, competed in 8 events with a **PC-B** time of 12:41.73 in her first swim of the 800m freestyle. She took off 1.37 sec in the 100m backstroke and 4.97 sec in the 200m breaststroke, both **PC-B** times.

**Emily Dack** improved in her 50m freestyle by .24 sec and set a time to beat in her first long course 100m butterfly.

**Kaila Duffy** took off 3.73 sec in the 200m breaststroke for a **PC-A** time of 3:21.63 and .84 sec in the 100m breaststroke for a **PC-B** time and 8<sup>th</sup> place. She also placed 8<sup>th</sup> in the 400m individual medley and was just off best in her 100m and 200m freestyle events.

(Abbreviations: **PC-X**=Pacific Swimming Standards; **JO**=Junior Olympic; **FW**=Far Western; **PRT**= Pacific Recognition Time; **SEN-X**=SeniorTime.)

**Shelby Koontz** had a strong meet swimming 9 events and finishing 1st place in the 100m butterfly, right on **PRT** pace in that event as well as the 50m freestyle for 2<sup>nd</sup> place. She also came in 2<sup>nd</sup> in the 100m & 200m freestyle, 200m backstroke and 200m individual medley, right on **JO** pace in those events. Her time of 10:39.08 in the 800m freestyle was a new girls 13-14 long course **team record!**

**Annalisa Neal** improved in 4 of her 6 events, dropping 5.10 sec in her 800m freestyle and 4.75 sec in her 200m breaststroke, both **PC-A** times. She took off 1.25 sec in the 100m freestyle and 2.96 sec in the 200m freestyle, both **PC-B** times.

**Kayla Ruffo** competed in 3 events and looked strong in the 800m freestyle with a **PC-B** time of 12:15.56.

**Megan Ruffo**, also competing in 3 events, dropped 1.81 sec in the 100m backstroke and was just off best in the 200m freestyle.

**Justin Hight**, first up for the 13-14 boys, swam 3 events and came in 2<sup>nd</sup> in the 100m freestyle with a **PC-A** time of 1:04.69 dropping .23 sec and placed 4<sup>th</sup> in the 200m backstroke with another **PC-A** time.

**CJ Hill-Holeman**, swimming 9 events, was right on **PC-B** pace in 7 of his races. He dropped 20.50 sec in the 800m freestyle placing 4<sup>th</sup> in that event as well as in the 1500m freestyle. He dropped 13.99 sec in

the 200m breaststroke for an 8<sup>th</sup> place finish, took 8.84 sec off his 400m freestyle, 8 sec off his 100m backstroke and 2.83 sec off his previous 100m freestyle time.

**Anne Lancaster** was the only 15-16 Dolphins girl competitor. She dropped .85 sec in her 50m freestyle for a new **PC-A** time of 32.54, .44 sec in her 100m freestyle and .55 sec in the 200m freestyle. She also dropped .07 sec in the 200m individual medley with a **PC-A** time of 2:56.36, came in 3<sup>rd</sup> place in the 200m butterfly and looked really strong in the 800m freestyle with a **PC-A** time of 11:38.21 and a 7<sup>th</sup> place finish.

**Adam Dack** was the only 15-16 Dolphins boy swimmer. He set a new **PC-A** time of 1:13.57 in the 100m butterfly taking off 4.46 sec. He also came in 6<sup>th</sup> place in both the 400m individual medley and 800m freestyle with **PC-A** times, and dropped 2.10 sec in the 200m individual medley.

**Janosch Lancaster** competed for the 17-18 boys swimming 10 events and dropping 30.88 sec in the 400m freestyle for a new **PC-A** time of 5:02.73 and a 3<sup>rd</sup> place finish. He came in 1st place in the 200m backstroke, 2<sup>nd</sup> in the 100m backstroke, 4<sup>th</sup> in the 50m freestyle and 5<sup>th</sup> in the 200m freestyle with **PC-A** times in those events. His time of 5:46.61 in the 400m individual medley established a new boys 17-18 **team record!**

**TJ Smithen** had a strong meet, competing in 9 events and bringing in a new **JO** time in the 50m freestyle of 27.28 and 2<sup>nd</sup> place, new **PC-A** times in the 200m freestyle and 100m backstroke coming in 1st place in that event and dropping 32.79 sec. He also dropped a huge 1:15.07 sec in his 200m individual medley for a new **PC-A** time and a 2<sup>nd</sup> place finish and placed 3<sup>rd</sup> in the 100m butterfly right on **JO** pace. He also established a boys 17-18 **team record** in the 800m freestyle with a time of 10:42.89.

**Michelle Forman**, swimming in the 19 & over girls group, brought in **Sen-II** times in 4 of her 7 events, a **SEN-III** time in the 200m individual medley and a **SEN-IV** time in the 100m butterfly.

**John Stamper**, competing in the boys 19 & over group, dropped .35 sec in the 50m freestyle for a **SEN-II** time of 28.44 and swam **SEN-I** times in the 100m freestyle and 100m breaststroke.



## Bishop Meet Results

Hot fun in the summer time was had by all the DDST participants who traveled to Bishop, CA for the annual Bishop Invitational June 21-23, and for once, the temperature wasn't too hot! The Dolphins dominated the meet winning top team honors with many swimmers earning high point honors for their age group and all relay teams finishing first. To top it all off, we also saw some new **JO** and **FW** times!

Swimming in her very first meet for the 6 and under girls was **Caitlin Taylor** who swam times to beat in the 25 freestyle and 25 backstroke.

**Matthew Yturbide**, swimming for the age 7 boys, took off 3.84 sec in his 25 freestyle for a time of 35.28 and set a time to beat in the 25 backstroke.

**Sofia Delange** won 2<sup>nd</sup> **high point** for the 8 year old girls, competing in 8 events, winning the 25 freestyle, 50 freestyle, 25 and 50 backstroke, and 50 butterfly. She took off 1.42 sec in the 100 freestyle and achieved a new **PC-B** time in the 25 breaststroke.

**Barrett Lee**, competing in the 9 year girls races, swam 7 races and took first in the 200 freestyle and 2<sup>nd</sup> in the 200 freestyle taking off .87 sec in that event. She also took 4.65 sec off her 50 breaststroke.

**Eden Neal**, also swimming for the 9 year old girls, tackled 9 events and improved by .75 sec in her 50 freestyle, 7.32 sec in her 200 freestyle, 1.68 sec in the 50 breaststroke and 2.48 sec in the 100 individual medley.

Competing for the 9 year old boys was **Cooper Yturbide** who swam 8 events and set times to beat in the 50 and 100 freestyle and 50 and 100 backstroke.

**Cailey Tollman** swam 10 events finishing 1st place in 8 of them and took **1st place high point** for the 10 year old girls. She achieved new **PC-A** times of 34.98 sec in the 50 freestyle, 1:15.28 in the 100 freestyle, 2:45.40 in the 200 freestyle, dropping 12.03 sec in that event, and 1:26.38 in the 100 individual medley. She also turned in new **PC-B** times of 1:47.13 in the 100 breaststroke and 40.77 in the 50 butterfly.

**Connor Taylor** raced in 10 events and took 2<sup>nd</sup> **high point winner** for the 10 year old boys, improving 2.56 sec in the 50 butterfly and 2.06 sec in his 100 individual medley, finishing 2<sup>nd</sup> in both of those

events. He also finished 2<sup>nd</sup> in the 50, 100 and 200 freestyle and 100 backstroke and 1st in the 100 butterfly.

**Maegan Collins** competed in 10 events for the 11 year old girls and brought in 3 new **PC-B** times of 1:12.73 in the 100 freestyle, 45.55 in the 50 breaststroke and 1:22.20 in the 100 individual medley, dropping 7.42 sec in that event. She also dropped 7.87 sec in her 200 freestyle, 3.21 sec in her 100 breaststroke and 5.26 sec in the 50 butterfly.

**Nikki Jackson** was another **1<sup>st</sup> place high point** winner and swam 9 events in the 11 year old girls races. She finished 1<sup>st</sup> in 6 of her races and brought in a new **PC-A** time in the 100 freestyle of 1:07.17. She also dropped 3.85 sec in her 50 backstroke for a new **PC-B** time and took off 1.10 sec in the 50 freestyle, 12.47 sec in the 200 freestyle, 23.60 sec in the 500 freestyle and .46 sec in the 100 butterfly.

**Lily Bickmore**, competing in 10 events for the 12 year old girls, was **1<sup>st</sup> place high point** winner and finished 1<sup>st</sup> in 9 of her events. She achieved new **PC-A** times in the 50 freestyle with a time of 30.66, in the 100 freestyle with a time of 1:05.73 and a new **PC-B** time in the 100 breaststroke of 1:36.35. She dropped 5.94 sec in her 400 individual medley.

**Julia Chappell** also swam 10 events in the 12 year old girls races and claimed **2<sup>nd</sup> place high point** winner. She came in 2<sup>nd</sup> in 9 events, achieving a new **PC-B** time in the 200 freestyle of 2:35.96 and dropping 11.49 sec. She improved in 8 of her races taking 16.97 sec off her 500 freestyle time, 2.45 sec off her 50 freestyle, 2.81 sec off the 100 freestyle and 3.46 sec off her 50 breaststroke.

**Angel Neal**, competed in 10 events for the 12 year old girls, achieving a new **PC-B** time in the 100 freestyle placing 3<sup>rd</sup> and finishing 1<sup>st</sup> in the 100 breaststroke. She dropped 1.64 sec in the 50 backstroke and 4.90 sec in the 100 butterfly and finished 2<sup>nd</sup> place in the 50 breaststroke.

**Emily Willis**, swam 8 events for the 12 year old girls, and dropped 3.13 sec in the 50 freestyle and 1.77 sec in her 100 freestyle. She finished 6<sup>th</sup> in both the 50 and 100 breaststroke races.

**Taylor Knowles** came in **2<sup>nd</sup> place high point** for the 12 year old boys, competing in 10 events and placing 1st in the 50 backstroke with a new **JO** time of 32.94 and 1<sup>st</sup> in both the 200 freestyle and 100 backstroke. He also dropped .16 sec in the 50 butterfly for a new **PC-A** time of 35.58

and 4.67 sec in the 100 breaststroke for a new **PC-B** time. He also took off time in the 50 freestyle, 100 freestyle, 50 breaststroke and 100 butterfly.

**Max Owens** swam 3 events for the 12 year old boys, dropped 6.72 sec in his 100 freestyle and set times to beat in the 50 butterfly and 100 individual medley.

**Joey Smithen** had an awesome meet and won **1st high point** place in the 12 year old boys races, improving in all 9 of his events and finishing 1<sup>st</sup> place in 7 of them. He achieved 5 new **JO** times of 30.93 sec in the 50 freestyle, 36.87 sec in the 50 breaststroke, 30.84 sec in the 50 butterfly, 1:11.76 in the 100 butterfly and 1:08.07 in the 100 individual medley. He also achieved a new **PC-A** time in the 100 breaststroke of 1:22.09, dropping 11.07 sec.

(Abbreviations: **PC-X**=Pacific Swimming Standards; **JO**=Junior Olympic; **FW**=Far Western; **PRT**= Pacific Recognition Time; **SEN-X**=SeniorTime

**Daniel Taylor** competed in 10 events for the 12 year old boys and improved in 6 of his races. He dropped 1.81 sec in the 50 freestyle, 2.07 sec in the 200 freestyle coming in 2<sup>nd</sup> place, 10.57 sec in the 100 backstroke, 1.39 sec in the 100 breaststroke, 9.94 sec in the 100 butterfly and .05 sec in the 100 individual medley.

For the 13 year old boys, **Cole Petrosky** swam 5 events and dropped 5.68 sec in the 50 freestyle. He set times to beat in the 100 and 200 freestyle, 100 backstroke and looked strong in the 100 breaststroke.

**Sebastian Zeron**, also swimming in the 13 year old boys races, competed in 9 events and came in 1st place in the 500 freestyle, and 2<sup>nd</sup> place in the 100 freestyle, 200 backstroke and 100 butterfly. He set times to beat in the 200 freestyle and 100 and 200 breaststroke.

**Amanda Castro** raced in 10 events for the 14 year old girls. She improved 1.07 sec in the 100 freestyle, 5.87 sec in the 200 breaststroke and 4.46 sec in the 100 butterfly for a new **PC-A** time of 1:11.90 and a 2<sup>nd</sup> place finish. She also came in 2<sup>nd</sup> in the 200 butterfly.

**Emily Dack** swam 8 events for the 13 year girls and improved .63 sec in the 50 freestyle, .71 sec in the 200 freestyle placing 3<sup>rd</sup> and 1.30 sec in the 200 individual medley. She set a time to beat in her first swim of the 1000 freestyle!

**Shelby Koontz** took **1<sup>st</sup> place high point** for the 14 year old girls, finishing 1<sup>st</sup> place in all 9 of her events and bringing in a new **JO** time in the 1000 freestyle of 11:25.53. She was right on **FW** place in the 100 freestyle, 400 individual medley and on **PRT** pace in the 50 freestyle and 100 breaststroke.

**Annalisa Neal** came in **2<sup>nd</sup> place high point** for the 14 year old girls, swimming 10 events and setting a new **PC-A** time of 1:11.00 in the 100 butterfly, finishing 1<sup>st</sup> in that event as well as the 200 individual medley and 200 freestyle. She also finished 1<sup>st</sup> in the 500 freestyle, dropping .09 sec and 2<sup>nd</sup> in the 50 freestyle, 100 and 200 breaststroke.

**Josh Smithen** swam 10 events for the 14 year old boys and won **1<sup>st</sup> place high point**. He finished 1<sup>st</sup> in 7 of those events and achieved a new **PC-A** time in the 100 freestyle of 56.16 sec, in the 200 freestyle with a time of 2:20.38 and dropping 12.22 sec, in the 100 breaststroke with a time of 1:14.85 and in the 200 breaststroke with a time of 2:43.89. He also dropped 12.31 sec in the 100 butterfly for a new **PC-A** time of 1:04.53 and 22.94 sec in the 400 individual medley for another new **PC-A** time of 5:11.15.

**Joe Sullivan** swam 4 events for the 14 year old boys and improved .14 sec in the 50 freestyle, placing 1<sup>st</sup>, and 6.66 sec in the 200 individual medley with a time of 2:32.69. He also finished 2<sup>nd</sup> in the 100 freestyle.

**Emma Gray** won **1st place high point** for the 15 year old girls, swimming 9 events and placing 1<sup>st</sup> in 6 of them. She improved 1.26 sec in her 500 freestyle, .51 sec in her 100 breaststroke and 1.69 sec in the 200 individual medley.

**Anne Lancaster** swam 10 events for the 15 year olds and improved .27 sec in the 50 freestyle, placing 2<sup>nd</sup>. She also placed 2<sup>nd</sup> in the 500 freestyle and 400 individual medley and won first place in the 200 freestyle.

**Kevin Smithen**, one of two 15 year olds competing at the meet, won **1st place high point**, swimming 8 events. He took off .10 sec in the 100 freestyle, 6.68 sec in the 200 freestyle, 2.94 sec in the 200 individual medley and 5.60 sec in the 400 individual medley.

**Jordan Knowles**, the only 16 year old DDST girls competitor, raced in 8 events and improved .05 sec in the 50 freestyle finishing 2<sup>nd</sup> place. She placed 2<sup>nd</sup> in all

her other events except the 100 backstroke where she took 1<sup>st</sup> place.

**Adam Dack**, the only 16 year old DDST boys swimmer, took **1<sup>st</sup> place high point** for his age group. He placed 1<sup>st</sup> in 7 of his 10 events and 2<sup>nd</sup> place in his other 3 races. He dropped 3.86 sec in the 200 individual medley for a time of 2:20.35.

**Andy Esperza** was the sole 17 year old DDST boys competitor. He took **1<sup>st</sup> place high point** for his age group as well finishing 1<sup>st</sup> in all 7 of his races. He dropped a huge 14.48 sec in the 50 freestyle for a new **PC-A** time of 25.29 sec and 35.26 sec in the 100 freestyle for another new **PC-A** time of 58.10 sec. He took off 32.66 sec in the 100 backstroke for a new **PC-B** time.

DDST provided the entire 18 and over boys roster. It was fun to watch **Kyle Johnston, Janosch Lancaster** and **TJ Smithen** take turns winning races!

**Kyle Johnston** took **1<sup>st</sup> place high point** in the end, winning 7 of the 10 races. He was right on **FW** pace in the 200 backstroke and 100 butterfly and on **JO** pace in the 100 and 100 freestyle, 100 backstroke, 200 butterfly and 200 individual medley.

**Janosch Lancaster** had a good meet swimming 10 events and dropping 10.57 sec in the 1000 freestyle for a new **JO** time of 11:23.75. He also brought in a new **JO** time in the 100 breaststroke of 1:10.43, dropping 2.20 sec and placing 1<sup>st</sup>. He also placed 1<sup>st</sup> in the 200 breaststroke and 2<sup>nd</sup> in the 400 individual medley where he dropped 4.14 sec, right on **JO** pace.

**TJ Smithen** had a strong meet, competing in 10 events and achieving a new **FW** time in the 200 backstroke of 2:06.96, taking off 7.99 sec. He brought in another new **FW** time in the 400 individual medley of 4:36.98, dropping 7.20 sec and placing 1<sup>st</sup>. He was right on **FW** pace in the 100 backstroke where he also placed 1<sup>st</sup>, and on **JO** pace in 6 other events winning another 1<sup>st</sup> in the 50 freestyle.

**John Stamper**, our final DDST competitor, swam in the 19 and over boys race category. He dropped .38 sec in the 100 backstroke for a **SEN-II** time of 1:06.80, 1.17 sec in the 100 breaststroke for a **SEN-II** time of 1:10.45 and 6.56 sec in the 200 individual medley for a **SEN-I** time of 2:24.47.

The following relay teams also took 1<sup>st</sup> place for their respective age groups: **Sofia Delange, Eden Neal, Barrett Lee** and **Cailey Tollman** won the girls 9-10 200 freestyle relay with a time of 2:39.61.

**Maegan Collins, Angel Neal, Julia Chappell and Lily Bickmore** won the 11-12 girls 200 medley relay with a time of 2:37.116. **Taylor Knowles, Daniel Taylor, Joey Smithen and Max Owens** won the 11-12 boys 200 medley relay in 2:27.42. The boys 13 and over 200 medley relay was won by **TJ Smithen, Janosch Lancaster, Kyle Johnston and Jon Stamper** with a time of 1:54.71. **Jordan Knowles, Annalisa Neal, Emma Gray and Anne Lancaster** took 1<sup>st</sup> in the girls 13 and over 200 medley relay with a time of 2:04.82.



## Tahoe Meet Results

While the rest of America was taking the weekend off to celebrate the holiday, 24 hardy Douglas Dolphins competed at the South Lake Tahoe Swimming at Altitude Meet July 5-7! Every single Dolphins swimmer was rewarded with time improvements!

First off was 6 & under **Caitlin Taylor** who swam 2 events and dropped 8.29 sec in her 25 freestyle and 4.98 sec in her 25 backstroke.

**Matthew Yturbide** swam for the 7 year olds and dropped 2.70 sec in his 25 freestyle and set times to beat in his 50 freestyle and 50 backstroke.

**Marin Collins** swam 5 events for the 8 year old girls, taking 22.30 sec off her 50 butterfly for a new **PC-B** time of 58.65. She dropped 2.01 sec in the 50 freestyle, .05 sec in the 25 backstroke, and 17.68 sec in the 100 individual medley, finishing 4<sup>th</sup> place in all 5 events

**Kylie Compton**, swimming 6 events for the 8 year old girls, dropped time in 5 events and brought in a new **PC-A** time in the 50 butterfly of 48.90 sec. She took off .31 sec in the 25 freestyle, 7.05 sec in the 100 freestyle, 4.09 sec in the 50 backstroke and 2.70 sec in the 100 individual medley and came in first place in all of her events.

**Sofia Delange**, another Dolphins 8 year old girls competitor, swam 5 events and dropped 2.50 sec in her 50 backstroke, .25 sec in her 25 breaststroke and 3.51 sec in her 25 butterfly placing 4<sup>th</sup> in that event. She also came in 4<sup>th</sup> place in the 50 breaststroke, setting a time to beat of 1:07.38.

**Lilia Fields** swam 7 events for the 9 year old girls and dropped .28 sec in the 50 freestyle and 3.74 sec in the 50 breaststroke. She set a time to beat in the 50 butterfly of 1:04.55.

**Jessica James**, competed in 4 races for the 9 year old girls and took off 5.24 sec in her 50 freestyle and 23.74 sec in her 100 individual medley. She set times to beat in the 50 backstroke and 100 breaststroke.

**Barrett Lee** swam 5 events for the 9 year old girls and dropped .61 sec in the 100 freestyle and 3.66 sec in the 100 breaststroke.

**Matthew Beam**, swimming 1 event for the 9 year old boys, set a time to beat of 1:02.74 in the 50 freestyle.

**Cooper Yturbide**, also competing for the 9 year old boys, had a 100% improvement meet, taking off 2.57 sec in the 25 freestyle, 3.18 sec in the 50 freestyle, 8.93 sec in the 100 freestyle, and 13.72 sec in the 50 backstroke. He set a time to beat of 1:08.14 in the 50 breaststroke.

**Kyla Palaroan** took on 8 events in the 10 year old girls races and took off .46 sec in the 50 freestyle, 7.16 sec in the 50 breaststroke, and 6.60 sec in the 100 individual medley. She also set a time to beat of 19.22 sec in the 25 freestyle.

**Josh Beam** took on 3 events for the 10 year old boys and dropped 28.29 sec in the 100 freestyle and 1.33 sec in the 50 backstroke.

**Jack Stevenson**, also competing for the 10 year old boys, set times to beat in his first swims of the 25 freestyle and 50 breaststroke.

**Connor Taylor** took on 11 events for the 10 year old boys and was rewarded with a 2<sup>nd</sup> place finish in the 100 butterfly and 4<sup>th</sup> place finishes in the 25 freestyle and 100 backstroke. He took off .19 sec in the 50 breaststroke.

**Maegan Collins** swam 7 races for the 11 year old girls and brought in a new **PC-B** time of 3:04.48 in the 200 individual medley. She took off .80 sec in the 50 freestyle and 2.87 sec in the 100 breaststroke, and finished 3<sup>rd</sup> place in the 500 freestyle.

**Hope Rakow** competed in 10 events for the 11 year old girls, dropping 5.34 sec in the 200 freestyle and finishing 2<sup>nd</sup> place, 3.84 sec in the 100 backstroke, finishing 3<sup>rd</sup> and 2.07 sec in the 50 butterfly. She also came in 4<sup>th</sup> in the 100 breaststroke.

(Abbreviations: **PC-X**=Pacific Swimming Standards; **JO**=Junior Olympic

**Mychael Bellik** raced in the 12 year old girls events and took 2<sup>nd</sup> place in the 500 freestyle dropping 2.85 sec in that event. She took 4<sup>th</sup> in the 200 freestyle dropping 3.11 sec, took off .88 sec in the 100 breaststroke and 1.97 sec in the 20 butterfly. She also brought in a new **PC-B** time in the 50 breaststroke of 44.84 sec.

**Sydney Kearney** swam 3 events for the 12 year old girls and set a new **PC-B** time of 2:53.46 in the 200 individual medley, placing 4th. She took off 8.26 sec in the 500 freestyle, coming in 3<sup>rd</sup> place, and set a time to beat in the 100 butterfly.

**Dominic Ansberry**, competing in his very first meet for the 12 year old boys set times to beat in the 50 freestyle, 100 freestyle and 50 backstroke.

**Max Owens**, another 12 year old boys competitor, swam 6 events and set times to beat in the 25 freestyle, 200 freestyle and 50 backstroke.

**Daniel Taylor** took on 11 events for the 12 year old boys and turned in a new **PC-B** time of 42.25 sec in the 50 breaststroke taking off 3.21 sec. He improved 1.06 sec in the 25 freestyle placing 4th, .25 sec in the 50 freestyle, 2.28 sec in the 100 freestyle, 4.73 sec in the 200 freestyle, 1.42 sec in the 100 backstroke, 2.84 sec in the 50 butterfly and 1.39 sec in the 100 individual medley.

**Chayce Beam**, first up for the 13 year old girls, raced in 3 events and dropped 2.07 sec in the 50 freestyle and .74 sec in the 100 freestyle.

**Kaila Duffy** competed in 10 events for the 13 year old girls and set a new **PC-A** time of 1:21.84 in the 100 breaststroke, dropping 5.60 sec and placing 3<sup>rd</sup>. She dropped .52 sec in the 100 freestyle and placed 2<sup>nd</sup>, 2.02 sec in the 200 backstroke placing 3<sup>rd</sup>, 1.19 sec in the 100 butterfly placing 1<sup>st</sup> and 1.67 sec in the 200 individual medley also placing 1<sup>st</sup>. She also came in 1<sup>st</sup> place in the 500 freestyle and 200 butterfly.

Last up for the Dolphins in the 14 year old girls category was first time competitor **Maddie Jordan** who swam 6 events, setting times to beat in 5, and came in 5<sup>th</sup> place in the 25 freestyle and 100 butterfly.



## From the Meet Directors

Our first meet of this season, the High Country League Championships, is less than a month away, August 9th-11th. This meet is a different format from our other home meets. It will be a Trials and Finals meet which means that everyone swims in the Trials or AM Session. 11 & Older swimmers who finish with the fastest top 8 times will then swim in the Finals or PM session later in the day. Please sign up your swimmer(s) on our team website by committing to the event and then choosing your events. You will be billed on the next billing cycle. If you are unsure what events your swimmer should swim, please check with your coaches.

**Parents, please sign up to volunteer for this meet on the team website under Job Sign Up. We are looking for a few parents that would be interested in learning to run the Colorado timing system.** The parents that currently run the Colorado will be retiring in the next few years and we really want to start training other parents to help out with this job.

**Please speak with Hope Castro if you would be willing to try this job.** We ask that all families volunteer a minimum of 7 sessions per meet season per the Family Meet Policy so any help will be appreciated. Friday is the most difficult day to cover as most parents are working so, if you are available on Friday, it would be a great help! There are other ways to earn some of your volunteer hours if you will not be able to work at this meet. **Karen Sullivan, who is the Hospitality Coordinator, is asking for volunteers to make brownies, pasta salad, potato salad, ground beef and shredded chicken for tacos.** Any volunteers who make food for hospitality (feeding our meet officials and parent volunteers) earn 2 volunteer hours. **Please contact Karen at [ksulliva@dcsd.k12.nv.us](mailto:ksulliva@dcsd.k12.nv.us) if you can help.**

Also, don't forget about our basket auction. This is an easy way to earn some fundraising credit if you are short! Whatever the basket brings in will be credited to your fundraising account, if you need ideas for the baskets please let us know. This is our largest meet of the season and many swimmers say it is the most fun! Go Dolphins!"



## Sun Country Invitational

**Adam Dack** recently traveled with 10 members of the Carson Tigersharks to compete in the Sun Country Invitational at the Juniper Aquatic Center in Bend, Oregon. Other club teams from Oregon, Washington and Idaho were also there to compete in this long course meet. The Nevada swimmers were graciously hosted by local families of this Bend swim team at their homes. Adam improved in all 5 of his events and set a new **JO** time in the 800m freestyle of 10:00.09. He also dropped 8.14 sec in the 200m freestyle, .54 sec in the 400m freestyle, 1.22 sec in the 200m backstroke and 7.62 sec in the 200m butterfly.



## Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday August 6, 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)



## 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](mailto: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.



## Welcome Summer Swimmers

### From Coach Kat

Summer Swim Team is off and running. We have had all of our Practice meets at our pool where a lot of fun was had by all! The parents jumped right in to help with timing and the kids did a great job. The last meet is the High Country Meet and is an official USA Swimming meet that the Douglas Dolphins host annually. If you enter in this meet please note that the entry fees are not covered by the initial registration dues and you will receive a bill for these competition fees. If you do decide to compete in our meet please note that you will get one more week of Summer Swim team. We will be concentrating on meet preparation and going over some of the "rules" for a successful meet. One more thing, I would like to make sure Summer Swimmers put on their calendar is the date and time of our annual team picture. It is not during our regularly scheduled practice time. **Team pictures are August 1st at 8:30am** (hopefully a no wind picture) at the swim center. Please make sure you wear your summer swim team t-shirt

We would like to take this time to welcome all of our Summer Swimmers. Hopefully you are all having fun with the Douglas Dolphins, learning a lot and staying cool in the pool: **Connor and Dominic Ansberry, Zach Bailey, Treyson Ballingham, Matthew Beam, Aoife Brooks, Brook Cameron, Molly Cloutier, Karris David, Nat Dawson, Ethan Duby, Julana Eppard, Zack Foster, Julianne James, Marayah Jimenez, Maddie Jordan, Salivin Kirk, Stephanie Lin, Chris Manning, Sophia Maricich, Alex and Kaitly Molyneux, Sydney Palaroan, Noah Primak, Taylor Reardon, Hunter Rowlatt, Corbin Sanchez, Caitlin Taylor, Max Woelfel, Cooper and Matthew Yturbide.** We are looking forward to a fun filled summer!



## Team Pictures

Thursday, August 1<sup>st</sup>!

DDST team & individual pictures will be taken on Thursday, August 1<sup>st</sup> starting at 8:30 am. Swimmers please wear your team apparel (suit, T-shirt, shorts, etc.). Payment envelopes (checks or cash only) with package options will be available from the coaches before and on picture day.

We would like all swimmers to participate in the team picture even if you do not plan to purchase photos – otherwise your teammates will miss you! Prints ordered by picture day should be ready that same week or at the High Country Meet. Prints can also be ordered on-line at [www.instaimage.com](http://www.instaimage.com).



## Dolphins' Classified ITEMS WANTED OR OFFERED

### OFFERED

1 pair of navy Dolphins shorts sz medium, free. Call 782-7806.

1 Lucky 08 navy State Shirt size youth large (shrunken), free. Call 782-7806. (3)



## DDST Key Contacts

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

**Acting Secretary & Safety Officer: 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**, danielell84 @ 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



## Special Practice Schedules

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

**No Dry land Practices in August (all groups)**

**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.

**August 12-16:** Fun Week-No Swim Practice.

**September 2:** Labor Day-no school, School out Practice.

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



## Upcoming Meets

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

**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 7/24, qual. times apply.  
(<http://www.pacswim.org/0713LCFWChamps.pdf>)

**August 7-11: 2013 North American Challenge Cup (Pacific All Star Team).** By application only.

**August 9-11: HOMEMEET: High Country League Champs** (trials & finals), view meet sheet & enter meet on ddst.org. (entries due Wed. July 31!) **Parent job sign up closes Aug. 3.**

**September 20-22: HOME MEET: Molly Lahlum Memorial Autumn Freeze Meet.** Meet sheet pending.



## Lost & Found!

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. 1)



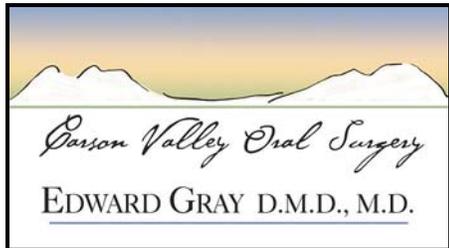
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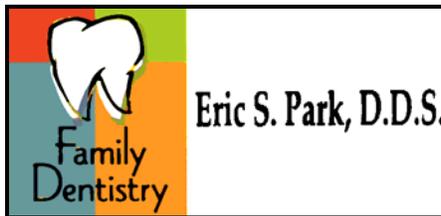
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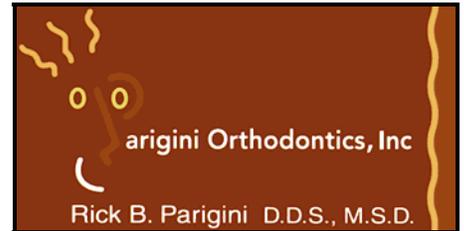
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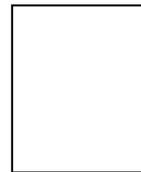
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[www.ddst.org](http://www.ddst.org)



## SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



### Transitions

**Farewell and good luck to:** Rachael Hollis, Kyle Johnston

**Welcome to:** Summer Group!

**Moving Up: Congratulation to new**

**Red Dolphins:** Barrett Le & Eden Neal

**Blue Dolphins:** Sydney Kearney, Emma & Megan Ruffo & Sebastian Zeron

**Pre Senior Dolphins:** Kayla Ruffo, & Andy Esperza

**Happy August Birthdays to:** Julana Eppard (8/4), Cailey Tollman (8/6), Ryan Chen (8/12), Treyson Ballingham (8/15), Matthew Yturbide & Ethan Duby (8/20), Janosch Lancaster (8/25), Connor Taylor (8/26), Nat Pritchard (8/27), Maegan Collins & Sofia Delange (8/28), Mychael Bellik (8/30).

*(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-Th 6:30-8:30a + M & W 7-8:30p, F 7:00-9:00a, dryland T & Th 3:30-4:30p

**Pre-seniors:** M, W 6:00-8:00a, T, Th 6:30-8:00a, F 7:00-9:00a, dryland T & Th 3:30-4:30p

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

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

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

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

### Next Newsletter

The next *Monthly* will appear about **August 31st. All submissions should be received by Fri., Aug 26th.** 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, Jim Morefield, Karen Sullivan, and Linda Koontz.*

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

