

Dolphins' Monthly

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

www.ddst.org

June 2014

Swimmers of the Month

Dippin Dolfins Swimmer of the Month is Aina Owens. She always comes to swim with a smile on her face and a bubbly, excited attitude that her teammates love. She tries her best at practice every time. Congratulations, Aina! And, Go Dolfins!

Silver Group Swimmer of the Month would have to be Marayah Jimenez. Marayah always comes to practice with a smile. She will even do the drill right with or without the necessary equipment needed. She is ready and willing to face all swimming goals with determination. Great job, Mariah!

White Group Swimmer of the Month is Niko Hight. Niko is a very coachable white group swimmer. He comes to practice with the right attitude which is noticed by his peers and his coaches. Niko is always friendly to all of his team mates and leads by example. Nice job, Niko!

Red Group Swimmer of the Month is Ashlyn Nelson! Ashlyn always shows up with a smile, positive comments and works hard all practice. She makes her a great example to her teammates! Keep up the hard work, Ashlyn!

Blue Group Swimmer of the Month is Nikki Jackson. Nikki had a great meet in Carson on Memorial Day weekend with a combined drop of 27 seconds & 100% improvement in her events. Nikki also swam her first long course meter 200 Fly and obtained a PC-A time on her 100 free. At practice Nikki has been encouraging to her team mates and helpful when it comes to cleaning up the deck and equipment

room after practice. She currently has the highest attendance rate for Blue Group. Awsome job, Nikki! I am proud to have you as a member of our team!

Pre-Senior Swimmer of the Month is Kaila Duffy. Kaila had great accomplishments this past high school season making her a stand out. As a freshman she made her first state individual in the 200 IM, was fourth in her 100 fly and a member of the state qualifying 400 free relay. She has always been a consistently hard worker and all her hard work paid off this season. Way to go, Kaila!

Senior Group Swimmer of the Month, Shelby Koontz, has made the Douglas Dolfins proud beyond written words. During the High School swimming season almost all of our swimmers wear two hats (or caps), DDST as well as DHS. I have silently watched Shelby represent club and high school swimming by compassionately encouraging and supporting swimmers of all skill levels. Not only was it heartwarming to watch Shelby interact with her peers this high school season, but her swimming performance was also exceptional. She won both the 50 & 100 free in the NIAA Northern Nevada Regionals, and placed second in the NIAA State Meet. Shelby Koontz was also the **Northern Nevada Female Athlete of the Year!**



Lost & Found

LOST OR FOUND ITEM? List Dolfins-related items here and get them home!
Newsletter Editor newsletter@ddst.org 775-690-0124.



COACH

Kat's Corner

[coachkat0809 @ hotmail.com](mailto:coachkat0809@hotmail.com)

As we begin our summer season of swimming this article on the USA Swimming website hits the mark on a topic I feel is seasonally appropriate and just about everyone can identify with.

The Magic of an Opportunity

By Mike Gustafson//Correspondent

Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race.' You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim? World records aren't broken every day. The opportunity is rare. You'd take advantage of it.

Unfortunately, time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds. Sometimes, we don't feel like swimming.

Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another day, another race, right?

But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim.

Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler told me that on the day she broke Janet Evans' hallowed 1500m world record, she didn't want to

swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history.

But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week?

What if she didn't swim that day? I was once told from the creator of "Friends" that the hardest thing to do in the entertainment industry isn't getting your foot in the door; it's being prepared when you're already in.

People always get their foot in the door, but they rarely take advantage of it.

It's that old "elevator pitch" theory. You should always be prepared when you live in Hollywood, because you never know who could be stuck in an elevator with. Some of my friends went from assistants to executive producers in 24 hours because they were stuck in an elevator with someone like Rosie O'Donnell, pitched an idea they had rehearsed, and made the most of their opportunity. No joke.

Swimming is similar. Any given lane at any given time is an opportunity. "Give me a lane, anywhere, anytime," one famous swimmer used to say, "And I'll aim for perfection."

Sometimes, swimming is viewed in a linear path. You'd think, "Times will get faster. Races will get easier. I'll eventually get here, do this, swim that, and by this year I'll be where I want to be." Swimmers sometimes circle on the calendar, "This is when I'll swim my fastest. This is the plan."

But swimming is rarely predictable. It's not this linear, easily-planned calendar of time progression. It's more a chaotic fun house. It's opposite than what you'd expect. You swim fast when you expect to swim slow. You swim slow when you expect to swim fast. One day, you could be planning a trip to the beach, while your body se-

cretly knows, "I could be breaking a world record right now, this very second."

You never know when the swim of your life will happen.

You can't plot out the future. And unless Doc Brown swings by your house and points out the highs and lows of your future swimming career, it's best to say to yourself, "Give me a lane, anywhere, anytime – and it could be magic."

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2046&Alias=Rainbow&Lang=en-US>



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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@dcisd.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.



COACH

Sarah's Corner

(sgovanswm @ aol.com)

Motivation is the foundation all athletic effort and accomplishment. Without desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete you can be you must be motivated to do what it takes to maximize your ability and achieve your goals.

Motivation, simply defined, is the ability to initiate and persist at a task. To perform your best, you must want to begin the process of developing as an athlete, and you must be willing to maintain your efforts until you have achieved your goals. Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain and the desire to do other things. Motivation will impact everything that influences your sports performance: physical conditioning, technical and tactical training, mental preparation, and general lifestyle, including sleep, diet, school or work.

The reason motivation is so important is that it is the only contributor to sports performance over which you have control. There are three things that affect how well you perform. First your ability, which includes your physical, technical, tactical, and mental capabilities. Because ability is something you are born with, you can't change your ability so it is outside of your control.

Second, the difficulty of the competition influences performance. Contributors to difficulty include the ability of the opponent and external factors such as an "away game" crowd and weather such as temperature, wind, and sun. You have no control over these factors.

Finally, motivation will impact performance. It is also the only factor over which you have control.

Motivation will directly impact the level of success that you ultimately achieve. If you are highly motivated to improve your performances, then you will put in the time and effort necessary to raise your game.

Motivation will also influence the level of performance when you begin a competition. If they're competing against someone of nearly equal skill, it will not be ability that will determine the outcome. Rather, it will be the athlete who works the hardest, who doesn't give up, and who performs their best when it counts. In other words, the athlete who is most motivated to win.



DDST Key Contacts

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Board Meeting

The next DDST Board of Directors meeting is **June 12, 2014** 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 have been changed to the **second**

Thursday of each month at 6:30pm at Big George Ventures, 2240 Meridian Parkway,

Suite B. Board Contact info:

www.ddst.org/boardmembers.htm

COACH Greg's Corner

(greg@taylorcamp.org)

Now it is getting hot out and we are outside, please make sure your swimmers have sunscreen and use it! They need to be on the deck, with a positive attitude and ready to swim five minutes before practice! Please remind your swimmers! Go Dolphins

COACH Danielle's Corner

Swimming: Start Them Young!

Why enroll your child in swim class? Here are some great reasons!

Swimming can be either an individual or a team sport.

It is something that children can continue to do for the rest of their lives. Very few injuries are sustained from swimming when compared to other youth sports.

Swimming provides a fun and challenging way to help children stay fit. Children are taught important safety skills to prevent drowning, which is the second leading cause of unintentional injury death among youth.

Swimming provides cardiovascular activity that promotes heart and lung health.

It improves stamina, flexibility, strength, balance and posture.

It helps prevent childhood obesity, which is an increasing health problem, and that in turn can help prevent juvenile diabetes.

Swimming is a mental exercise that can help improve emotional health and well-being.

Swimming is easier for children with disabilities or medical conditions that might prevent them from participating in other youth sports.

Source: <http://ow.ly/tkb1Q>



COACH TJ's Corner

Here are 7 reasons why swimming is a great sport to be in:

1. Heart Helper

Swimming provides unparalleled cardiovascular conditioning, provided you practice consistently and with good technique. While other forms of exercise may be more effective at elite levels (such as running or cycling), incorporating swimming into a cross-training routine and pushing yourself in practice will result in overall improved fitness.

2. Balance Your Build

Swimming builds longer, leaner muscles that complement the shorter denser muscles that develop from weight training. These "swimmer's muscles" also help boost metabolism to keep calories burning longer.

3. Cross-training

Swimming not only boosts cardiovascular capacity while increasing muscle strength, but it also gives your body a break from higher-impact activities like basketball, running, and weightlifting. By creating a balanced workout routine, athletes avoid injury by allowing their body time to heal, while not forgoing daily training sessions.

4. Increased Flexibility

A heated pool relaxes muscles, increasing flexibility and enabling important stretching. Also, after intense lactic-acid-building endurance workouts (running, cycling, weights), an easy swim helps flush out toxins preventing muscle tightness and soreness the following day.

5. Strengthen Your Core

Swimming develops core body strength because it utilizes all the body's muscles simultaneously. Although 70 percent of a swimmer's effort comes from the upper body, kickboard and fin workouts can provide an excellent leg workout.

6. Endurance

Swimmers are able to swim longer than

they can what they could sustain doing other activities. With the right technique, a swimmer will be able to train for longer periods of time than if he/she were running and, as a result, more calories are burned.

7. Weight Loss

"People who consistently swim strenuously enough to be out of breath when they finish and elevate their heart rate do burn calories and lose weight," says Jane Moore, M.D., a physician and active swimmer from Tacoma, Washington. "The key is to push yourself a bit." Whatever your reason, or whatever the excuse of a friend or partner, that swimming has not been incorporated into a consistent fitness routine, the list above should illuminate the ways in which the sport can add to your quality of life.

Article adapted from Active.com



Important Dates

PLEASE NOTE THE FOLLOWING practice days coming up:

June 9: Summer Swim Program begins

June 10: Beginning Officials Clinic at 5:30 pm. See ddst.org for details.

June 14: Carson Valley Days Parade. Meet at swim center at 8:30 am, parade starts at 9 am. Instructions about what to wear, pending. This event is for all ages! Please call Kathy Chappell if you can help with parade float! 775-267-5284.

August: No Dryland practice all groups.



Upcoming Meets

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

Please declare your intention to attend or not attend these meets on our website by signing in on your family account, go under Meet and Events and click the Attend/Decline button so that Coaches can plan accordingly

June 19-22, Santa Clara, CA, Santa Clara International Grand Prix, qualifying times apply.

June 20-22, Bishop, CA, Bishop Swim Team Invitational, enter online at swimconnection by June 11.

June 25, Home Twilight Practice Meet for Dippin, Silver, Summer & White Dolphins. 5:30-8:00 pm.

June 27-29, Reno, NV, Reno Summer Splash Long-Course Meet, enter online at swimconnection by June 15.

July 11-13, Concord, CA, Adam Schmidtz Pacific Swimming Long-Course Junior Olympic Championships, qualifying times apply. Sign up by Wed., July 2 on swimconnection. Bonus events allowed.

July 17, Home Twilight Practice Meet #2, 5:30-8:00 pm.

July 19, Tahoe Swim Club "Swimming at Altitude" Meet, South Lake Tahoe, CA. Meet sheet available on our website. Enter online at swimconnection by July 9. Dolphins Coaches attending on Saturday only. If you would like to attend more days please see your coach. Meet is optional for Seniors and Pre-seniors and recommended for all other levels.

July 26, Carson Tigersharks Summer Long Course Meet, Carson City, NV, Dolphins coaches attending Saturday only. Meet sheet available on our website, sign up on swimconnection by July 16. This meet is mainly for Blue and Pre-senior groups.

August 8-10, Home High Country Invitational Short Course Championships Meet. Declare your intention for this meet on ddst.org. Do not sign up on swim connection! Parents please sign up for jobs by August 2.



Carson Valley Days Parade

The Carson Valley Days Parade is approaching! The Dolphins will be marching in the parade on Saturday, June 14th. This is our **50th year in this community** we would like a large turnout of swimmers to support our team. We will gather at 8:00 a.m. at the Carson Valley Swim Center parking lot. Bring your squirt guns!

The theme for this year's parade is SUPER HEROS! The swimmers will all be wearing team-provided capes as we march. We need to know how many capes we need, so **PLEASE log onto your account at ddst.org**, find the Parade Event, click "Edit your commitment" and follow directions to say if you'll be participating. Respond even if you will not be coming so we know how many capes to order!

(Deadline for response is Monday, June 9th)

Hope to see you there!



FROM THE MEET DIRECTOR

It's time to start thinking about our annual home High Country Championship Meet that will take place August 8-10!

Just a reminder for Dolphins swimmers that we ask that you **use our web site to enter the meet, NOT swimconnection**. Coaches will be assigning swimmers to all their events, including relays. To sign up, sign in to your family account on ddst.org. Under Meets & Events, scroll down until you find the High Country Meet and click the Attend/Decline button. For each swimmer attending, select Yes, then check which days and sessions the swimmer will be attending. If a swimmer will not be attending any sessions, please select No so we can plan accordingly). Day

1= Friday; Day 2= Saturday; Day 3 = Sunday. Don't forget to SAVE CHANGES when finished.

NOTE: If you see two sessions on one day, it is because your swimmer is 11-over and qualifies for afternoon session relays and possibly finals! If they want to swim relays, please select both sessions.

NOTE: It is important to keep this accurate so that the coaches can plan relays. A relay "no-show" affects 3 other teammates! If your plans change, please come back and update your selection **AND** let your coach know.

Your coach will select your events. You can go onto ddst.org anytime to see what events you are competing in. They may not be complete until July 30th. Contact your coach if you have any questions.

ONE MORE NOTE: This year entries with NT or "No Time" are NOT being accepted except for the 8 and under 25 yard events. For events 50 yards or longer, a valid time (in any course, yard or meters) is required. So use the other summer meets (Twilight Practice Meets don't count) to get your official times for events you want to swim at the High Country Meet!

Parents, please sign up on our website for meet jobs by August 2nd. We have 400+ swimmers sign up for this popular event and we need "all hands on deck" to make it a success!



June Birthdays

Allie Jezek, Josh & TJ Smithen (6/2), Lilia Fields (6/4), Trevor Gifford (6/6), Taylor Sullivan (6/8), Michael McDonald (6/12), Chris Manning (6/19), CJ Hill-Holeman (6/21).

July Birthdays

Savannah Chappell (7/2), Keira Duffy (7/3), Clarice Albert (7/5), Shelby Koontz (7/6), Harley Keenan (7/7), Chayce Beam (7/14), Aina Owens (7/25), Brook Cameron (7/30).



2014 Ad Campaign

*******2014 AD CAMPAIGN PACKET MATERIALS AND DONATION LINK ON DDST.ORG AVAILABLE SOON! STAY TUNED FOR DETAILS!!!!*******

Beginning June 9 DDST members and their families are encouraged to seek out family members, individuals and businesses in our community to become new team sponsors or renew previous sponsorship. For their contribution, the family or business will be advertised by DDST, depending on sponsorship level purchased. See attached "**What do you get for your swim team sponsorship?**" Donations are tax deductible and crucial to the success of our entire team. DDST families may also become sponsors themselves with the same tax benefits.

This sponsorship drive is the 2nd of two main opportunities DDST member families have each year to offset their annual fundraising obligation.

Prizes will be awarded based on amount brought in by each team member or family.

Ad Campaign packets may be printed from this email or downloaded from www.ddst.org(coming soon). There will be a limited amount of paper copies available in the DDST file folder box at the swim center.

We can take new sponsors at any time during the year **but Sponsorship information is due no later than Friday, July 18 in order to be included in this year's meet banner**. This allows us time to compile the logos and for Art Images to make the sponsor banner. Please enter in Sponsorship information on www.ddst.org or hand in a paper packet to Birgit Widegren (Barrett Lee) with payment in the DDST file folder box at the swim center. Email any questions regarding this Ad Campaign to fundraising@ddst.org or bmwinnv@gmail.com or call 775-901-1847

FOLSOM MEET

For the Douglas Dolphins Swim Team, the Sierra Marlins Swim Team Spring Splash Long Course Meet held in Folsom, CA, heralds the beginning of the long-course season. Sixteen Dolphins traveled to Folsom April 11-13 to enjoy the warm weather and compete in their first 50 meter races of the swim year. They were rewarded with 4 new PC-B times, 4 new PC-A times, 2 new JO times, 1 new FW time and 1 new team record.

Sofia Delange was the youngest Dolphins competitor. She took on 4 events in the girls 9-10 category and set times to beat in the 100n backstroke, 100n butterfly, 50n freestyle and 50m breaststroke.

Aspen Paschke swam 7 events for the 11-2 girls in her first long-course meet, setting times to beat in the 50m & 100m freestyle, 100m backstroke, 50m & 100m breaststroke and 50m butterfly.

Cailey Tollman took on 8 events for the 11-12 girls and dropped time in all of her races. She took off 1.86 sec in the 50m freestyle, 19.38 sec in the 100m freestyle for a new **PC-B** time of 1:20.02, 15.16 sec in the 200m freestyle, 6.90 sec in the 50m backstroke, 8.23 sec in the 100m backstroke, 2.77 sec in the 50m breaststroke, 3.22 sec in the 50m butterfly, and set a time to beat in the 200m backstroke.

Lily Bickmore competed in 8 races for the 13-14 girls dropping 3.50 sec in the 100m freestyle, 5.05 sec in the 200m freestyle, .26 sec in the 100m backstroke, 14.02 sec in the 200m backstroke, 19.18 sec in the 200m butterfly, for a new **JO** time of 2:53.13 and 16th place, and 4.17 sec in the 200m individual medley.

Julia Chappell tried her hand at 4 events for the 13-14 girls and improved a huge 1:02.13 in the 200m freestyle for a new **PC-B** time of 2:49.59. She also dropped 40.09 sec in the 100m backstroke for another new **PC-B** time of 1:29.71 and set a time to beat in the 100m butterfly.

Kaila Duffy also competed in 4 races for the 13-14 girls, dropping .26 sec in the 50m freestyle, 3.38 sec in the 100m freestyle for a new **PC-A** time of 1:08.03, 5.75 sec in the 200 breaststroke for 18th place and 13.55 sec in the 200m butterfly for a new **JO** time of 2:50.34 and 14th place.

Kaela Forvilly took on 8 events and dropped .48 sec in the 50m freestyle for a new **PC-A** time of 32.12 sec, 2.54 sec in the 200m freestyle, 1.41 sec in the 200m backstroke for 3rd place, .91 sec in the 100m breaststroke for 17th place and finished 4th in the 100m backstroke.

Sarah Hyatt improved in all 7 of her races, taking off 2.08 sec in the 50m freestyle, 8 sec in the 100m freestyle for a new **PC-B** time of 1:16.87, 7.87 sec in the 200m freestyle, 6.14 sec in the 100m breaststroke, 6.91 sec in the 200m breaststroke, 13.21 sec in the 200 individual medley and set a time to beat in the 100m backstroke.

Taylor Sullivan competed in 8 events dropping 1.59 sec in the 50m freestyle, 2.08 sec in the 200m breaststroke for 14th place and 8.03 sec in the 100m butterfly. She also set a time to beat in the 200m backstroke.

Abbreviations: PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Western times

Max Owens, the only 13-14 Dolphins boys competitor, took on 4 events and set times to beat in the 200m freestyle, 100m breaststroke and 200m individual medley.

Shelby Koontz took on 6 races, finishing first place in the 50m freestyle and 100m breaststroke where she dropped .79 sec for a new, girls 15-16, long-course **Team Record** time of 1:19.58. She also dropped 1.21 sec in the 200m freestyle, placing 2nd and 5.02 sec in the 200m breaststroke for a new **FW** time of 2:53.74 and 3rd place. She also finished 2nd place in the 100m freestyle and 200m individual medley with another new **Team Record** time of 2:30.03.

Ryan Chen competed in 6 events for the 15-16 boys and set times to beat

in the 50m and 100m freestyle, 100m and 200m breaststroke, 100m butterfly and 200m individual medley.

Joe Sullivan improved in all 4 of his races, dropping 1.61 sec in the 50m freestyle where he finished 6th place, 6.75 sec in the 100m freestyle for a new **PC-A** time of 1:00.28 and 10th place, 4.23 sec in the 100 breaststroke and 11.58 sec in the 200m individual medley for another new **PC-A** time of 2:40.51.

Rachel Chen took on 3 races in the 17-18 girls events setting times to beat in the 200m freestyle, 100m breaststroke and 200m individual medley.

Shaelin Morefield competed in 6 races placing 4th in the 50m freestyle, 2nd in the 100m freestyle, 5th in the 200m freestyle, 3rd in both the 100m backstroke and 200m breaststroke and 1st place in the 100m butterfly.



Intermountain Classic Meet

Quite a number of Douglas Dolphins competed in the Carson TigerSharks Intermountain Classic Long Course Meet that took place May 23rd in Carson City. This meet was the 2nd long course meet of the season for our team with many Dolphins trying events for the first time and achieving best times!

Skylar Chernago was first up for the 9-10 girls, competing in her first long course meet and setting times to beat in the 50m freestyle, 50m backstroke and 50m breaststroke.

Marin Collins took on 6 races in her first long course meet, setting times to beat in the 50m and 100m freestyle, 50m backstroke, 50m and 100m breaststroke and trying the 100m backstroke for the first time.

Lilia Fields, also swimming 6 events in her first long course meet, set times to beat in the 50m and 100m freestyle, 50m backstroke, 50m and 100m breaststroke and 50m butterfly.

Harley Keenan took on long course for the first time with 6 events including the 50m and 100m freestyle, 50m backstroke, 50m and 100m breaststroke and 50m butterfly.

Maegan Collins, our first 11-12 girls competitor, took on 10 events and dropped 4.89 sec in the 100m freestyle, 5.85 sec in the 50m backstroke for a new **PC-B** time of 42.78 sec, took on the difficult 1,500m freestyle where she placed 1st and swam the 200m breaststroke for the first time. She also placed 10th in the 400m freestyle.

Nikki Jackson had a **100% improvement** meet, dropping time in all 8 of her events. She took off .91 sec in the 50m freestyle, 4.16 sec in the 100m freestyle for a new **PC-A** time of 1:14.54, 3.95 sec in the 200m freestyle, 1.45 sec in the 50m backstroke for a new **PC-B** time of 43.74, 3.20 sec in the 50m butterfly, 12.43 sec in the 100m butterfly where she came in 10th, 2.03 sec in the 200m individual medley and tried her hand at the 200m butterfly where she placed 7th.

Emma Ruffo, took on 8 events, dropping 1.53 sec in the 50m freestyle, 3.40 sec in the 50m backstroke, 5.85 sec in the 100m backstroke, 3.32 sec in the 50m breaststroke, 3.79 sec in the 100m breaststroke, 9.85 sec in the 200m individual medley and tried her first 200m backstroke.

Cailey Tollman raced in 9 events and dropped 1.13 sec in the 50m freestyle for a new **PC-B** time of 36.34, .54 sec in the 50m backstroke, 1.43 sec in the 100m backstroke, 2.43 sec in the 200m backstroke, 1.13 sec in the 50 breaststroke and a huge 20.63 sec in the 200m individual medley for 14th place.

Ryan Signorella was the first 11-12 Dolphins boys swimmer. He competed in 3 events, setting times to beat in the 100m freestyle and 50m butterfly.

Jack Stevenson tried 4 races and set times to beat in the 100m freestyle, 50m backstroke, 100m breaststroke and tried the 50m butterfly for the first time.

Connor Taylor had a great meet with a full load of 10 races and **100% improvement**, taking off 3.13 sec in the 50m freestyle, 5.29 sec in the 100m freestyle, a huge 30.96 sec in the 200m freestyle, 8.32 sec in the 100m backstroke, 7.51 sec in the 50m breaststroke, 16.74 sec in the 100m breaststroke, 4.79 sec in the 50m butterfly, 16.55 sec in the 100m butterfly, 18.21 sec in the 200m individual medley for 8th place and tried the 400m freestyle for the first time where he placed 6th.

Megan Ruffo competed for the 13-14 girls, swimming 8 races with **100% improvement**, dropping .75 sec in the 50m freestyle, 3.17 sec in the 100m freestyle, 3.26 sec in the 200m freestyle, 1.30 sec in the 100m backstroke, 9.38 sec in the 100m breaststroke, 14.35 sec in the 200m breaststroke for a new **PC-B** time of 3:37.76, 10.18 sec in the 100m butterfly and finished 10th in her first try at the 500m freestyle.

Taylor Sullivan swam a full load of 10 events and dropped 2.33 sec in the 100m backstroke, .94 sec in the 200m backstroke, placed 9th in both the 200m breaststroke and 200m individual medley, 10th in the 400m individual medley and 11th in the 100m breaststroke.

Emily Willis had a **100% improvement meet**, dropping 6.46 sec in the 50m freestyle, 14.99 sec in the 100m freestyle, .84 sec in the 100m backstroke, 3.36 sec in the 100m breaststroke and set times to beat in the 200m freestyle, 200m backstroke, 200m breaststroke and 200m individual medley.

CJ Hill-Holeman was first up for the boys 13-14 group with another great **100% improvement** performance. He set 4 new **PC-A** times of 29.66 in the 50m freestyle, 3:12.37 in the 200m breaststroke, finishing 11th, 1:14.09 in the 100m butterfly and 5:50.23 in the 400m individual medley dropping a huge 40.64 sec in that event and coming in 5th place. He also brought in 2 new PC-B times of 1:07.40 in the 100m freestyle and 1:28.66 in the 100m breaststroke and placed 9th in his first 200m butterfly.

Max Owens took on 4 events and set times to beat in the 100m freestyle, 100m backstroke and in his first try at the 400m freestyle.

Abbreviations: PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Western times

Cole Petrosky was next up with **100% improvement** in his 7 races taking off 5.21 sec in the 50m freestyle, a huge 27.90 sec in the 200m freestyle, and 18.85 sec in the 100m breaststroke. He set times to beat in the 100m freestyle, 100m backstroke, 200m individual medley and in his first swim of the 200m breaststroke.

Joey Smithen, yet another **100% improvement swimmer**, competed in 7 events dropping 1.52 sec in the 50m freestyle, 6.85 sec in the 100m butterfly and setting times to beat in the 100m freestyle, 200m freestyle, 100m backstroke where he came in 10th, 100m breaststroke and 200m individual medley.

Daniel Taylor showed **100% improvement** in his 9 races, taking off 2.69 sec in the 50 freestyle, 5.38 sec in the 100m freestyle, 7.67 sec in the 200m freestyle, 22.05 sec in the 400m freestyle, 17.48 sec in the 100m breaststroke, 19.88 sec in the 200m breaststroke, 24.61 sec in the 200m individual medley and setting times to beat in the 100m butterfly and his first swim of the 400m individual medley.

Kayla Ruffo swam for the 15-16 girls with **100% improvement**. She dropped 1.15 sec in the 50m freestyle for a new **PC-B** time of 34.42, 2.18 sec in the 100m freestyle, 3.50 sec in the 200m freestyle, .67 sec in the 100m breaststroke, 2.15 sec in the 200m breaststroke, 2.05 sec in the 100m butterfly and set times to beat in the 200m individual medley where she placed 6th and in the 400m individual medley.

Michael McDonald took on 4 events for the 15-16 boys in his first long course meet, setting times to beat in the 50m freestyle, 100m freestyle and 100m breaststroke.

TJ Smithen, our last Dolphins swimmer competed for the 17-18 boys finishing 7th in the 50m freestyle, 2nd in his first swim of the 1500m freestyle, setting a boys 17-18 long course **Team Record** of 20:26.46, 8th in both the 100 backstroke, with a new **JO** time of 1:08.88 and dropping 2.76 sec, and 100m breaststroke with a new **PC-A** and **Team Record** time of 1:21.75, taking off 4.41 sec. He finished 7th in the 200m breaststroke, 4th in the 100m butterfly where he took off 1 sec, 6th in the 200m individual medley where he dropped 1.95 sec and set another **Team Record** in the 400m individual medley with a time of 5:23.46.



High School Regionals and State Meet

The Douglas High Tigers Swim and Dive Team capped off another great season by sweeping both the boys and girls NIAA Swimming and Diving Regional Championship May 16-17 in Carson City. In addition to the regional titles, Douglas took home the regional **Sportsmanship Award**, **Shelby Koontz** claimed her second **Female Swimmer of the Year Award** and DHS Diving Coach **Hope Castro** was honored as the region's **Coach of the Year**. The top three finishers in each event qualified for the NIAA State Championships held in Las Vegas.

The DHS girls team had their work cut out for them as both **Shaelin Morefield** and diver **Dakota Boisseau** were unable to compete. But the team did their best to make up for the loss of those two important team members with impressive swims, determination and great team spirit and edged out 2nd place Galena by a 342 to 337 point margin.

The 200 medley relay team of **Savannah Chappell, Clara Gray, Kaila**

Duffy and **Emma Gray** placed 5th with a time of 1:59.16.

Erica Chappell brought in 5th place finish, **Jordan Knowles** came in 7th and **Emma Gray** placed 9th in the 200 freestyle.

Kaila Duffy earned a ticket to the State Meet when she finished 3rd in the 200 individual medley with a time of 2:22.00.

Shelby Koontz won the 50 freestyle with a time of 23.82 sec with **Emma Gray** placing 5th and **Clara Gray** placing 9th.

In the 100 butterfly finals **Kaila Duffy** scored a 4th place finish while **Amanda Castro** came in 14th and **Rocio Meza** finished 15th.

Shelby Koontz came back in her second individual race to win the 100 freestyle with a time of 52.14 sec. **Erica Chappell** finished 4th and **Rachel Chen** came in 12th.

Savannah Chappell turned in a strong 4th place finish in the 500 freestyle with **Kayla Ruffo** placing 10th and **Annalisa Neal** placing 12th.

The girls 200 freestyle relay team of **Emma Gray**, **Clara Gray**, **Erica Chappell** and **Shelby Koontz** won the final heat and their ticket to the State Meet with a time of 1:42.36.

In the 100 backstroke **Savannah Chappell** finished 5th, **Jordan Knowles** finished 11th and **Amanda Castro** took 14th.

Clara Gray finished 5th in the 100 breaststroke while **Annalisa Neal** took 7th, **Rachel Chen** took 11th and **Kayla Ruffo** placed 13th.

Finally, the girls 400 freestyle relay of **Kaila Duffy**, **Erica Chappell**, **Savannah Chappell** and **Shelby Koontz** earned a shot at State with a 3rd place finish and a time of 3:45.97.

The DHS boy's team had a little more breathing room, securing the regional championship with a score of 434 to Reno's 380 points.

The 200 medley team of **Kevin Smithen**, **Josh Smithen**, **Ryan Chen** and **Justin Hight** placed 5th.

Adam Dack finished 5th in the 200 freestyle, **Ryan Chen** placed 9th, **CJ Hill-Holeman** came in 11th and **Jayden Forbes** came in 15th.

Janosch Lancaster took the 200 individual medley champion title with a time of 2:00.59, **Josh Smithen** secured 3rd place and a chance at the State Meet, and **Jason Lowther** finished 8th.

In the 50 freestyle, **Joe Sullivan** finished 5th with **Tay Simms** finishing 14th.

Kevin Smithen earned a State Meet ticket with a 2nd place finish in the 100 butterfly and a time of 53.87 sec, **Ryan Chen** placed 8th, **Logan Killion** came in 11th and **Kyler Forbes** came in 14th.

Joe Sullivan came back in the 100 freestyle to place 4th, **Justin Hight** finished 6th, **Kyler Forbes** came in 8th and **Jake VanBeuge** finished 9th.

In the 500 freestyle finals **Adam Dack** came in 4th, **CJ Hill-Holeman** placed 7th, **Logan Killion** came in 8th and **Jake VanBeuge** finished 9th.

The boys 200 freestyle relay team of **Janosch Lancaster**, **Josh Smithen**, **Joe Sullivan** and **Kevin Smithen** placed 2nd with a new DHS Team Record time of 1:31.44 and qualifying for State.

Janosch Lancaster returned to place 3rd in the 100 backstroke with a time of 56.80 while **Kevin Smithen** came in 4th and **Justin Hight** finished 10th.

In the 100 breaststroke, **Josh Smithen** placed 4th, **Jason Lowther** placed 8th, **Riis Irving Peterson** came in 13th and **Garret Seward** came in 14th.

The final event of the regional championship, the 400 freestyle relay, found the boys team of **Adam Dack**, **Justin Hight**, **Joe Sullivan** and **Janosch Lancaster** finishing 4th place.

In the boy's regional diving competition, **Tay Simms** won a trip to the State Diving Meet with a 3rd place finish of 343.60 points. **Jordan White** finished 4th with 310.50 points and

Garret Seward finished 6th with 243.10 points.

At the NIAA Division I State Meet held one week later on May 24 at UNLV's Buchanan Natatorium, **Tay Simms** impressed with a 4th place finish and 334.45 points in the one-meter diving competition.

Shelby Koontz finished 2nd place in both the 50 and 100 freestyle events with times of 23.70 sec and 50.89 sec respectively, breaking both of her own DHS Team Records from 2013.

The girls 400 freestyle relay team of **Erica and Savannah Chappell**, **Kaila Duffy** and **Shelby Koontz** took 7th place with a time of 3:46.26.

Emma Gray, **Clara Gray**, **Erica Chappell** and **Shelby** earned a 5th place finish with a time of 1:43.42 in the 200 freestyle relay.

Kaila Duffy also turned in an 8th place finish in the 200 individual medley with a time of 2:22.01.

Final results had the girls team finishing 7th place at the State Meet with 27 points.

Janosch Lancaster placed 5th in the boys 200 individual medley with a time of 2:01.48, while **Josh Smithen** came in 8th with a time of 2:06.48.

Janosch came back to finish 8th place in the 100 backstroke with a time of 58.66.

The boys 200 freestyle relay team consisting of **Janosch**, **Joe Sullivan**, **Josh and Kevin Smithen** came in 5th with a time of 1:32.70.

In the 100 butterfly **Kevin Smithen** placed 7th for a time of 54.14.

Final results had the boy's team placing 8th overall at the State Meet with a total of 21 points.



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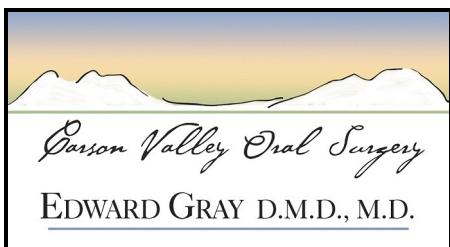
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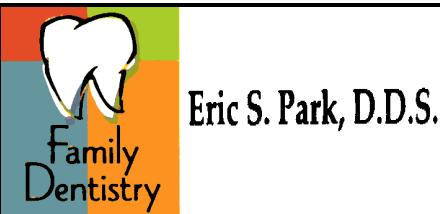
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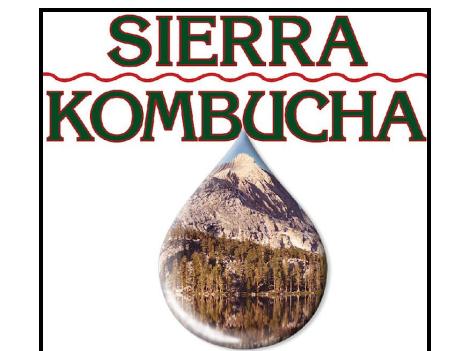
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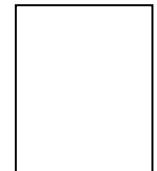


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Douglas Dolfins Swim Team
P.O. Box 44
Minden NV 89423



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed! 

Transitions

Congratulations and Welcome to new:

Summer Dolfins: Salvin Kirk, Brandon Weese, Trevor Gifford

Dippin Dolfins: Caitlyn Taylor

Silver Dolfins: Ben Munyan, Marayah Jimenez

Blue Dolfins: Cole Petrosky, Max Owens

Pre-Senior Dolfins: Michael McDonald, Allie Jezek, Logan Killion, Emma Stamper, Emily Dack

Senior Dolfins: Emma Gray, Mary Smithen



Practice Schedules

Check www.ddst.org for updates.

SUMMER BREAK SCHEDULE

Seniors: M-Fri 6:30-8:30a, Tu & Th 6-7:30p, dryland M & Wed. 3-4p.

Pre-Seniors: M-F 6:30-8:30a, dryland M & Wed. 3-4p, doubles Tu & Th if attended a.m practice.

Blue: M-F 9-10:30a

Red: M-F 8-9:00a, optional Fast Fr. 9-10:30a

White: M, Tu & Th 8:30-9:15a

Silver: M & Fr 8:30-9:15a

Summer Dolfins: M-Fri 5-6:00p until 7/31/2014.



Next Newsletter

The next *Monthly* will appear about **August 4th**. All submissions should be received by **Fri., Aug. 1st**. 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.editor@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 Danielle & Coach TJ.

Latest news online: www.ddst.org.

