

Dolphins' Monthly

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

www.ddst.org

June 2014

Swimmers of the Month

Anna Northcutt is Silver Group Swimmer of the Month. Anna always comes to practice with a positive, happy attitude and always gives 100% at practice. Her hard work has paid off. Congratulations on moving up to White Group, Anna!

Cooper Yturbide is White Group Swimmer of the Month. Cooper has done an outstanding job at the Bishop meet, Reno Meet, and then the Tahoe meet. Cooper does a great job keep a positive attitude and has great leadership qualities. Congratulations, Cooper!

Connor Taylor is Red Group Swimmer of the Month. Connor has been putting his head down and working hard! He realized that his Shaun White hair was starting to cover his goggles, so he cut it, pushed through evaluations week, and moved up to Blue Group. He is now clean cut, swimming fast and we are looking forward to some big times at High Country! Congrats Connor!

Sarah Hyatt is Blue Group Swimmer of the Month. Sarah is a great example of rebounding from disappointment with firm resolution. We are hearing so much information about allowing children to fail. And yes, it is good for them. Sarah has been striving to pass the Pre-senior evaluation standards for approximately 6 months. Many children would give up. But with determination (and great parents to encourage her) Sarah has finally achieved her goal. She can confidentially move forward in her swimming career and life knowing that "anything worth hav-

ing is worth working for". I think Sarah should be admired for her tenacity in this life accomplishment. She will certainly be missed in Blue Group and her wonderful attitude will now be enjoyed by the Pre-Seniors. Good Job, Sarah!

Taylor Knowles is Pre-senior Swimmer of the Month. Taylor has done an outstanding job this summer. He is one of the only boys coming to doubles and dry land. Taylor has a good attitude and has been training very well. I am looking forward to his performance at the High Country Meet. Nice job, Taylor!

Shelby Koontz is Senior Group Swimmer of the Month. As a coach and a parent I appreciate all the swimmers who made the right choices this summer. Shelby is no stranger to what it takes to train hard for months to be successful at that "one" meet. Perhaps that's what makes her choices even more impressive. To daily eat the right foods, make the choice to get up and be on time for practice every morning and then turn around and return for doubles in the evening and not give in to the tiredness shows a level of character that is outstanding. Keeping focused on the goal is what keeps her and other great athletes going each moment. Shelby's performance at the 2014 Western Zone Senior Championships was exceptional! Notably her accomplishments are obtaining 3 new Jr. National times in the 200 Fly, 200 IM, and the 100 Fly. Congratulations, Shelby!



COACH

Kat's Corner

(coachkat0809@hotmail.com)

Five Words Every Child Needs to Hear

I spoke to a Division 1, NCAA football player who dropped off the radar screen his senior year. All four years, he'd been a great student (3.8 GPA) and a well-respected starting player for his school. But after December (translate that — when his final season ended) he was missing in action. He didn't show up to class, his grades dropped, and he became a social recluse. When I found this out and caught up with him, I asked why he'd disappeared. His response?

"I'm just so scared about what comes next."

This student had figured out how to get a scholarship, how to pass a test and how to catch a football but felt entirely inadequate at becoming an adult. Adults in his life had focused so much on his current happiness, they forgot about future readiness.

Much more than the gift of happiness, caring adults owe each new generation some perspective. I believe we must be willing to sacrifice their temporary happiness for long-term happiness — including preparing them to be disciplined adults themselves. Instead of pleasure, let's prepare them for fulfillment.

What if we borrowed a page from the playbook of the past? A few years ago, Izquierdo and Ochs wrote an article for *Ethos*, the journal of the Society of Psychological Anthropology. They

posed cultural questions like: Why do Matsigenka children “help their families at home more than L.A. children?” And “Why do L.A. adult family members help their children at home more than do Matsigenka?”

With the exception of the imperial offspring of the Ming dynasty, contemporary kids in the U.S. may represent the most indulged young people in the history of the world. Writer Elizabeth Kolbert notes, “It’s not just that they’ve been given unprecedented amounts of stuff — clothes, toys, cameras, skis, computers, cell phones, televisions, PlayStations, iPods (the market for Burberry Baby and other forms of kiddie ‘couture’ has reportedly been growing by ten percent a year). They’ve also been granted unprecedented authority. ‘Parents want their kids’ approval, a reversal of the past ideal of children striving for their parents’ approval,’ Jean Twenge and W. Keith Campbell, both professors of psychology, have written. In many middle-class families, children have one, two, sometimes three adults who are ready and waiting to meet their every beck and call. This is a social experiment on a grand scale, and a growing number of adults fear it isn’t working out so well.: according to one poll, commissioned by *TIME* and CNN, two-thirds of American parents think that their children are spoiled.”

But who’s really to blame? Hmmmm. We can’t just say it’s the kids. Let me suggest some key ideas to follow as you lead your young people:

1. They need to hear the word “watch.”

They need an *example* from you more than they need *entertainment* from you. When kids lack direction or discipline, they don’t need more diversion. What they need is an example that demonstrates how to grow wise as they grow up. They need to see adults living for something greater than themselves. They need leaders who show them how to be selfless and sacrificial.

2. They need to hear the word “practice.”

They need *long-term preparation* more than *short-term happiness*. Kids have plenty of amusements that offer pleasure; they need help getting ready for a not-so-pleasurable future where they’ll need to pay their dues on a job for a while. Real satisfaction comes when a person commits to a goal and masters it.

3. They need to hear the word “no.”

They need a *mentor* more than a *buddy*. I decided years ago, my kids have lots of buddies. They have only one dad. That’s me. So I must play the card that isn’t always fun but earns their future love and respect. This means they may not “like me” each week of their childhood or adolescence. If I earn their respect through leading them well, love will naturally follow.

4. They need to hear the word “wait.”

Today, most things happen *quickly*, with little *wait time*. Our ability to delay gratification has shrunk. I think it’s important for parents, teachers, coaches, employers and youth pastors to build “wait time” into the game plan for their young people — as a rehearsal for adult life. Kids naturally become happy when they learn to appreciate waiting for something they want and delaying gratification.

5. They need to hear the word “serve.”

Unlike other cultures in history, we’ve made “the pursuit of happiness” a part of our American tradition. It’s in the Declaration of Independence because service was so imbedded into the society at the time. Being happy was a relatively new thought to that generation. Today, we breed *consumers* more than *contributors* — producing dissatisfied kids. All I can say is: It’s no wonder.

- See more at:

<http://growingleaders.com/blog/five-words-every-child-needs-hear/#sthash.Jbd9QfBl.7FMAEhMy.dpuf>



COACH

Sarah's Corner

(sgovanswm@aol.com)

Championship Preparation

Remember that months of training can be erased in just minutes of foolish behavior or milliseconds of lost concentration. Athletes will have a lot of energy during the upcoming part of the season and should focus on saving that energy for their swims and not spending that on activities that immediately rob them of this extra energy. It would be a true shame to have spent an entire season in proper preparation only to have it all ruined in just a few thoughtless moments. Yep, kids will be kids but we can all help them think things out a little better during this time to help ensure them of a more successful end to their season. Here are some thoughts to help out:

1. Keep a positive attitude
2. Hydration- lots of water and one Gatorade. Gatorade is full of sugar and too much will affect your energy.
3. Nutrition- It's important to eat small meals. Too much food can weight you down. NO sweets!
4. Rest- The week leading up you need to get good sleep. (this doesn't mean you skip practice to sleep in) During the meet you should nap or get some quiet rest in-between trials and finals
5. Cheer on your team mates and remember to use good sportsmanship at all times.
6. Warm up and cool down before your races. All swimmers must arrive at 6:45 am for team warm ups.
7. Don't forget to come and talk to your coach before and after each race!



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COACH

Greg's Corner

(greg@taylorcamp.org)

Hello from Alaska! Been fishing for three days now. Brings back memories of when I had you guys on a fishing pole a few years ago during summer swim camp! I can't help but watch these Alaskan salmon that have a sideways dolphin kick try to power away from me and it makes me think of how much wall space work we have been doing in practice. You have no idea the power of that kick!! Then we see a whale come up next to us and that big whale tail gives him a big kick to go deep. As swimmers we are just imitating what nature has already shown us how to do. So remember Dolphins, dolphin kicks off all the walls and starts and get that race off to a fast, powerful start!! Just like they do it up here in Alaska!



Board Meeting

The Douglas Dolphins Board of Directors will be meeting on **Thursday, August 14** from 6:30-8:30 pm at Big George Ventures, 2240 Meridian Parkway, Suite B. Board Contact info: www.ddst.org/boardmembers.htm. As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.

COACH

TJ's Corner

I don't think I can make an argument that going down a water slide will in any way improve your stroke. Doing a cannonball when you get into the pool won't either, but the fun you have might just give you the perfect frame of mind to push through those dol-drums when you need it the most.

No matter why you chose to compete in swimming competitions, at the end of the day, the most important thing is to enjoy what you do. The next time you find yourself dreading that your next swim session, shake it up a little bit and have some fun! You might be surprised at how quickly you find yourself refreshed and ready to conquer the water.



FROM THE MEET DIRECTOR

Preliminary Relays Posted- Please be prepared to support our relays for the **High Country Meet**. For the 11 year olds and up the relays will be at finals in the PM. This means you will have to return to the pool in the afternoon and swim even faster than you swam in the morning. Think rest & recovery!

Our team is well known to have the **BEST** hospitality for coaches and officials. This in turn makes participation in our meets attractive for other teams. The more people who come to our meets make our team more money, which directly affects our member dues.

We need some volunteers to cook food for our hospitality. Our theme this year is Mardi Gras. We would like to serve Red Beans & Rice, Corn Casserole, & Jambalaya on one day of the Meet. We have recipes if you need them. We're looking for Crockpot friendly dishes. The following are recipes you can use or feel free to use your own favorite. **PLEASE**

CONTACT KAREN SULLIVAN
775-750-5016 to help.

Red Beans and Rice

1 cup red beans washed and drained
3 cups water
1 clove garlic
1 rib celery chopped (optional)
2 tsp parsley, chopped
1 large bay leaf crushed
1 medium onion chopped
Smoked sausage 1/2 pound
Cook beans in water. Season with salt and pepper. Cook for 1.5 to 2 hours, add onion, garlic, celery, Bay leaf and sausage (cut in rounds). Continue to cook over low heat for 1/2 to one hour. If beans become too dry, add heated water. 2 tsp sugar improve the whole effect. Serve over rice, serves 4

Corn casserole

2 Boxes jiffy corn mix
8 oz. sour cream
1 can corn
1 can creamed corn
1/4 cup sugar
1 egg
Mix all ingredients and place in a 9x13 greased pan. Cut 1/2 stick of butter into pats and place on top of mixture. Bake at 350 for 40-50 minutes or golden brown.
Makes 20 pieces.

Jambalaya

<http://www.myrecipes.com/recipe/easy-slow-cooker-jambalaya-10000001875863/>



Lost & Found

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



Important Dates

PLEASE NOTE THE FOLLOWING practice days coming up:

August: No Dryland practice all groups.

August 11-14: Fun Week. No practices, all groups.

August 12: Sand Harbor, 9:00 am-2:00 pm.

August 13: Bowling at Gold Dust West in Carson City.

August 14: Grand Sierra Resort, Go Carts and Laser Tag, etc.

August 15: Annual DDST Awards Banquet. Time and Location TBA

Last names (A-H bring salads, I-P bring desserts, Q-Z bring drinks)

August 26: DDST Board election ballots due.

August 29: Family Fun Night 6-7 pm at Round Table Pizza.



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 @ 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.



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

August 8-10, Home High Country Invitational Short Course Championships Meet.

September 19-21, Home: Molly Lahlum Memorial Autumn Freeze Meet. Details coming soon on ddst.org.

October 17-19, Fall Classic and King of the Hill Challenge, Carson City Swim Center.

November 8-11, Nevada State Short Course Championships, Carson City Swim Center.



DDST Key Contacts

Acting Board President: Kathy Chappell president@ddst.org; 775-240-6800

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;

Danielle, dnllsoto@yahoo.com

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

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

Parent Liaison: Karen Sullivan ksullivan@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



BISHOP MEET

Twenty Douglas Dolphins made the trip to Bishop, CA June 20-22 for the Bishop Invitational Swim Meet where they enjoyed warm weather, a team picnic and some great swims!

Caitlyn Taylor swam for the 6 and under girls dropping .07 sec in the 25 freestyle and setting a time to beat in the 50 freestyle of 1:27.05.

Aina Owens set times to beat in the 25 freestyle and 25 backstroke for the 8 year old girls.

Matthew Yturbide took on 8 events for the 8 year boys dropping .18 sec in the 25 freestyle, 5.27 sec in the 50 freestyle for a new **PC-B** time of 51.24, 15.20 sec in the 100 freestyle, 2.63 sec in the 50 backstroke and set a time to beat in the 25 breaststroke.

Trey Ballingham set times to beat in 3 of his 4 races, the 50 and 100 freestyle and 50 backstroke, for the 9 year old boys.

Barrett Lee tackled 10 events for the 10 year old girls where she took off 1.22 sec in the 50 freestyle for a new **PC-A** time of 34.40, 2.12 sec in the 100 freestyle for another new **PC-A** time of 1:16.58 and 2.76 sec in the 100 breaststroke.

Eden Neal, also swimming for the 10 year old girls, dropped time in 4 of her 8 races. She dropped 3.80 sec in the 100 freestyle, 1.13 sec in the 200 freestyle, 9.94 sec in the 100 butterfly and 10.79 sec in the 100 individual medley.

Cooper Yturbide had nearly 100% improvement in his 10 races, dropping 1.51. sec in the 50 freestyle, 6.57 sec in the 100 freestyle, 2.05 sec in the 50 backstroke, 12.78 sec in the 100 backstroke, .19 sec in the 100 individual medley and set times to beat in the 200 freestyle and 100 butterfly.

Cailey Tollman had an excellent meet with 100% improvement in 10 events for the 11 year old girls, taking off .46 sec in the 50 freestyle, 2.66 sec in the 100 freestyle, 10.17 sec in the 200 freestyle, .62 sec in the 50 back-

stroke, .69 sec in the 100 backstroke, .59 sec in the 50 breaststroke, 9.43 sec in the 100 breaststroke, 3.05 sec in the 50 butterfly, 5.40 sec in the 100 butterfly and 2.72 sec in the 100 individual medley.

Jack Stevenson competed in 5 events for the 11 year old boys, taking off 9.21 sec in the 100 freestyle, 7.53 sec in the 100 backstroke, 2.10 sec in the 50 breaststroke and set a time to beat in the 100 individual medley.

Connor Taylor swam in 10 races for the 11 year old boys where he took off .44 sec in the 100 breaststroke and 1.18 sec in the 50 butterfly.

Nikki Jackson competed in 10 races for the 12 year old girls where she dropped .43 sec in the 50 butterfly and 5.14 sec in the 100 butterfly for a new **PC-A** time of 1:14.05. She also placed 3rd in the 500 freestyle.

Lily Bickmore competed in 10 events for the 13 year old girls, dropping 3.24 sec in the 500 freestyle placing 2nd in that race as well as in the 400 individual medley.

Sarah Hyatt also took on 10 events and dropped 1.66 sec in the 50 freestyle, .39 sec in the 100 freestyle, 3.8 sec in the 200 backstroke, 2.62 sec in the 100 breaststroke, 2.74 sec in the 100 butterfly and 4.38 sec in the 200 individual medley. She finished 3rd in the 500 freestyle and 1st place in the 400 individual medley.

Emily Willis tried her hand at 7 events, dropping 3.4 sec in the 100 freestyle, 2.99 sec in the 200 freestyle and 9.61 sec in the 200 breaststroke.

Max Owens competed in 5 races for the 13 year old boys and took off 4.51 sec in the 100 freestyle, 13.17 sec in the 200 individual medley, and set times to beat in the 500 freestyle where he came in 1st, 100 breaststroke and in his first swim of the 200 backstroke.

Daniel Taylor took on 10 races with near 100% improvement. He took off .62 sec in the 50 freestyle, 3.64 sec in the 100 freestyle, 1.14 sec in the 200 freestyle, 10.45 sec in the 500 freestyle, 2.16 sec in the 100 backstroke, 9.63 sec in the 100 breaststroke, 7.90

sec in the 200 breaststroke, 10.28 sec in the 100 butterfly and 20.35 sec in the 200 individual medley.

Cole Petrosky competed in 8 events for the 14 year old boys and dropped 4.53 sec in the 200 freestyle, set a time to beat in his first 500 freestyle, dropped .75 sec in the 100 backstroke, 3.09 sec in the 100 breaststroke, 13.49 sec in the 200 individual medley and set another time to beat in the 200 breaststroke.

Emma Stamper took on 2 races for the 15 year old girls and set times to beat in both the 100 freestyle and 100 breaststroke.

Shaelin Morefield competed in 10 events for the 18 year old girls right on JO pace for 5 of the races and on FW pace for the 200 butterfly.

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



RENO MEET

The Reno Aquatic Club's Summer Splash Meet held June 27-29 at Idelwild Park was the last long-course meet of the season before the long-course Junior Olympics in Concord, Ca and the long-course Western Zone Senior Sectional Championships in Clovis, CA.

For some Dolphins, it was their first opportunity to participate in a long-course (50 meter pool) meet this year, and everyone showed great improvement.

Matt Yturbide swam for the 8 and under boys and set times to beat in the 50m freestyle and the 50m backstroke where he placed 6th.

Skylar Chernago competed for the 9-10 girls in 6 races with **100% improvement**, dropping 2.64 sec in the 50m backstroke, 11.09 sec in the 50m breaststroke and set times to beat in the 100m freestyle and 100m backstroke.

Marin Collins tackled 3 events and dropped 3.30 sec in the 100m freestyle.

Sofia Delange took on 7 events, setting times to beat in the 100m freestyle, 200m freestyle where she came in 9th, 50m and 100m backstroke where she finished 11th in both, 100m breaststroke and 50m butterfly.

Barrett Lee competed in 4 races setting times to beat in the 100m backstroke where she placed 12th, 50m breaststroke, 50m butterfly and dropped 24.91 sec in the 200m freestyle for a new **PC-B** time of 3:17.96 and 7th place.

Cooper Yturbide was first up for the 9-10 boys, setting times to beat in 7 of his 8 events which included the 50m, 100m, 200m freestyle, 50m backstroke, 50m breaststroke, 100m breaststroke and 50m butterfly.

Maegan Collins swam 4 races for the 11-12 girls and turned in times to beat in the 800m freestyle where she finished 5th and the 400m individual medley where she placed 7th.

Grace Dupont-Moore set times to beat in all 4 of her races which included the 100m freestyle, 50m backstroke, 50m breaststroke and 50m butterfly.

Nikki Jackson took on 6 events and dropped .43 sec in the 50m freestyle and came in 11th in the 400m freestyle and 12th in the 100m butterfly.

Emma Ruffo dropped .21 sec in the 100m freestyle, .32 sec in the 50m backstroke and set a time to beat in the 400m individual medley where she finished 6th.

Remy Hill-Holeman had a strong meet, taking off 2.39 sec in the 100m freestyle where he placed 6th, 2.71 sec in the 50m backstroke where he finished 5th, 4.51 sec in the 100m breaststroke, placing 3rd and .45 sec in the 50m butterfly, coming in 7th. He also set a time to beat of 12:59.91 in his first swim of the 800m freestyle setting a new boys 11-12 long course **Team Record**.

Ben Munyan set times to beat in the 50m freestyle, 50m backstroke and 50m breaststroke in his very first long-course meet.

Mychael Bellik tackled 9 events for the 13-14 girls with nearly 100% im-

provement, dropping 2.65 sec in the 50m freestyle, 2.60 sec in the 100m freestyle, 3.97 sec in the 200m freestyle, 30.18 sec in the 400m freestyle for a new **PC-B** time of 5:56.61, 1.37 sec in the 100m backstroke, 1.08 sec in the 200m backstroke, 17.07 sec in the 200m individual medley and set a time to beat in the 200m freestyle where she placed 11th. She also finished 9th in the 200m backstroke.

Lily Bickmore showed improvement in 8 of her 10 races, dropping 26.10 sec in the 400m freestyle finishing 10th, 3.74 sec in the 100m backstroke finishing 9th, 18.45 sec in the 100m breaststroke, 9.09 sec in the 100m butterfly placing 6th, 9.25 sec in the 200m individual medley and set times to beat in the 200m breaststroke and 400m individual medley where she finished 8th. She also placed 3rd in the 200m butterfly right on JO pace.

Kaila Duffy had a great meet with 4 new **PC-A** times of 31.31 sec in the 50m freestyle finishing 3rd, 1:32.15 in the 100m breaststroke placing 8th, 2:49.28 in the 200m individual medley and 6:00.33 in the 400m individual medley finishing 4th in both. She dropped 4.56 sec in the 100m butterfly for a new long-course **JO** time of 1:13.02 coming in 2nd and 2.29 sec in the 200m freestyle for 4th place.

Taylor Sullivan took on 10 events, dropping .62 sec in the 50m freestyle for a new **PC-A** time of 32.16 and 10th place, and 2.52 sec in the 100m butterfly. She finished 5th in the 400m freestyle, 6th in the 100m and 200m backstroke, 100m breaststroke and 200m individual medley and 4th in the 200m breaststroke.

Taylor Knowles swam for the 13-14 boys with 100% improvement dropping 1.74 sec in the 50m freestyle, 1.45 sec in the 100m freestyle, 6.24 sec in the 200m freestyle, 2.24 sec in the 100m backstroke for 5th place, 9.86 sec in the 200m backstroke for 4th place and 4.37 sec in the 200m individual medley.

Cole Petrosky competed in 8 races, dropping .58 sec in the 50m freestyle,

1.88 sec in the 100m freestyle and 3.53 sec in the 100m breaststroke. He also set a time to beat in the 400m freestyle finishing 12th place.

Emma Gray swam for the 15-16 girls where she finished 9th in the 50m freestyle, dropped 8.37 sec in the 200m backstroke for 3rd place and set 3 new **PC-A** times of 5:20.77 in the 400m freestyle finishing 8th, 2:49.31 sec in the 200m individual medley also placing 8th and 6:00.58 in the 400m individual medley, dropping 31.38 sec and finishing 5th place.

Shelby Koontz took on 9 events placing 1st in both the 100m butterfly and 200m butterfly where she dropped 15.92 sec for a FW time of 2:32.13. She finished 3rd in the 100m, 200m, 400m and 1500m freestyle setting a time to beat in that event of 19:59.22. She also came in 2nd in both the 100m breaststroke and 200m individual medley and 4th in the 200m breaststroke right on FW pace.

Kayla Ruffo dropped time in 3 of her 4 races, taking off .49 sec in the 50m freestyle, 16.23 sec in the 400m freestyle and 3.58 sec in the 200m individual medley.

CJ Hil-Holeman, just aging up, competed in 8 events for the 15-16 boys and dropped 2.41 sec in the 200m freestyle, 1:12.44 in the 1500m freestyle, 1.34 sec in the 100m butterfly, 9.78 sec in the 200m butterfly and 27.40 sec in the 200m individual medley.

Jordan Knowles, also just aging up into the 17-18 girls, turned in 3 new **PC-A** times of 32.18 sec in the 50m freestyle placing 8th, 1.16 sec in the 100m butterfly dropping 22.83 sec and placing 6th and 2:51.18 in the 200m individual medley taking off 17.14 sec and placing 7th. She dropped 3.03 sec in the 100m breaststroke, .29 sec in the 100m freestyle and finished 4th place in the 200m backstroke.

Michael McDonald set times to beat for the 17-18 boys in the 100m freestyle and 100m backstroke in his first long-course meet.

RECORDS FALL AT JO MEET

The Douglas Dolphins Swim Team sent seven qualified swimmers to the Pacific Swimming Adam Szmidt Memorial Long Course Junior Olympics in Concord, CA July 11-13. The trek proved worthwhile for the Dolphins participants who collectively turned in 3 new long-course Far Western times, 2 new long-course Junior Olympic times and 5 new long course Team Records.

Lily Bickmore competed in 3 events for the 13-14 girls in her very first long course Junior Olympic meet, dropping 2.29 secs in the 200m butterfly, right on JO pace, and was just off best in the 200m individual medley.

Kaila Duffy, also swimming in her first long-course JO meet, took on 3 events, dropping 5.18 secs in the 200m individual medley and 7.77 secs in the 200m butterfly preliminaries, returning to place 8th in the finals of that event.

Kaela Forvilly qualified for 4 races and turned in a new girls 13-14 long-course **Team Record** and **Far Western** time of 1:11.49 in the 100m backstroke prelims where she took off 4.84 secs, returning to place 5th in finals of that event just off her team record time. She set another **Team Record** in the 200m backstroke prelims with a time of 2:36.76, dropping 5.32 secs, also finishing 5th in finals. She took off .85 secs in the 100m breaststroke and 2.55 secs in the 200m individual medley.

Taylor Knowles took on 3 events for the 13-14 boys where he dropped 2.64 secs in the 100m freestyle, 2.66 secs in the 100m backstroke and 10.13 secs in the 200m backstroke for a new long-course **JO** time of 2:37.51.

Emma Gray qualified for 5 races in her first long-course Junior Olympic meet, and dropped 2.81 secs in the 200m backstroke for a new long-course **JO** time of 2:45.46. She also dropped 3.43 secs in the 200m individual medley and 10.96 secs in the 400m individual medley and set a time to beat of



2:50.35 in her first long-course 200m butterfly.

Shelby Koontz took on 6 events, finishing 4th in the finals of both the 50m and 100m freestyle. She clocked a new **FW** time and set a new girls 15-16 long course **Team Record** in the 400m freestyle with a time of 4:43.44, taking off 3.92 secs. She set another **Team Record** of 1:17.99 in the 100m breaststroke finals, dropping 1.59 secs and placing 5th. In the 200m breaststroke she dropped 4.01 sec in the prelims and another 2.50 secs in the finals again coming in 5th place. Her third, girls 15-16 girls long-course **Team Record** was in the 100m butterfly finals where she dropped 1.08 secs for a time of 1:03.01 and 2nd place.

Jordan Knowles competed in 4 races for the 17-18 girls, dropping 2.50 secs in the 200m backstroke, 1.55 secs in the 100m butterfly and set a time to beat of 2:51.34 in her first long course 200m butterfly.



TAHOE SWIM MEET

Tahoe Swim Club held it's annual "Swimming at Altitude Meet" July 18-20 in South Lake Tahoe. It was a successful meet for the Douglas Dolphins Swim Team even though it came to an early end due to a lightning strike near the meet facility.

Keira Duffy took on 5 events for the 8 year old girls in her first swim meet, setting times to beat in the 25 and 50 freestyle, 25 and 50 backstroke and 25 breaststroke.

Mason Dickey, also swimming in his first meet for the 8 year old boys, tried his hand at the 50 freestyle and 25 backstroke.

Todd Gosselin, another newcomer to swim meets, took on 6 races and set times to beat in the 25 and 50 freestyle, 25 backstroke where he finished 5th,

and 25 breaststroke where he placed 8th.

Matt Yturbide dropped time in 4 of his 7 events, achieving 2 new **PC-B** times of 24.10 sec in the 25 freestyle, and 1:02.69 in the 50 backstroke. He also took off 1.75 sec in the 25 backstroke, 4.02 sec in the 25 breaststroke and set a time to beat in the 50 breaststroke.

Sofia Delange improved in 4 of her 5 races for the 9 year old girls, dropping 2.69 sec in the 100 freestyle coming in 3rd, .72 sec in the 50 backstroke placing 2nd, 3.21 sec in the 100 breaststroke and 4.21 sec in the 100 individual medley, bringing in a new **PC-B** time of 1:35.37 and a 3rd place finish in that event.

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

Grace Dickey took on 4 races, improving .29 sec in the 50 freestyle and 4.47 sec in the 100 individual medley.

Kalia Duffy, swimming in her first meet, set times to beat in the 25 freestyle and 50 freestyle.

Trey Ballingham competed in 2 races for the 9 year old boys, dropping 1.39 sec in the 50 backstroke.

Lilia Fields had 100% improvement in her 5 events for the 10 year old girls, taking off 3.46 sec in the 25 freestyle, 9.74 sec in the 200 freestyle, 5.59 sec in the 100 backstroke, 5.67 sec in the 50 breaststroke and 2.85 sec in the 50 butterfly.

Cooper Yturbide swam 8 events for the 10 year old boys, dropping 2.98 sec and finishing 7th in the 50 breaststroke with a new **PC-B** time of 50.94. He also took off 1.45 sec in the 200 freestyle and 2.39 sec in the 25 freestyle.

Anna Northcutt competed in 5 races for the 11 year old girls, dropping a huge 14.83 sec in the 50 freestyle, 11.91 sec in the 100 freestyle and setting times to beat in the 100 breaststroke and 100 individual medley.

Kyla Palaroan raced in 6 events where she improved 4.04 sec in the

100 freestyle, 4.37 sec in the 100 individual medley and set a time to beat in the 100 breaststroke.

Aspen Paschke improved 100% in her 3 races, dropping 7.79 sec in the 100 freestyle, 5.49 sec in the 100 breaststroke and 6.95 sec in the 100 individual medley.

Emma Ruffo had a strong meet, taking off .69 sec in the 50 freestyle coming in 7th, 0.35 sec in the 50 backstroke, placing 2nd and finishing 5th in both the 100 freestyle and 100 individual medley.

Niko Hight raced in 4 events for the 11 year old boys and took off 3.1 sec in the 50 backstroke and a whopping 34.03 sec in the 100 individual medley.

Remy Hill-Holeman, also competing in 4 races, dropped .14 sec in the 50 freestyle where he came in 3rd, and turned in a 6th and 5th place finish in the 100 freestyle and 100 breaststroke, respectively.

Justin Lopresto, competed in 2 races in his first meet, and set a time to beat in the 50 freestyle.

Ben Munyan competed in the 50 freestyle, just off best time, and 100 breaststroke.

Jack Stevenson, took on 5 events and dropped a huge 19.42 sec in the 50 freestyle and 10.42 sec in the 100 breaststroke.

Chris Manning, swimming 4 races for the 12 year old boys, improved 4.06 sec in the 100 freestyle and 3.59 sec for the 100 individual medley.

Lily Bickmore, competing in 5 events for the 13 year old girls, dropped 2.11 sec in the 200 freestyle where she placed 8th. She also placed 8th in both the 100 freestyle and 100 backstroke and 4th place in the 200 individual medley.

Emily Willis took on 7 races and looked strongest in the 200 breaststroke and 50 freestyle.

Gabriel Hirt took on one event for the 13 year old boys, setting a time to beat in the 200 freestyle.

Kaila Duffy raced in 4 events for the 14 year old girls, looking strongest

in the 200 breaststroke where she came in 2nd and finishing 3rd in the 100 freestyle, 4th in the 100 backstroke and 2nd place in the 50 freestyle.

Taylor Sullivan placed 1st in 2 of her 5 events including the 100 backstroke where she took off 1.56 sec and the 200 individual medley. She also came in 2nd in the 100 freestyle, 3rd in the 50 freestyle and 4th in the 200 breaststroke.

Emily Dack, just aging up into the 15 year old girls group, dropped .66 sec in the 50 freestyle and .16 sec in the 100 freestyle.

Kayla Ruffo, competed in 6 events and dropped .34 sec in the 100 freestyle where she finished 3rd and placed 4th in both the 50 freestyle and 200 freestyle and 5th in the 200 individual medley.

Ryan Chen took on 3 races for the 15 year old boys looking strong in the 50 freestyle, 100 freestyle and finishing 4th in the 200 individual medley.

Justin Hight took on 4 races, placing 6th in the 50 freestyle and taking off .89 sec, 3rd in the 100 freestyle, 4th in the 200 freestyle where he dropped 1.03 sec and 1st place in the 100 backstroke.

CJ Hill-Holeman took off time in 6 of his 7 events, dropping .83 sec in the 50 freestyle, 2.04 sec in the 100 freestyle, 6.94 sec in the 200 butterfly where he finished 1st, 2.49 sec in the 200 individual medley coming in 2nd, and 7.29 sec in the 400 individual medley where he again claimed 1st place.

Jason Lowther took on 3 races for the 16 year old boys and dropped 3.38 sec in the 200 breaststroke for a new **PC-A** time of 2:47.87.

Logan Killion competed in 5 events with 100% improvement. He dropped 2.18 sec in the 50 freestyle for a new **PC-A** time of 26.13, 1.26 sec in the 100 freestyle, 9.64 sec in the 200 freestyle, 2.20 sec in the 100 backstroke for another new **PC-A** time of 1:08.45 and a huge 15.46 sec in the 200 individual medley for a new **PC-B** time of 2:31.01.



August Birthdays

Connor Schaan (8/1), Cailey Tollman (8/6), Ryan Chen (8/12), Trey Ballingham (8/15), Matthew Yurbide (8/20), Janosch Lancaster (8/25), Maegan Collins & Sofia Delange (8/28), Mychael Bellik & Ben Munyan (8/30).



FROM THE BOARD OF DIRECTORS

The Douglas Dolphins Board of Directors will be meeting on **Thursday, August 14** from 6:30-8:30 pm at Big George Ventures, 2240 Meridian Parkway, Suite B. Board Contact info:

www.ddst.org/boardmembers.htm. As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.



DDST Scholarship Program

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

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

swimming accessible to athletes and families in our community.

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



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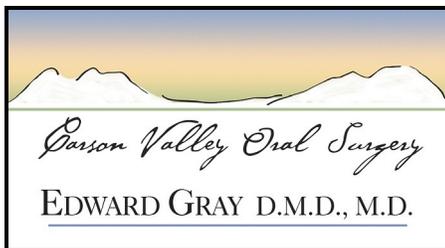
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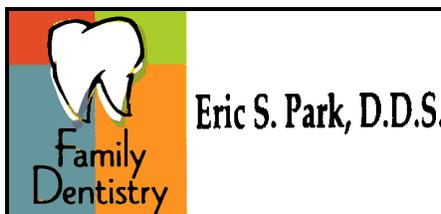
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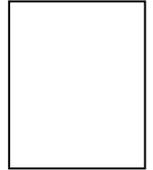
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Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Congratulations and Welcome to new:

White Dolphins: Anna Northcutt

Red Dolphins: Cooper Yturbide

Blue Dolphins: Conner Taylor

Pre-Senior Dolphins: Sarah Hyatt,
Hanna George

Senior Dolphins: Kaila Duffy & Jordan Knowles



Practice Schedules

Check www.ddst.org for updates.

SCHOOL IN SESSION
SCHEDULE BEGINS AUGUST 18

Seniors: M-Th 2:30-4:45 p, Fri: 2:30-4:30, dryland TBA

Pre Seniors: M-Fri 2:30-4:15 p, dryland TBA

(Optional Masters practice M, W & Fri 5:30a-7:00a both groups)

Blue: M-Th 4:45-6 p, Fast Fridays 4:15-5:50p

Red: M-Th 5-6:00 p. Optional FF with Blue group

White: M, Tu & Th 4:15-5:00p

Silver & Dippin Dolphins: TBA



Next Newsletter

The next *Monthly* will appear about **September 18th**. All submissions should be received by **Fri., Sept 12th**. Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Julie Gray, at newsletter@ddst.org or 775-690-0124**. Items can also be left in our family folder, in the team file box by the trophy case at the pool lobby.

A big thank you to this month's contributions: Coach Kat, Coach Sarah, Coach Greg, Coach TJ & Karen Sullivan.

Latest news online: www.ddst.org.

