

# Dolphins' Monthly

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

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

September 2014

## Swimmers of the Month

### **Caitlin Taylor is Dippin Dolphins Group Swimmer of the Month.**

Caitlin has been one of the most amazing young swimmers on the team. She has already accomplished an astounding amount of swimming, competing in ten meets this year and taking off at total of 43 seconds on all her events this last year! It's no wonder why she won the Most Outstanding award in her group. Keep up the hard work!

### **Corbin Sanchez is Silver Group Swimmer of the Month.**

Corbin has only recently moved up from Summer swim team to Silver group but has already proved himself to be an exceptional athlete, team-mate, and leader. He loves coming to practice with a hard-work oriented attitude. Congratulations, Corbin and keep working hard!

### **Jack Stevenson is White Group Swimmer of the Month.**

Jack was chosen for his positive attitude, his hard work and the encouragement he gives to his peers. He is always a pleasure to work with, and I am so pleased that he also gives encouragement out to all his teammate by cheering them on or having a positive statement. On another note, he has made a huge improvement in his swimming technique, strength and speed.

### **Grace Dickey is Red Group Swimmer of the Month!**

Grace had a perfect High Country Meet and also got a new B time in the 50 freestyle! Grace has been working super hard with nearly perfect attendance in the past month. She always shows up with a

smile and is ready to swim. One thing that seems small, (but not to a coach) is that she listens, gets the set the first time and just does it. It is a joy to coach Grace and I know we will be seeing some great times at the Molly Meet!

**Emma Ruffo is Blue Group Swimmer of the Month.** She had a fantastic High Country Meet! This meet is a culmination of training that occurs during the summer. She did a great job of swimming prelims and finals. She also got 2 new "A" times, one in the 100 backstroke and the other in the 200 backstroke. Emma is a bright light shining at every practice, and I enjoy her eagerness.

**Lily Bickmore is Pre-Senior Group Swimmer of the Month.** Lily was chosen for her great attendance, her performance at the High League Championship Meet, and her attitude while training. Lily comes to practice regularly with a smile on her face, and it paid off at her past meet with a new Junior Olympic cut in her 200 butterfly. I look forward to working with Lily each day, and I am looking forward to watching her success continue.

**Ryan Chen is Senior Group Swimmer of the Month.** Consistency is crucial in training as an older athlete, and Ryan was very consistent over the summer. Training hard in the water and in dry land training certainly made the High Country Meet a success for Ryan. He had a 100% improvement meet, an "A" time in his 100 freestyle, and two new Junior Olympic times in his 100 & 200 breaststroke events. Ryan has recently been awarded the honor of being the Zone 4 Athlete Representative to Pacific Swimming. Congratulations, Ryan Chen!



COACH

## Kat's Corner

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

Now that we're back in school our schedules are a bit fuller with the demands of school and homework. There is lots of good information on time management available I like the following article and I noticed another great one by The College Board (think SAT).

### **Goals of Time Management**

To be able to have control over your life - manage your time, don't let it manage you!

To be healthier and happier (less stress).

### **Seven Suggestions for Effectively Managing Your Time**

#### **1. Be Organized**

Use time saving tools: appointment calendars, "to do" lists, e-mail, answering machines, file folders, etc.

Have an organized workplace (don't waste time constantly looking for your work).

Use your appointment calendar for everything, including listing study time.

Use "to do" lists for both long-term and for each day/week.

#### **2. Plan Ahead (Schedule it and it will happen!)**

Determine how long your tasks will take (do this before agreeing to take on a task!)

Consider whether any activities can be combined.

Determine if big tasks can be broken down into smaller tasks that may be easier to schedule (such as studying for exams and visiting the library as part of an assignment to write a term paper).

### 3. Prioritize Your Tasks

Use an A-B-C rating system for items on your "to do" lists with A items being highest priority.

Set goals for both the short term and long term as to what you want to accomplish.

Look at all of your "to do"s to gauge the time requirement and whether additional resources will be needed to accomplish them (if yes, schedule time to obtain those resources). Don't postpone the small tasks (a sense of accomplishment is good and overlooked small tasks can become larger tasks.)

### 4. Avoid Overload

Include time for rest, relaxation, sleep, eating, exercise, and socializing in your schedule.

Take short breaks during study and work periods.

Don't put everything off until the last minute (for example, don't cram for exams).

Learn to say "no" when appropriate and to negotiate better deadlines when appropriate.

### 5. Practice Effective Study Techniques

Have an appropriate study environment.

Split large tasks into more manageable tasks.

Read for comprehension, rather than just to get to the end of the chapter.

Be prepared to ask questions as they come up during study, rather than waiting until just before an exam.

Do the most difficult work first, perhaps breaking it up with some easier tasks.

Don't wait until the last minute to complete your projects.

Read the syllabus as soon as you get it and note all due dates (and "milestone" times) on your calendar.

Be a model student! (be attentive and participative in class, and punctual, prepared, and eager to learn)

### 6. Be Able to be Flexible

The unexpected happens (sickness, car troubles, etc.); you need to be able to fit it into your schedule.

Know how to rearrange your schedule when necessary (so it doesn't manage you - you manage it).

Know who to ask for help when needed.

### 7. Have a Vision (why are you doing all of this?)

Don't forget the "big picture" - why are you doing the task - is it important to your long-term personal goals?

Have and follow a personal mission statement (personal and career). (Are your activities ultimately helping you achieve your goals?)

Know what is important to you. (What do you value most?)

Have a positive attitude!

[http://www.cob.sjsu.edu/nellen\\_a/time\\_management.htm](http://www.cob.sjsu.edu/nellen_a/time_management.htm)



## Board Meeting

The Douglas Dolphins Board of Directors will be meeting on October 9 from 6:30-8:30 pm at Big George Ventures, 2240 Meridian Parkway, Suite B. Board Contact info: [www.ddst.org/boardmembers.htm](http://www.ddst.org/boardmembers.htm). As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.



## NEW BOARD MEMBERS

An election for the DDST Board of Directors was held recently. We wish to welcome new board members Paul Yturbide, Chris Manning, Russ Munyan, John & Janna Collins. We also wish to thank those board members who continue to devote their time and energy to our team by serving: Denise Bickmore, Karen Sullivan, Coach Kat, Joanna Ruffo, Claudia DeLange and Nikki Willis.



### COACH

## Sarah's Corner

([sgovanswm@aol.com](mailto:sgovanswm@aol.com))

### Training Diet

You just got a new sports car that requires high octane fuel to run at optimal speed. Would you buy the cheapest gas you could find? Many athletes are concerned about what to eat before, during, and after exercise to optimize their 'sports car'. And rightly so, nutrition plays a very important role in enhancing and optimizing performance.

Although, pre and post exercise meals are important, the entire diet is the key factor that will determine the performance and well-being. Optimal health and performance is achieved with proper diet every day, not just the day before and after exercise. Eat a Variety of Foods daily in order to consume all the nutrients needed for good health and optimal performance.

### Pre exercise meal

What an athlete consumes before and after exercise is very important for their performance. So why is it important to eat before exercise? Eating prior to exercise prevents hunger during exercise, which is the most important goal of the pre-exercise meal. The fuel for muscles is usually provided in the meals 2 to 3 days prior to exercise, not the pre-exercise meal. Therefore, it is very important to not only consume a high-energy meal the day of exercise, but also several days before.

### What to consume?

What to consume depends on the intensity and type of activity being performed. Regardless of the activity, glucose is the preferred energy source, particularly for activity at higher intensities. Thus, carbohydrate should be your primary food source.

What to consume before competition is also very individual; however, carbohydrates should be the primary food source in every athlete's meal. Some people can eat a large meal shortly before and not having any problems, others struggle with indigestion,

nausea, or stomach discomfort. The goal is to enhance stamina and endurance without stomach discomfort. This is achieved by trying different foods, different times, and evaluating how the individual responds. Remember, this trial and error should not be done the day of competition, rather as a test during training.

The day before exercise should consist of carbohydrate rich meals such as pasta, bread, brown rice, or whole grains etc. Try to avoid high fat and protein in the diet, since they slow down the digestion, do not promote glycogen storage and will not provide energy for your exercise. Finally, make sure to drink plenty of fluids, preferably in the form of water.

When exercise/competition is scheduled will impact the timing and amount of the preceding meals. The following meals show sample pre-exercise/competition menus according to morning, afternoon, or evening events. The recommendations are based on a 2500 kcal diet, thus people requiring additional calories need to add items on the menus. **Do not forget fluids. Slowly drink beverages, approximately 1 ounce per 10 pounds of body weight at least 4 hours before the exercise task.**

#### Post exercise meal

The post exercise meal is extremely important since it will determine the recovery and energy level of the athlete for the following bout of exercise or competition. The first priority post-exercise is to replace any fluid loss. This can be done by consuming water or fluid replacement drink.

It is also important to consume some carbohydrate immediately within 15 minutes after exercise to start restoring glycogen. Some examples of foods to consume include fruits, juices, sports drinks, smoothies etc. High carbohydrate drinks (i.e. full strength juices, smoothies or high carbohydrate/energy drinks) may be used as a source of carbohydrate post-exercise; however, they do not dual as a fluid replacement too. If these high carbohy-

drate drinks are consumed post-exercise addition fluids still need to be consumed.

The post-exercise meal should be consumed within 2 hours of exercise for best glycogen restoration. Focus the meal on carbohydrates, at least 100 to 200 g, but combine the carbohydrates with a lean protein (lean meat, chicken, turkey, etc). Consuming protein with carbohydrate post-exercise will help build, maintain, and repair muscle. Adding 7-10 grams of protein with the carbohydrate within 30 minutes of exercise will stimulate protein synthesis. Recent research suggests consuming approximately 20 grams of protein at one time maximizes muscle synthesis and repair; protein in excess of 20 grams will not promote additional muscle synthesis or repair.

From-

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## Lost & Found

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



COACH

## Greg's Corner

([greg@taylorcamp.org](mailto:greg@taylorcamp.org))

### How Important is Recovery?

A few months ago I wrote about Hydration and mentioned Chocolate Milk as a great recovery drink. Many of you might have also seen a posting on our Facebook page about a recent chocolate milk study. But in case you missed it, I wanted to mention it here. I am hearing about how swimmers work out but then don't eat anything until dinner 2-3 hours later! Below are some articles about why it is so important to rehydrate and refuel after a workout. Please make sure your swimmer is getting something to eat or drink after swimming. It is almost as important as the swimming itself. Here are some thoughts about Recovery from USA Swimming:

A workout doesn't stop when an athlete leaves the pool. It's over when the body is re-hydrated and refueled.

**"I tell athletes to think of recovery nutrition as phase two of a workout,"** said Dr. Andrew Gregory, team physician at Vanderbilt University in Nashville, Tenn. "The ability to perform at a high level the next day is dependent on how well the body recovers depleted energy stores and repairs muscles."

**Timing is key. Athletes have a 45-minute window of opportunity to maximize recovery,** said Joel Stager, professor of kinesiology at Indiana University and coach for the Councilman Center Swim Club, a USA Swimming club in Bloomington, Ind.

"Athletes who eat and drink soon after practice **have a distinct advantage** over competitors who do not," Stager said.

In fact, muscle cells become resistant to absorbing nutrients after two hours, said Stager, author of a study on

the surprising benefits of chocolate milk as a recovery drink. The study, conducted on Indiana University athletes in 2004, showed that subjects who drank chocolate milk directly after morning practice were better able to perform during the afternoon practice.

<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1596&mid=196&Itemid=2640>

#### And my current favorite recovery food:

Grabbing chocolate milk after a hard swim could give swimmers a performance edge, according to new research presented at one of the nation's top sports medicine conferences – the American College of Sports Medicine's annual conference. In a sport where seconds and even tenths of a second can make a big difference and intense practice routines are the norm, Indiana University researchers found that when collegiate, trained swimmers recovered with chocolate milk after an exhaustive swim, they swam faster in time trials later that same day. **On average, they shaved off 2.1 seconds per 200 yard swim, and 0.5 seconds per 75 yard sprint, compared to when they recovered with a traditional carbohydrate sports drink or calorie-free beverage.**

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=6098&mid=8712>



## September Birthdays

Happy September birthday to: Eden Neal, Stephanie Lin (9/5), Hope Rakow, Hanna George (9/8), Grace Dickey, Zoe Pantoja (9/13), Lily Bickmore (9/17), Lincoln Jezek (9/20), Marin Collins, Alana Smithen (9/23), Aspen Paschke (9/27), Seraina Reid (9/30).



## COACH TJ's Corner Coaching Behaviors

I'm often asked what makes someone a good coach and I usually reply:

"People don't care how much you know until they know how much you care."

By this, I mean that the best coaches are able to get the most out of their athlete or team, because they invest in them as people, not just as an athletic machine. While we feel that some people respond better to a "stick" rather than a "carrot" approach, ultimately we all perform at our best when we get positively reinforced.

In addition, it's important that coaches model the behavior that they expect their athletes to display. If they expect them to be punctual to training, the coach must be punctual to all appointments. If the coach expects the athlete to communicate well, it's critical that the coach is communicative as well. The two traits I admire most in a human are humility and honesty. This definitely applies to coaches as well.

Humility to put the team or the athlete first, to let them accept the glory but to shield them from the baying media should a performance be sub-par. The honesty trait is also critical.

Coaches need to make tough calls on selection, training strategies and contracting all the time. Athletes all know the deal and while they may not agree with a particular decision, if it is communicated in an open and transparent manner, the respect is maintained.

This is critical because how one member of the team is treated gets discussed in the locker room. If there is any hint of dishonesty or subterfuge, it is natural for the other team members to think that they may be next, which completely undermines the fabric of the team.

This is where many coaches come unstuck. By not wanting to communicate bad news, they set up a dishonest

framework, and this cannot survive. Coaches should not set themselves up as the best friend of the athletes. This is not what the athletes need. They need a benevolent shepherd, one that models all the behavior that they expect of the team. Instead, the coach needs to at all times be the advocate for the team.

(Excerpt from an article in Peak Performance magazine.)



## Important Dates

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

**September 22-26: Evaluation week for Dippin, Silver, White, Red & Blue groups.**

**September 26: Regular School in Session Practices.**

**October 31: Nevada Day, no school: Holiday Schedule, see group calendars on team website for details.**

**October 31: Halloween Fun!!! 4:30-5:30 pm @ CVSC.**

**November 6: State Pep Rally and Pasta Feed, 5:30-7:00 pm, CVSC.**

**December 18: Holiday Fun!!! Details TBA.**

**December 22-January 2: Grinch Weeks, Winter Break Schedule.**

**January 31: HOME: Swim a Thon Fundraiser (tentative)**



## Swim Practice Transportation!

For our newer members, a reminder that Douglas County school buses stop next to the Swim Center each afternoon. **Most of our swimmers ride the bus directly to practices after school.** To arrange this for your child, first contact the school district's Transportation Department (782-5194) and ask which bus route from your child's school makes this stop. Then provide a note to the school and bus driver allowing your child to ride that route on their practice days.

## 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](mailto: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.



## 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](mailto:president@ddst.org)), or any Board member or coach.

## Upcoming Meets

Online entries, meet sheets, updates: [www.ddst.org](http://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

**October 17-19, Reno/Sparks Fall Classic and King of the Hill Challenge**, Carson Swim Center, Register on swimconnection by Oct. 8.

**November 8-11, Nevada State Short Course Championships**, Carson Swim Center. **Please note: Meet begins on Saturday and runs through Tuesday!**

**December 5-7, Husky Invitational Senior Meet**, Federal Way, WA. Qualifying times apply. Registration deadline, October 27.

**December 12, HOME :Nightmare Before Christmas Mini Meet** (tentative)

**January 16-18, 2015 Carson Tigersharks Blizzard Blast Meet**, Carson Swim Center.

**February 13-15, 2015, HOME: St. Valentine Age Group Open Meet**



## DDST Key Contacts

**Acting Board President: Kathy Chappell**  
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[ddst.org](http://ddst.org); 775-265-1871

## FROM THE MEET DIRECTORS

(Kathy Chappell, Linda Koontz & Ali Dickey)

Thank you to all the parents who helped at our High Country Meet. We know many of you took on new jobs, and many of you were very flexible as you were asked to change jobs one or more times. We appreciate all of you, and our swimmers do too! The meet was a big success, and we couldn't have done it without you. This was our first meet in our meet season that begins in August. We host three home meets and ask our swim families to volunteer a minimum of 7 sessions (35 hours) over the meet season. This allows DDST to keep our dues low thus making swimming an affordable option to many families.

Thank you to the following parents for all their hard work at the High Country Meet:

Computer – Deb Duffy, Nikki Willis & Chris Forvilly

Colorado – Chris & Pattie Dack, Nicole Knowles, Jason Tollmann, Allan Lund & Dennis DeLange

Clerk of Course – Denise Bickmore, Margaret Jackson, Marion Lancaster, Dana Killion, Jenna Beam, Julie Gray, Clint Holeman, Angela Manning, Joanna Ruffo, Chris Jezek & Brian Northcutt.

Runner – Scott Foster, Scott Fields, Lane Killion, Russ Petrosky, Julie Gray, Clara Gray, Ted Neal, Janine Petrick, Jim Sullivan & Claudia DeLange.

Head Timer – Russ Munyan and David Stevenson.

Announcer – Robbie Hight & Clint Holeman.

Music – Greg Taylor

Officials – Jim Morefield & Janine Petrick.

Awards – Wendi Yturbide, Jennifer Northcutt, Angela Manning, Allan & Dee Gosselin, Birgit Wildegren, Chris-

tine & David Rakow, Jenna Beam & Becky Gray.

Marshalls – Bob Parry, Derwin Pala-roan, Kelly Schaan, Terry Lowther, Ted Neal, John Collins, Chris Jezek, Darin George, Brian Northcutt, Chris Smith-en, Russ Petrosky, Christine and David Rakow & Anna Lancaster.

Hospitality –Karen Sullivan, Janna Collins, Carla Schaan, Oonagh Camer-on, Grace Chen, Terry Lowther, Anna Northcutt, May Parry, Claudia DeLange, Beckie Tollmann, Taylor Killion, Cathie Lund, Birgit Wildegren & Joey Pecorilla, Maggi Vandenburg& Felicia Gantar

Snack Bar –Jared & Doreen Hyatt, Raegan & Mike Bellik, Jeff & Michelle Keenan, Lisa DuPont Moore, Stacey Foster, Oonagh Cameron, Chris Beam, Walter Zeron, Scott Foster, Lo-ran Neal, Steffi Paschke, Ales Gantar, Aryana & Lois Petrosky.

Food Preparation for Hospitality – Ju-lie Gray, Margaret Jackson, Dawnne Hirt, Angela Manning, Linda Fields, Malia Taylor, Wendi Yuturbite, Birgit Wildegren, Linda Koontz & Cathie Lund

Set Up and Tear Down – Lisa DuPont Moore, Walter Zeron, Claudia DeLange, Brian Northcutt, Russ Petro-sky, Chris Manning, Jim Morefield, Dawnne Hirt, Ed Gray, Linda Fields, Claudia DeLange, Denise Bickmore, Chris Beam, Alan Lund & Chris Dack I may have forgotten some people, I apologize if I have! I also wanted to recognize Karen Sullivan and Janna Collins for organizing Hospitality; Deb Duffy for organizing the computers; Joanna Ruffo and Denise Bickmore for organizing Clerk of Course and for do-ing the Snack Bar shopping; Jared Hy-att for taking on Snack Bar and lending us the amazing grill; and last but not least Jim Morefield and Chris Dack for their valuable help with set-up, Colo-rado and all of the rest that they do!



## AWARDS BANQUET

Congratulations to this year's Douglas Dolphins Awards Banquet winners! And "Thank You" to all the parents and families who brought delicious food to share!

### Seniors

Most Outstanding: Shelby Koontz

Most Improved: Ryan Chen

Best Supporting Teammate: Taylor Sullivan

### Pre-Seniors

Most Outstanding: Josh Smithen

Most Improved: CJ Hill-Holeman

Best Supporting Teammate: Kaela Forvilly

### Blue Group

Most Outstanding: Mychael Bellik

Most Improved: Daniel Taylor

Best Supporting Teammate: Emma Ruffo

### Red Group

Most Outstanding: Sophia Delange

Most Improved: Emily Willis

Best Supporting Teammate: Lilia Fields

### White Group

Most Outstanding: Cammie Jahreis

Most Improved: Sophia Maricich

Best Supporting Teammate: Jack Ste-venson

### Silver Group

Most Outstanding: Matthew Yturbide

Most Improved: Corbin Sanchez

Best Supporting Teammate: Todd Gosselin

### Dippin Dolphins

Most Outstanding: Caitlyn Taylor

Most Improved: Mason Dickey

Best Supporting Teammate: Keira Duffy

The Douglas Dolphins also want to ex-tend an extra special "Thank You" to Jim Morefield. For over 10 years, Jim Morefield and his wife Leslie have been an integral part of the swim team. They both jumped right in and became officials when their children Cameron and Shaelin first joined. Leslie has

continued to be a meet official. Jim has taken on many roles with the team.

He is currently the Zone 4 Presi-dent. He has been Team President, Vice President, Webmaster, Newsletter Editor, Board Member, Ad Campaign Manager, Swim a Thon Manager, Swim Meet Head Referee and Head Official. He has also spear- headed the purchase of our new starting blocks, handled the timing equipment-set up and maintenance, and knows all the rules and how to solve just about any problem, moves the scoreboard in and out each season...the list goes on and on.

Through it all he has always main-tained his focus that the work he puts in is for the swimmers. He has been a model to the rest of us as to why we need to step up and give our time.



## THANK YOU, SPONSORS

A big "Thank You" to our 2014-15 DDST Sponsors! The Douglas Dolphins Swim Team is deeply grateful for the broad outpouring of community support in response to our Sponsorship Drives. Thanks to your help, the Douglas Dolphins can continue to maintain a full range of high-quality competitive swimming programs and activities, while keeping these activities as accessible as possible to all the youth of our communities. New and renewed sponsorships are gratefully accepted any time of the year. Here are the sponsors for the current year:

**Lifetime Sponsors:** Big George Ventures. **Platinum Sponsors:** Bellik Inc. Construction, Johnston Family, Core Performance Appoggio, Walmart. **Gold Sponsors:** Carson Valley Oral Surgery, Acevedo Dental Arts, Yturbide Family LLC, BW Cabinets and Doors, Sclafani Painting, Inc., Carson Valley Inn & Casino, Distinct Interiors, Natures Bakery, Pepsico. **Silver Sponsors:** Art Impages, Eric S. Park, DDS,

Carson Valley Medical Center, Tahoe Tuxedo Rentals, Felicia Events, Café Girasole, Executive Limousine, Nova Tile & Stone, West Coast Martial Arts. **Bronze Sponsors:** Jean Holland, Ron Nead, Julie Tucker, Big Daddy's Bicycles, Pizza Barn, St. Gall Catholic Church.



## CONGRATS TO THE GRADUATES

You may have noticed that there are a few familiar faces missing from the Douglas Dolphins lately and wondering where they disappeared to! Here is an update from our swimmers who recently graduated from high school:

### Erica Chappell

I had my first swim lesson with my mom at 3 months, and have always loved the water. I swam on summer team in Reno from age 5 to 10, then moved to Minden where I joined DDST and swam year round for the next 8 years. I was so proud to earn my first State time as a 10 year old, and ultimately achieved many goals from there, including swimming at Junior Olympics, the Husky Senior Meet, High School Regionals Top 3, and High School State relay teams. I also competed in my first Olympic Distance Triathlon this summer at June Lake, where I took 3<sup>rd</sup> in my age group, and LOVED the event. I love to swim, and many of my favorite memories as a child and high school student are from fun times with swim friends.

I am now off to Boise State on a full academic scholarship and majoring in Business with a minor in Social Work. I am enjoying college and my classes so far, and the teachers at DHS prepared me well. I am making many friends and have joined several clubs including the Outdoor Club (rafting, mountain climbing, mountain biking, etc), the Wakeboarding Club and the Triathlon Club.

I believe that the discipline and hard work that I learned and lived as a

swimmer is what has helped me get to this point. I learned great time management, and also a lifelong commitment to fitness and healthy eating. DDST and my many years as a swimmer will always have a special place in my heart.

### Rachel Chen

My overall experience of senior year, from applying to 14 colleges to choosing which one that would be the best for me, was stressful to say the least. However, by going to swim practice I was able to escape from my temporary stresses. I had my coaches and best friends who not only encouraged me but also cheered me up every day. No matter how tough practice got, JLO was always there to make everyone laugh, as Coach Sarah tried to explain different drills using lollipops. Swim meets were even more fun, we would bond even more while competing against and cheering for each other. The memories I've made on swim team are endless.

Although I am not doing collegiate swimming, I still swim and workout to the sets I used to do with the team because they just seem to be engrained in the back of my mind; who could ever forget those CSS sets we always did on Mondays? The determination and dedication that swimming has taught me made me reconsider doing sports in college, which is why I decided to do rowing. I am currently in the process of walking on to University of Texas Division I Women's Rowing. Throughout tryouts I have noticed many similarities between rowing and swimming, not only technique wise but mentally as well. Thankfully I already know how to divide up my day for sports and academics because time seems even more valuable in college, especially with a college that has 3000 clubs and organizations and a renown undergraduate business program.

Overall, I am thankful for my swim family I have back home, with the lifelong friends I've made and the endless laughter and memories. Swimming is a big part of me and everything it has

taught me has benefitted me in college. I truly believe that having a sport improves academics because of where I am today and where I will be in four years.

### Clara Gray

I joined DDST when I was 11 with my younger sister, Emma. I gradually moved up from White group to Red to Purple to Blue, and finally to Pre-Seniors. From there, I began swimming in many meets such as State, Senior Meet, and Junior Olympics. After several attempts, I finally made it into Senior group and became very serious with my swimming and even once swam at Far Westerns. I also joined the Douglas High School swim team and competed all four years including at Regionals and swimming in relays at State. I also became an athlete representative to the Zone 4 Board, wrote articles for the Pacific Swimming Athlete Newsletter, designed t-shirts for our home meets, and enjoyed making and editing the Senior group film tribute for the Awards Banquet.

Unfortunately, I sustained a shoulder injury at the beginning of junior year which ended my plans to swim competitively after high school, but I went through a year of physical therapy so that I could continue in the sport in some capacity.

Although it was disappointing for me to not be able to swim in college, I would never trade my 7 years of being a DDST member. Not only did swimming teach me about mental toughness, persistence, personal health and dedication, but I also met great people and made friends I hope to have all my life. I would claim that swimming and being a part of the Douglas Dolphins has made me the person I am today.

Now I am attending Boise State on a GEM scholarship. I still exercise or swim every day to stay healthy, and I am majoring in Graphic Design. I am really enjoying college, and will likely be at Boise State for 4 ½ to 5 years. I joined the Arts and Sciences LLC, or a "Living Learning Community" which is a group of students who take classes

and do other activities together, including community service. I also recently joined the Boise State Chapter of AIGA (American Institute of Graphic Arts), the Creative Writing Club and the Print Making Club.

### Janosch Lancaster

I started swimming a little before I turned 15. I started in White group, and worked my way up every group to get to the top. Eight months after I started swimming, I finally made it into Pre-Seniors. A year thereafter, I became a Senior. As you can see, I started swimming really late compared to most other swimmers. The first few months were somewhat discouraging due everyone around me being much younger. It was difficult to connect with teammates that were 5+ years younger than me. But with hard work, I was able to quickly advance into higher groups. At the beginning I thought I was far too old to start swimming, but my coaches and I proved myself wrong.

High school swimming was one of the best memories I have had, especially my senior year. The DHS swim season was the one time of the year that we really bonded as a team. I felt closer to everyone around me, my teammates, my coaches, and rivals. Swim has taught me that achievement isn't granted or given, rather gained through hard work, perseverance, and consistent dedication. Those aspects may only provide minimal short-term results, but the long-term results are huge once you can look back. Swim will continue to be a big part of my life, whether competitively or not. Swim has given me a family away from family. My teammates and coaches were not only friends to me, but they contributed to who I am now.

As of right now, I am not doing anything apart from working. In spring I will be attending college for some classes and getting my EMT certificate. Within the next 2 years, I plan on going into paramedic school. After I am able to finish that, I want to become a firefighter. I will probably move to Chica-

go to start my career there and see what the future holds for me.

### Shaelin Morefield

I started competitively swimming at 8 years old, although I've been in the water basically my whole life, and have been with the Dolphins for 10 years.

My favorite memories are from all the travel meets I've been to. From my first JOs back in 2006 when I was 10 to my first Far Westerns in 2008 to my first Sectionals in 2010, to Junior Nationals last December and every meet in between. I always have such great memories from every single one of those meets. Both winter and spring JOs hold a special place in my heart because of how absolutely freezing every single one of them was, and yet we still managed to have a good time. The All-Star meets I've been to (Zone All-Stars, Western Zones, and NACC) were also plenty of fun. Traveling with some of your teammates and getting to meet other swimmers from across Pacific Swimming, the western US, and even Mexico and Canada are some of the best memories I have. Lastly, the Bishop Meet seems to have a special place in my heart.

Swimming has shaped me entirely as a person. Not only has it made me a healthier person both physically and emotionally, it has taught me to set goals and put in the work to reach those goals and the awesome feeling I get when I succeed. It also taught me the definition of being cold!

This fall and for the next 5 years I will be attending Cal Poly, San Luis Obispo majoring in Architecture as well as swimming on the Division I swim team on a swim scholarship. I just moved into my dorm yesterday but I have been here for about a week staying at a fellow teammate's house. This past week and the upcoming week are our "hell weeks." We have triple practices Monday, Wednesday and Friday, doubles on Tuesday and Thursday, and morning practices on Saturday and Sunday. Last Thursday was my first time experiencing a 10,000 yard workout. Once the school year starts

(next Monday), however, the amount of practices will drop significantly. Although practices have been hard, I know they will help me significantly in the future.



## ZONE CHAMPIONSHIPS

The Western Zone Senior Championship Long Course Meet was held this year in Clovis, CA, July 30-August 4. Zone Championships feature top regional swimmers at the Senior and Age Group levels who qualify for these meets within the 4 designated Zones: Eastern, Central, Southern and Western. This trials and finals meet was quite large with about 1,400 athletes from Montana, Wyoming, Washington, Hawaii, Oregon, etc. **Shelby Koontz**, **Savannah Chappell** and **Kaela Forvilly** represented the Dolphins and did an amazing job despite temperatures hovering around 108 degrees!

**Kaela Forvilly** qualified for 2 events and was just off best in both the 100m backstroke where she stayed on FW pace and the 200m backstroke staying on JO pace.

Abbreviations: PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Western times
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**Savannah Chappell** also qualified for 2 events, achieving 2 new **JO** times in the 400m freestyle of 4:54.50 where she dropped a whopping 22.01 sec and in the 100 backstroke where she dropped 4.07 sec for a time of 1:14.12. **Shelby Koontz** did an amazing job, setting a new **Team** and **Zone Meet Record** in the finals of the 100m butterfly, finishing 1<sup>st</sup> place with a time of 1:01.41 which was 2 seconds faster than her prelim time. This was after placing 7<sup>th</sup> in the 50m freestyle, 13<sup>th</sup> in the 100m freestyle, breaking her own girls, 15-16 long course **Team record**

in the 100m breaststroke prelims with a time of 1:17.07, and setting another **Team Record** in the 200m butterfly and finishing 9<sup>th</sup> in finals. She set her 4<sup>th</sup> **Team Record** in the 200m individual medley, dropping 3.09 sec in prelims and another 4.24 sec in finals for a time of 2:21.00 and an impressive 2<sup>nd</sup> place finish.



## HIGH COUNTRY MEET

The 2014 High Country League Championship Meet held August 8-10 was a big success despite lightning storms that shut the meet finals down on Saturday. The Dolphins placed 3<sup>rd</sup> in combined team scores after 2<sup>nd</sup> place Lakeridge and 1<sup>st</sup> place Reno Aquatic Club. **Shelby Koontz** set 3 High Country League and Team Records. **Connor Schaan** finished 2<sup>nd</sup> place High Point and **Matt Yturbide** placed 9<sup>th</sup> for 7-8 boys. **Sofia DeLange** tied for 10<sup>th</sup> place in High Point for 9-10 girls. **Nikki Jackson** came in 7<sup>th</sup> overall for the 11-12 girls while **Michael Schaan** placed 4<sup>th</sup> for the 11-12 boys and **Remy Hill-Holeman** came in 9<sup>th</sup>. **Taylor Sullivan** finished 7<sup>th</sup> place High Point for the 13-14 girls with **Kaila Duffy** in 10<sup>th</sup> place. DDST had 3 boys finish in the top 10 in the 13-14 group. **Joey Smithen** was 4<sup>th</sup>, **Sebastian Zeron** was 7<sup>th</sup> and **Taylor Knowles** was 9<sup>th</sup>. For the 15 and over girls, **Emma Gray** placed 3<sup>rd</sup> in High Points overall and **Jordan Knowles** was 9<sup>th</sup> while **Josh Smithen** came in 2<sup>nd</sup> for the 15 and over boys, **Ryan Chen** finished 6<sup>th</sup>, **Joe Sullivan** was 7<sup>th</sup>, **Logan Killion** was 9<sup>th</sup> and **Justin Hight** was 10<sup>th</sup> place. **Hadley Peck** swam in her first meet for the 6 and under girls, setting times to beat in the 25 freestyle, finishing 7<sup>th</sup>, and 25 backstroke where she placed 6<sup>th</sup>. **Caitlyn Taylor** swam 3 events with **100% improvement**, dropping 9.71

sec in the 25 freestyle, placing 3<sup>rd</sup>, 18.64 sec in the 50 freestyle where she finished 1<sup>st</sup> and 10.81 sec in the 25 backstroke where she also came in 3<sup>rd</sup> place.

**Zach Jahreis** tried his hand at the 25 breaststroke for the 6 and under boys in his first meet.

**Cammie Jahreis** took on 3 races for the 7-8 girls and achieved a **State** time of 1:59.57 in her first swim of the 100 individual medley.

**Mason Dickey** competed in 4 races for the 7-8 boys, dropping 8.28 sec in the 50 freestyle and setting times to beat in the 25 freestyle and 25 breaststroke.

**Todd Gosselin** also took on 4 events and dropped 6.45 sec in the 50 freestyle where he placed 8<sup>th</sup> with a new **State** time of 46.26 and 1.43 sec in the 25 breaststroke for a new **PC-B** time of 30.08 and 5<sup>th</sup> place.

**Connor Schaan**, returning to swim for the Dolphins, had a great meet, tackling 9 events and finishing 1<sup>st</sup> place in the 50 butterfly, 2<sup>nd</sup> in the 25 freestyle, 3<sup>rd</sup> place in the 50 freestyle, 25 & 50 freestyle and 25 butterfly. He also placed 4<sup>th</sup> in the 100 freestyle, 5<sup>th</sup> in the 25 backstroke and 6<sup>th</sup> in the 50 backstroke.

**Matt Yturbide** also had a great meet, competing in 8 events and dropping 1.35 sec in the 25 freestyle for a new **State** time of 21.56, 1.10 sec in the 50 freestyle, 18.82 sec in the 100 freestyle for a new **PC-B** time of 1:52.20, 1.59 sec in the 25 backstroke for another new **PC-B** time of 27.47, 4.89 sec in the 50 backstroke for a new **State** time of 57.80 finishing 7<sup>th</sup> and 4.56 sec in the 50 breaststroke again placing 7<sup>th</sup>.

**Marin Collins** was first up for the 9-10 girls, swimming 8 races and dropping .85 sec in the 50 freestyle, 6.19 sec in the 50 breaststroke, 18.90 sec in the 100 breaststroke, 4.89 sec in the 50 butterfly and .80 sec in the 100 individual medley.

**Sofia Delange** took on 9 events with **100% improvement**, taking off .60 sec in the 50 freestyle, 1.84 sec in the 10 freestyle for a new **PC-B** time of 1:24.95, .78 sec in the 200 freestyle placing 5<sup>th</sup>, 1.17 sec in the 50 back-

stroke, 7.17 sec in the 100 backstroke for a new **PC-A** time of 1:28.61 and 4<sup>th</sup> place, 9.08 sec in the 50 breaststroke, 4.67 sec in the 100 breaststroke, 2.39 sec in the 50 butterfly for a new **PC-B** and **State** time of 43.92 and 1.64 sec in the 100 individual medley for another new **State** time of 1:33.73.

**Grace Dickey** was another **100% improvement** swimmer in her 6 events. She dropped 6.93 sec in the 50 freestyle for a new **PC-B** time of 36.96, .50 sec in the 100 freestyle, .36 sec in the 50 backstroke, 20.02 sec in the 50 breaststroke, 7.60 sec in the 100 breaststroke and 3.78 sec in the 100 individual medley.

**Lilia Fields** competed in 9 races, taking off .13 sec in the 50 freestyle, 2.68 sec in the 50 backstroke, 8.38 sec in the 100 breaststroke and 2.64 sec in the 100 individual medley.

**Barrett Lee** swam 7 races and placed 5<sup>th</sup> in the 100 freestyle, 8<sup>th</sup> in the 50 backstroke, dropped 1.08 sec in the 50 breaststroke and finished 6<sup>th</sup> in the 100 butterfly.

**Stephanie Lin** was another **100% improvement** competitor, taking off 6.14 sec in the 50 freestyle, 14.15 sec in the 100 freestyle, 4.72 sec in the 50 backstroke, 7.62 sec in the 50 butterfly and setting a time to beat in the 50 breaststroke.

**Eden Neal** took on 6 events, dropping 1.81 sec in the 50 freestyle, 2.21 sec in the 50 backstroke, 18.71 sec in the 100 backstroke for a new **PC-B** and **State** time of 1:33.71 and 6<sup>th</sup> place, and 2.06 sec in the 100 breaststroke.

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

**Matthew Beam** achieved 100% improvement in his 3 races for the 9-10 boys, taking off 6.40 sec in the 50 freestyle, 3.59 sec in the 100 freestyle and setting a time to beat in the 50 backstroke.

**Lincoln Jezek** set a time to beat in his first meet in the 50 freestyle.

**Cooper Yturbide** competed in 8 races, dropping .29 sec and achieving a new **PC-B** time of 38.74 sec in the 50 free-

style, 2.53 sec in the 100 freestyle, 3.91 sec in the 200 freestyle, .94 sec in the 50 breaststroke finishing in 7<sup>th</sup> place, 1.40 sec in the 50 butterfly and 2.97 sec in the 100 individual medley.

**Brook Cameron** was first up for the DDST 11-12 girls in her first meet, setting times to beat in the 50 freestyle, 50 backstroke, 50 breaststroke & 100 individual medley.

**Maegan Collins** competed in 9 events, taking off .38 sec in the 100 freestyle, 3.85 sec in the 200 freestyle and placing 5<sup>th</sup> in the finals, 7.06 sec in the 500 freestyle for 4<sup>th</sup> place and 6.53 sec in the 100 backstroke for a new **PC-B** time of 1:21.27. She also placed 8<sup>th</sup> in the 50 backstroke finals.

**Nikki Jackson** also took on 9 races, dropping .32 sec in the 100 freestyle placing 5<sup>th</sup>, 3.32 sec in the 200 freestyle, finishing 3<sup>rd</sup>, .55 sec in the 100 butterfly, placing 3<sup>rd</sup> and 6.52 sec in the 200 individual medley for a new **PC-A** time of 2:43.39 and coming in 7<sup>th</sup>.

**Harley Keenan** swam in 6 races and took off 4.10 sec in the 50 freestyle, 7.96 sec in the 100 freestyle, 4.62 sec in the 50 breaststroke and 8.40 sec in the 50 butterfly.

**Sophia Maricich** tried her hand at 5 events, dropping 5.50 sec in the 50 freestyle.

**Anna Northcutt** had **100% improvement** in her 5 events. She took off 4.57 sec in the 50 freestyle, 11.23 sec in the 100 freestyle, 13.52 sec in the 50 backstroke, 14.33 sec in the 50 breaststroke and 13.06 sec in the 100 individual medley.

**Kyla Palaroan** had near 100% improvement in her 7 races, dropping 4.91 sec in the 100 freestyle, 1.89 sec in the 50 backstroke, 9.72 sec in the 100 backstroke, 1.80 sec in the 50 breaststroke, 3.94 sec in the 50 butterfly and 1.24 sec in the 100 individual medley.

**Aspen Paschke**, also taking on 7 events, dropped 3.23 sec in the 50 freestyle, 3.52 sec in the 100 freestyle, 8.60 sec in the 100 backstroke, 4.48 sec in the 50 breaststroke, 9.96 sec in

the 50 butterfly and 3.45 sec in the 100 individual medley.

**Hope Rakow** had an awesome meet, competing in 6 races and achieving a new **State** and **PC-A** time of 29.52 sec in the 50 freestyle where she finished 6<sup>th</sup>, dropped .23 sec in the 100 freestyle, 7.65 sec in the 200 freestyle for a new **PC-A** time of 2:23.71 and 6<sup>th</sup> place, 3.66 sec in the 100 butterfly, again coming in 6<sup>th</sup> and 2.19 sec in the 200 individual medley.

**Emma Ruffo** took on 9 events, taking off .43 sec in the 100 freestyle, 2.46 sec in the 100 backstroke for a new **PC-A** time of 1:15.35 and 7<sup>th</sup> place in finals, 9.56 sec in the 200 backstroke for another new **PC-A** time of 2:39.78 and 4<sup>th</sup> place, 5.55 sec in the 100 breaststroke for a new **State** and **PC-B** time of 1:31.13 and 6<sup>th</sup> place, 2.64 sec in the 100 individual medley for another new **State** time of 1:19.31 and .04 sec in the 200 individual medley.

**Cailey Tollman** swam 9 races, dropping 1.52 sec in the 100 freestyle for a new **State** time of 1:08.41, 2.94 sec in the 200 freestyle finishing 8<sup>th</sup> with a new **PC-A** time of 2:28.51, 12.79 sec in the 500 freestyle for another new **State** time of 6:42.10 and 6<sup>th</sup> place, .54 sec in the 50 backstroke and 7<sup>th</sup> place, .19 sec in the 100 backstroke for a new **PC-A** time 1:17.78, 6.42 sec in the 200 backstroke where she came in 2<sup>nd</sup> and .37 sec in the 50 breaststroke.

**Josh Beam** was our first 11-12 boys swimmer. He competed in 3 events, dropping .06 sec in the 50 freestyle.

**Zach Foster** tried 5 events, and took off 2.03 sec in the 50 freestyle, 11.13 sec in the 100 freestyle and 19.41 sec in the 100 individual medley.

**Niko Hight** took on 6 events and dropped .36 sec in the 50 freestyle.

**Remy Hill-Holeman** swam a full slate of 9 races, dropping 1.05 sec in the 50 freestyle prelims for a new **PC-A** time of 30.51 and placing 5<sup>th</sup> in finals, dropping .55 sec and coming in 5<sup>th</sup> in the 200 freestyle, placing 5<sup>th</sup> in the 500 freestyle, 8<sup>th</sup> in the 50 butterfly, 7<sup>th</sup> in the 100 butterfly where he dropped

1.81 sec and 6<sup>th</sup> in the 100 individual medley where he took off .39 sec.

**Chris Manning** took on 6 races and dropped 5.05 sec in the 50 freestyle, 4.06 sec in the 100 freestyle, 3.04 sec in the 50 breaststroke for a new **PC-B** and **State** time of 44.13, 3.50 sec in the 100 breaststroke for another new **PC-B** time of 1:37.29 and 1.65 sec in the 100 individual medley.

**Corbin Sanchez** dropped time in 3 of his 4 swims. He took off 8.02 sec in the 50 freestyle, 30.07 sec in the 100 freestyle and 4.66 sec in the 50 backstroke.

**Michael Schaan** had a great meet swimming 9 events with **100% improvement**. He dropped 2.18 sec in the 50 freestyle coming in 2<sup>nd</sup>, 9.75 sec in the 100 freestyle coming in 5<sup>th</sup>, 15.74 sec in the 100 backstroke placing 3<sup>rd</sup>, 4.01 sec in the 50 breaststroke prelims returning to place 2<sup>nd</sup>, 20.15 sec in the 100 breaststroke for a new **JO** time of 1:19.21 and 2<sup>nd</sup> place, 1.98 sec in the 50 butterfly prelims placing 3<sup>rd</sup> in finals, 5.56 sec in the 100 butterfly for 3<sup>rd</sup> place, 5.82 sec in the 100 individual medley for 2<sup>nd</sup> place and 8.89 sec in the 200 individual medley for 3<sup>rd</sup> place.

**Ryan Signorella** had a **100% improvement** in his 3 races, dropping 1.15 sec in the 50 freestyle, 5.84 sec in the 50 backstroke and 15.17 sec in the 100 individual medley.

**Jack Stevenson** was next up with a 100% improvement performance. He dropped 1.49 sec in the 50 freestyle, 2.23 sec in the 100 freestyle, 4.31 sec in the 50 backstroke, 7.90 sec in the 100 backstroke, 3.25 sec in the 50 breaststroke, set a time to beat in the 50 butterfly and dropped 3.64 sec in the 100 individual medley.

**Connor Taylor** took on 9 events, dropping 1.13 sec in the 50 freestyle for a new **State** time of 33.17 sec, 2.84 sec in the 200 freestyle, .31 sec in the 50 backstroke, 1.11 sec in the 100 backstroke, 2.24 sec in the 100 butterfly and 2.27 sec in the 200 individual medley.

**Clarice Albert** was the first DDST 13-14 girls competitor. She had **100%**

**improvement** in her 5 races, dropping 1.66 sec in the 50 freestyle, 3.67 sec in the 100 freestyle, set a time to beat in the 100 backstroke, dropped 2.93 sec in the 200 breaststroke and 1.52 sec in the 200 individual medley.

**Madison Ashbaugh-Komp** turned in **100% improvement** in 4 events. She took off 2.91 sec in the 50 freestyle, 28.18 sec in the 200 freestyle, 8.64 sec in the 100 backstroke and 7.60 sec in the 100 breaststroke.

**Mychael Bellik** dropped time in 7 of her 8 races taking off 1.06 sec in the 50 freestyle, 1.95 sec in the 100 freestyle, 3.05 sec in the 200 freestyle, 3.77 sec in the 100 backstroke, 127 sec in the 100 breaststroke, 4.44 sec in the 100 butterfly for a new **PC-B** and **State** time of 1:17.20 and dropped 3.07 sec in the 200 individual medley.

**Lily Bickmore** took on 9 events, dropping time in 8 of them. She shaved off .82 sec in the 50 freestyle, 1.15 sec in the 100 freestyle for a new **State** time of 1:03.50, .24 sec in the 200 freestyle, .69 sec in the 100 backstroke, 5.41 sec in the 100 breaststroke for a new **PC-B** time of 1:27.90, 3.09 sec in the 100 butterfly for a new **PC-A** time of 1:08.91 coming in 8th, 20.04 sec in the 200 butterfly for a new **JO** time of 2:23.24 and 2<sup>nd</sup> place, 18.38 sec in the 400 individual medley for a new **PC-A** time of 5:20.78 and placing 7<sup>th</sup>.

**Julia Chappell** competed in 8 races, taking off 7.29 sec in the 100 freestyle, 1.25 sec in the 200 freestyle for a new **State** time of 2:21.07, .21 sec in the 200 backstroke, a huge 47.64 sec in the 100 breaststroke, .54 sec in the 200 individual medley and 23.02 sec in the 400 individual medley.

**Kaila Duffy** swam in 10 events, dropping .24 sec in the 200 freestyle, 2.66 sec in the 100 breaststroke for 6<sup>th</sup> place, placed 3<sup>rd</sup> in the 100 butterfly, 4<sup>th</sup> in the 200 butterfly and 6<sup>th</sup> in the 400 individual medley.

**Hanna George** had a great meet tackling 5 events and placing 5<sup>th</sup> in the 50 freestyle with a new **State** time of 27.30, placing 7<sup>th</sup> in the 100 backstroke with another new **State** time of

1:08.76, setting a time to beat in the 100 freestyle, and turning in another new **State** time of 1:14.65 in the 100 butterfly.

**Taylor Sullivan** took on 9 events where she dropped .54 sec in the 100 freestyle, 1.75 sec in the 200 freestyle prelims returning to place 7<sup>th</sup> in finals, 1.35 sec in the 100 backstroke finishing 4<sup>th</sup> place, placing 7<sup>th</sup> in the 100 breaststroke, 5<sup>th</sup> in the 200 breaststroke, 3<sup>rd</sup> in the 200 individual medley and 4<sup>th</sup> in the 400 individual medley.

**Emily Willis** improved in 6 of her 8 races dropping 3.19 sec in the 50 freestyle, 5.45 sec in the 100 freestyle, 12.97 sec in the 200 freestyle, 6.42 sec in the 100 backstroke, 20.01 sec in the 200 backstroke and 10.97 sec in the 200 individual medley.

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

**Gabriel Hirt** was first up for the 13-14 boys, swimming in 3 races and setting times to beat in the 50 and 100 freestyle and 100 backstroke.

**Taylor Knowles** swam 9 races with **100% improvement**, taking off 1.10 sec in the 50 freestyle, 3.49 sec in the 100 freestyle, 10.93 sec in the 200 freestyle, 47.20 sec in the 1000 freestyle for 4<sup>th</sup> place, 4.93 sec in the 100 backstroke for 4<sup>th</sup> place, 9.62 sec in the 200 backstroke for a new **JO** time of 2:16.23 and 3<sup>rd</sup> place, 5 sec in the 100 breaststroke for a new **State** time of 1:26.16 and 8<sup>th</sup> place, 21.98 sec in the 200 breaststroke for 7<sup>th</sup> and 14.88 sec in the 100 butterfly for an 8th place finish.

**Cole Petrosky** was next up swimming 8 events with **100% improvement** and turning in a new **State** and **PC-B** time of 29.80 in the 50 freestyle, dropping .16 sec in the 100 freestyle, 6.86 sec in the 200 freestyle, 16.30 sec in the 500 freestyle finishing 7<sup>th</sup>, 4.79 sec in the 100 backstroke, 6.26 sec in the 100 breaststroke, 11.86 sec in the 200 breaststroke and 8.04 sec in the 200 individual medley.

**Joey Smithen** had a strong meet with 8 events dropping time in the 50 freestyle prelims while finishing 2<sup>nd</sup> in finals, coming in 4<sup>th</sup> in the 100 freestyle, dropping 1.66 sec in the 200 freestyle for 4<sup>th</sup> place, 6.70 sec in the 100 backstroke for 2<sup>nd</sup> place, .80 sec in the 100 breaststroke again placing 2<sup>nd</sup>, 4.24 sec in the 200 breaststroke finishing 2<sup>nd</sup>, 1.15 sec in the 100 butterfly once again coming in 2<sup>nd</sup> and 12.91 sec in the 200 individual medley

**Daniel Taylor** turned in yet another **100% improvement** performance in his 9 races, dropping .62 sec in the 50 freestyle for a new **PC-B** time of 29.40 sec, 1.97 sec in the 100 freestyle for a new **State** and **PC-B** time of 1:04.80, 6.08 sec in the 200 freestyle, 1:31.38 in the 1000 freestyle finishing 6<sup>th</sup>, 3.38 sec in the 100 backstroke a new **PC-B** time, 28.87 sec in the 200 backstroke for a new **State** and **PC-B** time of 2:47.83, 2.46 sec in the 100 breaststroke for 7<sup>th</sup> place and a new **PC-B** time, 16.34 sec in the 200 breaststroke for 6<sup>th</sup> place and a new **PC-B** time of 2:59.22 and 1.29 sec in the 200 individual medley.

**Sebastian Zeron** competed in 9 events and handed in a new **JO** time of 25.17 in the 50 freestyle with a 1<sup>st</sup> place finish, dropped .85 sec in the 100 freestyle for 2<sup>nd</sup> place, finished 7<sup>th</sup> in the 200 freestyle, dropped 4.94 sec in the 100 backstroke with a new **PC-A** time of 1:07.58 and 8<sup>th</sup> place, dropped 1.74 sec in the 100 breaststroke prelims returning to finish 3<sup>rd</sup> in finals, placed 6<sup>th</sup> in the 200 individual medley and took off 8.24 sec in the 400 individual medley for 3<sup>rd</sup> place.

**Chayce Beam** started off the DDST 15 and over girls with **100% improvement** in her 4 events. She took off .84 sec in the 50 freestyle, 14.32 sec in the 100 freestyle, 17.24 sec in the 100 backstroke and 18.28 sec in the 100 butterfly.

**Savannah Chappell**, just coming back from Western Zones, took on 6 races, placing 6<sup>th</sup> in the 100 freestyle and 100 breaststroke where she dropped 1.41 sec, 4<sup>th</sup> in the 100 butterfly dropping

1.41 sec, 3<sup>rd</sup> in the 200 individual medley and 3<sup>rd</sup> in the 400 individual medley where she took off 7.36 sec.

**Emily Dack** competed in 8 events dropping 2.51 sec in the 100 freestyle, 1.22 sec in the 200 freestyle, 1.19 sec in the 100 backstroke, 3.05 sec in the 100 breaststroke, 2.91 sec in the 200 individual medley for a new **PC-B** time of 2:50.48 and 24.23 sec in the 1000 freestyle.

**Emma Gray** took on 9 races setting a time to beat in the 1000 freestyle finishing 5<sup>th</sup>, placing 1<sup>st</sup> in the 50 freestyle, 8<sup>th</sup> in the 100 freestyle, dropping 1.18 sec in the 100 backstroke for a new **JO** time of 1:05.86 and 3<sup>rd</sup> place, taking off .77 sec in the 100 butterfly for another new **JO** time of 1:05.42 and placing 2<sup>nd</sup>. She also came in 2<sup>nd</sup> in the 200 individual medley.

**Jordan Knowles** also competed in 9 races where she came in 1<sup>st</sup> in the 100 butterfly, dropped .87 sec in the 200 butterfly also finishing 1<sup>st</sup>, and placed 8<sup>th</sup> in the 200 individual medley.

**Shelby Koontz**, also just returning from Western Zones, set 2 new 15-18 girls **High Country League** and **Team Records** in the 500 freestyle, dropping 4.73 sec for a time of 5:12.80, and in the 1650 freestyle where she dropped 45.80 sec for a new **FW** time of 18:03.40 finishing 1<sup>st</sup> place in both. She also placed 1<sup>st</sup> in the 200 backstroke and in the 400 individual medley where she dropped 2.75 sec for a girls 15 and over **High Country League** and **Team Record** time of 4:31.98.

**Kayla Ruffo** also swam a full slate of 9 races, taking off 1.96 sec in the 100 freestyle, 2.10 sec in the 200 freestyle, .52 sec in the 100 breaststroke, 3.55 sec in the 200 breaststroke where she placed 7<sup>th</sup>, 3.04 sec in the 100 butterfly for a new **PC-A** time of 1:11.99, 2.66 sec in the 200 butterfly where she came in 4<sup>th</sup>.

**Ryan Chen** was first up for the DDST 15 and over boys **improving 100%** in his 9 races. He dropped 1.08 sec in the 50 freestyle for 6<sup>th</sup> place, 2.22 sec in

the 100 freestyle for a new **PC-A** time of 55.38, 2.13 sec in the 200 freestyle for 6<sup>th</sup> place, 1.30 sec in the 100 backstroke for another new **PC-A** time of 1:08.23, 3.70 sec in the 100 breaststroke for a new **JO** time of 1:10.25 and 5<sup>th</sup> place, 6.06 sec in the 200 breaststroke for another new **JO** time of 2:34.55 and 7<sup>th</sup> place, .35 sec in the 100 butterfly for 6<sup>th</sup> place, .88 sec in the 200 individual medley and 1.07 sec in the 400 individual medley for 4<sup>th</sup> place.

**Justin Hight** tried his hand at 8 events, finishing 7<sup>th</sup> in the 50 freestyle taking off .91 sec, 5<sup>th</sup> in the 200 freestyle where he dropped 9.14 sec for a new **PC-A** time of 1:58.20, 6<sup>th</sup> in the 100 backstroke, dropping .37 sec, 5<sup>th</sup> in the 200 backstroke taking off 5.81 sec, dropping 5.10 sec in the 100 breaststroke for a new **PC-B** time of 1:20.84 and 4.39 sec in the 100 butterfly for a new **JO** time of 59.26 and 5<sup>th</sup> place.

**CJ Hill-Holeman** competed in 4 races, where he dropped 3.41 sec in the 100 breaststroke for a new **PC-A** time of 1:15.51 and finished 6<sup>th</sup> in the 400 individual medley.

**Logan Killion** took on 9 events with 100% improvement taking off .54 sec in the 50 freestyle, 1.57 sec in the 100 freestyle for a new **PC-A** time of 56.89, 6.10 sec in the 200 freestyle and 8<sup>th</sup> place in finals, 2.21 sec in the 100 backstroke and placing 7<sup>th</sup> in finals, 20.52 sec in the 100 breaststroke for a new **PC-B** and **State** time of 1:17.07, 15.31 sec in the 100 butterfly for another new **State** and **PC-A** time of 1:04.21, 41.19 sec in the 200 butterfly for another new **PC-B** and **State** time of 2:34.96 and 2<sup>nd</sup> place, 4.56 sec in the 200 individual medley, a **State** time, and 52.27 sec in the 400 individual medley for a **PC-A** and new **State** time of 5:07.73 and 5<sup>th</sup> place.

**Jason Lowther** competed in 8 events, dropping 1.76 sec in the 50 freestyle, 3.53 sec in the 100 freestyle for a new **PC-B** time of 1:00.83, 4.32 sec in the 200 freestyle for another new **PC-B** time of 2:16.30, 9.61 sec in the 100 backstroke for a new **State** and **PC-B**

time of 1:11.38, finished 8<sup>th</sup> in the 100 breaststroke, dropped 4.81 sec in the 200 breaststroke and 14.33 sec in the 100 butterfly for a new **State** and **PC-B** time of 1:06.44.

**Josh Smithen** took on 9 races dropping .36 sec in the 50 freestyle and finishing 3<sup>rd</sup> in finals, .68 sec in the 100 freestyle for 5<sup>th</sup> place, .23 sec in the 200 freestyle for 4<sup>th</sup> place, .79 sec in the 100 backstroke for 3<sup>rd</sup> place, finished 2<sup>nd</sup> in the 200 backstroke, 6<sup>th</sup> in the 100 breaststroke, dropped 1.33 sec in the 200 breaststroke for 4<sup>th</sup> place, placed 4<sup>th</sup> again in the 200 individual medley and 2<sup>nd</sup> in the 400 individual medley where he took off 6.08 sec.

**Joe Sullivan** was our last DDST boys swimmer. He competed in 9 events where he dropped .12 sec for a new **FW** time of 23.09 and finished 2<sup>nd</sup> in finals, dropped .30 sec in the 100 freestyle for 3<sup>rd</sup> place, came in 7<sup>th</sup> in the 200 freestyle, 8<sup>th</sup> in the 100 backstroke dropping .52 sec in prelims, 8<sup>th</sup> in the 100 butterfly where he took off 3.04 sec, finished 3<sup>rd</sup> in the 200 butterfly and dropped 3.88 sec in the 200 individual medley.

DDST relay teams did well with the girls 15-18 400 freestyle relay team of **Savannah Chappell, Emma Gray, Jordan Knowles and Shelby Koontz** placing 2<sup>nd</sup> with a time 5:53.80. The boys 10 and under 200 freestyle relay team of **Matt Yturbide, Todd Gosselin, Mason Dickey and Cooper Yturbide** placed 1<sup>st</sup> with a time of 3:24.46, and **Connor Taylor, Jack Stevenson, Niko Hight and Remy Hill-Holeman** swam to a 2<sup>nd</sup> place finish in the boys 11-12 200 freestyle relays. **Joey Smithen, Taylor Knowles, Daniel Taylor and Gabriel Hirt** came in 2<sup>nd</sup> in the 13-14 boys 400 freestyle relay and the boys 15-18 400 freestyle relay of **Ryan Chen, CJ Hill-Holeman, Logan Killion and Josh Smithen** finished 1<sup>st</sup> place.



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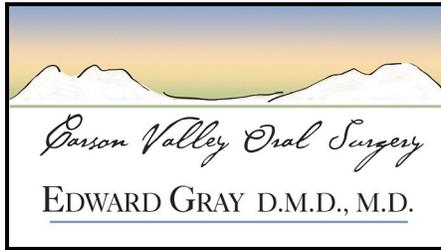
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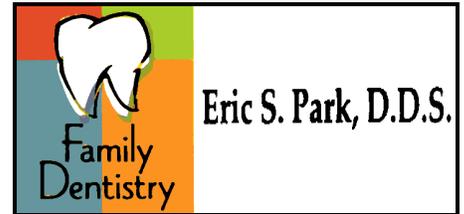
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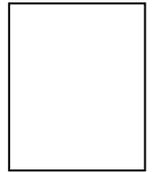
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

Congratulations and Welcome to new:

**Dippin Dolphins:** Maile Pierson, Samantha Golobic, Zoe Pantoja

**Silver Dolphins:** Hadley Peck, Maria Adkins, Corbin Sanchez, Wallace Norris, Shayne Patrick, Tim Golobic

**White Dolphins:** Seraina Reid

**Blue Dolphins:** Gabe Hirt

**Moving on up Congrats to new:**

**White Dolphins:** Marayah Jimenez

**Red Dolphins:** Grace Dickey, Niko Hight, Chris Manning, Ryan Signorella & Cooper Yturbide

**Blue Dolphins:** Conner Taylor, Madison Ashbaugh-Komp

**Pre-Senior Dolphins:** Sarah Hyatt, Hanna George, Audrey Meuller

**Senior Dolphins:** Ryan Chen, Taylor Sullivan

## Practice Schedules

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

### SCHOOL IN SESSION SCHEDULE

**Seniors:** M-Th 2:30-4:45 p, Fri: 2:30-4:30, dryland **see group calendar**

**Pre Seniors:** M-Fri 2:30-4:15 p, dryland **see group calendar**

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

**Blue:** M-Th 4:45-6 p, Fast Fridays 4:15-5:30p

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

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

**Silver:** Wednesday & Friday 4:15p-5:00p.

**Dippin Dolphins:** (Wednesday): 5:00p-5:45 p



## Next Newsletter

The next *Monthly* will appear about October 31. **All submissions should be received by October 27.** Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Julie Gray, at [newsletter@ddst.org](mailto:newsletter@ddst.org) or 775-690-0124.** Items can also be left in our family folder, in the team file box by the trophy case at the pool lobby.

*A big thank you to this month's contributions: Coach Kat, Coach Sarah, Coach Greg, Coach TJ, Linda Koontz, Jim & Shaelin Morefield, Cathy & Erica Chappell, Rachel Chen, Clara Gray & Janosch Lancaster*  
**Latest news online: [www.ddst.org](http://www.ddst.org).**

