

# Dolphins' Monthly

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

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

December 2014

## Swimmers of the Month

**Mason Dickey is Dippin Dolphins Swimmer of the Month.** He has been an athlete that has consistently attended practice, and it has paid off. Mason just recently moved up to Silver Group! Great job, Mason, and keep up the hard work!

**Corbin Sanchez is Silver Group Swimmer of the Month.** When we had the three week closure to our swim facility, and we had to attend Carson's pool, Corbin was there all the time. I love to see that kind of dedication. Nice work, Corbin. Keep it up!

**Stephanie Lin is White Group Swimmer of the Month.** Stephanie has done a fantastic job this past month with her training. She is always a positive example for her team mates and is an excellent listener. I can always count on Stephanie to lead her lane. Stephanie has improved, gotten super strong, and I can't wait to see her compete soon. Way to go, Stephanie!

**Anna Northcutt is Red Group Swimmer of the Month.** Anna has been working hard since joining Red Group. Her smile when she shows up at practice and "thank you" at the end of every practice is infectious to the rest of the group. She had the best attendance for the entire team this month! That is dedication! You can tell she loves swimming and works hard at every practice. I am glad she has made it to the Red Group!

**Daniel Taylor is Blue Group Swimmer of the Month.** He has really been progressing in all areas, and had a great meet at the Nevada State Championships, coming away with 6 Life Time

Best's. His 200 events really show improvement, and that comes from hard training. He took off 23 seconds in his 200 breaststroke and a whopping 7.4 seconds in his 200 backstroke! His energy at practice has been very positive, he has been encouraging to his teammates, and he has really put a lot of effort into the evaluation sets. Daniel typically participates in two sports at one time and does a great job of balancing all his activities. Keep up the hard work Daniel!

**Logan Killion is Pre-Senior Swimmer of the Month.** Logan was chosen for three reasons: his performance at the Holiday Fest in Arizona, having the highest attendance for the pre-senior group, and for his leadership skills. Logan had best times in all his events at the Arizona meet. He has been making most practices whether in Carson or at home, and always goes out of his way to bring his teammates as well.

Logan is loved by all of his teammates, always has a great attitude, and always leads by example. Way to go Logan!

**Kaila Duffy is Senior Group Swimmer of the Month.** She has definitely learned an important life lesson and swimming lesson at the Nevada State Meet. A month later she had great success at the Arizona Meet. Training methods change as swimmers advance in their career. We call some meets "swim through" meets. This means swimmers are not rested and shaved to perform their very best. They are typically tired and sore, and if they aren't, chances are they are not training to their fullest potential. As a matter of fact, the older swimmers get, the less "Life Time Best's" they get. Sometimes that can be only one or two LTB's per year. This is a difficult transition, and it's especially tough when

as an Age Group swimmer you're used to the Nevada State Meet being one of the best meets of the year. Kaila learned to relax and trust in herself, her training and her coaches. She loves swimming and needs to remember to enjoy each moment and steer clear of any negative input. Rebounding with positive energy, she did great at the Arizona Meet, obtaining 5 Life Time Best's in the 400 individual medley, 50, 100 and 200 butterfly and in the 100 freestyle. I would also like to congratulate Kaila for her superior practice attendance during school "FINALS". If you intend on swimming in college this is a vital skill that must be learned. Congrats Kaila, you're well on your way to all life's successes!



## 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.



COACH

## Kat's Corner

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

This came out through USA Swimming. If you don't typically read their emails, you should check them out. There is a lot of great stuff! The following is an excerpt from their emails:

### 20 Tips for a Positive New Year 2015 By Jon Gordon, Author, December 2014

1. **Stay Positive.** You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.
2. **Take a morning walk of gratitude.** I call it a "Thank You Walk." It will create a fertile mind ready for success.
3. **Make your first meal the biggest and your last meal the smallest.** Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
4. **Zoom Focus.** Each day when you wake up in the morning ask: "What are the three most important things I need to do today that will help me create the success I desire?" Then tune out all the distractions and focus on these actions.
5. **Talk to yourself instead of listen to yourself.** Instead of listening to your complaints, fears and doubts, talk to yourself and feed your mind with the words and encouragement you need to keep moving forward.
6. **Choose faith instead of fear.** Faith turns adversities and dead-ends into detours to a better outcome than you thought possible. {Tweet This}
7. **Don't chase dollars or success.** Decide to make a difference and build meaningful relationships and success will find you. {Tweet This}
8. **Get more sleep.** You can't replace sleep with a double latte.
9. **Don't waste your precious energy** on gossip, energy vampires, issues of the past, negative thoughts or things

you cannot control. Instead invest your energy in your purpose, people and the positive present moment.

10. Build your life and career with the **3 greatest success strategies** of all.

**Love, Serve and Care.**

<http://www.carpenter11.com/>

11. **Every day focus on your purpose.** Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.

12. **Remember there's no such thing as an overnight success.**

<http://www.jongordon.com/positive-tip-overnight-success.html>

There's no substitute for hard work.

13. **Believe that everything happens for a reason** and expect good things to come out of challenging experiences.

14. **Implement the No Complaining Rule.**

<http://www.jongordon.com/thenocomplainingrule.html>

If you are complaining, you're not leading.

15. **Read more books than you did in 2014.** I happen to know of a few good ones.

<http://www.jongordon.com/books.html>

16. **Don't seek happiness.** Instead decide to live with passion and purpose and happiness will find you.

17. **Focus on "Get to" vs "Have to."** Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18. **Each night before you go to bed complete the following statements:**

I am thankful for \_\_\_\_\_.

Today I accomplished \_\_\_\_\_.

19. **Smile and laugh more.** They are natural anti-depressants.

20. **Enjoy the ride.** You only have one ride through life so make the most of it and enjoy it.

<http://www.jongordon.com/documents/20TipsforAPositive2015.pdf>

[https://snt146.mail.live.com/?tid=cmp\\_AWYfOS5BGU4NidZ1wuqA2&fid=fliinbox](https://snt146.mail.live.com/?tid=cmp_AWYfOS5BGU4NidZ1wuqA2&fid=fliinbox)



COACH

## Sarah's Corner

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

In the beginning of the season when coaches like to work with their swimmers to slow things down and focus on their technique, it is important that the swimmer LISTEN and FOCUS on doing it right. Nothing is more frustrating than swimmers messing around, not listening or not showing up during the preliminary phase of training and then becoming injured mid-season because they didn't make the necessary technique changes. Below is an article by Russell Mark, and you can also find a video on USA swimming that goes along with it.

### SHOULDER PROBLEMS: FIX YOUR TECHNIQUE

BY RUSSELL

MARK//NATIONAL TEAM HIGH PERFORMANCE CONSULTANT

Shoulder pain is unfortunately a very common occurrence in swimming. Many people accept it as a part of the sport – a result of thousands upon thousands of repeated strokes – and some people are lucky to never experience pain and some people aren't. It doesn't have to be like that! Certainly, some people's shoulder pain is unavoidable, but for many others, a simple change in technique could be the fix.

It's not necessarily repeated strokes that cause shoulder pain. It's repeated strokes with flawed technique. The one thing you need to be aware of:

**Don't let your arm go behind your back.**

The hard thing is that most swimmers don't even realize this is happening. They just feel pain as they start pulling the water with their arm. In freestyle, backstroke and butterfly, it's all too easy to start the pull while your arm is in a high-risk position.

If you're feeling pain at the beginning of your stroke or as you're pulling through, you need to be aware of

where your arm is when you're feeling the pain. If your upper-arm (from your shoulder to your elbow) is behind your back (from shoulder to shoulder), that is bad for most people. Your upper-arm and back have to line up if you want to protect your shoulder.

In freestyle, you might feel pain when the stroke starts because your shoulder is rotated down when the arm starts pulling. If you're feeling pain, either decrease the rotation to that side or pull more in front of you (not as wide). This can be a common problem on a swimmer's non-breathing side because many swimmers lean on that side when they breathe.

A second problem spot in freestyle is the start of the recovery. If you feel pain there, you might be exaggerating the finish motion too much, and the hand and arm are too high when the recovery starts. Keep the arm lower to the water to start the recovery.

In backstroke, many swimmers press down with their hand and arm to start the stroke. This can definitely make the arm go behind the back. If you're feeling pain, either rotate more to that side or pull shallower. (*I'd recommend a shallower pull.*)

In butterfly, the potentially painful position can happen if the swimmer presses deep with their chest and the hands stay high at the surface. If you feel pain, press forward with the chest and have a flatter stroke.



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COACH  
**Greg's Corner**

(greg@taylorcamp.org)

As I was thinking about the newsletter this month, I was distracted by my coughing spasm from bronchitis. Ugh. We all sometimes get sick, it isn't fun, and we feel frustrated that we can't get things done or do what we need to do. So here are a few suggestions from another former competitive swimmer that I think is a good reminder this season:

The flu can kill a swimmer's season. You're out of practice for a few days, and it takes a week or two to get back in shape, and by the time you're back in the swing of things, you've already lost a month. The flu was always my #1 fear during the important short-course swim season. Physically, you lose muscle and weight. Mentally, you're frustrated and distraught, wishing you never got the flu.

No matter what you do, you are always at-risk of getting a cold or the flu. I learned some helpful tips along the way, things I employed during my swimming career that I believe lessened my risk of getting sick. Keep these suggestions with a grain of salt, since I am not a doctor. I'm just a former competitive swimmer who has experienced my share of illnesses during the holiday season.

**1. Sleep, sleep, get more sleep!**

Humans sleep for a reason. Sleep has been installed into our daily routines for thousands of years. Don't go assuming that just because you have to check 95 Instagram accounts or a Breaking Bad marathon that you are the lone human exception who does not require sleep. You need sleep. Sleep helps you recover. If nothing else, sleep helps your immune system stay healthy. So sleep.

**2. Wear a warm hat.**

Unscientific survey, but 95% of ear infections and sinus infections I've ever

had started after I walked around a snow-filled, below-freezing environment without a warm knit hat. "Ice hair" may be a cool look, but when you expose your wet post-practice hair and head to the elements, you're just asking to get sick. Even when you're still over-heating from practice (or a 45-minute scalding hot post-practice shower) wear a hat. Even if you don't want to: wear a hat. Even if it's 60 degrees outside: wear a hat. Your body loses the majority of its heat through your head. Your body is exhausted after practice and the last thing it needs is you to run around outside with wet hair in 10 degree temperatures. Protect your head, and keep yourself healthy. Wear a hat before practice, and more importantly, wear a hat after practice.

**3. Parka time.**

Ah, winter. Time for the infamous Swimmer Parka. If you read Splash Magazine, you know how fond I am of Swimmer Parkas. They are like outside robes. They are like mobile sleeping bags. They keep you warm and protected from weather and, I believe, healthier. Don't be one of those people who purposefully wear minimal clothing when it begins to snow because you think it's "cool" to be cold. Put your parka on. Turn it fuzzy-side out, and make it a fashion statement.

**4. If you're sick, don't go to practice.**

If you are sneezing, have a fever, have mucus running down the back of your throat, have weird unidentifiable spots all over your body, are coughing, and/or are otherwise contagious in any other way whatsoever: DO NOT GO TO PRACTICE. Seriously. Coaches might disagree with me here, but as a swimmer, I never wanted to share a lane with some dude who had a cold because he didn't wear a hat last week. I didn't want him to get ME sick. Yes, that sentiment may be slightly narcissistic, but why should I be punished because someone else got sick and still wants to go to swim practice? If you're sick, you're not being noble by coming to practice. You're actually posing a risk to all your other healthy team-

mates and potentially getting them sick. Stay home. Sleep. Come to practice when you are healthy.

### 5. Keep a good mental attitude.

Everyone gets sick, even if you do everything right. So when you do get sick, you have two choices: Agonize, or keep a good attitude. I'm a huge believer in the power of the mind. The mind controls thoughts, which can control, I believe, how you feel and how your body recovers. Employ negative thoughts during or after illness, and you will recover slower than if you mentally engage your brain and trick it into a positive mindset. Imagine yourself getting healthy. Imagine yourself defeating your illness. Sounds cheesy, I know. But try it. Even if it's a little placebo working, if it works, it works.

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&Itemid=6479&mid=14491>



## DDST Key Contacts

**Acting Board President: Denise Bickmore**  
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COACH

## TJ's Corner

([tj.smithen@yahoo.com](mailto:tj.smithen@yahoo.com))

### WHY CHOOSE SWIMMING?

Swimming is the ultimate all-in-one fitness package, working most muscles in the body in a variety of ways with every stroke. When strokes are performed correctly, the muscles lengthen and increase in flexibility. The significant repetition of strokes improves muscle endurance, and because water creates more resistance against the body than air does in land exercise, the muscles are strengthened and toned. Swimming also significantly enhances core strength, which is important to overall health and stability in everyday life. The hip, back, and abdominal muscles are crucial to moving through the water effectively and efficiently. Swimming builds these core muscles better than any abs video or gadget advertised on television. Finally, a properly structured swim workout provides incredible improvements to the cardiovascular system. The nature of breathing when swimming-with breath being somewhat limited in volume and frequency-promotes greater lung capacity and a consistent intake of oxygen. Both aerobic and anaerobic gains can be made in the same workout.



## Important Dates

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

**January 31: Swim a Thon Fundraiser. Carson Valley Swim Center. Begin collecting pledges asap. See ddst.org for details and instructions.**

**Younger swimmers in from 6-8 pm.**

**Older swimmers begin at 8 pm. Check with your coach if you are unsure what time you swim.**



## FROM THE BOARD OF DIRECTORS

Lately, the team has encountered problems meeting requirements for timers for away meets. Typically, our team is assigned a certain number of timers' chairs to fill for the duration of the meet. We are expected to provide this courtesy to host teams, as they do for us at our meets. However, at many recent away meets, we have not been able to find enough willing parents to volunteer. To help address this problem, we are going to use **TeamUnify Job signups** to have parents commit to timing slots before each away meet. Hopefully, this new system will allow more people to participate in timing. However, if this new system does not provide enough volunteers, we might have to consider a policy change, which may include charging families who do not participate in timing at away meets at which their swimmers are swimming. So, when the Pod Cast says it's time to sign up, jump online, choose a timing slot, and let's avoid any possible policy changes!



The Douglas Dolphins Board of Directors will be meeting on **Thursday, January 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.



## 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.



## FROM THE MEET DIRECTORS

Our next home meet is the Valentine Meet coming February 13-15<sup>th</sup>. Watch for team emails and podcasts with upcoming job sign up information, be prepared to help out and start collecting meet volunteer hours. We will be doing Silent Auction baskets at this meet that you can apply towards your families fundraising obligation, so if you would like to put together a basket of goodies to be auctioned at this meet please contact Kathy Chappell.



## 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

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

**February 13-15, 2015, HOME: St. Valentine Age Group Open Meet** Sign ups available soon. Watch website and team emails for details.

**February 28-March 1, 2015: Zone 4 All Star Travel Meet** for ages 14 & under. Applications available. Qualifying times apply. See your coach if you are interested!

**April 9-12 2015: Speedo Far Western Championship Meet, Morgan Hill, CA.** Qualifying times apply. New standards have been set for this meet and are available at [usaswimming.org](http://usaswimming.org).



## SWIM-A-THON

We are so excited to let you know that on **1/31/14 at 6:00 PM**, the **Douglas Dolphins Swim Team** will be running the **2014-15 Swim-A-Thon** event at the Carson Valley Swim Center to raise critically needed money to fund team operations. Participants earn money by swimming lengths of the pool. Swimmers have a 2 hour period to swim a maximum of 200 lengths. You can get pledges from family, neighbors or businesses to support your efforts. Donors can either pledge money per length or make a flat donation in support of their swimmer or the team. We need your help in raising as much as you can to help our team this year. Please see [www.ddst.org](http://www.ddst.org) for incentives, and if you need any help or have any questions, please feel free to contact Jenna Beam.

### OUR FUNDRAISING GOAL THIS YEAR IS \$10,000.00

**Your help and participation is crucial** in helping us reach our goal. You will find that it is extremely easy and fun to participate, promote, and manage the entire process. **Everything is right inside your private team account.** With our fundraising platform, you'll be able to:

- Create unique personalized donor landing pages for your kids. Impress your donors - they will give more!
- Utilize the sample content, and add images for a unique and fun look. Creativity is recommended, but not required!
- Easily import or upload contacts, and send emails in just a few clicks. Increase exposure!
- Add offline donations for team administrator approval. Track every dollar raised with ease!
- View all donation details for your child[ren].
- View real-time progress towards incentive awards for your kids. Keep everyone focused and motivated!

### Sign in to your account.

Click the red "Help Video" icon to watch fundraising quick-start video, and **download the user guide**. Once you are signed in, **you will land in the Setup tab to begin setting up your fundraising efforts**. You'll also see a series of other tabs where you will manage the entire process for your child[ren]. If you have more than one child on the team, click the pull-down menu to the right of the blue "Participant" title to select each. We've made it really easy to add pictures, fun icons, and individualized text for each child's unique fundraising page! Remember to have fun setting up your account and promoting yourself fundraising efforts!

Please click the **RED Watch Video** button to get all of the tips and tricks for getting the most out of your fundraising efforts!

**Stay tuned for more information about this big event**



## Happy Birthday

### Happy Belated November & December Birthday's to:

Kaela Forvilly (11/2), Kaila Duffy (11/4), Justin Lopresto (11/5), Gabe Hirt (11/14), Emma Ruffo (11/19), Kayla Ruffo (11/28), Michael Schaan (12/13), Emma Gray (12/16), Sophia Maricich (12/22), Marayah Jimenez (12/26).

### Happy January Birthday's to:

Jack Stevenson (1/9), Mason Dickey (1/10), Maile Pierson, Cahlie & Shay Shattuck (1/12), Joey Smithen (1/16), Corbin Sanchez (1/22), Ava Trimarchi (1/25), Zach Jahreis (1/29), Josh Beam (1/30), Sarah Hyatt (1/31).



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



## 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.



## STATE MEET

The Dolphins had a great showing at this year's Nevada State Championships with 3 new PC-B times, 12 new PC-A times, 16 new JO times, 12 new FW times and 6 new Team Records! There was no team scoring for this meet, but the **top 5 DDST scorers** for the Dolphins were **Shelby Koontz, Joey Smithen, Andre Mendes, Kevin Smithen and Taylor Sullivan.**

**Cammie Jahreis** was first up for the 8 and under girls. She swam 4 events and dropped 2.75 sec in the 100 freestyle for a new **PC-A** time of 1:39.15 and .33 sec in the 25 backstroke for 19<sup>th</sup> place.

**Shayne Patrick** took off .34 sec in the 25 backstroke.

The 8 and under 100 freestyle relay team of **Shayne Patrick, Caitlyn Taylor, Hadley Peck and Cammie Jahreis** finished 7<sup>th</sup> place with a time of 1:56.10. **Patrick, Keira Duffy, Jahreis and Taylor** came back to also place 7<sup>th</sup> in the 100 medley relay with a time of 2:06.16.

**Todd Gosselin** swam 5 events for the 8 and under boys dropping .63 sec in the 25 freestyle for a new **PC-A** time of 19.24 sec and 15<sup>th</sup> place, 1.73 sec in the 25 backstroke for another new **PC-A** time of 22.53 and 15<sup>th</sup> place finish in the 25 backstroke and placed 16<sup>th</sup> in the 50 backstroke.

**Sofia Delange** competed in 7 events for the 9-10 girls where she took off 7.36 sec in the 200 freestyle, 1.55 sec in the 50 backstroke for a new **PC-A** time of 40.40, set a time to beat in the 100 butterfly for 15<sup>th</sup> place and dropped 1.48 sec in the 200 individual medley.

**Grace Dickey** dropped .14 sec in the 50 freestyle.

**Barrett Lee** took on 7 events and placed 17<sup>th</sup> in the 50 freestyle, took off 1.24 sec in the 100 freestyle, 7.25 sec in the 200 freestyle for a new **PC-A** time of 2:44.20, 2 sec in the 50 butterfly for another new **PC-A** time of 39.79 and 8.65 sec in the 200 individual medley for another new **PC-A** time of 3:06.44 and 14<sup>th</sup> place.

**Cooper Yturbide** was the only competitor for the DDST 9-10 boys. He dropped 1.43 sec in the 50 breaststroke and placed 14<sup>th</sup> in the 200 individual medley.

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

**Emma Ruffo**, first up for the 11-12 girls had **100% improvement** in her 7 races, dropping .12 sec in the 100 freestyle, 2.35

sec in the 200 freestyle, .12 sec in the 50 backstroke, .67 sec in the 100 backstroke, .12 sec in the 100 breaststroke, 1.6 sec in the 100 individual medley and 3.12 sec in the 200 individual medley.

**Alanna Smithen** dropped .47 sec in the 50 butterfly.

**Cailey Tollman** took on 7 events, dropping .85 sec in the 100 freestyle & achieving a new **PC-A** time of 1:06.63 in that race, 6.01 sec in the 200 freestyle, a huge 16.87 sec in the 500 freestyle, 1.77 sec in the 50 backstroke and 5.32 sec in the 100 backstroke.

**Remy Hill-Holeman** competed in 7 races for the 11-12 boys where he took off 1.63 sec in the 50 backstroke and 2.45 sec in the 100 individual medley.

**Chris Manning** took on 3 races with an improvement of 2.36 sec in the 50 breaststroke and 2.38 sec in the 100 breaststroke.

**Ryan Signorella** achieved a new **PC-B** time of 32.47 sec in the 50 freestyle, taking off 1.45 sec.

**Connor Taylor** improved in 3 of his 5 events, dropping 1.14 sec in the 50 freestyle, 5.70 sec in the 100 backstroke where he brought in a new **PC-B** time of 1:24.93, and 3.92 sec in the 100 individual medley. The 11-12 boys 200 freestyle A relay team of **Connor Taylor, Ryan Signorella, Chris Manning and Remy Hill-Holeman** finished 5<sup>th</sup> with a time of 2:12.34. The boys 11-12 200 medley relay team of **Niko Hight, Manning, Taylor and Signorella** placed 7<sup>th</sup> with a time of 2:42.98.

**Mychael Bellik** took on 6 events for the 13-14 girls, improving .41 sec in the 50 freestyle, a huge 1:02.72 in the 1650 freestyle for 17<sup>th</sup> place, 2.69 sec in the 200 backstroke, 2.28 sec in the 200 breaststroke, and 4.70 sec in the 400 individual medley.

**Lily Bickmore** competed in 7 events, taking off .33 sec in the 50 freestyle for a new **PC-A** time of 28.51, .39 sec in the 200 freestyle, a huge 21.42 sec in the 500 freestyle, and 1.03 sec in the 200 individual medley. She also placed 7<sup>th</sup> in the finals of the 200 butterfly and 18<sup>th</sup> in the 400 individual medley.

**Julia Chappell** took off a huge 19.01 sec in the 1650 freestyle where she placed 19<sup>th</sup>, 2.09 sec in the 200 freestyle, .03 sec in the 200 backstroke, 2.65 sec in the 100 butterfly and 1.76 sec in the 200 butterfly.

**Maegan Collins** showed **100% improvement** in her 3 events, taking off .92 sec in the 200 freestyle, a huge 1:06.33 in the

1650 freestyle and 4.45 sec in the 400 individual medley.

**Sarah Hyatt** took off .32 sec in the 50 freestyle, 1.43 sec in the 200 freestyle, and a huge 19.0 sec in the 400 individual medley where she placed 23<sup>rd</sup>.

**Nikki Jackson** raced in 4 events and dropped 4.41 sec in the 400 individual medley.

**Hope Rakow** took on 3 events, looking strongest in the 50 freestyle and 100 butterfly.

**Taylor Sullivan** had a great State meet scoring in the **DDST Top 5**, taking off .07 sec in the 200 freestyle, 1 sec in the 500 freestyle, .98 sec in the 100 breaststroke finals where she finished 10<sup>th</sup>, 1.50 sec in the 200 breaststroke finals for a new **JO** time of 2:42.60 and 6<sup>th</sup> place, 1.20 sec in the 100 butterfly and 2.60 sec in the 200 butterfly finals for 11<sup>th</sup> place.

The 13-14 girls 400 medley relay team of **Julia Chappell, Taylor Sullivan, Lily Bickmore and Nikki Jackson** placed 8<sup>th</sup> with a time of 4:44.76.

**Gabe Hirt** was first up for the 13-14 boys and he took off 2.86 sec in the 100 breaststroke.

**Taylor Knowles** took on 7 events dropping .07 sec in the 100 freestyle, 14.33 sec in the 500 freestyle, 12.55 sec in the 200 individual medley for a new **PC-B** time of 2:32.15 and placed 13<sup>th</sup> in the finals of the 200 backstroke.

**Cole Petrosky** was another **100% improvement** Dolphins swimmer, taking off .35 sec in the 50 freestyle, 5.03 sec in the 100 backstroke, 2.76 sec in the 200 backstroke and 4.37 sec in the 200 individual medley.

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

**Joey Smithen**, another **DDST Top 5** scorer, had an outstanding meet dropping .88 sec in the 50 freestyle for a new **JO** time of 24.43 sec and 3<sup>rd</sup> place in finals, 2.95 sec in the 100 backstroke placing 6<sup>th</sup> in finals, 2.17 sec in the 100 breaststroke for a new **JO** time of 1:11.45 and 7<sup>th</sup> place, 1.17 sec in the 200 breaststroke for 7<sup>th</sup> place, 3.41 sec in the 100 butterfly for a new **JO** time of 1:01.19 and 4.14 sec in the 200 individual medley for another new **JO** time of 2:14.24 and 6<sup>th</sup> place.

**Daniel Taylor** took on 7 events with near 100% improvement. He took off .87 sec in the 50 freestyle, .64 sec in the 100 freestyle, 3.32 sec in the 100 backstroke, 7.55

sec in the 200 backstroke, .87 sec in the 100 breaststroke and 2.31 sec in the 200 breaststroke.

The 13-14 boys 400 freestyle relay team of **Joey Smithen, Daniel Taylor, Cole Petrosky and Taylor Knowles** came in 7<sup>th</sup> place with a time of 4:01.89. A 13-14 boys 400 medley relay **Team Record** time of 4:30.68 was set by **Knowles, Taylor, Smithen and Petrosky** who placed 6<sup>th</sup>.

First up for the 15 and over girls was **Savannah Chappell** who took off .42 sec in the 50 freestyle.

**Kaila Duffy** competed in 6 races where she achieved a new **JO** time in the 50 freestyle finals of 26.56, and 18<sup>th</sup> in both the 100 breaststroke and 100 butterfly finals.

**Emma Gray** took on 7 events taking off 10.14 sec in the 200 breaststroke for 18<sup>th</sup> place in finals, .07 sec in the 100 butterfly finals placing 21<sup>st</sup> and finished 14<sup>th</sup> in the 200 butterfly.

**Jordan Knowles** took on 6 races finishing 20<sup>th</sup> in the 200 backstroke and 17<sup>th</sup> in the 200 butterfly.

**Shelby Koontz** had an awesome meet as the **DDST Top Scorer**, placing 1<sup>st</sup> in the 100 freestyle, 2<sup>nd</sup> in the 200 freestyle with a 15-16 girls **Team Record** time of 1:53.18, 9<sup>th</sup> in the 100 backstroke, 3<sup>rd</sup> in the 200 breaststroke where she dropped 6.64 sec, 1<sup>st</sup> in the 100 butterfly and 7<sup>th</sup> in the 400 individual medley.

**Annalisa Neal** looked great in the 100 breaststroke, dropping 1.11 sec for a new **JO** time of 1:15.27 and 11<sup>th</sup> place, 1.09 sec in the 200 butterfly prelims, placing 13<sup>th</sup> in the 200 breaststroke finals and 14<sup>th</sup> in the 1650 freestyle.

**Kayla Ruffo** took on 5 events, dropping 12.64 sec in the 1650 freestyle where she finished 18<sup>th</sup>, and placing 20<sup>th</sup> in the 200 breaststroke finals.

The 11-18 girls 400 freestyle relay team of **Jordan Knowles, Emma Gray, Savannah Chappell and Shelby Koontz** finished 3<sup>rd</sup> with a time of 3:50.19. **Knowles, Koontz, Kaila Duffy and Gray** came back to place 5<sup>th</sup> in the 11-18 girls 400 medley relay with a time of 4:23.36.

**Ryan Chen** raced in 7 events, dropping .92 sec in the 500 freestyle, 1.63 sec in the 100 breaststroke for 15<sup>th</sup> place, 5.21 sec in the 200 breaststroke for 12<sup>th</sup> place, 3.98 sec in the 200 butterfly for 15<sup>th</sup> place and 2.02 sec in the 400 individual medley.

**Justin Hight** also took on 7 events, dropping .01 sec in the 50 freestyle for 16<sup>th</sup> place, 3.31 sec in the 200 freestyle finals

for a new **JO** time of 1:54.89, 1.67 sec in the 100 backstroke, 2.84 sec in the 100 breaststroke, 2.54 sec in the 100 butterfly for a new **FW** time of 56.72 and 13<sup>th</sup> place and 10.73 sec in the 200 individual medley for a new **PC-A** time of 2:17.67.

**CJ Hill-Holeman** dropped 3.72 sec in the 100 breaststroke, 2.40 sec in the 200 breaststroke for 18<sup>th</sup> place, 6.41 sec in the 100 butterfly for a new **PC-A** time of 1:01.98, .21 sec in the 200 butterfly for 17<sup>th</sup> place and 1.28 sec in the 400 individual medley.

**Logan Killion** took off .06 sec in the 50 freestyle, 4.29 sec in the 200 freestyle, 8.85 sec in the 500 freestyle and finished 24<sup>th</sup> in the 500 freestyle.

**Jason Lowther** competed in 5 events, improving 2.62 sec in the 100 backstroke, .23 sec in the 100 breaststroke, 2.67 sec in the 200 breaststroke finals for 17<sup>th</sup> place, and .63 sec in the 100 butterfly.

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

**Andre Mendes** was a **Top 5 Scorer** for the Dolphins and impressed with a 1.24 sec drop in the 50 freestyle for a new **FW** time of 23.05 and 9<sup>th</sup> place, 3.86 sec in the 100 freestyle for another new **FW** time of 49.12 and 10<sup>th</sup> place, 9.12 sec in the 200 freestyle for a new **FW** time of 1:48.73 and 12<sup>th</sup> place. He set 2 new boys 17-18 **Team Record** times of 56.24 in the 100 backstroke, dropping 4.27 sec and placing 4<sup>th</sup> and 1:58.70 in the 200 backstroke, taking off 10.66 sec for 5<sup>th</sup> place. He also placed 7<sup>th</sup> in the 100 butterfly where he improved 2.35 sec and 10<sup>th</sup> in the 200 individual medley for a new **FW** time of 10.48 sec.

**Josh Smithen** had a strong meet, finishing 18<sup>th</sup> in the 50 freestyle improving .03 sec, dropping .31 sec in the 100 freestyle, 1.43 sec in the 100 backstroke for a new **FW** time of 58.24 and 17<sup>th</sup> place, .06 sec in 100 breaststroke prelims returning to place 13<sup>th</sup> in finals, and 1.28 sec in the 100 butterfly for 16<sup>th</sup> place.

**Kevin Smithen** was another **DDST Top 5 Scorer**, finishing 4<sup>th</sup> in the 50 freestyle finals with a new **FW** time of 22.52 and taking off 1.36 sec. He also placed 5<sup>th</sup> in the 100 freestyle finals after improving 2.91 sec in prelims with another new **FW** time of 49.23, dropped .30 sec in the 100 backstroke for 13<sup>th</sup> place, 4.55 sec in the 100 breaststroke for a new **JO** time of 1:09.90, placed 8<sup>th</sup> in the 100 butterfly and dropped

7.59 sec in the 200 individual medley with a new **JO** time of 2:09.56.

**Joe Sullivan** placed 8<sup>th</sup> in the 50 freestyle, dropped .65 sec in the 200 freestyle, set a new **JO** time of 1:01.73 in the 100 backstroke where he improved 3.21 sec for 21<sup>st</sup> place. He also placed 21<sup>st</sup> in the 200 backstroke right on JO pace.

**Sebastian Zeron**, our last State competitor had a **100% improvement meet**, dropping .56 sec in the 50 freestyle for 21<sup>st</sup> place, .04 sec in the 100 freestyle, 34.92 sec in the 1650 freestyle for 17<sup>th</sup> place, 1.72 sec in the 100 breaststroke, 4.01 sec in the 200 breaststroke for 22<sup>nd</sup> place, 7.25 sec in the 100 butterfly for a new **PC-A** time of 1:00.90 and 2.44 sec in the 200 butterfly for 19<sup>th</sup> place.

The 11-18 boys 400 freestyle relay team of **Josh Smithen, Joey Smithen, Andre Mendes and Kevin Smithen** set a new 15-18 boys **Team Record** time of 3:23.02 and 2<sup>nd</sup> place. **Mendes, Josh Smithen, Kevin Smithen and Justin Hight** came back to place 5<sup>th</sup> in the 11-18 boys 400 medley relay with another 15-18 boys **Team Record** time of 3:51.17.



## ARIZONA HOLIDAY MEET

The eight-member contingent from the Douglas Dolphins Swim Team showed consistent improvement at the recent Arizona Holiday Festival Championship Meet in Tempe, Arizona December 4-7. Team members **Lily Bickmore, Taylor Sullivan, Kaila Duffy, Emma Gray, Ryan Chen, Joe Sullivan, Logan Killion and Andre Mendes** traveled with Coach Kat Matheson and members of the Reno Aquatic Club to the 3 day-long meet held at the Arizona State University Mona Plummer Aquatic Center. Coach Kat remarked that swimming on the college campus was motivational and inspiring for those Dolphins that are setting their sights on swimming in college. As a bonus the Dolphins especially enjoyed the warm weather and the opportunity to observe the Arizona State Swim Team practice.

**Joe Sullivan, Ryan Chen, Logan Killion and Andre Mendes** turned in an exciting performance and 8<sup>th</sup> place finish in the 400 freestyle relay with Mendes swimming a 48.91 sec final leg. **Mendes** also finished

4<sup>th</sup> in the Senior level 100 backstroke finals with a time of 53.03 sec, breaking his own **Team Record** by .36 sec.

**Lily Bickmore** showed improvement in the 200 freestyle where she dropped 1.88 sec for a time of 2:16.5. She also took off 2.89 sec in the 100 butterfly, .87 sec in the 50 butterfly and finished 26<sup>th</sup> in the 200 butterfly.

**Taylor Sullivan** showed **100% improvement**, dropping .11 sec in the 100 breaststroke, .37 sec in the 50 freestyle, 5.53 sec in the 400 individual medley, 3.59 sec in the 200 breaststroke, .84 sec in the 50 breaststroke where she finished 21<sup>st</sup> place, and 1.14 sec in the 100 freestyle.

**Kaila Duffy** improved 3.08 sec in the 400 individual medley, .66 sec in the 100 butterfly, looked strong in the 50 butterfly where she dropped 1.17 sec in preliminaries for a time of 28.75, and then came back to finish 16<sup>th</sup> in finals with a time of 29.40. She also dropped 2.01 sec in the 100 freestyle, 6.18 sec in the 50 breaststroke bonus event, and a huge 8.73 sec in the 200 butterfly.

**Emma Gray** finished 19<sup>th</sup> place in the 200 backstroke finals, taking off 2.11 sec for a time of 2:16.29. She also improved 1.55 sec in the 100 backstroke, .56 sec in the 100 butterfly, .57 sec in the 200 individual medley and .52 sec in the 100 freestyle.

**Sullivan, Bickmore, Duffy and Gray** also teamed up to swim a 4:03.46 in the 400 freestyle relay.

**Joe Sullivan** looked strong in the 50 freestyle turning in a 21<sup>st</sup> place finish with a time of 23.01 and shaving off .08 sec. He improved .54 sec in the 100 backstroke, .23 sec in the 100 freestyle, 3.48 sec in the 100 butterfly bonus event, and 1.68 sec in the 50 backstroke prelims for a time of 27.31 and finishing 15<sup>th</sup> in finals with a time of 28.12.

**Ryan Chen** dropped 2.53 sec in the 100 butterfly for a time of 57.85, 3.72 sec in the 200 individual medley, 4.88 sec in the 50 butterfly bonus event, and .46 sec in the 100 freestyle.

**Logan Killion** swam with **100% improvement** in his individual events, dropping .73 sec in the 100 butterfly, 2.73 sec in the 500 freestyle, 1.20 sec in the 100 backstroke bonus event, and .29 sec in the 100 freestyle.

In addition to setting a boys 17-18 **Team Record** in the 100 backstroke, **Andre Mendes** dropped .5 sec in the 100 butterfly preliminaries with a time of 53.86 and fin-

ished 14<sup>th</sup> in finals with a time of 54.30 sec. He also placed 7<sup>th</sup> in the 200 individual medley finals with a time of 2:01.31 after swimming a 2:00.28 in preliminaries, and 23<sup>rd</sup> in the 100 freestyle finals.

**Mendes, Chen, Killion and Sullivan** also teamed up for a 400 medley relay to place 11<sup>th</sup> with a time of 3:55.23.



## JUNIOR NATIONALS

Congratulations go out to **Shelby Koontz** who was in record-setting form for the Douglas Dolphins at the Speedo Winter Junior National Championships held December 10-14 in Federal Way, WA!

Shelby set **six girls 15-16 Team Records** during the competition at the Weyerhaeuser King County Aquatic Center. Among her highlights were a 26<sup>th</sup> place finish in the 100 freestyle and 27<sup>th</sup> place in the 200 butterfly.

She sped to a time of 50.71 in the 100 freestyle to break her own **Team Record** and improve the personal record she set last May for Douglas High School at the NIAA Division 1 State meet. She clocked a 2:01.34 in the 200 butterfly, an improvement of more than 10 sec from her previous best and beat the **Team Record** set by Shaelin Morefield in 2012 by more than 3 sec. Shelby also logged a 100 breaststroke time of 1:05.11 that broke the DDST girls 15-16 **Team Record** time of 1:05.45 set by Brittany Reichardt in 1998. Reichardt was a 3-time state high school champion in the 100 breaststroke who went on to compete 3 years at University of Washington and one year at Nevada.

Shelby finished 59<sup>th</sup> in the 200 individual medley with a time of 2:03.94 beating her own **Team Record** in that event by 1.08 sec, and set another **Team Record** time in the 100 butterfly prelims of 54.63, dopping 1.60 sec. In the 50 freestyle she placed 49<sup>th</sup> with yet another **Team Record** time of 23.62, shaving off .04 sec. In the 50 meter freestyle time trial she logged another **girls 15-16 long-course Team Record** of 27.13 sec.



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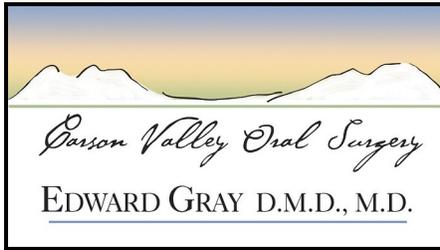
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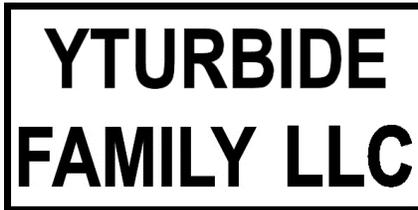
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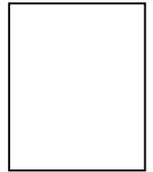
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Time-sensitive Swim Team news enclosed!



## Transitions

Congratulations and Welcome to new:

**Dippin Dolphins:** Alexandra Nerska

Moving on up Congrats to new:

**Silver Dolphins:** Mason Dickey,  
Maile Pierson

**White Dolphins:** Matthew Yturbide,  
Todd Gosselin, Justin Lopresto, Benjamin Munyan

**Red Dolphins:** Anna Northcutt, Aspen Paschke



## 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:** Wenesday & Friday 4:15p-5:00p.

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



## Next Newsletter

The next *Monthly* will appear about February 21st. **All submissions should be received by February 18th.** 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, Kathy Chappell, Jenna Beam & Nikki Willis.*

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

