

Dolphins' Monthly

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

www.ddst.org

April 2015

Swimmers of the Month

Ella Martin is Dippin Dolphins Swimmer of the Month. Ella is one of the youngest Dolphins in the pool having just turned 6. However, she has the attitude of a veteran swimmer. She is always willing to get in the water and go, go, go, go go! It has been a joy working with her, and I am excited to see what lies ahead. Keep up the hard work Ella!

Hadley Peck is Silver Group Swimmer of the Month. Hadley is Swimmer of the Month because of her steely determination. She comes in to practice every day with a smile on her face and a giddy spirit. In the water she takes everything you say to heart. If you tell her to fix her dolphin kick she will spend the rest of the practice thinking about fixing that dolphin kick. Keep up the hard work Hadley!

Justin LoPresto is White Group Swimmer of the Month. Justin is a hard worker and a very coachable swimmer. Justin was one of 3 Dolphins who attended the Fernley meet. He turned in best times in the 50 freestyle, 50 backstroke, and 50 butterfly. Good job, Justin. Keep up your hard work!!

Grace Dickey is Red Group Swimmer of the Month. Her attendance is one of the highest in Red Group and she is always ready to swim! She always has a smile for her teammates, and when she gets in the water she swims hard. She is fun to coach, and we look forward to a great summer and some exciting swims from her. Way to go, Grace!

Clarice Albert is Blue Group Swimmer of the Month. Clarice has been

fantastic to work with and is very engaged in her training. She wants to know what time she should be going in her sets and watches the clock to ensure she is training at the time she should. She lets her coaches know when and why she will be missing a practice. On practice days she shows up early and asks what we will be working on so she can be mentally prepared. These are outstanding attributes that Olympic level athletes display. Congratulations, Clarice, you're well on your way to a bright future!

Kayla Ruffo is Pre-Senior Swimmer of the Month. Kayla has done an outstanding job training hard, listening to coaches and making changes. During spring break Kayla swam double practice training with both the club and high school teams. Both Coach Sarah and Coach Kat are looking forward to watching Kayla's hard work pay off. Good work, Kayla!

Andre Mendes is the Senior Group Swimmer of the Month. Andre swam three events at Far Westerns in Morgan Hill, CA, and qualified for finals in the 100 backstroke. He went best times in all of his events in prelims and finals which included a new 17-18 boys team record in the 100 backstroke! Andre has a limited amount of time in the United States as he is an exchange student from Brazil. He has had to balance many activities and events in his short amount of time with us and has done a great job. It has been a pleasure to have Andre as a part of our team, and we wish him well in all his future endeavors. Good luck, Andre!



COACH

Kat's Corner

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As coaches, we constantly strive to balance an athlete's intrinsic and extrinsic motivation. We have been showing some motivational videos after spring break in the hopes of inspiring our swimmers. Those swimmers who love the process of working hard in any athletic endeavor left the multipurpose room high on a cloud of "I love what I do". Others left the room happy in the knowledge that watching a video for 10 minutes meant they had 10 minutes less of practice time. I was saddened by the latter.

I have always been and will remain interested in the study of intrinsic and extrinsic motivation. There are research papers that cover an extreme variety of views on this topic, and I use this information along with what I have learned through my own coaching experience. The following excerpt outlines what I have observed as the norm in my career so far.

Creativity and Intrinsic Interest Diminish if Task is Done for Gain

Researchers offer several explanations for their surprising findings about rewards and performance.

First, rewards encourage people to focus narrowly on a task, to do it as quickly as possible and to take few risks. "If they feel that 'this is something I have to get through to get the prize,' they're going to be less creative," researcher Amabile said.

Second, people come to see themselves as being controlled by the re-

ward. They feel less autonomous, and this may interfere with performance. "To the extent one's experience of being self-determined is limited," said Richard Ryan, associate psychology professor at the University of Rochester, "one's creativity will be reduced as well."

Finally, extrinsic rewards can erode intrinsic interest. People who see themselves as working for money, approval or competitive success find their tasks less pleasurable, and therefore do not do them as well.

The last explanation reflects 15 years of work by Ryan's mentor at the University of Rochester, Edward Deci. In 1971, Deci showed that "money may work to buy off one's intrinsic motivation for an activity" on a long-term basis. Ten years later, Deci and his colleagues demonstrated that trying to best others has the same effect. Students who competed to solve a puzzle quickly were less likely than those who were not competing to keep working at it once the experiment was over.

We have goal setting sessions with our swimmers and I find that if a swimmer just has a goal time in mind, they begin to find less pleasure in swimming than swimmers who have decided they love swimming, want to get faster, but understand that the process of getting to the goal should be enjoyed. We have a great group of athletes. Does your swimmer like coming to practice to see their friends, and do they also enjoy working hard and enjoying the process? If not I would like to suggest meeting with your coach to see how we can help your swimmer.



Lost & Found

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



COACH

Sarah's Corner

(sgovanswm@aol.com)

Be More Coachable

Sports are filled with mental challenges, many of which we athletes bring upon ourselves. The coach-swimmer dynamic is only one of the multitude of difficulties we face, but at the same time it is often the most difficult to navigate. And it's not surprising why: receiving criticism in any area of life is tough – from teachers in the classroom, from the boss on the job, or from family or friends in our personal lives – **but being able to graciously receive advice and mentorship is a necessary part of growth.**

Today, I want to talk about **being coachable**. But, first, let's define it. Being coachable is:

Being grateful that someone cares enough about you to push you to improve beyond where you would get on your own.

Being vulnerable enough to know you're not perfect.

Being open to honest feedback (even if it hurts).

Working to actively change bad habits.

Uncoachable athletes show certain key behaviors. It doesn't take long for a coach to spot an uncoachable player, and very rarely can a coach make a player coachable.

13 WAYS TO BE MORE COACHABLE

Listen to what your coaches say, not how they say it. Easier said than done but, like any skill, the more you do it, the easier it becomes. Practice "mean no offense, take no offense" when both speaking AND listening to your teammates and coaches.

Trust me: It's NOT about you. If your coach is having an 'off' day, don't take it personally. You don't know

what happened to them that day. Did they get reprimanded by the athletic director? Did they lose a big recruit? Did they have a fight with their spouse? Is their son failing math? Your coach's bad day could be a result of any of the other 99% of what is happening in their life. So, odds are, it's not you.

Remember 'coach' is only one hat they wear. Many coaches have spouses, children, families, friends, and lives outside of making sure your catered dinner is ready on the road trip. While you are important to them, remember they have lives outside of you. Respect that.

They really (REALLY) want you to be your best even if it sometimes comes out sideways. They are there to help you be successful. Trust them.

Your coaches are more stressed than you can probably imagine. Give them a break if they aren't perfect or if their tone isn't right in line with what you'd prefer.

Always say 'thank you'. In fact, say it more often than you think you need to. Thank your coaches for taking you on a road trip. Thank them for making you watch film (and for editing the film so it's not as long as it could be!). Thank them for scouting your opponent late into the night. Thank them for totally committing themselves to your improvement. Thank them for holding you to a high standard. And especially thank them during those moments when you don't feel thankful... those are times when they're helping you most.

Always look your coaches in the eye. Don't hold your head down. Don't look away. You want to be treated like an adult, so BE an adult; have confidence and class and look your coach in the eye. Doing so isn't even for them: it's for YOU. (Yes – this time it IS about you.)

Shocker: Your coach is human, too. They aren't perfect (and – surprise! – neither are you). Their stresses and emotions get misplaced just like yours do. They get hurt by things you do, say, and they feel pain when you

disregard them or don't appreciate them. (See #6.)

Don't roll your eyes. It's immature and says more about you than the person you're offending. (See #7.)

If you really have something to say, SAY IT. I'm big on communication. Huge on it, in fact. So, if all else fails and you just don't get what you need from your coach, be an adult and communicate that in a mature way. Whining about something constantly, or tuning out and not committing yourself to your team, is NOT a solution. In fact, it's the exact opposite: absolutely detrimental to you, your team, and your coach's ability to effectively train you.

Directly ask for feedback. Your coaches have a whole roster of players to look after and might not always get around to you as quickly as you'd like. Every coach would love to have one-on-one conversations or meetings every day with every player, but that's simply not a realistic goal. Therefore, if they don't get to you right away, go to them and ask for their thoughts and feedback

Be prepared. Take five minutes before every practice to release from your mind the rest of your day's activities. Remember your goals and remember why you're practicing. Remember that your coach has put in uncountable hours to prepare drills, runs, plays, and practices for you. So, have some respect: when you're at practice, really, truly BE at practice.

Set up a weekly check-in with your coach in a place where both of you can chat informally about your strengths and skills that need working on. This doesn't have to take long. Just a few minutes after practice can be a huge help in keeping you on track to your goals.



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Important Dates

PLEASE NOTE THE FOLLOWING practice days coming up:

April 24: DDST Team Survey due.
Please go online to ddst.org and fill out our survey!

June 21-26: Salo Swim Camp, University of Southern California.
Please contact Coach Kat to see if this meet is a good fit for you. Registration due on camp website, www.saloswimcamp.com by June 1.

COACH

Greg's Corner

(greg@taylorcamp.org)

Recently a swimmer mentioned they won't be swimming as much, as they are going to play another sport. Typically this is usually mentioned with trepidation and as an apology! Participating in another sport is never a problem, and is always encouraged! As my family finishes competition ski and snowboard season that ended with the boys competing in Nationals in Colorado, I am finding myself in the lull between sports and loving it! Now we are back at the pool and swimming outside! (yay!) As parents we all bounce around to different activities and sports! I tell every parent and swimmer who hesitantly tells me they are going to play another sport... Yay! Fantastic! Don't worry about the pool. It will be here when that season is over!

There are several articles about this online with USA Swimming including studies of world class athletes when they were growing up. All of the studies agree that multi-sports are the way to go, and here is why:

Participating in multiple sports helps with development of fundamental motor skills to growing children. (soccer for lower body coordination, baseball or softball for eye-hand coordination, etc)

It also helps children find their intrinsic motivation – they may be good swimmers, but love basketball. Don't deprive them of that opportunity.

Trying different sports reduces the chance of injury, especially repetitive movement injuries.

Very importantly, it reduces burnout in one particular activity.

I have told this story a few times. One day while talking to the boys snowboard coach, he made a comment that has stuck with me. He said, "I love that the boys swim. They are the

fittest kids on the mountain. Also, when racing, they know how to get ready, be at the gates and wait for their race. When it is their turn, they know how to race mentally and physically. All I have to do is work on their technique."

My message is that I think you will find it fun, rewarding and beneficial to watch your children excelling in other sports because of their swim training!



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 Maggie Vandenburg (Maggi_Vandenburg@ivgid.org 530-308-1798) 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.



NEXT BOARD MEETING

The Douglas Dolphins Board of Directors will be meeting on **Thursday, May 14** from 6:30-8:30 pm at Pinion Hills Elementary. Board Contact info:
www.ddst.org/boardmembers.htm. As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.



COACH

TJ's Corner

(tj.smithen@yahoo.com)

These practical tips on goal setting can help make it easier to set and reach goals:

Specific, realistic goals work best.

When it comes to making a change, the people who succeed are those who set realistic, specific goals. "I'm going to set a realistic swim time" is a much more doable goal than "I'm going to go to the Olympics and that's final!" And that makes it easier to stick with.

It takes time for a change to become an established habit. It will probably take a couple of months before any changes — like getting up half an hour early to eat right — become a routine part of your life. That's because your brain needs time to get used to the idea that this new thing you're doing is part of your regular routine.

Repeating a goal makes it stick.

Say your goal out loud each morning to remind yourself of what you want and what you're working for. (Writing it down works too.) Every time you remind yourself of your goal, you're training your brain to make it happen.

Pleasing other people doesn't work. The key to making any change is to find the desire within yourself — you have to do it because **you want it**, not because a girlfriend, boyfriend, coach, parent, or someone else wants you to. It will be harder to stay on track and motivated if you're doing something out of obligation to another person.

Roadblocks don't mean failure.

Slip-ups are actually part of the learning process as you retrain your brain into a new way of thinking. It may take a few tries to reach a goal. But that's OK — it's normal to mess up or give up a few times when trying to make a change. So remember that everyone slips up and don't beat yourself up about it. Just remind yourself to get back on track and stay positive!

Upcoming Meets

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

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

April 25-26, 2015: Ellis Aquatics Long Course Meet, Tracy, CA.

May 8-9, 2015: Northern Nevada Regional High School Championship, Carson City, NV

May 15-16: Nevada High School State Championships, Carson City, NV.

May 22-24: Carson Tigersharks Intermountain Classic 20th Anniversary Long Course Meet. Enter online at swimconnection by May 13. This meet is for all Dolphins.

June 19-21: Bishop Swim Team Invitational, Bishop, CA with fun in Bishop City Park. Enter meet asap when meet announcement is made. Make hotel reservations **NOW** due to other events in Bishop the same weekend. Meet is for all Dolphins.

June 26-28: Reno Summer Splash Long Course Meet, Reno, NV. Enter asap when entry link activated. Meet fills quickly. Meet is for all Dolphins.

July 10-12: Adam Szmidt Memorial Pacific Swimming Junior Olympic Long Course Championships, Concord, CA. Enter online at swimconnection by July 1. Qualifying times apply. Bonus events allowed. For qualified Red through Senior Dolifns.

July 29-August 2: Arena Western Zone Senior Championships, Clovis, CA. Qualifying times apply. Contact Coach Kat if you plan to attend.

August 7-9: HOME MEET: High Country Invitational Short Course Trials and Finals Championship Meet. Stay tuned for more information!



2015 SWIM A THON

The Douglas Dolphins **Swim a Thon** held in January was a big success this year! We came very close to our fundraising goal of \$10,000.00, raising a total of \$9479 between all of the groups.

The Top Roster report showed **Red Group** as the top dollar earners, bringing in a total of \$2,268, followed closely by **White Group** who raised \$2,199, with **Pre-Seniors** next at \$1,480.

Top Individual fundraisers were **Camie Jahreis**, followed by **Hadley Peck**, **Joe Sullivan**, **Justin Lopresto** and **Emma Gray**, in that order.

We even had a **Dippin Dolfin** participate! **Kalia Duffy** completed 82 laps. **Silver Dolphins Keira Duffy**, **Caitlyn Taylor** and **Trey Ballingham** finished 102, 100 and 70 laps respectively.

Stephanie Lin finished the most laps of any girl in **White Group** at 196 laps. **Jack Stevenson** was the top **White Group** boy who completed all 200 laps in 1:47.17.

Anna Northcutt was the top **Red Group** Swimmer, finishing 200 laps in 1:41.29, while **Niko Hight** finished top for the **Red Group** boys in 1:42.47.

Maegan Collins was 1st for the **Blue Groupers** completing 200 laps in 1:12.57, and **Cole Petrosky** was 1st for the **Blue Group** boys finishing 200 laps in 1:18.10/

Lily Bickmore handed in the fastest time for the girls **Pre-senior Group** completing her 200 laps in 1:12.18. **Logan Killion** was the top boys **Pre-senior** and **Overall Top Boy Finisher** coming in under 1 hour at 0:58.37.

Finally, for the **Senior Group**, **Shelby Koontz** turned in a 200 lap 1st place time of 1:02.18, and **Andre Mendes** was the top **Senior Group** boy finishing in 0:58.50.



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), or any Board member or coach.



FROM THE BOARD OF DIRECTORS

Please take time to fill out the team survey by **April 24**. We want to make our team the best that it can be and would love the feedback of where we can improve as well as what you love. The survey is anonymous. Please be as specific as possible in the comments. We appreciate your time to help improve DDST.



2014 TEAM ACCOMPLISH- MENTS

Just in case you hadn't noticed.....Coach Kat has recently updated the current DDST Accomplishment Sheet that can be found on our website under the News heading. You might want to take a look at these accomplishments to remind yourself what a great team we have, and that you are all part of something pretty awesome!

Directly involved in about **130 youth ages 5-18** from our local community (some based on scholarships) in our nationally accredited USA swimming program, imparting life-long skills such as fitness, teamwork, time management and physical and mental discipline.

Imparted life-long skills and benefits to all participants such as fitness, sportsmanship, water safety, teamwork, time management, physical and mental discipline, scholarship and competitive swimming techniques.

Hosted **three large 3-day swim meets** and several smaller competitions, bringing about 1,000 competitive swimmers and their families to our community from all over northern Nevada and California.

Brought 46 Dolphins athletes to **Nevada State Swimming Championships**, and achieved 32 top-8 finishes in individual and relay events.

Took 15 Dolphins athletes to **Junior Olympic Championships**, 8 athletes to **Pacific Zone All Stars**, 4 athletes to **Far Western Championships**, 10 Senior level Dolphins to **Arizona Holiday Senior Championships**, 4 to **Pacific Swimming Senior Championships**, 1 swimmer to **Junior National Championships**, and 1 swimmer was accepted to the **USA Swimming Scholastic All-American Team**.

Six individual and 11 additional relay swimmers **broke Carson Valley swimming records 44 times**. Of 379

possible records, 33 (9%) are now from the 2014 season.

One Dolphins swimmer clocked **multiple top-10 Pacific Swimming performances** (6 as high as top-3), and three overall **top-25 Senior performances** (a Dolphins first), among over 20,000 Pacific Swimming athletes.

Helped the **2014 Douglas High School Tigers** swimming & diving team to another **Northern Nevada Regional Championship** title and undefeated season with 5 Regional Champions in 5 events and one **Nevada State High School** Champion.

12 Dolphins athletes are ranked **top 50** of 20,000 Pacific Swimming athletes in the Nationwide **USA Swimming IMX** scoring.

Positioned some of our top graduating Seniors for **college scholarship support**.



Fundraising News

The Douglas Dolphins next major fundraiser is the annual Ad Campaign that we run in conjunction with our High Country Meet in August. For this fundraiser we sell ad space on our starting blocks, website, newsletter, team banner and meet programs to community businesses and team families. Information for that event will be coming soon!



Happy Birthday!

Julia Chappell (4/1), Hadley Peck (4/3), Katie Patrick (4/5), Connor Taylor and Kalia Duffy (4/11), Emily Willis (4/15), Cooper Yturbide (4/27), Niko Hight (4/29).



Zone 4 Meet

Four Douglas Dolphins did a great job representing our team at the 2015 Pacific Swimming Zone All Star Meet March 1 in Santa Clara, CA. Each team member tried their hand at 3 different races.

Sofia Delange was just off best in all 3 of her races for the 9-10 girls including the 50 freestyle, 100 freestyle and 50 butterfly.

Emma Ruffo competed for the 11-12 girls and dropped .60 sec in her 100 backstroke, and 2.06 sec in the 200 individual medley.

Taylor Sullivan was our representative in the 13-14 girls races, looking strong in the 200 individual medley.

Joey Smithen was the only Dolphins boy participant and he took off .28 sec in the 100 breaststroke.



FERNLEY MEET

Anna Northcutt, Justin Lopresto and **Chris Manning** represented the Douglas Dolphins at the Northern Nevada Aquatics Spring Age Group Meet in Fernley, NV on March 28. All three team members showed some big time improvements!

Anna Northcutt competed in 5 races for the 11-12 girls, setting a time to beat in her first 500 freestyle, dropping .22 sec in the 100 backstroke, .77 sec in the 50 breaststroke and 3.87 sec in the 200 individual medley.

Justin Lopresto took on 5 events for the 11-12 boys where he took off 1.68 sec in the 50 freestyle, 4.73 sec in the 50 backstroke and .12 sec in the 50 butterfly.

Chris Manning was next up for the same age group, also swimming 5 events, and dropping 1.87 sec off the 100 freestyle. He also took off 6.06 sec in the 200 individual medley for a new **PC-B** time of 2:56.08.



FAR WESTERNS

The Douglas Dolphins Swim Team sent four qualified team members to the 2015 Speedo Short Course Far Western Championships April 9-12 in Morgan Hill, CA. **Shelby Koontz, Joe Sullivan, Andre Mendes** and **Kevin Smithen** were rewarded with great weather, an exciting meet experience, and competition from all over the region breaking meet records.

Shelby Koontz competed in 7 different trials and finals events during the meet. Her performance was highlighted by a 5th place finish in the 200 breaststroke where she dropped 3.63 sec in finals for a new **PC-AAAA** time of 2:20.53. This time beat a **DDST girls 15-16 record time** of 2:24.01 set in by Brittany Reichardt in 1998. Koontz also placed 2nd in the 100 freestyle finals with a time of 51.07 sec, 6th in the 100 breaststroke with a time of 1:06.68, 4th in the 100 butterfly with a time of 56.34, 5th in the 200 butterfly with a time of 2:04.18 and 2nd place in the 200 individual medley with a time of 2:04.36.

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

Another meet highlight for the Dolphins was the performance by **Joe Sullivan** in a boys 15-16, 50 freestyle 3-way swim off with Ronald Schaap from Clovis Swim Club and Lukas Baker from Palo Alto Stanford Aquatics. All three swimmers had a goal to break 23 sec in their race, but all three were disappointed after swimming a 23.09 sec 50 freestyle in prelims. Disappointment turned to hope as the swimmers were given a second chance in the swim-off. All 3 accomplished their goal of going under 23 seconds with Sullivan dropping .11 sec for a **personal best** time of 22.90 sec.

Kevin Smithen and **Andre Mendes** competed in the boys 17-18 races, and **Smithen** gave a strong performance in the 50 freestyle with a time of 23.01. **Mendes** took on 3

events and impressed with **100% improvement**. He dropped .12 sec in the 100 freestyle for a time of 49 sec, 1.03 sec in the 200 freestyle for a time of 1:47.70 and .43 sec in the 100 backstroke for a time of 52.60, beating his previous boys 17-18 **Team Record** and finishing 6th place in finals.



Healthy & Portable High Protein Snacks

Whether it's fueling up before hitting the gym or taking a midday snack break to avoid the 2 p.m. lull, high-protein snacks are the tastiest way to keep on going. Protein snacks are the perfect way to fill up just enough, and give us longer-lasting energy than the usual, carb-heavy options. Here are 31 of our favorite protein-packed snacks!

1. Cottage-Style Fruit

Top 1/2 cup cottage cheese with 1/2 cup of your favorite fruit. Not sure what fruit to pick? Try some superfoods!

Bananas, mixed berries, and melon are a few favorites.

2. Beef or Turkey Jerky

Be careful to avoid sodium- and sugar-filled brands, but low-sodium, natural, or lightly-flavored options are a great source of protein. A one-ounce serving (the size of most single-serve packs) contains about 9 grams of protein! This chewy snack is also super portable and keeps fresh for months when packed properly.

3. Mixed Nuts or Trail Mix

Mixed nuts provide an easy way to get a delicious dose of protein in a convenient, shelf-stable package. Try a mixed bunch for variety and a combo with dried fruit for some added sweetness. The best bang for your protein buck? Almonds and pistachios. They're higher in protein than their nutty peers.

4. Pumpkin Seeds

Those orange gourds aren't just for Halloween. Pumpkin insides, scooped out to make room for spooky faces, can actually make a healthy little snack once they're

washed, dried, and nicely roasted. Just 1/2 cup of pumpkin seeds has about 14 grams of protein, making it the perfect pre-workout snack!

5. Hard-Boiled Eggs

Inexpensive and loaded with nutrients, eggs are one of the best ways to get a healthy dose of protein. Try hard boiling and pre-peeling a dozen at the start of the week and throw one in a small tupperware container each day for an easy on-the-go snack. (Feeling extra famished? Slice the egg and place it on a piece of whole-wheat bread.)

6. Nut Butter Boat

Any vehicle for nut butter is perfection in our book. Try loading a few celery sticks with 1 tablespoon of any nut butter (almond, cashew, walnut) topped with a few whole almonds or raisins. If you're not a fan of celery, try scooping out the middle of an apple and filling it with your nut butter of choice.

7. Deli Rollup

Top 2 slices of deli meat (turkey, chicken, or roast beef work great) with 1 slice of cheese and a shake of pepper. Add a slice of tomato or some lettuce for extra veggie points!

8. Mini Bean-and-Cheese Quesadilla

It might take an extra minute to prep, but combining these two high-protein treats is totally worth it. Fold 1/2 cup black beans, 1 tablespoon salsa, and 1 slice cheddar cheese in a small flour tortilla. Cook in a dry nonstick pan until the cheese is melted and tortilla is lightly browned. Then wrap it in foil and stick in a plastic baggie for easy transport.

9. Shake It Up

When it comes to protein shakes, the combinations are endless, and one scoop can go a *long* way! Our favorites? The "Protein Creamsicle:" 1 scoop vanilla whey protein powder, 1 cup orange juice, and 1 cup ice blended until smooth. And also the "Star-buffs Shake:" 1 cup iced coffee (with ice) and 1 scoop chocolate whey protein, blended.

10. KIND Bar

We're not huge supporters of prepackaged bars, but we make an exception for KIND bars. Their classic varieties are a great source of protein thanks to their all-nut base (with around 5 grams

per bar), but for an even higher dose of the good stuff, try KIND Plus varieties.

11. Chunky Monkey Shake

It's time to get funky, monkey! Blend 1 medium banana, 1 tablespoon of peanut butter, and 1 cup of chocolate milk with 1 cup of ice for a protein-packed pick-me-up.

12. Easy Oatmeal Raisin Cookies

Flash back to elementary school snack time with this sweet (but still healthy!) treat. In a microwave-safe bowl (or mug), mix 1/4 cup oats, 1 teaspoon brown sugar, 1 tablespoon flour (of your choice), 1 egg white, 1/4 teaspoon vanilla extract, 1/4 teaspoon baking powder, 1 teaspoon cinnamon, and 1 tablespoon raisins. Flatten mixture into bottom of bowl and microwave on high for 45 seconds. Cool, pop it out of the bowl, and enjoy!

13. Tofu Sticks

This soybean-based protein bomb isn't just for stir-fry. When sliced into sticks and baked, firm (and smoked) tofu can make a great snack food—especially if it's served with a side of homemade tomato or teriyaki dipping sauce.

14. Edamame Poppers

The only thing more fun than how much protein you can get from a serving of edamame (one cup offers about 17 grams of protein!) is getting to eat these little beans out of their bright green pods. Buy them fresh and steam for about 6 minutes, or use the pre-cooked frozen variety and briefly microwave to defrost (about 2 minutes) before chowing down.

15. Hummus Dippers

How's this for an unconventional use of a travel coffee mug? Put 2 tablespoons of your favorite hummus in the bottom of the container, stick a handful of vegetable sticks (carrots, celery, and snow peas are a great mix) vertically in the hummus, screw on the top, and throw in a purse or gym bag for an easy, on-the-go, super-healthy snack.

16. Soy Milk Smoothie

Time to take a break from the moo-juice. While cow's milk does have nutritional benefits (calcium and vitamin A, to name a few), soy milk wins in other categories (vitamin D and iron), and they're nearly comparable in terms of protein. Try blending 1 cup of your favorite flavor of

soy milk with 1 cup of frozen blueberries or raspberries (for added fiber and antioxidants).

17. Portable Cheese Platter

Who doesn't love a classy cheese plate? Make yourself a mini plate with a cheese stick (or 2 slices of cheese), 2 whole-grain crackers, and a few roasted almonds.

18. Banana Nutter

Few pairings are more comforting than a classic peanut butter with banana. Simply top a rice cake (brown rice for extra fiber points!) or whole-grain toast with 2 tablespoons of your favorite nut butter and half a sliced banana. Sprinkle with cinnamon for some extra healthy benefits!

19. Silver Dollar Protein Pancakes

Mix 4 egg whites, 1/2 cup rolled oats, 1/2 cup low-fat cottage cheese, 1/8 teaspoon baking powder, and 1/2 teaspoon pure vanilla extract. Cook on a preheated griddle (medium-low heat) until the mixture bubbles, flip, and cook for another 60 seconds. Top with fresh berries or sliced banana.

20. Chocolate Milk

No, we're not going back to preschool. But chocolate milk is actually a great source of high-quality protein (especially post-workout). Try keeping a single-serving, shelf-stable box in your gym bag or backpack for snack attack emergencies—just try to find one that's also low in sugar!

21. "Get Greek" Berry Parfait

Imagine sitting on a Greek isle with this snack in hand. Top 1/2 cup plain Greek yogurt with 1/2 cup fresh berries and 1 tablespoon sliced roasted almonds. Now soak in that (imaginary) view and enjoy.

22. Almond Butter Toast Sticks

Here's another one to fit in that travel mug or mason jar. Toast (or bake) 2 slices of whole-grain bread, and cut into 1/2-inch strips. Place 2 tablespoons of almond butter (or another nut butter) in the bottom of a container with a top, stick the toast sticks in vertically, and sprinkle with cinnamon. Screw on the top and head out the door!

23. A Little Lentil

We know what you're thinking: "Lentils? As a snack?!" Yes! Don't worry, we're not talking about a bowl of the bland ol'

things. Lentils are great protein-packed legumes that are easy to turn into super, shelf-stable salads. One cup has a whopping 22 grams of protein in just 300 calories! Not sure where to start? Try a lentil tabbouleh or a simple veggie and lentil mix.

24. Grape-and-Cheese Sticks

Dice a half-inch thick slice of cheddar cheese into squares (you should end up with about 6 small pieces) and rinse 6 grapes. On 6 toothpicks, stack the grape and cheese, and enjoy! Just 1 ounce of sharp cheddar offers 8 grams of protein, and the contrast with sweet grapes is super sophisticated (and delicious).

25. Perfect Little Parfait

Top 1/2 cup nonfat Greek yogurt with a handful of fruit (fresh or frozen) and a drizzle of honey. Add 2 tablespoons of toasted oats for a protein-packed crunch!

26. Mini Black-Bean Mash Taco

When it's time to get spicy, try this easy snack fix. Heat 1/2 cup of black beans in the microwave with 1 tablespoon of salsa. Mash with a fork and fold it inside a small (4 to 6-inch) flour tortilla. Store in a small tupperware container for easy transport.

27. Gobble, Gobble

Re-visit Thanksgiving with this festive favorite. Slice one piece of whole-grain bread in half, lengthwise, and top with 2 slices of roasted turkey, 1 slice of Swiss cheese, 1 lettuce leaf, 1 slice of tomato, 1 teaspoon of mustard, and 1 teaspoon of dried cranberries. This comforting combination is protein-packed!

28. Protein Bar

This one might sound obvious, but hear us out: It's all about finding the *right* bar. That means one that isn't weighed down with not-so-good extras like sugar and unpronounceable ingredients (some options can even be as bad as candy bars!). Do some research to figure which type is right for you: There are high-protein and low-carb bars; meal replacement and energy bars; etc.

29. Overnight Choco-Oats

This is the ultimate pre-packaged snack. In a container with a secure lid, mix 1/2 cup oats, 1 cup non-dairy milk, 3 tablespoons chocolate protein powder, and a handful of walnuts until well combined. Let sit in fridge overnight (or up to a few

days). Need some extra sweetness? Add 1/2 a banana, mashed!

30. Recovery Rice Crispies

News Flash: Protein powder ain't just for shakes! Try these super-sweet protein-packed treats from trainer Rog Law. Mix 1 1/2 cups Rice Crispies cereal, 1 1/2 TBSP. honey, 2 TBSP melted butter, 1/2 cups oatmeal, 1/2 tsp vanilla extract & 2 scoops vanilla protein powder. Spread in oiled baking pan and cook at 325 degree oven for 10-15 minutes.

31. Blueberry Flax Microwave Muffins

Making muffins from scratch each morning is easier than you might think. Mix 1/4 cup quick-cooking oats, 1/4 cup fresh or frozen blueberries, 1 teaspoon of baking powder, 2 tablespoons ground flax, 2 teaspoons of cinnamon, 1 teaspoon of olive oil, 2 egg whites, and a sprinkle of sugar (or other natural sweetener) in a microwave-safe tupperware container. Cook on high for 50 to 60 seconds. Let it cool, throw a top on it, and enjoy whenever the hunger pangs hit.

(Article from bridgeathletic.com)



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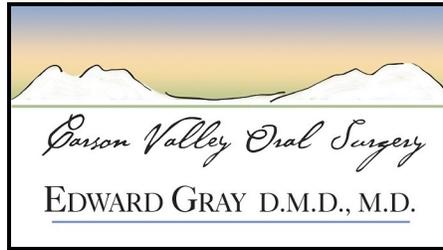
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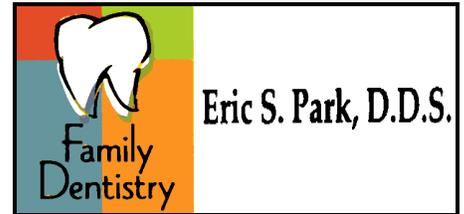
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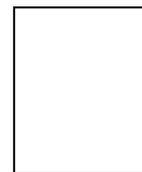
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Moving on up Congrats to new:

Silver Dolphins: Kalia Duffy

Red Dolphins: Stephanie Lin, Emma Price, Grace Dupont-Moore

Blue Dolphins: Sofia Delange, Eden Neal



Practice Schedules

Check 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

Non High School Pre-seniors: M, Tu 3:30-4:30 p, W, Th 2:30-4:45p, Fri 2:30-4:15p. (until outdoor pool opens) (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 May 31. **All submissions should be received by May 24.** Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Julie Gray, at newsletter@ddst.org or 775-690-0124.** Items can also be left in our family folder, in the team file box by the trophy case at the pool lobby.

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

Latest news online:

www.ddst.org

