

Dolphins' Monthly

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

www.ddst.org

May/June 2015

Swimmers of the Month

Samantha Golobic is Dippin Dolphins Swimmer of the Month. Samantha has been on her own in the Friday Dippin class for a long time, yet she demonstrated great self-motivation, kept coming to practice, working towards moving up. She was rewarded for her efforts with a recent move up to Silver group. Great job, Samantha! Keep up the hard work.

Treyson Ballingham and Mishcka Adkins are both Silver Group Swimmers of the Month. They both have shown tremendous effort and dedication at practice and were paid off with a successful Carson meet. Trey dropped a total of 30.11 sec, and Mishcka tried 2 new events at her very first long course competition. Both Trey and Mishcka then earned a ticket up to White group. Congratulations! And keep on swimming!

Todd Gosselin was chosen for White Group Swimmer of the Month. Todd always came to practice with a smile on his face and ready to go. He had a very good meet Memorial Day weekend at the Carson meet with a total time drop of 22.94 sec. His meet was full of new events and new challenges, and he did it all with his big Todd smile. Nice going, Todd!

Lilia Fields is Red Group Swimmer of the Month. She has almost perfect attendance at practice (90%) and shows up ready to swim with a smile and a positive attitude. She has been working really hard and it shows by her Carson meet results. Lilia took off 27 seconds from her previous best times and swam the 200 free and the

200 IM for the first time in long course meters. She also achieved three new “B” times. This little shining star has a bright future! Congratulations, Lilia! **Cailey Tollman and Chris Manning tied for Blue Group Swimmer of the Month.** Both Cailey and Chris were recently honored in our local paper as Athletes of the Week because they both stood out with fantastic performances at the Carson Intermountain Classic. Even with all of the end of year school activities these two swimmers kept up great practice attendance, managing both their school and swimming lives to create a successful swim meet. Between the two of them they dropped a total of 93 seconds! WOW! Great Job guys!

Kaila Duffy was chosen for Senior B Swimmer of Month. Kaila demonstrates a great, hard-working attitude every day, and all that hard work paid off for her at high school Regionals and State. She swam a best time of 1:02.11 in her 100 butterfly, 26.29 in the 50 freestyle, and a 57.53 in the 100 freestyle. At State she swam her heart out in the 200 Medley relay with a 26 sec split in the 50 butterfly and 55 sec split in the 400 freestyle relay. She didn't slow down after that, attending practice every day and getting ready for the Carson meet where she took on 9 events including the 1500 freestyle. I am always amazed at how tough she is. Way to go, Kaila!

Logan Killion is Senior A Group Swimmer of the Month. Logan has been an essential part of our team, and is a friend and leader to all of our Dolphins. He makes the world a better place by being supportive and encouraging in all situations. At the Carson Intermountain Classic he achieved 6 Personal Best Times and swam 2 new

events. This is especially good news since he was “tapered” for the high school swim season. He also achieved new “A” times in his 50 & 200 free, and set a new Team Record in the 1500 meter free. Way to go Logan!



Carson Valley Days Parade

Our entire team is invited to participate in the Carson Valley Days Parade on June 13! We will be meeting at the Swim Center parking lot before the parade at 8:30 am. The theme this year is Tiger Pride, so if you a high school student, you may wear your DHS tiger swim suit. If you are a younger swimmer, please wear team apparel or plain navy blue or red. Also wear comfortable shoes for walking and clothes that can get wet. It is our team's tradition to carry squirt guns and spray parade watchers who request it. This is great fun for kids of all ages!

Parents, please pick you child up immediately after our team finishes walking the parade route. (BYOSG): Bring your own squirt gun!



Lost & Found

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



Team Camping Trip

We will be holding a team camping trip On Sunday night, June 14 followed by a Monday morning Lake Tahoe workout.

Where: Sugar Pine Point

When: Sunday 2:00pm- Monday 11:30 am

What: Team Evening Camping followed by age and ability appropriate morning lake workout. If you cannot stay the night and want to swim please come up and plan to swim at 10:00am (All AM practices at the Carson Valley Swim Center are cancelled Monday June 15th)

Why: To start off our summer season together as a team with some fun and adventure!

How: Sign up online at DDST.org. We currently have 40 spots reserved. They are on a first come first serve basis. Swimmers age 13 and over may camp without a parent. Unattended swimmers will have a separate camp site (limit 6 per site). Swimmers 12 years and under **MUST** camp with a parent. There are other campsites currently available for family camping.

Cost: \$15.00 per person for campsite, dinner, & light breakfast. If you are a big eater we would encourage you to bring snacks.



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COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

3 Ways You Can Improve Your Swimming Kick

By Wayne Goldsmith

Wouldn't it be great if kick sets could be interesting, challenging, exciting and something every swimmer looked forward to doing at every workout? Here are three ways:

You've just got to look at kick differently

1. Stop doing slow kick.

Slow kick is one of those old habits in swimming whose time has come and gone. **Stop doing slow kick**

It doesn't do anything to help you swim faster.

It has limited effect in helping you recover between swim sets.

All slow kicking really does is give you a chance to talk to your training partners about what you did last night, what you're wearing to your next date or what's the latest news you've heard about your favorite TV show.

Instead, make kick sets more interesting, more challenging and more effective by completing them with a real focus on achieving a specific goal.

Some excellent and challenging kick goals are:

Kick 25 meters in under 20 seconds;

Kick 50 meters within 10 seconds of your 50 meter PB swim time;

Kick 75 meters in your 100 meter PB swim time;

Kick 200 meters of your best stroke in under 3 minutes;

Kick 400 meters of your best stroke in under 6 minutes.

When it comes to *slow* kicking, it's time to "kick" the habit!

2. Swim your kick work relative to your swimming T.R.P. – Target Race Pace.

Another great way to improve your swimming kick is to perform your kick sets relative to your swimming T.R.P. – your target race pace – i.e. the pace you are aiming to swim at your next meet.

So for example, if your swimming goal is to swim 1 minute 10 seconds in the 100 freestyle at your next meet, practice doing kick sets which are progressively faster relative to the achievement of that time.

For example: 10 x 50 meter kick on 1:30:

1st 5 repeats at 120% of your goal swimming pace.

2nd 5 repeats at 115% of your goal swimming pace.

Or you might extend this type of goal focused kick set to something like this:

6 x 100 kick on 3:30 holding 120% of your goal swimming pace.

Kick sets such as these are very effective for swimmers of all ages in that by being future-focused, i.e. by being directly relevant to the achievement of a future swimming goal, swimmers will be more engaged with their kicking practice and highly motivated to work harder on their kick than ever before.

And of course the great thing about this system is that as your kick time improves relative to your goal swim time....120%, 115%, 112%, 110%...and ever lower...then your swim PB just keeps getting faster and faster.

3. Take as much pride in your kick PBs as you do in your swim PBs.

When's the last time you rang a friend to tell them all about your 100 meter **kick** PB?

Or when did you last rush home to tell your family you'd broken your all-time 200 meter **kick** PB?

Take as much pride in your kick PBs as you do in your swim PBs.

By elevating the way you think and talk about the skill of kicking you gain a much higher level of importance in your overall swimming training program.

When you can say with genuine excitement and real conviction, "*My training is going really great. My 100 kick time is down to 112% of my goal swimming time, I am kicking 78 meters in my 100 PB swim time and I've just broken 3 minutes for a 200 kick for the first time*" - you will not believe just how fast you will swim at your next meet!

Great kicker = Great swimmer and unstoppable athlete.

<http://www.swimmingworldmagazine.com/news/kick/>



Important Dates

PLEASE NOTE THE FOLLOWING practice days coming up:

June 8: Summer Swim Team Starts. 5-6:00 pm.

June 13: Saturday 8:30am Carson Valley Days Parade

June 14: Sunday Team Camping Trip with Monday AM workout at Lake Tahoe.

June 15: Morning practices at Carson Valley Swim Center cancelled.

June 21-26: Salo Swim Camp, University of Southern California.



COACH

Sarah's Corner

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

Benefits of Foam Rollers for Swimmers (Senior & Varsity Level)

The beginning of summer means multiple workouts each day and dryland training for upper level swimmers. This extra training causes fatigue and soreness. Coach Kat and I believe that daily foam rolling will help alleviate this. The article below is from SwimSwam and their video on rolling technique can be found on the SwimSwam website. Please, check it out.

Throughout the season, all the training, competitions and outside stress can lead to chronic soreness and impaired recovery. Built up tension in the body can make you feel "knots" in places that restrict your movement and even refer pain to other parts of your body. Along with proper sleep, nutrition and stretching, foam rolling plays a critical role in maximizing your performance. Foam rolling uses your own bodyweight against a cylindrical foam roller to produce some of the same positive effects on your body that deep tissue or sports massages provide, at a fraction of the cost. Foam rollers are inexpensive, easy to use, and can be taken anywhere.

So how does foam rolling help you? Fascia (particularly deep fascia) is a layer of fibrous connective tissue that surrounds muscles, ligaments, tendons, bones, nerves and blood vessels of the body. Think of fascia as an elastic layer of tissue that helps the body keep shape and move with the different organs. Occasionally, due to muscle overuse, training, lack of stretching or disuse, the layer of fascia can stick to the muscle (a process known as adhesion). This can result in restricted movement, pain, soreness, and reduced exchange of nutrients and waste due to

poor circulation of blood. The rolling motion produces a lengthening and release of the fascia along with the breakdown of scar tissue and adhesion to muscle. When the fascia releases, circulation to and from muscle tissue improves, and pain and soreness diminish as the body can process lactic acid quicker. This reduces post-exercise fatigue and increases range of motion by up to 10 degrees around a joint!

Steps to Improve Technique and Body Alignment (White and Red Group)

In swimming, there is often an easy and a hard way to do something. All swimmers have experienced the effortless races and the not so effortless races. Among the factors that affect your endurance and speed, correct body position in the water can play a huge role in maintaining your technique as your muscles begin to fatigue. Racing is hard, and how you feel often does not correlate with how fast you'll go. However, giving your body the best opportunity to maintain form during a race will help you finish stronger. Let's discuss how to improve your body position.

1. BETTER BALANCE ON LAND

The first step to better body position in the water is improving your core strength and overall balance on land. Greater stability in your core gives you increased control over the position of your body when it is horizontal in the water. You can develop this stability in a variety of ways, ranging from core exercises like planks to single-legged exercises that test your balance and control. When you develop good balance, you improve your proprioception, or awareness of your body in space. This becomes critical in the water because it helps you identify the angle of your bodyline and whether you are maintaining a hydrodynamic position from fingertips to toes.

2. BASIC DRILLING

Body position drills in the pool are valuable for reinforcing proper technique. Although coaches generally focus on them in the beginning of the season to solidify habits early on, swimmers can continue to integrate body position drills throughout the season whenever drilling is a part of one's practice. If drilling sets are limited, swimmers should include some body position work into their warm ups at practice. To emphasize that "downhill" position (slight pressure on your chest, head neutral, hips elevated) start with basic drills that don't include arm strokes or even rotation. Once you master the correct position of your head, neck, and core, then you can progress to more complicated drills.

3. FORM WHILE FATIGUED

To benefit in races from your dry-land and drilling, you need to simulate the racing experience and practice maintaining excellent technique throughout. Your swimming doesn't have to look pretty, per se, but you need to be disciplined about holding your body position in the water when your muscles begin to break down at the end of a race. For example, if it is fly technique you're looking to improve, try doing 100's with the first 50 fast free to tire you out and the last 50 butterfly to practice holding a downhill position. Everyone can have great body position on the first lap, but having the strength, control, and technique on the last 50 can be challenging.

Working on your technique does not have to be separate from working on your endurance and speed. Rather, learn to integrate technical work into every practice so you begin to create a habit of maintaining form when you are tired. Try a few of these body position tips to help you finish your races strong!



Upcoming Meets

June 19-21: Bishop Swim Team Invitational, Bishop, CA with fun in Bishop City Park. Make hotel reservations asap 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. Meet fills quickly. Sign up on swimconnection by June 14. 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. Sign up for a total of 3 events per day or 7 events total (excluding relays).

July 17-19: Tahoe Swim Club "Swimming at Altitude" Meet. South Lake Tahoe, CA. This meet is recommended for Red Group and below. It is a "yards" meet that is close to home. Sign up now on swimconnection. Entries due July 8.

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 and job sign-ups!



NEXT BOARD MEETING

The Douglas Dolphins Board of Directors will be meeting on **Thursday, June 11** from 6:30-8:30 pm at Pinion Hills Elementary, 1479 Stephanie Way, Minden, NV 89423
Board Contact info:
www.ddst.org/boardmembers.htm. As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.



DDST Key Contacts

Acting Board President: Denise Bickmore
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Help For New Parents

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and our Parent Liaison is available to answer all your questions and show you the ropes.

Contact 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.



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.



Penguin Plunge Meet (Fiberglass Follies)

The Douglas Dolphins Swim Team sent 5 of its members to compete in the Ellis Aquatics Long-Course Meet in Tracy, CA April 25-26. The Ellis meet would have been the first long-course (50 meter) meet of the season for the Dolphins. Unfortunately, because of evidence of fiberglass particles in the air and water, the event was cancelled at the last minute, leaving 5 disappointed swimmers.

Head Coach Kat Matheson saved the day by finding the Dolphins another

long-course meet to compete in at the San Ramon Olympic Aquatic Center. **Niko Hight**, **Justin Hight** and **Logan Killion** were able to make it to the Penguin Plunge Meet just in time to swim the last event of the day, the 100m freestyle. All 3 boys turned in excellent times with **Niko Hight** dropping 33.84 sec in the 11-12 boys races for a new personal best of 1:27.01.

Justin Hight, competing for the 15-16 boys, took off 6.01 sec for a new **PC-AA** time of 58.68, and **Logan Killion** dropped 18.76 sec in the 17-18 boys races for a new **PC-AA** time of 1:00.75.

Teammates **Anna Northcutt** and **Sarah Hyatt** joined the boys at the San Ramon Olympic Pool on Sunday, April 26 and were also rewarded with time improvements.

Anna Northcutt, swimming in her very first long-course meet for the 11-12 girls, set times to beat in the 50 freestyle, 200 breaststroke and 50 butterfly.

Sarah Hyatt, competing for the 13-14 girls, set a time to beat in her first long-course 400m individual medley and turned in 2 new **PC-B** times in the 50m freestyle, dropping 2.80 sec (33.12) and in the 100m breaststroke where she took off 4.01 sec (1:34.91).

Niko Hight returned to drop 15.94 sec in the 50m freestyle for a new **PC-B** time of 37.19, and a huge 34.75 sec in the 50m butterfly.

Justin Hight turned in a time to beat of 2:40.22 in his first 200m butterfly, dropped 1.99 sec in the 50m freestyle for a new **PC-A** time of 27.74 and took off 8.85 sec in the 100m breaststroke.

Logan Killion had a great final day, setting a new **DDST 17-18 boys record** in the 800m freestyle with a time of 9:35.40, taking off 6.82 sec in the 50m freestyle, 12.45 sec in the 400m individual medley and setting a time to beat in the 200m butterfly.

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



HIGH SCHOOL REGIONALS

The Douglas Dolphins played a big part in the success of the Douglas High School Tigers Swim Team at the 2015 Northern Nevada Regional Meet. The Tiger boys team won the Regional championship with 477 points ahead of 2nd place Reno with 310 points and 3rd place Galena with 270 points. The Tiger girls also took the Regional title scoring 389 points just ahead of Bishop Manogue with 365 points and Galena with 286 points.

Kaela Forvilly, **Taylor Sullivan**, **Kaila Duffy** and **Emma Gray** took 3rd place in the 200 medley relay, while **Andre Mendes**, **Ryan Chen**, **Kevin Smithen** and **Joe Sullivan** took first place in the boys 200 medley relay with a **Regional Record** time of 1:38.83.

Savannah Chappell finished 3rd in the 200 freestyle, earning a ticket to the State meet, **Jordan Knowles** came in 6th and **Mychael Bellik** finished 11th.

In the boys 200 freestyle, **Justin Hight** qualified for State with a 3rd place finish, **Logan Killion** came in 4th and **CJ Hill-Holeman** came in 6th.

Shelby Koontz came away with the 1st place title in the 200 individual medley while **Taylor Sullivan** placed 4th and **Lily Bickmore** finished 8th.

Josh Smithen turned in a 2nd place finish in the boys 200 individual medley and **Jason Lowther** placed 5th.

In the girls 50 freestyle, **Emma Gray** qualified for State with a 3rd place performance with **Kaila Duffy** coming in 5th.

Kevin Smithen earned a State berth, also finishing 3rd in the boys 50 freestyle. **Joe Sullivan** placed 5th, and **Adam Dack** came in 15th.

In the girls 100 butterfly, **Shelby Koontz** again took first place with a new **Regional Record** time of 56.48, and **Kaila Duffy** turned in a 4th place performance, **Lily Bickmore** came in

7th and **Jordan Knowles** finished 8th place.

Andre Mendes, Kevin Smithen and Ryan Chen went 1-2-4 respectively in the boys 100 butterfly.

Kaela Forvilly raced to 5th place in the 100 freestyle and **Kayla Ruffo** finished 8th.

Joe Sullivan, Justin Hight and Adam Dack went 4-5-11 in the boys 100 freestyle.

Savannah Chappell turned in a 5th place finish in the 500 freestyle with **Mychael Belik** placing 13th.

In the boys 500 freestyle, **Logan Killion** placed 5th and **CJ Hill-Holeman** came in 10th.

Both girls and boys 200 freestyle relays qualified for State with the girls team of **Koontz, Gray, Knowles and Chappell** placing 2nd and the boys team of **Sullivan, Hight, J. Smithen and K. Smithen** taking the 1st place spot with a new Douglas Tigers **Team Record** time of 1:31.27.

Kaela Forvilly came in 5th in the 100 backstroke, followed by **Emma Gray** in 7th.

Andre Mendes turned in a personal best and Douglas Tigers boys **Team Record** time of 52.10 in the boys 100 backstroke finishing 2nd, with **Josh Smithen** also qualifying for State finishing 3rd and **Cole Petrosky** placing 15th.

In the girls 100 breaststroke, **Taylor Sullivan** claimed 6th and **Kayla Ruffo** took 11th.

Ryan Chen turned in a State qualifying race coming in 2nd place and **Jason Lowther** came in 5th in the boys 100 breaststroke.

Finally, both girls and boys 400 freestyle relays took the 1st place championship titles with **Duffy, Bickmore, Chappell and Koontz** swimming for the girls and **Hight, J. Smithen, Killion and Mendes** competing for the boys and turning in a Douglas Tigers **Team Record** time of 3:22.39.



HIGH SCHOOL STATE MEET

The Nevada State High School Championship Meet took place in Carson City this year on May 16, a week after the Douglas Tigers took the Regional Championship title.

Savannah Chappell, Emma Gray and Shelby Koontz all qualified for individual events at State. **Savannah Chappell** took 8th place in the girls 200 freestyle, **Emma Gray** finished 7th in the girls 50 freestyle and **Shelby Koontz** placed 2nd in the girls 200 individual medley with a new girls High School **Team Record** time of 2:04.48, and took the **State Championship** title in the 100 butterfly with another new **Team Record** and **Personal Best** time of 55.80.

Kaela Forvilly, Taylor Sullivan, Kaila Duffy and Gray swam to a 6th place finish in the 200 medley relay. **Jordan Knowles, Gray, Chappell and Koontz** placed 4th in the 200 freestyle relay and **Chappell, Forvilly, Duffy and Koontz** turned in a 3rd place performance in the 400 freestyle relay. The girls efforts lead them to a 5th place berth at the State Meet, in a tie with Galena, with 47 points.

Justin Hight, Josh Smithen, Kevin Smithen, Andre Mendes and Ryan Chen were the boys individual State qualifiers. **Justin Hight** placed 8th in the boys 200 freestyle. **Josh Smithen** came in 8th in the boys 200 individual medley. **Kevin Smithen** finished 6th place in the 50 freestyle, while **Andre Mendes** came in 2nd in the boys 100 butterfly and **K. Smithen** placed 6th. In the 100 backstroke, **Mendes** placed 4th and **J. Smithen** came in 7th. Rounding out the boys individual races was **Ryan Chen** who finished 8th in the 100 breaststroke.

The boys 200 medley relay team of **Mendes, Chen, K. Smithen and Joe Sullivan** took the **State Championship** title with a **Team Record** time of 1:38.54, shaving .32 sec off their Re-

gional Record time a week earlier. This was the Douglas Tigers first state boys relay title. **J. Smithen, Hight, Sullivan and K. Smithen** cruised to a 3rd place finish in the 200 freestyle relay and **J. Smithen, Logan Killion, Hight and Mendes** placed 5th in the 400 freestyle relay with a time of 3:20.41 that was 2 sec faster than their Regional meet winning time.

The boys efforts took them to an impressive 3rd place finish at State with a total of 65 points, behind Palo Verde in first place and Green Valley in 2nd.



CARSON LONG COURSE MEET

The Douglas Dolphins swimmers performed well at their second long course meet of the season. For many of the younger Dolphins this was their first long course or 50 meter competition experience. All of the older Dolphins turned in huge time improvements despite having just come off high school season where they helped the Douglas Tigers Swim Team capture the Northern Nevada Regional title and a week later competed at the Nevada State Swim Championships.

Keira Duffy was first up for the 7-8 girls, dropping 21.31 sec in the 50m freestyle, 6.66 sec in the 50m backstroke and setting a time to beat in the 100m freestyle.

Maria Adkins turned in times to beat in the 9-10 girls 100m freestyle and 50m backstroke in her first long course meet.

Sofia Delange impressed with **100% improvement** in her 4 events and **3 new PC-BB** times starting with the 50m freestyle where she dropped 3.78 sec for a time of 39.17 and 5th place, in the 200m freestyle, taking off 8.50 sec for a time of 3:19.19 and 6.77 sec in the 50m butterfly for a time of 46.14. She also dropped 3.67 sec in the 100m backstroke finishing 5th.

Kalia Duffy improved 6.03 sec in the 50m freestyle and set a time to beat in the 50m backstroke.

Lilia Fields improved in all 7 of her events, turning in **3 new PC-B** times beginning with the 100m freestyle, dropping 7.85 sec for a time of 1:41.51, 4.57 sec in the 50m backstroke for a time of 51.15 and 6.65 sec in the 50m breaststroke for a time of 59.94. She also took off 4.83 sec in the 50m freestyle, 2.18 sec in the 50m butterfly, .59 sec in the 200m freestyle and set a time to beat in her first 200m individual medley.

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

Samantha Golobic dropped 6.47 sec in the 50m backstroke.

Trey Ballingham competed in the 9-10 boys races and dropped 11.68 sec in the 50m freestyle, 18.32 sec in the 100m freestyle and shaved off .11 sec in the 50m backstroke.

Todd Gosselin took on a big load of 9 events with near 100% improvement. He dropped 4.40 sec in the 50m freestyle, 4.57 sec in the 100m freestyle, 12.68 sec in the 200m freestyle, 1.0 sec in the 50m backstroke, 4.29 sec in the 50m breaststroke and set times to beat in his first long course swims of the 100m breaststroke, 50m butterfly and 200m individual medley.

Grace Dupont-Moore took on 10 events for the 11-12 girls improving 1.34 sec in the 50m freestyle, 4.14 sec in the 100m freestyle, 1.67 sec in the 200m freestyle, .64 sec in the 50m backstroke, and a huge 31.56 sec in the 200m individual medley. She also set a time to beat in the 100m backstroke.

Harley Keenan swam in 7 events dropping 4.52 sec in the 50m freestyle, 7.72 sec in the 100m freestyle, 2.76 sec in the 50m breaststroke, 4.70 sec in the 100m breaststroke, a big 17.27 sec in the 50m butterfly and turning in times to beat in the 200m freestyle and 100m backstroke.

Barrett Lee took on 10 races with a new **PC-BB** time of 35.83 sec in the 50m freestyle, dropping 8.19 sec. She

also turned in times to beat in the 100m freestyle, 200m backstroke, 100m breaststroke and 100m butterfly, took off 20.45 sec in the 200m freestyle, 11.20 sec in the 50m backstroke, 9.98 sec in the 100m backstroke, 5.56 sec in the 50m breaststroke and 12.08 sec in the 50m butterfly.

Sophia Maricich competed in 5 events, dropping 3.20 sec in the 50m freestyle, 8.25 sec in the 50m backstroke and turned in times to beat in her first 100m and 200m freestyle races.

Eden Neal turned in a **100% improvement** performance and a new **PC-B** time of 1:38.23 in the 100m backstroke taking off a huge 25.22 sec. She also took off 14.47 sec in the 50m freestyle, 11.99 sec in the 50 backstroke, 12.74 sec in the 50 breaststroke, 31.72 sec in the 100m breaststroke and a huge 1:18.03 in the 200m individual medley.

Ashlyn Nelson, competing in 5 events in her first long course meet, set times to beat in the 100m freestyle, 50m backstroke and 50m breaststroke.

Anna Northcutt, also trying out her very first long course meet, set times to beat in 9 of her 10 events including the 100m, 200m & 400m freestyle, 50m, 100m and 200m backstroke, 50m & 100m breaststroke and 200m individual medley.

Aspen Paschke showed **100% improvement** dropping 6.78 sec in the 50m freestyle, 12.91 sec in the 100m freestyle, 14.14 sec in the 50m backstroke, 20.95 sec in the 100m backstroke, 25.63 sec in the 100 breaststroke and set times to beat in the 200m freestyle, 50m breaststroke and 200m individual medley.

Emma Ruffo achieved **3 new PC-BB** times, first in the 50m freestyle taking off 1.87 sec for a new time of 34.53 and next in the 100m freestyle, taking off 7.41 sec for a new time of 1:13.21 and finally in the 50m breaststroke for a time of 48.21. She also turned in a new **PC-A** time in the 200m backstroke, dropping 12.20 sec for a time of 2:54.16, took off 14.84 sec in the 200m

freestyle, 2.60 sec in the 50m backstroke, 4.88 sec in the 100m backstroke, 3.35 sec in the 100m breaststroke and set times to beat in the 400m freestyle, placing 6th, and 200m breaststroke.

Cailey Tollman had a terrific meet with **4 new PC-BB times** of 34.03sec in the 50m freestyle, taking off 2.31 sec, 1:12.90 in the 100m freestyle, dropping 7.12 sec, 2:38.71 in the 200m freestyle dropping 13.53 sec and 3:01.38 in the 200m individual medley where she took off 13.21 sec for 6th place. She also achieved **3 new PC-A times** first in the 50m backstroke where she took off 3.53 sec for a time of 38.17, next in the 100m backstroke where dropped 7.04 sec for a time of 1:22.20 and in the 200m backstroke where she took off 13.55 sec for a time of 2:53.63 and 4th place. She also set a time to beat in the 400m freestyle and dropped 2.25 sec in the 50m breaststroke.

Timothy Golobic was first up for the 11-12 boys in his first long course meet. He set times to beat in the 50m and 100m freestyle, 20m and 100m backstroke.

Niko Hight took on 7 events, dropped a huge 11.66 sec in the 50m backstroke and set times to beat in the 200m freestyle, 100m backstroke, 50m breaststroke and 100m breaststroke.

Justin Lopresto, also taking on his first long course meet, set times to beat in all 8 of his races including the 50m, 100m, 200m and 400m freestyle, 50m and 100m backstroke, 50m butterfly and 200m individual medley.

Chris Manning another newcomer to the long course meet events, turned in times to beat in the 50m freestyle, 200m freestyle, 50m backstroke, 50m breaststroke, where he came in 2nd place, 50m butterfly and 200m individual medley.

Ben Munyan dropped time in 3 of his 8 races including the 50m freestyle where he took off 1.10 sec, the 50m backstroke where he dropped a huge 23.03 sec and the 50m breaststroke where he dropped another 25.69 sec.

He also set times to beat in his first swims of the 100m, 200m and 400m freestyle, 100m backstroke and 50m butterfly.

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

Ryan Signorella turned in some big time drops and a new **PC-B** time of 35.91 sec in the 50 freestyle where he took off 11.72 sec. He also took off 6.50 sec in the 100m freestyle, 9.79 sec in the 50m backstroke, 9.07 sec in the 50m butterfly and set times to beat in the 200m freestyle and 100m backstroke.

Jack Stevenson shaved off .55 sec in the 100m freestyle, 4.91 sec in the 100m breaststroke, 10.96 sec in the 50m butterfly and set times to beat in the 50m, 200m and 400m freestyle, 100m backstroke and 50 breaststroke. **Mychael Bellik**, swimming for the 13-14 girls fresh off of her freshman year with the Douglas Tigers Swim Team where she made Regionals, turned in **2 new PC-BB times** of 1:13.98 in the 100m freestyle dropping 2.97 sec and 2:39.39 in the 200m freestyle, taking off 10.93 sec. She also dropped .94 sec in the 100m backstroke for a new **PC-B time** of 1:29.90, 1.17 sec in the 50m freestyle and 5.02 sec in the 400m freestyle.

Maegan Collins set a time to beat in the 200m individual medley and dropped 14.90 sec in the 400m freestyle.

Sarah Hyatt looked strong in the 50m freestyle.

Nikky Jackson took off time in 6 of her 9 races, dropping 2.81 sec in the 200m freestyle, 10.44 sec in the 400m freestyle, 11.80 sec in the 100m backstroke, 4.80 sec in the 100m breaststroke, 1.48 sec in the 100m butterfly, 12.13 sec in the 200m individual medley and setting a time to beat in the 400m individual medley.

McKenzie Miller turned in a time to beat in the 50m freestyle in her first long course competition.

Taylor Sullivan, another Dolphin who competed as a freshman and State qual-

ifier for the Douglas Tigers, dropped .59 sec in the 200m freestyle, 2.29 sec in the 100m breaststroke for 3rd place, 1.09 sec in the 200m breaststroke, 0.37 sec in the 200m individual medley and 4.42 sec in the 400m individual medley for a new **PC-A time** of 5:59.78 and 5th place. She also placed 5th in the 800m freestyle.

Emily Willis has a strong meet, taking off time in 5 of her 8 races, including the 50m freestyle where she shaved off 1.93 sec, the 100m freestyle, dropping 7.57 sec, the 200m freestyle, taking off 9.92 sec, dropping 5.56 sec in the 100m backstroke and 4.48 sec in the 200m individual medley. She also set a time to beat in her first try at the 400m freestyle.

Kaila Duffy, a sophomore State qualifier for the Douglas Tigers, took on 9 events, turned in a time to beat in the 1500m freestyle and took off 2.88 sec in the 100m backstroke.

Shelby Koontz, the Nevada State High School Champion in the 100 butterfly, finished 1st place in both the 100m and 200m butterfly events and 2nd in the 100m and 200m freestyle and 200m individual medley.

Kayla Ruffo, also a sophomore Regional qualifier for the Douglas Tigers, had **100% improvement** in her 4 events, dropping 3.99 sec in the 200m freestyle for a new **PC-BB** time of 2:36.46. She also shaved off .58 sec in the 50m freestyle, 2.06 sec in the 100 breaststroke and 33 sec in the 800m freestyle placing 6th in that event.

Justin Hight turned in a strong performance for the 15-18 boys, just 1 week after competing as a State qualifier for the Douglas Tigers, dropping .38 sec in the 50m freestyle for 5th place, 4.82 sec in the 200m butterfly for 3rd place, 18.97 sec in the 200m individual medley, setting a time to beat in the 400m individual medley, dropping 6.12 sec in the 100m butterfly for a new **PC-A** time of 1:05.58 and 5th place, 15.08 sec in the 200m backstroke for a new **PC-BB** time of 2:39.29 and 9.07 sec in the 100m backstroke for a new **PC-A** time of 1:08.99

just shy of the recorded DDST 15-16 boys record of 1:08.80.

Logan Killion, a high school senior who competed for the Douglas Tigers at State, had a great meet and turned in a **new DDST boys 17-18 record time** of 18:28.61 in the 1500m freestyle finishing 3rd, blowing away the previous team record time of 20:26.46. He also dropped .49 sec in the 50m freestyle for a new **PC-A** time of 27.55, .48 sec in the 100m freestyle, a huge 1:17.10 in the 200m freestyle for another new **PC-A** time of 2:12.76, finished 3rd in the 400m freestyle and 800m freestyle, and turned in **3 new PC-BB** times of 1:08.88 in the 100m backstroke, taking off a big 1:13.86, 2:32.98 in the 200m backstroke, dropping 44.55 sec and 1:07.22 in the 100m butterfly with another huge time drop of 1:20.76.

Jason Lowther, DDST's final competitor and a Douglas Tigers Regional qualifier, turned in strong performances in the 100m breaststroke with a time of 1:22.70, 1.22 sec shy of the DDST boys 15-16 record, and in 200m breaststroke with a time of 3:00.07, also just shy of the team record time of 2:59.26. He also set times to beat in the 200m freestyle, 100m backstroke and 400m individual medley.



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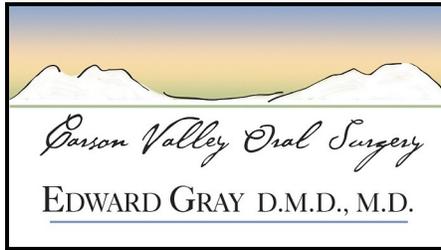
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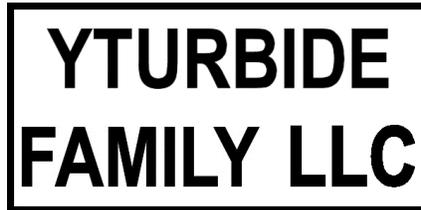
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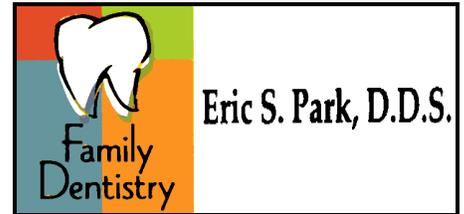
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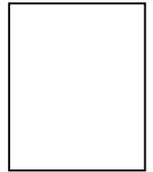
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Douglas Dolphins Swim Team
P.O. Box 44
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www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Birthdays

Happy Belated May Birthday to:
Ashlyn Nelson (5/01), TJ Golobic &
Jordan Knowles (5/11), Rachael Chen
(5/18), Logan Killion (5/21), Jason
Lowther (5/27).

Happy June Birthday to: Josh
Smithen, TJ Smithen & Allie Jezek
(6/02), Lilia Fields (6/04), Emily Dack
(6/15), Taylor Sullivan (6/18), Chris
Manning (6/19), CJ Hill-Holeman &
Zach Foster (6/21).



Practice Schedules

Check www.ddst.org for updates.

Summer Break Schedule

Dippin Dolphins: 5:00-6:00p (See Coach
TJ about days/options)

Silver Dolphins: Wed & Fri 8:30-9:15a

White Dolphins: Mon, Tues, Thurs, 8:30-
9:15a

Red Dolphins: Mon-Thurs 9:15-10:30 a

Summer Dolphins: Days depends on your
group. (see group calendars) 5:00-6:00p

Blue Dolphins: Mon-Fri 8:30-10:00a

Varsity: Mon-Thurs 6:00-7:30p; Fri
9:15-10:30a; Dryland Mon & Wed 3:30-
4:30

Senior B: Mon-Fri 6:30-8:30a, Dryland
Mon & Wed 3:30-4:30p, Doubles Tues &
Thurs 6:00-7:30p

Senior A: Mon-Fri 6:30-8:30a; Dryland
Mon & Wed 3:30-4:30p, Doubles Tues &
Thurs 6:00-7:30p



Next Newsletter

The next *Monthly* will appear about Ju-
ly 13. **All submissions should be re-
ceived by July 6.** Questions, content
requests, items of interest to the DDST
membership, address changes and re-
quests for **email subscriptions** are al-
ways 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 Sa-
rah, Coach TJ & Robbie Hight.*

Latest news online:

www.ddst.org

