

Dolphins' Monthly

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

www.ddst.org

July 2015

Swimmers of the Month

Jesse LoPresto is Silver Group Swimmer of the Month. Jesse, who just recently joined the swim team, has already competed in his first swim meet (Bishop) and swam some excellent times! He is always at practice ready to swim and compete. It is a joy to watch. Keep up the hard work, Jesse!

Zach Foster is White Group Swimmer of the Month. Zach was chosen for his great attitude and his new leadership role in White Group. On top of that, Zach is always “coachable” and has a positive attitude at practice. Great job, Zach!

Anna Northcutt is Red Group Swimmer of the Month. Anna had huge improvements in her times at the Tahoe Meet due to her hard work and “coachability”. She is a joy to have in practice, because she puts 110% into everything she does. She is a coach’s dream, and I love watching her grow as an athlete. Nice work, Anna!

Sofia DeLange is Blue Group Swimmer of the Month. She has been training hard and really attacked the Bishop Meet, swimming a full line-up of 10 events with 7 new Life Time Best’s. We have a group of swimmers who don’t leave practice daily without thanking the coaches on the deck, and Sofia is one of those swimmers. She looks me in the eye and talks to me every day. This is a skill that all great athletes have. To be in relationship where communication goes on between athlete and coach is very important. It helps the coach to better train athletes. As swimmers get older they should be

able to talk to their coach directly without parent intervention and Sofia is on her way to learning this skill.

Way to go, Sofia!

Taylor Knowles is Senior B Swimmer of the Month. Taylor has been training every day with a standout attitude and effort. He is wonderful to have at practice, and the coaches see great things in the future for him. Way to go, Taylor!

Justin Hight is the Senior A Swimmer of the Month. Justin has had a very successful “swimming summer”. Being coachable is the easiest path to faster swimming. Justin is interested in hearing what the coaches have to say about his swimming. Not only does he listen to Sarah and I, but he went to a swim camp this summer where other coaches commented on his willingness to make changes and try new things to improve. He is scheduled to attend another clinic in September in the pursuit to become the best he can be. Justin went to the Long Course Junior Olympics in Concord, CA and had a great meet. He swam a new AA time in his 200 Free and had 3 Life Time Best’s. He also came back for finals to cheer on our team which is a part of being a great team mate. He will be leaving for Clovis, CA for the Western Senior Championships July 29, finishing the Long Course season with an awesome high level meet. Good Job Justin!



Lost & Found

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



FROM THE MEET DIRECTORS

We are so excited to have another outstanding meet for our swimmers. The theme for the High Country Championship Meet is Superheroes, so have fun dressing and decorating with that theme. High Country League Championships is a great opportunity for our swimmers to compete in a “trials and finals” meet in our own back yard. It also takes everyone’s help to make it happen.

At this time we are in need of 4 Clerk of Course volunteers on Friday, 1 on Saturday morning, and 3 on Sunday. There is training provided.

We need 3 Hospitality volunteers for Friday afternoon, 3 for Saturday afternoon, and 2 for Sunday afternoon.

There is a big need for Marshalls. This is a very easy job, and also vital as we can’t have a meet without them. We need 3 Marshalls for Friday morning and Sunday we have 3 slots in the morning and 1 in the afternoon. Marshalls, please remember to bring your own chairs, as you will be more comfortable.

If you are in town and able to volunteer it would be a huge service to the team, even if your child is not swimming. Remember we all have volunteer hours to reach in order to avoid paying for them.

Please get on the website and find where you can help. Most of us have worked the entire meet, every session of every day, for many years. Please pitch in and help us continue to have a great swim meet! Thank you!



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

The Art of Swim Parenting

By Gary Hall, Sr.

Being a swim parent is not easy. If it were, we would likely have 2 million registered USA Swimming members, rather than half a million. Swim parents have to be unselfish, dedicated, loving, committed and invested to help their children succeed in the sport. In this day and age, how many parents will sit on a hot bleacher or in a chlorine filled natatorium or behind a starting block, timing all weekend, for the pleasure of watching their child swim for a few minutes? Or how many children today would rather be sitting around for the same duration in the same environment waiting to race when they could be in their air-conditioned home in front of their large screen television playing Minecraft or Game of War?

Those are some of the challenges that face the sport of swimming, as well as every other sport in America. What about you as a swim parent? What challenges do you face in order to see your child truly enjoy swimming and derive the most benefit from the sport?

Every swimmer of any age who comes to The Race Club is told the same thing. It is more important to have fun than it is to win Olympic gold medals. Of course, I always make sure that when I tell the swimmer this, the parents are standing right behind them. The truth is, the message is more directed to the parents than it is to the swimmer.

Too often, parents are overzealous in their desire to help their child succeed. While they only want the very best for their child, their words of advice, criticism or even encouragement can backfire on them. To a child, these

words, no matter how well intended, are often construed as feeling pressure to succeed. A swimming career should be viewed as a marathon, not a sprint. If a swimmer feels pressure coming from the parents or coach for too long a period of time, he or she will often rebel and quit the sport. If not, then swimming ceases to be fun. Either way, the child loses out.

I learned a great deal about swim parenting from my mother. My father was a solo-practicing Orthopedic surgeon in the days before cell phones. He was on call 24/7 and could never leave the house phone. He rarely got to see me swim. My mother drove me all over the LA basin to workouts and meets and volunteered to time at most of them. She rarely said much to me, but when she did, it was always positive. Before I would compete, she would always tell me to 'have fun'. After each race, whether good or bad, she would put her arm around me, hug me, and say 'I love you'. Those were the only words I needed to hear.

As parents, my wife, Mary, and I had six children (3 boys, 3 girls)...all swimmers. Of course, Mary did most of the driving to meets and workouts. Once, when they were young, and dabbling in different sports, they started to get hooked on video games. I put my foot down.

"You are all going to do some sport" I told them. "I don't care what sport, as long as you do something." That was naïve.

"Are you kidding me?" Mary interrupted, having overheard this conversation. "Do you think I am going to drive six kids all over this valley to different sports programs? What do think I am, a taxi driver? No, we have a great swim club nearby. They should all swim." So that is what they did.

All six children had different levels of ability and passion for the sport. Mary and I subscribed to my mother's philosophy of swim parenting and basically told them to 'have fun' and always 'I love you' after each race. They all had various levels of success, but I

believe that they all had fun and, for the most part, look back fondly on their swimming careers. Swimming taught each of them many valuable life lessons.

My advice to all swim parents is to do the same. When you feel the urge to critique your child for an obvious mistake, bite your lip and keep your mouth shut. Let the coach, coach. Your role is supportive, emotionally and financially. If you truly want your children to enjoy swimming and you want to help them succeed, and if you want your children to swim for life, not just as children (what other sport has an age group for over 100 years of age?), then simply remember two important sentences, 'have fun' and 'I love you'. Get them to swim practices and the meets. If they need help in technique and aren't getting enough of that at practice or if they need more motivation, bring them to The Race Club. Do those things and tell them those five magical words. The rest will take care of itself. <http://www.theraceclub.com/aqua-notes/the-art-of-swim-parenting/>



Important Dates

PLEASE NOTE THE FOLLOWING practice days coming up:

August 10-14: Fun Week, NO PRACTICES. Specific activities to be posted on ddst.org.

August 13: Next Board of Directors meeting.

August 17: School in Session practices start. Watch weekly podcasts for schedule updates and changes.

August 25: Board of Directors nominations due.

September 4: DDST Annual Awards Banquet 5:30 to 8:00 pm, Methodist Church, Gardnerville.

November 5: State Pep Rally and Pasta Feed, 5:30-7:00 pm, Carson Valley Swim Center.



COACH

Sarah's Corner

(sgovanswm@aol.com)

With the end of the summer season approaching, it is time to look at what will happen next, what you can do better next season, and how far do you want to go this upcoming year. I feel that using these tools given by USA swimming to set your short term and long term goals will help our Dolphins swimmers continue to be successful.

G IS FOR GOAL SETTING

Every athlete has a goal. Whether it's to win races, achieve a personal best, or simply make it through a grueling practice, the goals we set undoubtedly exert influence on our performance.

However, there's a lot more to goal setting than just stating what it is you ultimately want to achieve. To get the motivational support and performance boost that goals can provide, athletes must set goals systematically and have various types of goals.

This article will lead you through steps to setting goals so that your performance, satisfaction and quality of practice can all be enhanced. While this article is geared to your sport-related goals, the same steps can and should be used to set goals for all areas of your life.

Step 1: Know where you are headed

Five years from now, what do you want to be doing? One year from now? At the end of this season, what do you want to have achieved? All of these long-term goals are important to sit and write down because they give you something to commit to. It is also important to identify why you want to achieve these goals. This "why" should be something that is valuable to you more than it is to others. Once you identify your goals, close your eyes and picture yourself achieving them. Try to experience the feelings you ex-

pect to have when you achieve these goals.

On a weekly basis, reexamine your end-of-season goal. It is okay if you need to adjust it and make it more challenging or more realistic based on your circumstance. Make sure you keep your season goal in mind as you practice so you are aware that what you do today connects you to what you want to achieve in the future. At the end of each season, re-visit your yearly goal, and at least once a month, imagine yourself achieving your 5-year goal.

Step 2: Know how to get there

Ever get lost on the way to a meet? If you have, typically you knew where you were supposed to end up, you just didn't have a very accurate map of how to get there. Having a path towards your long-term goals is extremely important because what you want to achieve weeks, months, or years from now can only happen if you take the opportunity each day to make progress towards your longer-term goals. Each day ask yourself, "What can I do today to get myself one step closer to where I want to be?" Make sure you always have a short-term, specific goal you are working on. Whether it's a technique goal, a mental goal, or a nutritional goal, keep focused on your daily and weekly objectives so you can give yourself the best chance to reach your ultimate goals.

Step 3: Identify milestones of success

Having intermediate markers of success can help enhance motivation (ex., swimming a PR, qualifying for a specific meet, mastering a fundamental skill). These markers serve as points on your goal route that are important to you and are achievements you will be proud of. These milestones provide set standards so you know you are progressing along your goal path. They let you know that your hard work is paying off and give you confidence, encouragement, and enhance your commitment.

Step 4: Identify obstacles

Reaching long term goals is a very challenging process and there are a lot

of uncontrollable factors that may keep you from reaching these goals. Look at your long term and short term goals and identify obstacles that may prevent you from reaching these goals. Injury, strength of the competition, and burn-out are common obstacles swimmers face when trying to win meets, improve time, or work their hardest. If you list an obstacle you can't control, cross it off your list (if you don't control it, don't worry about it). If it is something you do control, make a plan for dealing with it when it comes up. By identifying obstacles and being prepared to overcome them, you are helping to ensure obstacles do not become excuses.

Step 5: Create a system

Everyone is a little bit different in how they set goals. Some set daily goals while others focus on what they want to accomplish on a monthly basis. Create a system that you can stick to that allows you to: a) Set specific, challenging goals, b) Measure progress towards these goals, c) Gain motivation and encouragement from your goals, and d) Focus on these goals every practice.

I suggest setting, at minimum, weekly goals. Maybe every Sunday write three specific areas you want to improve on. Share these goals with coaches, parents, and/or teammates so you have someone to hold you accountable to working on these goals and who can recognize when you achieve your goals. Each day before practice review your goals and remind yourself what you are working on and how this week's goals connect to your goals for the season. At the end of the week, assess whether or not you achieved your goals. If you didn't accomplish what you set out to do, make sure you honestly figure out why you fell short and try to control what you can in the future. If you did achieve even some of your goals, take a moment to reward yourself and feel proud that your hard work paid off.

Step 6: Set different types of goals

One of the biggest mistakes athletes make is setting goals focused only on the results of meets. While these outcome-oriented goals are important, they are often out of your control. Therefore, it is essential to set process and performance goals as well.

Process goals-fundamentals totally under your control (stroke, turns, attitude)

Performance goals-“statistics” based on individual improvement (drop time, increase in sets)

Outcome goals-focus is on comparisons to others (winning races, being the best)

Ultimately, you want to focus on your process goals since the more of the fundamentals you master, the more likely you are to reach your performance goals (good technique + good mentality=better time). When you reach your performance goals, you give yourself a better chance of achieving your outcome goals (you don't control if you win, you only control if you swim your best). By focusing on the process and what you control, you are trusting that the way you swim will lead to the performance you want.

Process, Performance and Outcome by Aimee C. Kimball, PhD



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COACH

TJ's Corner

(tj.smithen@yahoo.com)

How to Model Good Nutrition for Your Child

Any parent can be a good role model for children's nutrition. "Even if you're overweight and having trouble losing it, it's still possible to role model a healthy lifestyle for your child," Dr. Ron Kleinman, Associate Chief of Pediatrics at Massachusetts General Hospital in Boston, tells WebMD. Try these tips at home:

Buy fruits and vegetables rather than snacks. "Studies show that if parents emphasize how important these are in the diet, children will eat them more often -- compared to parents who are more about relaxed it," says Kleinman. "You don't want to be rigid about it, but you must insist."

Pass along the basics of portion control. Kids also must learn to *stop eating* -- what nutritionists call portion control. "In our culture, we tend to lose sight of the feeling of fullness," Kleinman explains. "The 'clean your plate' club overrides the natural cues a child has to stop eating when they are full. It prompts them to eat when there is no reason to eat."

That's how the habit of "constant grazing" is born, says Kleinman. "That's why you see kids sipping a soda while they're walking down the street. They just don't think about stopping."

Value family meal times. Family meal times -- without the TV -- help teach children valuable lessons, says Kleinman. "Families who eat together tend to eat healthier. They learn portion control, since there's only so much food put out for everybody. It also reinforces time limits on eating."

Track TV time. Difficult as it may be, limiting TV time is absolutely a must, Kleinman says. "You should be outside with your kids, walking or running, modeling what a healthy lifestyle is all about -- or your kids will not take it seriously."

Studies show that when parents make the effort to model good nutrition for their children, it really does work. One study focused on 114 overweight families, with kids aged 6-12 years old. Like their parents, the kids were overweight. As parents took measures to get into shape, so did their overweight kids. In fact, both parents and kids had similar positive results in weight loss over the five-year study period.

What were parents doing right? They were keeping close track of foods they ate, limiting high-calorie foods, following a food reference guide, having nightly family meetings, and praising each other -- generally being healthy role models for their kids. <http://www.webmd.com/parenting/features/your-childs-nutrition-power-parents>



NEXT BOARD MEETING

The Douglas Dolphins Board of Directors will be meeting on **Thursday, August 13** from 6:30-8:30 pm at 2561 Business Parkway, Suite E, 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.



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.



FROM THE BOARD OF DIRECTORS

It's time for Board of Director elections again! If you are interested in being on the Board of Directors of the Douglas Dolphins, please contact Nikki Willis at ducknus@gmail.com no later than the end of the High Country Meet. All member families who would like to be on the ballot are welcome. Each family can have one member run for a board position. Elections will be held by ballot mailed to your home address on August 14th, and will need to be returned, either by mail or by being placed in the Secretary's folder in the box at the pool, by August 25th. So, look for your ballot in the mail, and please take the time to vote for your Board of Directors! We need every family's input!



Upcoming Meets

July 29-August 2: Arena Western Zone Senior Championships, Clovis, CA.

July 30-August 3: Speedo Junior National Championships, San Antonio, TX. Good Luck, Shelby Koontz!!

August 7-9: HOME MEET: High Country Invitational Short Course Trials and Finals Championship Meet. Sign up for events and jobs ASAP.

September 18-20: Home: Molly Lahlum Memorial Autumn Freeze Meet. Stay tuned for event and job sign up.

September 26-27: Elite Speed and Power Camp, Santa Clara, CA. Qualifying 100 yard freestyle times apply. See ddst.org for details and price. Senior Dolphins, register asap and contact your coach if you plan on attending.

October 16-18: Fall Classic King of the Hill Challenge, Carson City, NV. Sign up on swimconnection by Oct. 7.

November 5-8: Nevada State Championships, Heritage Park Complex, Henderson, NV. Qualifying times apply. Info on sign up and hotel will be made available closer to the event. Stay tuned.



DDST Key Contacts

Acting Board President: Denise Bickmore
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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.



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.



Congratulations, Graduates!

Congratulations to our four Dolphins who just graduated from high school, **Adam Dack, Logan Killion, Jordan Knowles and Andre Mendes**. We will miss all of you as you start the next chapter in your lives! Here, in their own words, is an update on the graduates including their favorite swim memories, future goals and school plans:

Jordan Knowles

Seven years ago I joined the Douglas Dolphins Swim Team, and at the time I couldn't have imagined the huge impact this wonderful, amazing team would make on me. Nor did I know that a few years into the future I would be waking up at the crack of dawn for summer morning practices and then returning in the evening for doubles...sometimes. But nonetheless, every moment was worth it for the incredible memories I will carry with me for the rest of my life. Likewise, my amazing coaches, Kat and Sarah, and teammates taught me invaluable lessons I will need in the years to come. These include the importance of being a good teammate, being strong both mentally and physically, and being determined in every area of my life. These years on the team have made me the person I am today, and I am so grateful for that. Although I am not swimming in college, I have made invaluable memories and life-long friends through these past seven years and I am excited for the future.

Next year I am attending the University of Nevada Reno and majoring in Biology with minors in Anthropology and Psychology. Also, I have been accepted in to the university's Living Learning Community. This summer I received a scholarship to study Korean in Seoul, South Korea with a program called NSLI-Y, and I will be there for six weeks. I am very excited for this awesome opportunity and ready for the challenge as well. I'm definitely going

to be missing my swim team tons, but I think everything swimming has taught me will be very useful in the coming weeks. All in all, I am so thankful for this swim family and I will cherish the time I've spent on DDST forever.

Andre Mendes

Well first of all when I first got to the United States for my student exchange program, I was a little unmotivated about swimming and I didn't even know if I was going to be part of the team. Luckily, after talking a lot to Coach Kat, I decided to join the Dolphins, which was probably the best decision I made this year. I made my best friends and lived the best memories through swimming. This team is really a family for me, they made me feel at home and they made this year the best of my life. I am really thankful for my coaches, my friends and all of the parents for helping me and letting me be part of this great team.

About my plans to the future, I am very uncertain... I first need to go back to Brazil and study for the big exams that I need to pass to get into colleges. As soon as I am done with it, I will consider to come back to the US for college. I plan to study Foreign Relations and keep swimming for a few more years.

I've been with the Dolphins for almost a year, and I made a lot of great memories. I think my favorite one was when Logan and I snuck out of our hotel room at the Arizona Meet at 11pm to go get milkshakes at the In n' Out Burger!

Logan Killion

I have been a part of the Douglas Dolphins swim team for about a year now. I was a Douglas Dolphin when I was younger for about 7 years, then I took a break when I got in to high school. Swimming with the Dolphins when I was younger enabled me to swim varsity for all 4 years of my high school career. And by my senior year, I was a Captain for the team. As my junior year ended, I decided I wanted to swim competitively again. Since I joined the team again, I have become

friends with many new people and have learned many new life skills. Within the last year, there have been many memories I will never forget. I got the pleasure of meeting one of my best friends, Andre, who was an exchange student from Brazil. I got to spend my senior year with Andre, and he taught me a lot. Andre helped inspire me to work harder, and to never lose focus of what you want to accomplish. Some of my most favorite memories were made as we progressed throughout the year.

My plans for the next few years are to go to college and get my degree in Biology. Next year I will be attending Diablo Valley College, a Junior college in the Bay area. I decided to go to a JC so that I could swim for 2 more years and get my Associates degree. After I finish my two years at DVC, I would like to transfer to a D1 or D2 school and swim there at the college level, and also finish off my studies and obtain a bachelor's degree in Biology. Being on the Douglas Dolphins Swim Team was a great experience that I will never forget. I can't thank my coaches, family, and friends enough for all that they have done to help get me to where I am today.

Adam Dack

I'm going to attend Adams State University where I will be swimming for their team. My major is going to be Wildlife Biology. After college I am going to join the military, but I don't know what branch yet. After I serve my five years I hope to become a game warden or a wildlife biologist that can travel the world, studying endangered animals. Hopefully I will be able to help save these animals, so future generations can still see them.

Swimming on the Douglas Dolphins has given me the best memories of my life. One of my first favorite memories would have to be hanging out with Logan in Folsom when we broke an air conditioning unit in our room. Another would be the Husky Invitational when I ate just a little too much Mongolian. There's also the State meet in 2013

when I figured out that I wanted to keep swimming after I swam my first Far Western time in the mile. Finally, my best memory is of my last club meet ever at Walnut Creek with Yosh, TJ, Kevin, and Josh when we got some "quesadillas". This swim team has given me the happiest and best memories of my life. My advice for the future swimmers would be to listen to the coaches when they try to fix your technique. I didn't and I ended up needing shoulder surgery. I also learned that nothing is impossible through this sport as well. I was told I would never swim in college after my shoulder surgery, but here I am. The only thing that will hold you back is not believing in yourself. Thanks for the memories guys!



Summer Sanders Invitational

Lily Bickmore, Kayla Ruffo and Taylor Sullivan all made their way to Roseville, CA to compete in the Sierra Nevada Summer Sanders Long-Course Meet on June 11. Having missed the first long-course meet of the season in Tracy, CA the girls were anxious make their own start to the long-course season and improve on their previous year's times.

All 3 girls improved 100% in their respective races and achieved new time standards.

Lily Bickmore brought in a new **PC-A** time of 1:09.02 in the 100m freestyle, dropping 4.39 sec from her previous best, took off 3.82 sec in the 200m butterfly and 3.60 sec in the 200m individual medley.

Kayla Ruffo achieved 2 new **PC-BB** times of 1:11.05 in the 100m freestyle, where she took off 3.78 sec and 1:33.20 in the 100m breaststroke, dropping 2.94 sec. She also shaved off .14 sec in the 200m breaststroke.

Taylor Sullivan had a great meet, taking on 8 events and turning in 3 new

PC-A times in the 100m backstroke (1:16.37), dropping 4.32 sec, 200m breaststroke (3:05.44), taking off 5.75 sec, and in the 100m butterfly (1:14.26) where she improved by 5.15 sec. She also took off 7.20 sec in the 200m individual medley for a new **PC-AA** time of 2:41.15 and 16.01 sec in the 400m individual medley for another new **PC-AA** time of 5:43.77. In addition, she took off .32 sec in the 50m freestyle, .48 sec in the 100m freestyle and 1.03 sec in the 100m breaststroke.

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



Bishop Invitational

The Douglas Dolphins Swim Team made their annual trek to Bishop, CA to compete in the Bishop Invitational Swim Meet. The team also took time out to have a team party and BBQ in Bishop Park.

Caitlin Taylor took on 6 races for the 6 year old girls dropping .25 sec in the 25 freestyle, 2.43 sec in the 50 freestyle and .90 sec in the 50 backstroke finishing 1st place in those races. She also shaved off .01 sec in the 25 backstroke and tried her first 25 butterfly coming in 2nd place in both.

Keira Duffy competed in 3 races for the 8 year old girls with **100% improvement**, taking off 4.82 sec in the 25 freestyle, 1.74 sec in the 25 backstroke for a new **PC-B** time of 27.81 and set a time to beat in the 50 breaststroke.

Sofia Delange finished in 1st place in 7 of her 10 races for the 10 year old girls including the 50 & 100 freestyle, the 50 backstroke, taking off .49 sec, the 100 backstroke, dropping .79 sec, the 50 butterfly, shaving off .10 sec, the 100 butterfly where she dropped 2.71 sec and the 100 individual medley where she turned in a new **PC-BB** time of 1:32.29. She also came in 2nd in the

200 freestyle, 50 breaststroke and 100 breaststroke.

Kalia Duffy, also competing for the 10 year old girls, took off a huge 13.98 sec in the 50 freestyle and 4 sec in the 50 backstroke.

Jesse Lopresto tried 2 events for the 10 year old boys, the 50 freestyle and the 50 backstroke, in his very first swim meet for the Douglas Dolphins.

Lilia Fields was first up for the 11 year old girls, competing in 8 races and improving 2.25 sec in the 50 breaststroke, 3.06 sec in the 50 butterfly where she finished 3rd and 3.76 sec in the 100 butterfly placing 2nd.

Barrett Lee took on 10 events, dropping 3.60 sec in the 100 freestyle, 1.93 sec in the 100 butterfly where she placed 3rd and 2.84 sec in the 100 individual medley.

Anna Northcutt tried 2 new races for the 12 year old girls, setting times to beat in her first 1000 freestyle finishing 1st place and in the 400 individual medley.

Emma Ruffo improved 100% in all 7 of her events dropping 3.46 sec in the 100 freestyle, coming in 2nd, 13.24 sec in the 500 freestyle, also coming in 2nd, 2.48 sec in the 100 backstroke for 1st place with a new **PC-A** time of 1:11.61, .83 sec in the 50 breaststroke, 3.01 sec in the 50 butterfly for first place and a new **PC-BB** time of 34.54, 3.36 sec in the 100 individual medley for 2nd place and 24.35 sec in the 400 individual medley for another new **PC-BB** time of 5:38.34 and 2nd place.

Cailey Tollman also had a **100% improvement** meet and placed 1st in the 100 freestyle with a new **PC-A** time of 1:02.91, taking off 3.72 sec, 1st in the 500 freestyle, dropping .98 sec, 2nd in the 100 backstroke dropping .80 sec, 3rd in the 50 butterfly taking off 2.12 sec, 1st in the 100 individual medley improving 3.30 sec and 1st in the 400 individual medley for another new **PC-A** time of 5:31.22 and dropping 25.11 sec.

Justin Lopresto took on 10 races for the 12 year old boys and shaved off .04 sec in the 50 freestyle, 1.85 sec in the

100 freestyle for 3rd place, a huge 44.51 sec in the 200 freestyle also finishing 3rd, 1.05 sec in the 500 freestyle for 1st place, set a time to beat in her first 1000 freestyle, also placing 1st, 4.83 sec in the 50 backstroke, 4.95 sec in the 50 breaststroke, 6.15 sec in the 100 breaststroke and 1.32 sec in the 100 individual medley where he came in 2nd.

Jack Stevenson competed in 5 events, taking off 1.88 sec in the 50 freestyle, 1.15 sec in the 50 backstroke, 23.12 sec in the 100 breaststroke for 3rd place and set a time to beat in the 100 butterfly for 2nd place.

Connor Taylor had a strong meet with a new **PC-BB** time of 30.20 sec in the 50 freestyle, improving 5.27 sec in the 100 freestyle for a new **PC-B** time of 1:09.09 and 2nd place, dropping 18.54 sec in the 200 freestyle for 2nd place, 2.04 sec in the 50 backstroke for 2nd, 3.48 sec in the 100 backstroke for another new **PC-B** time of 1:21.45, 1.98 sec in the 50 breaststroke, .31 sec in the 50 butterfly where he finished 1st and 9 sec in the 100 butterfly also finishing 1st.

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

Chris Manning also looked strong in the 13 year old boys races. He took off .40 sec in the 50 freestyle, .63 sec in the 100 freestyle, 6.34 sec in the 200 freestyle, placed 2nd in the 100 backstroke, 1st in his first 200 backstroke, 1st in the 100 breaststroke where he took off 1.77 sec, 1st again in the 200 breaststroke, taking off 5.49 sec, 2nd in the 100 butterfly and placing 1st in the 200 individual medley dropping 4.42 sec.

Lily Bickmore brought in four 1st place finishes for the 14 year old girls in the 100 freestyle, 200 backstroke, 200 butterfly and 200 individual medley. She also took 2nd in the 100 breaststroke and 400 individual medley.

Sarah Hyatt dropped .37 sec in the 50 freestyle, placed 2nd in both the 100 freestyle and 200 individual medley, 1st

place in the 100 backstroke 100 breaststroke where she took off 2.99 sec, 1st in the 200 breaststroke taking off 4.65 sec 1st in the 100 butterfly taking off 2.31 sec and 1st in the 400 individual medley dropping 4.59 sec.

Joey Smithen, swimming for the 14 year old boys, finished 1st place in the 100 freestyle, 500 freestyle, 100 backstroke, 100 breaststroke and 100 butterfly where he took off 1.16 sec.

Taylor Sullivan, just aging up into the 15 year old girls bracket, came in 1st place in all of her events, including the 100 & 500 freestyle, 200 backstroke, taking off 2.15 sec, 100 breaststroke, and 200 and 400 individual medley.

Sebastian Zeron took on 8 races for the 15 year old boys placing 2nd in the 100 freestyle where he improved .68 sec, 3rd in the 200 freestyle, 1st in the 500 freestyle, 200 backstroke, 100 butterfly, dropping 1.16 sec and in the 400 individual medley taking off 2.87 sec.

Kayla Ruffo placed first in all 6 of her events for the 16 year old girls including the 100 and 1000 freestyle, 100 breaststroke, 200 butterfly, 200 and 400 individual medley.

Ryan Chen turned in a new **PC-A** time of 52.46 in the 100 freestyle, dropping 2.46 sec for 3rd place in the 16 year old boys division. He also finished 1st place in both the 100 breaststroke and 400 individual medley and improved 1.54 sec in the 200 individual medley for 2nd place.

Josh Smithen improved .69 sec in the 200 freestyle for 1st place, 5.24 sec in the 500 freestyle for 2nd place, came in 1st in the 1000 freestyle, 100 backstroke and 200 individual medley and 2nd in the 100 freestyle and 100 breaststroke.

Joe Sullivan turned in a 1st place finish in the 100 freestyle and 3rd place in the 100 breaststroke for a new **PC-BB** time of 1:11.76 and dropping 2.15 sec.

Jason Lowther, competed in 2 races for the 17 year old boys. He finished 1st place in both the 200 individual medley and 100 breaststroke taking off 1.57 sec in that race.

Logan Killion, taking on 4 events for the 18 year old boys, turned in a 1st place finish in the 100 freestyle, shaving off .09 sec, and 1st in the 1000 freestyle. He also placed 2nd in the 200 individual medley.



Reno Summer Splash

Twenty Dolphins made the hour long trek to Reno June 26-29 for the annual Reno Aquatic Summer Splash Long Course Meet.

Starting with **Barrett Lee**, competing for the 11-12 girls she took on 3 events and dropped .01 sec in the 50m breaststroke.

Anna Northcutt had some big time improvements including a 2.20 sec drop in the 200m freestyle and a new **PC-B** time of 1:38.34 in the 100m backstroke where she took off 5.70 sec. She dropped 3.92 sec in the 50m breaststroke, 4.35 sec in the 50m butterfly and 5 sec in the 200m individual medley, and set times to beat in the 100m butterfly and 400m individual medley where she placed 6th.

Emma Ruffo turned in **100% improvement** in her 8 events including 3 new **PC-A** times of 33.39 in the 50m freestyle, 1:22.42 in the 100m backstroke and 2:37.13 in the 200m freestyle for 8th place. She took off 5.80 sec in the 400m freestyle for 4th place, .01 sec in the 50m breaststroke, 5.34 sec in the 50m butterfly, 16.98 sec in the 100m butterfly and 15.51 sec in the 200m individual medley for a new **PC-BB** time of 3:00.04 and 8th place.

Cailey Tollmann also had a **100% improvement** meet dropping 1.01 sec in the 50m freestyle for a new **PC-A** time of 33.02, 18.96 sec in the 400m freestyle for 3rd place, 2.87 sec in the 100m backstroke for a new **PC-AA** time of 1:19.33 and 5th place, 1.61 sec in the 50m breaststroke for a new **PC-B** time of 48.83 sec and 1.87 sec in the 200m individual medley for 7th place.

Niko Hight took on 3 races for the 11-12 boys, placing 8th in his first try at the 400m freestyle and taking on his first LC 200m individual medley.

Justin Lopresto had a successful meet, taking off 1.19 sec in the 50m freestyle for a new **PC-B** time of 37.10, 11.35 sec in the 100m freestyle, 11.38 sec in the 200m freestyle, 26.07 sec in the 400m freestyle and 7th place, .44 sec in the 50m backstroke, 1.76 sec in the 50m butterfly and setting times to beat in the 50m and 100m breaststroke.

Ben Munyan competed in 4 races, dropping 13.89 sec in the 400m freestyle and 4.01 sec in the 50m breaststroke.

Clarice Albert set times to beat in 4 of her 5 events for the 13-14 girls, including the 50m freestyle, 100m backstroke, 200m breaststroke and 200m individual medley.

Mychael Bellik took on 7 races and dropped 6.14 sec in the 400 freestyle and .24 sec in the 200m backstroke.

Lily Bickmore dropped 1.06 sec in the 50m freestyle and finished 5th in the 100m butterfly.

Nikky Jackson competed in 8 events, taking off .30 sec in the 50m freestyle, 1.43 sec in the 100 breaststroke, 3.87 sec in the 100m butterfly for a new **PC-BB** time of 1:20.67 and 8th place, .55 sec in the 200m individual medley and set a time to beat in the 200m backstroke.

Emma Price set times to beat in 8 of her 9 races including the 50m, 100m & 200m freestyle, 100m & 200m backstroke, 100m breaststroke, 100m butterfly and 200m individual medley.

Taylor Knowles tried his hand at 6 races for the 13-14 boys dropping .29 sec in the 100m freestyle, 9.50 sec in the 200m freestyle for a new **PC-BB** time of 2:27.52, .39 sec in the 100m backstroke for 6th place, placed 5th in the 200m backstroke, 9.06 sec in the 100m breaststroke and set a time to beat in the 200m breaststroke.

Chris Manning set a time to beat in the 200m backstroke and dropped 4.02 sec in the 100m freestyle.

Kaila Duffy was first up for the 15-16 girls with a 7th place finish in the 200m butterfly.

Shelby Koontz came in 1st place in the 50m freestyle, 100m butterfly and 200m butterfly. She finished 2nd place in all of her other events including the 100m and 200m freestyle and 100m and 200m breaststroke.

Kayla Ruffo took on 4 events with a 3.27 sec drop in the 400m freestyle.

Taylor Sullivan also took on 4 events with a 7th place finish in the 400m freestyle.

Justin Hight was first up for the 15-16 boys. He came in 6th in the 50m freestyle and dropped .55 sec in the 100m butterfly for 2nd place.

Jason Lowther competed in 3 races for the 17-18 boys, setting times to beat in the 50m freestyle, 100m butterfly and 200m individual medley and coming in 7th in the last 2 races.



Junior Olympics

The Dolphins sent 7 qualified team members to the Adam Szmids Memorial Pacific Swim Long Course Junior Olympic Meet July 10-12 in Concord, CA. **Emma Ruffo, Cailey Tollmann, Lily Bickmore, Kaila Duffy, Taylor Sullivan, Justin Hight** and **Shelby Koontz** all had great swims, dropped time and enjoyed the warm weather.

Emma Ruffo took on the 200m backstroke for the 11-12 girls and dropped 2.72 sec.

Cailey Tollmann competed in 2 events and took off 3.58 sec in the 200m backstroke for a new **PC-AA** time of 2:50.05.

Lily Bickmore achieved 2 new **PC-A** times in the 13-14 girls 100m butterfly and 200m butterfly. She dropped 3.17 sec in the 100m butterfly for a time of 1:13.93, and 4.36 sec in the 200m butterfly for a new time of 2:42.66.

Kaila Duffy qualified for 5 races in the 15-16 girls group and turned in a new **PC-AA** time of 30.27 in the 50m

freestyle, taking off 1.04 sec. She also dropped 1.71 sec in the 100m freestyle, .34 sec in the 100m butterfly and 2.75 sec in the 200m individual medley.

Taylor Sullivan improved 100% in her 4 races taking off 1.01 sec in the 100m breaststroke, .49 sec in the 200m breaststroke, 2.62 sec in the 200m individual medley and 8.65 sec in the 400m individual medley.

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

Justin Hight qualified for 4 events for the 15-16 boys, dropping .20 sec in the 50m freestyle, a huge 16.05 sec in the 200m freestyle for a new **PC-AA** time of 2:09.06, and .76 sec in the 100m backstroke for a new **DDST 15-16 boys Team Record** time of 1:08.23. **Shelby Koontz**, just aging up to the 17-18 girls age bracket, turned in 5 new **DDST Girls 17-18 Team Records**, first in the 50m freestyle where she shaved off .03 sec for a time of 27.10 sec and 3rd place in finals. Her next record was a 1:02.08 in the 100m freestyle, followed by a 2:11.40 in the 200m freestyle where she improved by 2.10 sec, and a 1:19.72 in the 100m breaststroke. She finished 2nd in both the 100m butterfly finals for another Team Record time of 1:02.79 and in the 200m individual medley with a record time of 2:23.44.



Tahoe Meet

Tahoe Swim Club recently held its annual "Swimming at Altitude" Meet July 17-19 in South Lake Tahoe. Many of the younger Dolphins members competed including 2 new Summer Swim team members, Sydney Ingram and Calvin Stevenson.

Caitlin Taylor was first up for the 6 and under girls, taking on 6 events and dropping 2.65 sec in the 50 backstroke and setting a time to beat in the 25 breaststroke.

Summer swimmer **Sydney Ingram** competed for the 8 year old girls, setting times to beat in her first 25, 50 and 100 freestyle, 25 and 50 backstroke and 25 and 50 breaststroke events.

Keira Duffy (9) took off a huge 16.50 sec in her 50 freestyle, 2.56 sec in the 50 backstroke and .42 sec in the 50 breaststroke.

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

Matthew Yturbide (9) improved in 6 of his 8 races, taking off 1.21 sec in the 25 freestyle, .66 sec in the 50 freestyle, 5.20 sec in the 100 freestyle, 3.75 sec in the 50 breaststroke, a whopping 13.93 sec in the 50 butterfly and 4.78 sec in the 100 individual medley.

Kalia Duffy made big gains in her 25 freestyle, dropping 15.70 sec and also dropped 1.94 sec in the 50 freestyle.

Trey Ballingham (10) competed in 6 events, setting a time to beat in the 25 freestyle, improving 1.58 sec in the 50 freestyle and 10.29 sec in the 100 backstroke.

Calvin Stevenson tried his hand at 6 races including the 25, 50 and 100 freestyle, 50 and 100 backstroke and 50 breaststroke.

Cooper Yturbide (11) competed in 8 swims, shaving off .50 sec in the 25 freestyle, 8.79 sec in the 100 backstroke, 2.41 sec in the 50 breaststroke, 6.01 sec in the 100 breaststroke and 1.51 sec in the 100 individual medley.

Anna Northcutt (12) had a great meet, trying 13 events and turning in 4 new **PC-B** times of 33.92 in the 50 freestyle, 1:13.27 in the 100 freestyle, 2:41.13 in the 200 freestyle where she dropped 18.59 sec from her previous best and 9.87 sec in the 100 backstroke. She also took off a huge 40.84 sec in the 500 freestyle, 3.44 sec in the 50 backstroke, 2.34 sec in the 50 breaststroke, 7.11 sec in the 100 breaststroke, 1.56 sec in the 50 butterfly, 7.40 sec in the 100 butterfly, 4/86 sec in the 100 individual medley and an impressive 14.12 sec in the 200 individual medley.

Jack Stevenson (12) also turned in 10 impressive swims. He took off 8.09 sec in the 25 freestyle, 6.93 sec in the 100 freestyle, 14.53 sec in the 200 freestyle, 1:09.57 in the 500 freestyle, 3.27 sec in the 50 backstroke, 15.37 sec in the 100 backstroke, 2.61 sec in the 50 breaststroke, 5.89 sec in the 50 butterfly, 2.20 sec in the 100 butterfly and 6.26 sec in the 100 individual medley.

Daniel Taylor (14) achieved a new **PC-B** time of 1:20.47 after taking off 2.59 sec, shaved off .73 sec in the 100 freestyle, 1.19 sec in the 200 backstroke, 2.48 sec in the 200 breaststroke and 1.49 sec in the 100 butterfly.

Jason Lowther (17) took on 4 events, taking off 1.68 sec in the 50 freestyle for a new **PC-BB** time of 25.54 and dropping 1.24 sec in the 100 freestyle.



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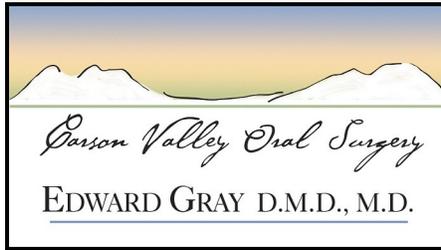
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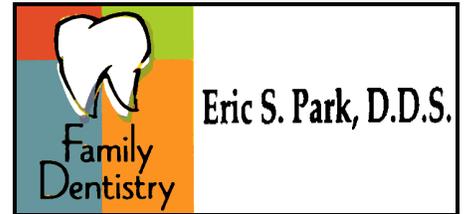
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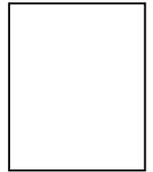
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Birthdays

Happy July Birthday to:

Savannah Chappell (7/2), Clarice Albert (7/5), Shelby Koontz (7/6), Harley Keenan (7/7), Chayce Beam (7/14), Taylor Killion (7/20), Alyssa Riley & Cody Highfill (7/25).

Happy August Birthday to:

Grant Kuhlmann (8/2), Jesse Lopresto (8/4), Cailey Tollmann (8/6), Ann Elias & Ryan Chen (8/12), Trey Ballingham (8/15), Matthew Yturbide (8/20), Reed Ward (8/23), Caitlyn Taylor (8/26), Maegan Collins & Sofia DeLange (8/28), Mychael Bellik & Benjamin Munyan (8/30).



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 September 10. **All submissions should be received by September 5.** 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 TJ, Kathy Chappell, Nikki Willis, Adam Dack, Jordan Knowles, Andre Mendes & Logan Killion.

Latest news online:
www.ddst.org

