

Dolphins' Monthly

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

www.ddst.org August /September 2015

Swimmers of the Month

Maile Pierson is Silver Group Swimmer of the Month. Maile missed a good portion of summer swimming due to a broken arm! However, she came back to swimming with an amazing attitude, renewed dedication, and had an amazing month of swimming. Awesome job, Maile! Keep up the hard work!

TJ Goblic is White Group Swimmer of the Month. TJ has been a great addition to our new expand group. He just brings a great new personality. Along with being a great listener, he demonstrates great new technique. I feel TJ will have great success with us in White Group. Way to go, TJ!

Stephanie Lin is Red Group Swimmer of the Month. She has been doing an awesome job at practice and had a pretty impressive High Country Meet. Stephanie's practice attendance has been stellar, usually maintaining a 100% attendance rate. She likes to understand what the coaches are asking her to do and why it is important. This helps her to be a smart swimmer and avoid mindlessness. She got a chance to use her training at the High Country Meet where she dropped a total of 124 seconds. We can't wait to see her compete more and develop into a great athlete. Way to go Stephanie!

Justin LoPresto is Blue Group Swimmer of the Month. Our High Country Meet is the beginning of the short-course yards swimming season, and Justin started out with a Bang! He dropped a total of 65 seconds in his High Country events. What a great meet for him! Justin is also starting the

school year with a solid 100% attendance and is working hard at technique improvement and building endurance. He always has a smile on his face and is great part of Blue Group and the Douglas Dolphins. We are proud to have him on our team!

Sarah Hyatt is Pre-Senior Swimmer of the Month. Sarah is a joy to coach. She is a beam of sunshine that always has her smile on and is engaged in the workout. She is a great team mate with positive comments and actions. Her performance at all her practices is consistent and her hard work is noticed. Keep up the hard work, Sarah!

Taylor Knowles is Senior Group Swimmer of the Month. Taylor is new to the Senior Group, having just moved up with the start of the school year, and he has settled into this group quite nicely. He currently has the highest attendance rate of the entire group at 115%! How does one get a 115%? By attending extra morning practices at 5:30am before school. I think this is a fantastic effort to succeed in this sport. Most of us know the struggles our kids have balancing school and extracurricular activities. Taylor is currently new to Douglas High School and the Senior group and leading the way with a smile on his face and determination to give every practice the best effort he can. Outstanding job, Jeffery!



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

The Molly Lahlum Memorial Autumn Freeze Meet is quickly approaching!

Please sign up to work at the meet. It is a great way to stay involved and meet other families on the team. We currently have many vacant spots so please help us out and get the job you want. Go on to our team website, click on swim meets then job sign-up. Chose the session and job you would like to do. Meet set up will take place at 4 pm on Thursday, September 17. We will need parents and swimmers to help!

We also need volunteers to make soups or chili for Saturday September 19 and pasta salads for Sunday, September 20 for meet volunteers and officials. You can earn volunteer hours for this! Please contact Becky Tollmann by calling or texting 858-245-9236 if you can help out.

Just a reminder that individual families are not allowed to cook their own food on the snack bar grill. The Health Department has strict rules about this. Thank you for understanding.

Let's have another great Home meet! Go, Dolphins!



COACH

Kat's Cornercoachkat0809@hotmail.com**A Scientific Solution to (Finally) Stop Muscle Cramps****New findings shed light on cramping, the longtime bane of endurance athletes everywhere**

You'd think that after completing 13 Ironman Triathlons, running across the country in 14 days as part of a nine-member relay team, and clocking a sub-three-hour marathon, Casey Boren would have his training and race-day nutrition and hydration strategy dialed. But throughout his endurance-sports career, he's been unable to escape painful muscle cramps. "I've endured cramping in every Ironman I've done," says the 44-year-old, "to the point that I know if I don't finish the swim leg in under an hour, my hamstrings will cramp up. On the bike, my quads and hamstrings usually seize up around mile 40."

He often battles the condition during the run, as well. At a half-Ironman in Knoxville two years ago, his hamstring cramps were so painful that, after he crossed the finish line, he stopped for a second and couldn't move again. "They told me to leave the area, and I couldn't," he says.

Over the decades, Boren has tried everything from sodium tablets to sports drinks. In his experience, "nothing works except slowing down and massaging the tight area and waiting for the cramping to go away, and then hope it doesn't come back." But by then, he points out, months of intense training are effectively tossed in the trash. "Once I start cramping, the race stops being about my best performance and is reduced to simply finishing."

That an experienced and highly trained athlete such as Boren can't prevent debilitating muscle cramps speaks to their insidiousness and pervasiveness. And he's not alone. Talk to just about any serious endurance athlete and you'll hear the same story: When overworked muscles seize up painfully and stop doing what the brain tells them to do, there's no real fix. To make matters worse, cramps often strike at the worst possible moment. (Exhibit A: LeBron James pulling himself out of the first game of the 2014 NBA Finals due to leg cramps.)

The most popular protocol for battling muscle cramps is to rehydrate using electrolyte-infused fluids. But despite sports nutritionists' and sports scientists' best efforts, cramping in athletes has persisted without an effective answer until a turning point in the science took root off the coast of Cape Cod. During a kayaking trip five years ago, a Nobel Prize-winning neuroscientist experienced a painful and potentially disastrous case of muscle cramps. While paddling well offshore, Dr. Rod MacKinnon felt his arms seize up. The chemical-biology professor at The Rockefeller University wasn't alone in his agony, either. His kayaking partner, Dr. Bruce Bean, a neurobiologist at Harvard, was suffering the same cramping. Both are fit and experienced paddlers who had been paying careful attention to their nutrition and hydration the whole way. They both eventually made it back to shore, but the ordeal drove them to find out what went wrong. For MacKinnon, a serious athlete who had spent the bulk of his career investigating ion channels, his two worlds collided. And when he found out how little we truly understood about cramping, he became obsessed.

MacKinnon's research started with a look at traditional sports drinks and other electrolyte solutions. His take: They were predicated on replacing what people believed the body lost through sweat—if the body is losing

salt or potassium, then restore those levels. But he also came across stories of marathon runners stirring mustard into water and cyclists downing pickle juice to end muscle cramps. He was curious and asked himself, "What's the story here?"

The more he learned, the more he began to suspect that it wasn't the muscle that needed help (electrolytes, fluid, carbs), but a short circuit in the ion channels—the system that carries messages among the brain, the nervous system, and the muscle. What the body needed was some sort of stimulation to tell the motor neurons in the spinal cord to, essentially, stop freaking out.

With that realization, MacKinnon spent the next four years in his lab zeroing in on what would eventually become the first clinically proven formula to treat and prevent muscle cramps. By early 2015, he'd arrived at a spicy proprietary blend of ingredients. Here's how it works: Right before or during a workout, an athlete downs a shot of MacKinnon's performance cocktail. Ion receptors in the mouth, esophagus, and stomach spring to life, sending signals to the spinal cord, which then shoots out messages throughout the body's nervous system to keep everything operating normally. Almost everyone has felt this mouth-to-spine-to-body connection when eating ice cream too fast, causing "brain freeze." Ingesting ice-cold beverages or frosty foods results in a rapid cooling of a cluster of nerves adjacent to the roof of the mouth. For similar reasons, the right formula of spices can trigger a response to cramping.

If MacKinnon and Bean have their way, their research will formally launch a new direction in sports science—one they're calling neuromuscular performance. Put simply, it's understanding how the nervous system responds to stress and then manipulating it in such a way that it stays in optimal working order. It's not mind over matter. It's not nutrition and energy management. It's about

the nerves, which deliver information throughout the body. The premise is simple: If the pathways are out of whack, cramping happens. Trick them into staying in line, and it doesn't.

This summer, MacKinnon and his team, who have been working with a select group of unnamed professional and world-class athletes, are wrapping up their research with more trials. (The owners of the New England Patriots and Boston Celtics were early investors in Flex Pharma, the company MacKinnon and Bean set up to research and market their super juice.) If all goes according to plan, Flex Pharma will bring their product to market in 2016.

For Boren, the day can't come fast enough: "I train and race with a power meter on my bike, and I know that when I'm cramping, it's not from muscle fatigue—my power is right where it's supposed to be. And I know it can't be from dehydration and electrolyte issues, because I follow a strict protocol during a race to stay hydrated. If there's a theory out there to get rid of muscle cramps, you bet I'm going to try it."

(<http://www.outsideonline.com/200717/1/scientific-solution-muscle-cramps>)
Sept. 1, 2015



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COACH

Sarah's Corner

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HOW TO BE A WINNING PARENT

By Dr. Alan Goldberg, Competitive Advantage

If you want your child to come out of his youth sports experience a winner, (feeling good about himself and having a healthy attitude towards sports) then he needs your help! You are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play YOUR position well, then your child will learn the sport faster, perform better, really have fun and have his self-esteem enhanced as a result. His sport experience will serve as a positive model for him to follow as he approaches other challenges and obstacles throughout life. If you "drop the ball" or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks, and begin to really hate the sport. And that's the GOOD news! Further, your relationship with him will probably suffer significantly. As a result, he will come out of this experience burdened with feelings of failure, inadequacy and low self-esteem, feelings that will generalize to other areas in his life. Your child and his coach need you ON the team. They can't win without YOU! The following are a list of useful facts, guidelines and strategies for you to use to make you more skilled in the youth sport game. Remember, no wins unless everyone wins. We need you on the team!

1. When defined the RIGHT way, competition in youth sports is both good and healthy and teaches children a variety of important life skills. The word "compete" comes from the Latin words 'com' and 'petere' which mean together and seeking respectively. The

true definition of competition is a seeking TOGETHER where your opponent is your partner, NOT the enemy! The better he performs, the more chance you have of having a peak performance. Sport is about learning to deal with challenges and obstacles. Without a worthy opponent, without any challenges sport is not so much fun. The more the challenge the better the opportunity you have to go beyond your limits. World records are consistently broken and set at the Olympics because the best athletes in the world are "seeking together", challenging each other to enhanced performance. Your child should NEVER be taught to view his opponent as the "bad guy", the enemy or someone to be hated and "destroyed". Do NOT model this attitude!! Instead, talk to and make friends with parents of your child's opponent. Root for great performances, good plays, NOT just for the winner!

2. ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIMSELF. The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best YOU can do, SEPARATE from the outcome or the play of your opponent. Children should be encouraged to compete against their own potential, i.e. Peter and Patty Potential. That is, the boys should focus on beating "Peter," competing against themselves while the girls challenge "Patty." When your child has this focus and plays to better himself instead of beating someone else, he will be more relaxed, have more fun and therefore perform better.

3. DO NOT DEFINE SUCCESS AND FAILURE IN TERMS OF WINNING AND LOSING. As a corollary to #2, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to his potential and loses it is criminal to focus on the outcome and become critical. If a child plays his very best and loses, you need to help him feel like a

winner! Similarly, when a child or team performs far below their potential but wins, this is NOT cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child!

4. **BE SUPPORTIVE, DO NOT COACH!** Your role on the parent-coach-athlete team is as a Support player with a capital S!! You need to be your child's best fan.

UNCONDITIONALLY!!! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., **BUT...DO NOT COACH!** Most parents that get into trouble with their children do so because they forget the important position that they play. Coaching interferes with your role as supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, and if, by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles, ie. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent". Don't parent when you coach and don't coach at home when you're supposed to be parenting.

5. **HELP MAKE THE SPORT FUN FOR YOUR CHILD.** It's a time proven principle of peak performance that the more fun an athlete is having, the more he will learn and the better he will perform. Fun **MUST** be present for peak performance to happen at **EVERY** level of sports from youth to world class competitor! When a child stops having fun and begins to dread practice or competition, it's time for you as a parent to become concerned! When the sport or game becomes too serious,

athletes have a tendency to burn out and become susceptible to repetitive performance problems. An easy rule of thumb: **IF YOUR CHILD IS NOT ENJOYING WHAT HE IS DOING NOR LOVING THE HECK OUT OF IT, INVESTIGATE!!** What is going on that's preventing him from having fun? Is it the coaching? The pressure? Is it **YOU??!** Keep in mind that being in a highly competitive program does **NOT** mean that there is no room for fun. The child that continues to play long after the fun is gone will soon become a drop out statistic.

6. **WHOSE GOAL IS IT? #5** leads us to a very important question! Why is your child participating in the sport? Is she doing it because she wants to, for herself, or because of you. When an athlete has problems in her sport do you talk about them as "our" problems, "our jump isn't high enough", "we're having trouble with our flip turn," etc. Are they playing because they don't want to disappoint you, because they know how important the sport is to you? Are they playing for rewards and "bonuses" that you give out? Are their goals and aspirations **YOURS** or theirs? How invested are you in their success and failure? If they are competing to please you or for your vicarious glory they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone loses. It is quite normal and healthy to want your child to excel and be as successful as possible. **BUT**, you cannot make this happen by pressuring her with your expectations or by using guilt or bribery to keep her involved. If they have their own reasons and own goals for participating, they will be **FAR** more motivated to excel and therefore far more successful.

7. **YOUR CHILD IS NOT HIS PERFORMANCE. LOVE HIM UNCONDITIONALLY.** Do **NOT** equate your child's self-worth and lovability with his performance. The **MOST** tragic and damaging mistake I see parents continually make is punishing a child for a bad performance by

withdrawing emotionally from him. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval.

CAUTION: Only use this strategy if you want to damage your child emotionally and ruin your relationship with him. In the 88 Olympics, when Greg Louganis needed and got a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought before he went was, "If I don't make it, my mother will still love me".

8. **REMEMBER THE IMPORTANCE OF SELF-ESTEEM IN ALL OF YOUR INTERACTIONS WITH YOUR CHILD-ATHLETE.** Athletes of all ages and levels perform in **DIRECT** relationship to how they feel about themselves. When your child is in an athletic environment that boosts his self-esteem, he will learn faster, enjoy himself more and perform better under competitive pressure. One thing we all want as children and **NEVER** stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established. When your interactions with your child make him feel good about himself, he will, in turn, learn to treat himself this very same way. This does **NOT** mean that you have to incongruently compliment your child for a great effort after he has just performed miserably. In this situation being empathic and sensitive to his feelings is what's called for. Self-esteem makes the world go round. Make your child feel good about himself and you've given him a gift that lasts a lifetime. Do **NOT** interact with your child in a way that assaults his self-esteem by degrading, embarrassing or humiliating him. If you continually put your child down or minimize his accomplishments not only will he learn to do this to himself throughout his life, but he will also repeat **YOUR** mistake with **HIS** children!

9. **GIVE YOUR CHILD THE GIFT OF FAILURE.** If you really want your child to be as happy and as successful

as possible in everything that he does, teach him how to fail! The most successful people in and out of sports do two things differently than everyone else. **FIRST**, they are more willing to take risks and therefore fail more frequently. **SECOND**, they use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling enough times. Each time that you fall your body gets valuable information on how to do it better. You can't be successful or have peak performances if you are concerned with losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given him the key to a lifetime of success. Failure is the **PERFECT** stepping stone to success.

10. CHALLENGE-DON'T THREATEN. Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long term costs in terms of psychological health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance and directly lead to your child performing terribly. **IMPLICIT** in a threat, (do this or else!) is your **OWN** anxiety that you do not believe the child is capable. Communicating this lack of belief, even indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think that you can do it".

11. STRESS PROCESS (skill acquisition, mastery and having fun), **NOT OUTCOME.** When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance, i.e. win/lose, instead of the process. In any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete insuring a bad performance. Furthermore focusing on the outcome, which is completely out of the athlete's control will raise his anxiety to a performance inhibiting level. So **IF** you **TRULY** want your child to win, help get his focus **AWAY** from how important the contest is and have him focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.

12. AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCES. Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12 year old boys may only have their age in common! One may physically have the build and perform like a 16 year old while the other, a late developer, may have the physical size and attribute of a 9 year old. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model **ONLY!** For your child to do his very best he needs to learn to stay within himself. Worrying about how another athlete is doing interferes with him doing this.

13. TEACH YOUR CHILD TO HAVE A PERSPECTIVE ON THE SPORTS EXPERIENCE. The sports media in this country would like you to believe that sports and winning/losing are larger than life. The fact that it is just a game frequently gets lost in translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a distorted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their abilities and how they played, without robbing the child of his dreams. Swimming a lifetime best time and coming in dead last is a cause for celebration, not depression. Similarly, losing the conference championships does not mean that the sun will not rise tomorrow.



Important Dates

PLEASE NOTE THE FOLLOWING dates coming up:

September 16: Basic Officials Clinic.

September 17: New Swimmer Tryouts; 6 pm.

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 3: 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

TJ's Corner

(tj.smithen@yahoo.com)

This summer I was given the opportunity to coach the high school Varsity group for the Douglas Dolphins Swim Team. This low key alternative to the Pre-senior/Senior groups was created for those who could not attend the morning practice, or wanted to improve their technique and endurance before attempting to compete with the older swimmers, or had some kind of physical limitations due to shoulder or back problems. I was immensely grateful for this opportunity, not only to improve my skill as a coach, but also to help better the athletes who came into this group and help them alleviate the various aches and pains that can plague a developing athlete. Many of my swimmers had very limited movement in some of their joints. Head Coach Kat and I developed this program that included participation in a "physical therapy" type session twice a week before the Varsity swimmers went out and strained their bodies. It was a long summer with many ups and downs before and during practice. There was one thing that became abundantly clear that I had not previously noticed as a swimmer myself. There was a direct correlation between those swimmers who actively participated in all dry land/therapy/swimming exercises and those who had 100 % improvement in all events swum at our High Country Championship. This observation leads me to believe that if one listens to your coach and performs to the best of their abilities, there is no reason why they should not be going best times in every single meet they are training for. "Without great coaching, none of us go anywhere in any area of life. Learn to be 'coachable.'"



NEXT BOARD MEETING

The Douglas Dolphins Board of Directors will be meeting on

Thursday, September 10 from 6:30-8:30 pm at Pinon Hills Elementary, 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.



State Meet Draws Near

The Nevada State Championship Meet, taking place this year in Henderson, NV, will be here before you know it! Dolphins have 2 more meets to make qualifying times for this exciting event; the Molly Lahlum Meet and the King of the Hill Challenge Meet held in Carson City October 16-18. At this time there has been no notice in change of qualifying standards. To view qualifying times go on to ddst.org, click on Times at the top of the web page, then click on Time Standards, then 2012-2013 State Qualifying times.



Upcoming Meets

September 18-20: Home: Molly Lahlum Memorial Autumn Freeze Meet. Sign up for events and jobs open on ddst.org

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.



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 Key Contacts

Acting Board President: Denise Bickmore
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FROM THE BOARD OF DIRECTORS

The ballots have been counted and congratulations are in order for our new DDST Board of Directors! They are as follows: Claudia DeLange, Scott Fields, Margaret Jackson, Tessa LoPresto, Brian Northcutt, Joanna Ruffo, David Stevenson, Karen Sullivan, Nikki Willis and Wendy Yturbide.

Thank you for volunteering your valuable time and energy to our team!



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.



DDST Records Fall at High Level Meets

Douglas Dolphins swimmer standout **Shelby Koontz**, continuing her push toward the 2016 Olympic Time Trial Cuts, recently competed at the 2015 Speedo Junior National Championship Meet. This national level, long-course meet was held July 30-August 3 in San Antonio, TX. Koontz came in with qualifying times in the 100 meter freestyle, 100m butterfly, 200m individual medley and 200m butterfly and performed very well. Despite battling illness, she turned in a **personal best time of 58.81 sec in the 100m freestyle**, blowing away her previous **DDST 17-18 Girls Long-Course Team Record** time of 1:02.08. She also achieved a best time of **1:01.30 in the 100m butterfly** preliminaries, returning to place **16th in finals** with a time of 1:01.95, breaking her previous **team record** of 1:02.79 twice in one day and inching closer to a 2016 Olympic Time Trial Cut of 1:01.19. Koontz also clocked times of 2:24.01 in the 200m individual medley and 2:26.31 in the 200m butterfly.

Higher caliber competitions such as Junior Nationals and Senior level

meets provide qualified swimmers the opportunity to better their times in separate Time Trial events in addition to the trials and finals competition. Shelby was able to pull off a 27.10 in the 50m freestyle, equal to her personal best set earlier this summer, and a time of 1:01.49 in the 100m butterfly Time trials.

While Shelby Koontz and DDST Head Coach Kat Matheson were attending Junior Nationals, 6 Dolphins teammates, along with Coach Sarah Davenport, competed in the 2015 Area Western Zone Senior Championship Meet at Clovis High School in Fresno, CA. **Kaila Duffy, Ryan Chen, Justin Hight, Logan Killion, Josh Smithen and Joe Sullivan** all turned in stellar performances including **8 new Douglas Dolphins Team Records.**

Abbreviations: PC-X=Pacific Swimming Standards

Kaila Duffy shaved .08 sec off her previous best time in the 50m freestyle for a time of 30.19 sec, and dropped 2.87 sec in the 100m butterfly for a new **PC-AA** time of 1:09.81. In Time Trials she was able to take off 2.26 sec in the 100m freestyle, achieving another new **PC-AA** time of 1:04.06.

Ryan Chen turned in a new boys **PC-A and 15-16 Team Record** time of 1:16.81 in the 100m breaststroke, taking off a huge 9.56 sec and beating the previous Team Record time of 1:22.70. He also dropped 7.83 sec in the 100m butterfly for a new **PC-A** time of 1:04.03, dropped 5.93 sec in the 100m freestyle Time Trials for a new **PC-AA** time of 59.14, and a whopping 17.84 sec in the 200m individual medley for a new **PC-A** time of 2:29.17.

Justin Hight had near 100% improvement in his 5 events. He dropped 1.05 sec from his previous best 100m freestyle with a time of 57.63, 3.03 sec in the 200m freestyle for a time of 2:06.03 and 1.74 sec in the 100m butterfly for a new **PC-AA** time of 1:03.29. In Time Trials he was just off best in the 50m freestyle and shaved off .41 sec in the 100m backstroke for a time of 1:07.82.

Logan Killion beat 3 of his own previous boys **17-18 Team Records** in the 400m freestyle, taking off 15.06 sec for a time of 4:29.62, in the 800m freestyle where he dropped 11.22 sec for a time of 9:24.18 and in the 1500m freestyle, taking off nearly 30 seconds for a time of 17:58.93. All of his new team records were also new **PC-AA** times. In Time Trials he was able to drop 1.11 sec in the 100m freestyle for a respectable time of 59.16.

Josh Smithen, competing in his very first long-course meet, achieved a new **15-16 boys Team Record** time of 1:06.21 in the 100m backstroke, right on **PC-AA** pace. He turned in a time of 26.96 in the 50m freestyle, 59.52 in the 100m freestyle and set another new **Team Record** in the 200m individual medley, going a 2:21.67.

Joe Sullivan set 2 new **Boys 15-16 Team Records** in the 50m freestyle with a time of 25.91, breaking a record time of 26.77 set by Andrew Sturges in 2001, and in the 100m freestyle with a new **PC-AAA** time of 56.20, breaking a record of 57.20 set by Kyle Johnston in 2011. He also dropped 14.12 sec in the 100m backstroke for a new **PC-A** time of 1:07.67.



High Country Meet

The Douglas Dolphins hosted their annual 2015 High Country League Championship Meet August 7-9 at the Carson Valley Swim Center. Swimmers 6 and up were there to compete, with swimmers 1 and up tried to make top 8 in order to qualify for finals held later in the day. Included in the meet were all teams from Zone 4 of Pacific Swimming including Bishop Swim Team, Carson, Douglas, Lakeridge, Mammoth, Northern Nevada, Reno and Tahoe. Swimmers from Elko, Aquasol Swim Team, Fallon, Lassen, Northern Sierra, Plumas, Sparks, Truckee-Tahoe and Winnemucca were also invited to represent their teams. The Dolphins,

who finished 3rd with a combined team score of 3,092 points behind 1st place Lakeridge with 4,142.5 points and 2nd place Reno with 3,928 points, collectively pulled in 4 new individual High Country Meet Records, 1 relay HCM record, 3 new Team Records and 14 Top 10 Individual High Point winners.

Ella Martin tried her hand at 2 events for the 6 and under girls at her first meet, setting times to beat in the 25 freestyle placing 8th and the 25 backstroke where she came in 4th.

Caitlin Taylor placed top 3 in all of her races and was 3rd place **High Point** for the 6 and under girls including 1st place in the 25 breaststroke, dropping 9.79 sec for a time of 35.77 sec, 2nd in the 50 freestyle and 50 backstroke where she dropped 3.38 sec for a new **PC-B** time of 1:00.03. She brought in another new **PC-B** time of 23.46 in the 25 freestyle, dropped .47 sec in the 25 backstroke and set a time to beat in the 100 freestyle, placing 3rd in those events.

Abbreviations: PC-X=Pacific Swimming Standards

Eslie Clifford was first up for the 7-8 girls taking on the 100 freestyle and 50 backstroke in her first meet.

Sydney Ingram competed in 8 races, dropping .78 sec in the 25 freestyle, 1.98 sec in the 50 freestyle, 8.13 sec in the 100 freestyle, 2.77 sec in the 25 backstroke, 17.11 sec in the 50 backstroke and set a time to beat in her first 25 breaststroke.

Cammie Jahreis achieved 3 new **PC-A** times for the 7-8 girls, dropping 2.34 sec in the 25 freestyle for a time of 17.57 sec and 7th place, 4.12 sec in the 50 freestyle for a time of 40.93, 3.30 sec in the 25 breaststroke, going a 24.73 and 6th place, and also came in 6th in the 25 backstroke where she shaved off .57 sec.

Hadley Peck had **100% improvement** in her 6 events, taking off 2.14 sec in the 25 freestyle, 7.18 sec in the 50 freestyle, .02 sec in the 25 backstroke and setting times to beat in her first 100 freestyle, 50 backstroke and 25 butterfly races.

Duncan Delange, taking on 4 events for the 7-8 boys in his very first meet, set times to beat in the 25 freestyle finishing 7th, 25 backstroke placing 3rd, and 50 backstroke coming in 4th place.

Dawson Dickey set times to beat in the 25 freestyle and 50 backstroke in his first meet.

Kolton Zinn, another first timer, took on the 100 freestyle and 50 backstroke.

Grace Dickey showed big time improvements for the 9-10 girls and finished 10th in **High Point** with a 3rd place finish in the 200 freestyle, taking off 8.72 sec, a 4th place finish in the 100 breaststroke, dropping a huge 17.10 sec for a new **PC-BB** time of 1:37.97, 5th in the 50 butterfly taking off 2.14 sec for another new **PC-BB** time of 41.75, and finishing 6th in both the 50 freestyle and 50 backstroke, taking off 1.75 and 1.20 sec respectively.

Madilynn Campbell set times to beat in the 50 freestyle and 50 backstroke in her very first meet.

Kalia Duffy dropped 10.09 sec in the 50 freestyle coming in 8th place, and set times to beat in the 100 freestyle and 100 backstroke.

Keira Duffy dropped 3.33 sec in the 50 freestyle, 4.97 sec in the 50 breaststroke and set a time to beat in the 100 breaststroke.

Stephanie Lin also had a very strong meet for the 9-10 girls, placing 3rd in **High Point** and turning in new **PC-BB** times in all her events including the 50 freestyle, dropping 4.19 sec for a time of 33.63 and 7th place, 13.01 sec in the 100 freestyle for a time of 1:19.05 and 6th place, 24.41 sec in the 200 freestyle for a time of 2:53.63 and 4th place, 18.18 sec in the 100 backstroke for a time of 1:26.30 and 3rd place, 6.26 sec in the 50 breaststroke for a time of 47.56 and 7th place, 15.94 sec in the 100 breaststroke for 6th place with a time of 1:42.80, 12.03 sec in the 100 individual medley for a time of 1:27.71 and 2nd place, and finally, dropping 30.64 sec in the 200 individual medley for a time of 3:07.04 and another 2nd place finish.

Maile Pierson showed a 6.11 sec improvement in the 50 freestyle, 1.51 sec in the 50 backstroke, 4.94 sec in the 100 backstroke and set a time to beat in the 100 freestyle.

Todd Gosselin showed **100% improvement** in his 9 events for the 9-10 boys including the 200 freestyle where he took off 20.03 sec for a time of 3:26.27 and 7th place, the 50 breaststroke, dropping 8.30 sec for a new **PC-B** time of 52.90 and 8th place, the 100 backstroke, taking off 8.99 sec for another new **PC-B** time of 1:39.98, and dropping 12.25 sec in the 100 freestyle.

Trey Ballingham tried 4 new events, setting times to beat in the 50 breaststroke and 100 individual medley and took off 1.87 sec in the 50 freestyle and 20.16 sec in the 100 freestyle.

Mason Dickey improved 5.98 sec in the 50 freestyle and set a time to beat in the 50 backstroke.

Calvin Stevenson dropped 10.07 sec in the 50 freestyle, achieving a new **PC-B** time of 37.97, took off a huge 24.38 sec in the 100 freestyle, .41 sec in the 50 backstroke and 6.16 sec in the 50 breaststroke.

Max Thomas took on the 100 breaststroke in his very first competition.

Matthew Yturbide had a big improvement of 10.88 sec in the 200 freestyle for 8th place, 34.59 sec in the 100 breaststroke, 2.50 sec in the 50 freestyle, 4.34 sec in the 100 freestyle, 2.41 sec in the 50 backstroke and 6.33 sec in the 100 backstroke.

Barrett Lee improved **100%** in her 6 events for the 11-12 girls, dropping 3.56 sec in the 100 butterfly for a new **PC-B** time of 1:23.98, and took off 11.61 sec in the 200 individual medley, 4.21 sec in the 100 breaststroke, .40 sec in the 50 backstroke, .09 sec in the 100 freestyle and .96 sec in the 50 freestyle.

Lilia Fields improved 1.64 sec in the 100 freestyle, 5.53 sec in the 100 backstroke and 5.69 sec in the 100 butterfly.

Harley Keenan dropped 4.44 sec in the 100 freestyle and 13.80 sec in the 200 freestyle.

Sophia Maricich tried 4 new events setting times to beat in the 100 freestyle, 100 backstroke and 100 individual medley and shaved off .32 sec in her 50 freestyle, 7.43 sec in the 50 backstroke and 7.18 sec in the 50 butterfly.

Eden Neal also improved **100%** in 9 races including a 3.73 sec drop in the 50 freestyle for a new **PC-B** time of 33.92, and a drop of 3.25 sec in the 100 backstroke for another new **PC-B** time of 1:23.56. She also took off 6.10 sec in the 100 freestyle, 7.94 sec in the 100 butterfly and 6.44 sec in the 200 individual medley.

Anna Northcutt finished 6th in the 500 freestyle where she dropped 17.94 sec.

Aspen Paschke showed **100% improvement** in 9 races including a new **PC-B** time of 1:26.09 in the 100 backstroke where she took off 7.85 sec. She also took off 21.64 sec in the 200 individual medley, 10.55 sec in the 50 butterfly and 11.26 sec in the 200 freestyle.

Abbreviations: PC-X=Pacific Swimming Standards

Emma Ruffo came in **9th in High Point** and turned in impressive performances in the 100 freestyle, dropping .78 sec and finishing 7th in finals, dropped 9.74 sec in the 200 freestyle finals for a new **PC-A** time of 2:16.56 and 2nd place, 2.83 sec in the 50 backstroke for a new **PC-BB** time of 33.68 sec and 5th place, 1.23 sec in the 100 back prelims, returning to finish 6th in finals, 6.41 sec in the 200 backstroke to place 2nd with a new **PC-A** time of 2:28.94, and dropped 5.75 sec in the 100 butterfly prelims for a new **PC-BB** time of 1:17.29.

Alanna Smithen took on 6 events achieving a new **PC-BB** time of 31.62 in the 50 freestyle, dropping 1.46 sec.

Josh Beam was another **100% improvement** swimmer, taking on 6 events for the 11-12 boys, dropping 17.75 sec in the 200 freestyle prelims and returning to place 7th in finals, a huge 26.71 sec in the 100 freestyle, 14.68 sec in the 50 breaststroke, 8.64 sec in the 50 freestyle and setting a

time to beat in his first 100 breaststroke.

Matt Beam set a time to beat in his first 100 backstroke and took off a huge 26.65 sec in the 100 freestyle.

Minos Dobson, competing in his first meet, set times to beat in the 50 & 100 freestyle, 50 & 100 backstroke and 50 butterfly.

Tim Golobic took on 6 events, setting times to beat in the 100 backstroke and 100 individual medley, dropping 9.39 sec in the 50 freestyle, 21.03 sec in the 100 freestyle and 7.65 sec in the 50 backstroke.

Niko Hight also had a strong meet, dropping 2.54 sec in the 50 freestyle, 13.09 sec in the 100 freestyle, .76 sec in the 50 backstroke, 14.48 sec in the 100 backstroke and 22.62 sec in the 50 butterfly for a new **PC-B** time of 36.70. He also set a time to beat in the 100 butterfly.

Remy Hill-Holeman placed 8th in the 50 freestyle finals after shaving off .15 sec, dropped 1.21 sec in the 100 freestyle, placed 7th in the 50 backstroke dropping .26 sec, and shaved off .33 sec in the 100 individual medley prelims, returning to place 7th in finals. Jesse Lopresto improved a big 10.27 sec in the 50 freestyle, 5.71 sec in the 50 backstroke and set a time to beat in the 100 freestyle.

Justin Lopresto improved **100%** in 8 races including a 3.54 sec drop in the 50 freestyle for a new **PC-B** time of 31.72, a 11.80 sec improvement in the 100 freestyle, 16.06 sec in the 100 backstroke, 10.50 sec in the 100 breaststroke and 10.54 sec in the 100 individual medley.

Ben Munyan dropped 2.53 sec in the 100 freestyle and 11.99 sec in the 200 freestyle finals for 8th place. He also came in 8th in the 500 freestyle.

Corbin Sanchez dropped 14.52 sec in the 100 freestyle and a huge 28.77 sec in the 100 backstroke and set times to beat in the 50 breaststroke and 100 individual medley.

Ryan Signorella placed 7th in the 50 freestyle finals with a new **PC-BB** time of 30.23, 4th in the 200 freestyle,

dropping 16.88 sec, took off 6.39 sec in the 100 freestyle for a new **PC-B** time of 1:11.03, 18.46 sec in the 200 freestyle, 20.69 sec in the 100 backstroke, 12.16 sec in the 100 breaststroke and 7.26 sec in the 50 butterfly for a new **PC-B** time of 36.10.

Jack Stevenson cut 17.37 sec off his 500 freestyle for a time of 7:30.61 and 6th place, dropped 1.37 sec in the 50 freestyle, 6.54 sec in the 100 freestyle, .97 sec in the 100 backstroke, .64 sec in the 50 breaststroke, 7.19 sec in the 100 breaststroke and 4.25 sec in the 100 individual medley.

Connor Taylor had a stellar meet placing 7th in **High Point**, 5th in the 50 freestyle finals, dropping .89 sec in prelims, 7th in the 100 freestyle, taking off 1.56 sec, 4th in the 50 backstroke, dropping 2.03 sec in prelims for a new **PC-BB** time of 35.60, 7th in the 100 backstroke taking off 4.37 sec for another new **PC-BB** time of 1:17.08, 5th in the 50 butterfly after dropping 4.06 sec in prelims, 5th place again the 100 butterfly after taking off 10.94 sec in prelims, and 3rd place in the 200 individual medley where he dropped 12.23 sec for a new **PC-BB** time of 2:43.38.

Cooper Yturbide took on 8 events, looking strong in the 200 individual medley where he improved 5.59 sec.

Lily Bickmore finished 10th in **High Point** and dropped 2.76 sec in the 13-14 girls 100 breaststroke finals for a new **PC-BB** time of 1:21.82 and 6th place. She also came in 6th in the 100 butterfly finals and 4th in the 200 butterfly finals.

Mychael Bellik took on 8 races and dropped 2.21 sec off her 100 freestyle and placed 9th in the 500 freestyle.

Julia Chappell took on 6 events, placing 8th in the 500 freestyle, 5th in the 1000 freestyle where she took off 10.26 sec, and 5th in the 200 backstroke, dropping 8.10 sec for a new **PC-BB** time of 2:28.23. She also dropped .87 sec in the 100 freestyle and 1.94 sec in the 200 freestyle.

Nikki Jackson took off 2.03 sec in the 100 backstroke for a new **PC-B** time of 1:17.0, took off 1.06 sec in the 100 but-

terfly, and placed 8th in the 200 butterfly finals after dropping 2.09 sec in prelims.

Mckenzie Miller took on 2 events and dropped 2.24 sec in the 50 freestyle.

Emma Price dropped 3.98 sec in the 50 freestyle, 7.94 sec in the 100 freestyle, 21.19 sec in the 200 freestyle, a big 24.18 sec in the 100 breaststroke and 5.48 sec in the 100 butterfly.

Cailey Tollman turned in a 7th place finish in the 100 backstroke, dropping .68 sec, 8th place in the 200 backstroke taking off 6.64 sec in prelims and 8th again in the 400 individual medley.

She also achieved a new **PC-BB** time in the 50 freestyle prelims, dropping 3.17 sec, took off 2.76 sec in the 200 freestyle, and 4.40 sec in the 200 individual medley.

Emily Willis improved .25 sec in the 50 freestyle, 3.51 sec in the 100 freestyle, .76 sec in the 200 freestyle, .82 sec in the 100 backstroke, 8.45 sec in the 200 breaststroke and 4.37 sec in the 200 individual medley.

Taylor Knowles, competing for the 13-14 boys, placed 6th in **High Point**, dropped .85 sec in the 50 freestyle finals for 6th place, 1.93 sec in the 100 freestyle prelims coming back to place 7th in finals, 5.37 sec in 200 freestyle prelims and coming in 8th place, 38.31 sec in the 1000 freestyle coming in 2nd, 1.21 sec in the 100 back and placing 4th, 2.59 sec in the 200 backstroke for a new **PC-A** time of 2:13.64 in prelims and 4th place, 5.32 sec in the 100 butterfly prelims and 7th place, 18.98 sec in the 200 butterfly for 5th place and 30.21 sec in the 400 individual medley prelims for a new **PC-BB** time of 5:09.62 and 7th place.

Zach Foster dropped 3.89 sec in the 100 freestyle and 9.19 sec in the 100 breaststroke.

Chris Manning had a very strong 100% improvement meet finishing 6th in the 100 breaststroke dropping 7.53 sec for a new **PC-B** time of 1:18.28, and 8th in the 200 breaststroke after taking off 24.20 sec for another new **PC-B** time of 2:50.73. He also dropped 1.70 sec in the 50 freestyle,

1.46 sec in the 100 freestyle, 8.24 sec in the 200 freestyle, 6.81 sec in the 100 backstroke, 4.63 sec in the 100 butterfly and 7.56 sec in the 200 individual medley.

Daniel Taylor turned in a 5th place finish in the 50 freestyle, taking off 1.06 sec, 8th place in the 100 freestyle, dropping 1.27 sec, 8th again in the 100 breaststroke after dropping 3.13 sec, 6th place in the 200 breaststroke after taking off 5.89 sec in prelims and 8th in the 400 individual medley, earlier dropping 7.22 sec in prelims. He also took off .84 sec in the 200 freestyle and 4.31 sec in the 100 butterfly.

Chayce Beam improved in 4 of her 5 races for the 15 and over girls, taking off .87 sec in the 50 freestyle, 2.96 sec in the 100 freestyle, 9.18 sec in the 200 freestyle and 16.11 sec in the 100 breaststroke.

Emily Dack achieved 2 new **PC-B** times of 31.28 in the 50 freestyle, taking off 1.03 sec, and 2:27.90 in the 200 freestyle, dropping 2.97 sec. She also dropped 1.58 sec in the 100 freestyle, 1.85 sec in the 100 backstroke, 3.39 sec in the 200 backstroke, 1.79 sec in the 100 breaststroke and .99 sec in the 200 breaststroke.

Kaila Duffy placed 8th in the 50 freestyle, 5th in the 100 freestyle, 6th in the 200 freestyle, dropping 4.97 sec for a new **PC-A** time of 2:07.99, and 8th place in both the 200 backstroke and 200 breaststroke.

Emma Gray turned in 6th place finishes in the 50 freestyle and 100 backstroke and came in 4th in the 200 backstroke.

Shelby Koontz, just returning from Junior Nationals to place 8th in **High Point**, turned in a new girls 15-18 **High Country Meet Record and DDST girls 17-18 Team Record** time of 24.13 in the 50 freestyle, placing 1st. She also came in 1st in the 100 backstroke finals after setting a new **HCM Record** time of 1:00.41 in prelims, 2nd in the 200 backstroke just behind Lak-eridge swimmer Jenna Matsumura who set a new HCM record time of 2:09.60, and 1st in the 400 individual medley

with a new **DDST Record Time** of 4:33.26. Shelby also placed 1st in the 500 freestyle with another new 17-18 **DDST girls Team Record** time of 5:19.26.

Audrey Muller took on the 100 freestyle and 200 individual medley.

Kayla Ruffo placed 5th in the 200 butterfly, 8th in the 500 freestyle, dropped 1 sec in the 200 freestyle, .01 sec in the 100 backstroke and .07 sec in the 100 butterfly.

Taylor Sullivan took on a full slate of 9 events with a 6th place **High Point** finish, placing 7th in the 100 freestyle, 7th in the 200 freestyle, dropping 1.27 sec, 5th in the 100 backstroke taking off .21 sec, 5th in the 100 breaststroke, 5th again in the 200 breaststroke after dropping 1.62 sec in prelims, 8th in the 100 butterfly taking off 2.07 sec, 5th in the 200 individual medley and 8th in the 400 individual medley.

Ryan Chen had a strong meet for the 15 and over boys, finishing 4th in **High Point**, dropping .87 sec in the 10 freestyle for a new **PC-A** time of 23.97 and 5th place, .08 sec in the 100 freestyle for 6th place, 7.42 sec in 200 freestyle prelims for a new **PC-A** time of 1:54.01 and returning to place 8th, 3.09 sec in the 200 breaststroke for a new **PC-A** time of 2:26.25 and 4th place, .79 sec in 100 fly prelims and coming back to place 2nd, 3.62 sec in the 200 individual medley for another new **PC-A** time of 2:09.20 and 3rd place, and placed 4th in the 100 breaststroke.

Justin Hight took on 2 events, placing 7th in the 200 freestyle and dropping .12 sec in the 100 breaststroke.

Logan Killion, came in 9th in **High Point**, dropped 2.18 sec in the 100 freestyle for a new **PC-A** time of 51.83 and 4th place, 1.91 sec in the 200 freestyle prelims and returned to place 6th, 3.61 sec in the 100 backstroke to place 2nd, 11.91 sec in the 200 backstroke for a new **PC-BB** time of 2:12.03 and 3rd place, 4.96 sec in the 200 breaststroke for a new **PC-B** time of 2:44.11, and 6.05 sec in the 200 individual medley for 4th place.

Jason Lowther finished 7th in **High Point**, dropped 1.20 sec in the 100 freestyle for a new **PC-BB** time of 56.70, placed 7th in the 100 breaststroke, 5th in the 200 breaststroke, 8th in the 100 butterfly where he dropped 4.62 sec for a new **PC-BB** time of 1:01.19, 3rd in the 200 butterfly where he took off 9.27 sec for another new **PC-BB** time of 2:18.92, 7th in the 200 individual medley, taking off .70 sec and 4th in the 200 individual medley.

Josh Smithen looked great with a 3rd place finish in **High Point**, 3rd place in the 50 freestyle, 8th in the 100 freestyle, 3rd in the 200 freestyle, dropping 3.89 sec for a new **PC-AA** time of 1:51.43, 1st in the 100 backstroke with a new **HCM Record** time of 55.34, 1st in the 200 backstroke with another new **HCM Record and PC-AA** time of 2:02.22 after dropping 9.72 sec, 6th in the 100 breaststroke after taking off .62 sec in prelims, 6th in the 200 breaststroke after taking off 1.22 sec in prelims and came in 2nd in the 200 individual medley.

Sebastian Zeron dropped .74 sec in the 50 freestyle for 4th place, .20 sec in the 200 freestyle, .20 sec in the 100 breaststroke for 8th place and 1.33 sec in the 100 butterfly prelims, returning to finish 4th place.

The Douglas Dolphins also showed strength in their relay teams with 1st place finishes by the girls 13-14 400 medley relay team of **Cailey Tollman, Mychael Bellik, Lily Bickmore and Nikky Jackson** and the 15-18 girls 400 free relay team of **Kaila Duffy, Emma Gray, Kayla Ruffo and Taylor Sullivan**. The 15-18 boys 400 medley relay team of **Logan Killion, Jason Lowther, Ryan Chen and Sebastian Zeron** also came in 1st and set a new **HCM record** time of 3:59.98.



18 Surprising Dairy-Free Sources of Calcium

Fun fact: Calcium is the most abundant mineral in the body, and is found naturally in a wide variety of foods and beverages and added to many others! (Helloo, orange juice.) But whether lactose-intolerant or tired of milk products, there's no need to rely *only* on dairy products for that daily dose of calcium. Here's why we should get enough calcium—and all the unexpected ways to get enough of it.

Beyond the Dairy Aisle—The Need-to-Know

It's no secret that calcium is vital for strong bones and teeth, but it goes beyond that. This mineral also helps the body maintain healthy blood vessels, regulate blood pressure, and even prevent insulin resistance (which could lead to Type 2 diabetes). Adults should consume about 1,000 mg of calcium per day (which translates to about one glass of skim milk, one thick slice of cheddar cheese, and one cup of plain yogurt), yet most Americans still fail to meet the mark. According to one survey, only 16 percent of females ages 20 to 29 get enough calcium. The main calcium contenders are milk, yogurt, and cheese, but dairy shouldn't be the only dietary pit stop to fill up on this nutrient. Leafy greens, seafood, legumes, and fruit also contain calcium and many foods and drinks are fortified with the mineral. Just remember to try and pair non-dairy sources of calcium with vitamin D: The body needs vitamin D to help absorb calcium!

Craving Calcium?—Your Action Plan

Here's a list of foods and beverages filled with calcium (no cows required), along with recipes to help make them an everyday occurrence in a variety of meals.

Natural Calcium

Since most Americans aren't getting enough nutrients through natural foods alone, they often rely on enriched foods and supplements. Sail down the grocery aisle and stock up on these items, au natural!

1. White Beans: 191 mg (19% DV) in 1 cup canned

Creamy and light, these legumes are a great source of calcium and iron. Add them to a pasta dish with veggies, or skip the chickpeas and make your own hummus with white beans.

2. Canned Salmon: 232 mg (23% DV) in ½ can *with bones* (provides the calcium!) To avoid putting a dent in the wallet, canned salmon is a great way to go.

Here's the catch: It's the bones in canned salmon that hold all the calcium, so they need to be mashed up right along with the salmon meat for all the benefits! But don't get turned off just yet — the canning process softens the bones so they easily break apart and are unnoticeable when mixed in with the rest of the can's contents. For a boost of calcium *and* omega 3's, try these salmon cakes.

3. Sardines: 321 mg (32% DV) in about 7 sardine fillets

There's nothing fishy about sardines—they are one of the healthiest fish to munch on! Along with calcium, they also provide a hefty dose of omega 3's and vitamin D. Try adding them to a Greek salad or eat 'em straight out of the can.

4. Dried Figs: 107 mg (10% DV) in 8 whole dried figs

For a sweet treat, this dried fruit packs an antioxidant, fiber, and calcium punch. Eat them as a mid-day snack, or turn these delicious dried fruits into a creamy jam.

5. Bok Choy: 74 mg (7% DV) in 1 cup This versatile Chinese cabbage provides a hefty dose of vitamins A and C, along with calcium and fiber. Stir-fry bok choy with garlic and olive oil for a perfect side dish.

6. Blackstrap Molasses: 172 mg (17% DV) in 1 tablespoon

When the sweet tooth strikes, it's best to go natural. Blackstrap molasses is darker in color and richer in flavor than regular molasses, and is filled with calcium, iron, and other vitamins. Plus, it's a great sweet and flavorful addition to many dishes. Drizzle some on pancakes, or use it to make brown sugar.

7. Kale: 188 mg (19% DV) in 2 cups raw (chopped)

This superfood is filled with calcium and

antioxidants, and is perfect to use as the base of any salad when shredded into thin strips. A kale salad with apricots and avocado is a perfect springtime dish.

8. Black-eyed Peas: 185 mg (18% DV) in 1/2 cup canned

I gotta feeling this is *not* just a band.

These beans are filled with calcium, potassium, folate, and more! Skip the fat-filled mayo and whip up this black-eyed pea spread to pump up any sandwich or appetizer.

9. Almonds: 72 mg (7% DV) in ¼ cup dry roasted (about 20 nuts)

You're "nuts" if you don't grab a handful of almonds every now and then! They're the most nutritionally dense nut, packing a crazy amount of nutrients per calorie and ounce. Aside from calcium, they also contain potassium, vitamin E, and iron. Sprinkle on a salad or make your own almond butter. Just watch out for portion size!

10. Oranges: 65 mg (6% DV) in 1 medium fruit

Orange-you glad we included oranges?! Full of vitamin C and calcium, enjoy this fruit as a mid-morning snack, or use its citrus flavor to brighten up any dish, like these honey-orange carrots.

11. Turnip Greens: 197 mg (20% DV) in 1 cup cooked (chopped)

This leafy green comes from turnip bulbs, and is filled with calcium, antioxidants, and folate, which could help improve mood. Sauté them as a side dish, or spice things up and make a turnip tart.

12. Sesame Seeds: 88 mg (9% DV) in 1 tablespoon

These unassuming seeds are more than just a hamburger bun decoration. Sesame seeds can help lower blood pressure, reduce inflammation, and may even fight against certain cancers. Use their nutty crunch in a salad, or add to this sautéed spinach dish.

13. Seaweed: 126 mg (13% DV) in about 1 cup raw

Fish aren't the only, well, fish in the sea. Seaweed is full of calcium, fiber, and iodine, which helps with proper thyroid function. Bring a bowl of risotto up a notch with this seaweed recipe. Feel like keeping it classic? Try your hand at a classic miso soup.

Fortified with Calcium

Fortifying foods with calcium has become a popular way to help people consume a balanced diet, but some studies do suggest eating foods with naturally occurring nutrients is the better route to take. So just make sure you're

not *only* reaching for the fortified kinds! 14. Instant Oatmeal: 187 mg (19% DV) in 1 cup

Many cereals and grains are now fortified, including our favorite morning breakfast. And while the instant kind doesn't boast the same benefits as old-fashioned rolled oats, they're a quick breakfast option that's full of fiber and calcium. Just choose the kinds without added sugar.

15. Orange Juice: 500 mg (50% DV) in 1 cup

In moderation, fruit juice is a perfect pairing for morning pancakes or eggs! Enjoy a tall glass for calcium and vitamin C, or pour over a salmon fillet.

16. Soymilk: 300 mg (30% DV) in 1 cup Cows milk not your cup of tea?

Soymilk is a great option for people who are lactose intolerant and contains more protein than regular milk. Pour in a morning bowl of cereal or add to coffee with some cinnamon.

17. Cheerios: 114 mg (14% DV) in 1 cup. They are touted for lowering cholesterol, but pack a significant amount of calcium into our morning cereal bowl.



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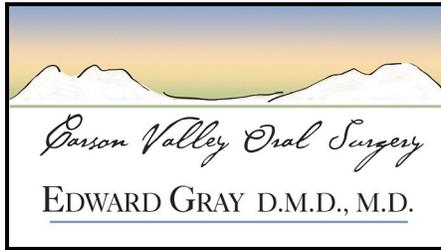
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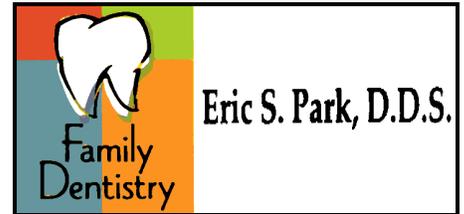
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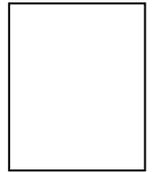
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Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Happy September- Birthdays

Stephanie Lin (9/5), Coach Sarah & Grace Dickey (9/13), Eden Neal (9/15), Lily Bickmore (9/17), Lincoln Jezek (9/20), Violet Pierson (9/21), Alanna Smithen (9/23), Stephanie Gray (9/25), Aspen Paschke (9/27).



Practice Schedules

Check www.ddst.org for updates.

SCHOOL IN SESSION SCHEDULE

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

Silver Dolphins: Wednesday & Friday: 4:15p-5:00p

White Dolphins: Mon, Tues, & Thurs 4:15p-5:00p

Red Dolphins: Mon-Thurs 5:00p-6:00p; optional Fast Fridays 4:15-5:30 (with Blue Group)

Blue Dolphins: Mon-Thurs 4:45p-6:00p; Fast Friday 4:15p-5:30p

Pre-Senior Dolphins: Mon-Fri 2:30p-4:15p; Dryland: See group calendar for days and times.

Senior Dolphins: Mon-Thurs 2:30p-4:45p, Fri 2:30p-4:15p; Dryland: see group calendar for days and times.

OPTIONAL: (Pre-Seniors & Seniors. Masters practice 5:30a-7:00a Mon, Wed, Fri.

Next Newsletter

The next *Monthly* will appear about October 20. **All submissions should be received by October 15.** 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, Karen Sullivan, Becky Tollmann.

Latest news online:
www.ddst.org

