

# Dolphins' Monthly

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

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

October 2015

## Swimmers of the Month

**Eslie Clifford is Dippin Dolphins Swimmer of the Month.** Eslie took on 4 events at the Molly Meet. She has just recently moved up to Silver Group and also received the award for Most Outstanding! Congratulations, Eslie and keep up the hard work!

**Mason Dickey is Silver Group Swimmer of the Month.** Mason has come back this month as a totally renewed swimmer with a much more vested interest in the sport. It is so exciting to see him grow, and I cannot wait to see what the future holds. Keep up the great swimming, Mason!

**Todd Gosselin is White Group Swimmer of the Month.** Todd was chosen for his hard work at practice, great performance at the Molly meet, attendance, testing results and great attitude. Todd comes to practice every day with focus and determination. The combination of Todd's practice efforts and good attendance resulted in 2 new State and 3 new PC-B times at the Molly Meet. He also passed every test during our testing week. Great job, Todd!

**Stephanie Lin is Red Group Swimmer of the Month.** Stephanie has improved dramatically, passing all her test sets with time to spare earning a move up to Blue group. She is a smart swimmer, and she always encourages her teammates. Her positive attitude makes her a pleasure to coach. We look forward to more time improvements in her next meet. Way to go, Stephanie!

**Emma Price is Blue Group Swimmer of the Month.** Emma is a little

quiet at practice, but Sarah and I see the hard work that she is doing. She is certainly putting 100% effort into her practices, and working on both speed and technique. Whether it be dynamic stretching or the longer wall spaces, she listens and focuses on detail we are training for and tries her best on the job at hand. Emma is a pleasure to coach!

**Sarah Hyatt is Pre-Senior Swimmer of the Month.** Sarah is the most consistent Pre-Senior with 87% attendance. She has been great at swim practice and also at dryland training, not to mention her 3 new State times at the Molly Meet! She has a great coachable attitude that is contagious to her peers. I always enjoy working with Sarah. Way to go!

**Kaila Duffy is Senior Group Swimmer of the Month.** As we begin a new season, we start with a solid training foundation. That includes both swim practices and dryland workouts. It's all important to our training. We put together this multi-faceted program in order to build a strong foundation and reduce injuries. Kaila is setting herself up for success. She is focused and determined in her training and being mindful of all that it takes to be successful. It's going to be a great season, Kaila!



## Happy October Birthday

Sebastian Zeron (10/04), Mishcka Adkins (10/9), Cammie Jahreis (10/14), Nikki Jackson (10/20) and Joe Sullivan (10/24)



COACH

## Kat's Corner

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

## Water Marks: 278 Days and Counting

9/23/2015

By Mike

Gustafson//Correspondent

Today, according to my unscientific eyeball count, we have 278 days until the beginning of the Olympic Trials. 278 days of practice-makes-perfect. 278 days of attempting to smile while leaping into a freezing cold pool at 5am while your coach slyly tells you, "It's butterfly day," and you have a statistics test you know you'll fail later that morning.

278 days of watching old YouTube videos of past Olympic races and 278 "goosebump moments" that make setting that morning alarm clock just a little easier.

The Olympic Trials, though, don't actually start in 278 days.

They start today.

At this afternoon's practice. Specifically, the Olympic Trials begins when you hit your first flip turn during warm-up and you choose not to take that extra breath into the wall. This is when the Olympic Trials begin. They begin during the smallest of actions that will (according to my time machine) result in a .00002 improvement, which will, actually, result in you making the Olympic Team.

Wait a second: My time machine is

showing more data:  
 Actually, the Olympic Trials started a month ago. Remember that morning when you decided to sleep in, and when you rolled over and resumed that dream you had about inheriting an Old Country Buffet that featured an unlimited bacon bar? And while you were dreaming about said bacon bar, your competitors were swimming, lapping up and down the pool at 5:15am, getting better? Actually, that skipped practice resulted in a .003 time gain, which (according to my time machine) will cause you to juuuuuust miss the Olympics.

Sorry.

Actually, the Olympic Trials started when you were twelve. Remember that? Think back. There was a meet when you made the consolation final in the 200 butterfly. Yes, it was that meet when you had a cold the entire competition. Remember? And your coach told you, "Hey, no worries, you can scratch this race" – (she never says that anymore!) – and you raced that consolation 200 butterfly anyway. Well, according to my time machine, that decision to swim that one singular day actually (through the chaos theory) results in a .3 time drop at the Olympic Trials, causing you to make the Olympics.

Actually, the Olympic Trials started when you were five, during swim lessons. The days when you had nose boogers running down your face and you didn't yet know the glorious meaning of "400 IM repeat set." Specifically, the Trials began that sunny afternoon in September when you decided to swim the whole width of the pool, freestyle, all on your own. Actually, the Trials started last Thursday, when you ate that quarter-pounder with cheese, downed that with a large strawberry milkshake, followed that up with an entire bag of gummy worms, and finished off those gummy worms by consuming two cans of soda. Remember how that resulted in cramps at practice, which caused you to miss that final 200 IM of that difficult set

your coach gave you? Yep. The Olympic Trials started then.  
 Actually--  
 Here's the thing. We're 278 days away. Naturally, the Olympic Trials don't start when you are five. But they might as well start now. Now, 278 days away, we are close enough to the Trials where they actually do start now.  
 Where practices can mean the difference in races. When what you do now will result in what you do later.  
 278 beginnings.

Just think of it as "278 mini-Olympic Trials," every single practice. See, here's the common misconception about the Olympic Trials: Many people who don't know this sport well enough claim that the Olympics are made in a singular dive, a singular breakout, a singular race, and a singular finish.  
 Maybe.

But I think the Olympic Trials are made not during one race, but during a thousand races. The Olympic Trials takes place not in 278 days from now, but today, this afternoon, this next length of your next set. It is not the final mile of a 10,000-mile journey that makes the difference, but the other 9,999.

Every practice can alter a race.  
 Ready?  
 Set?



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COACH  
**Sarah's Corner**

(sgovanswm @ aol.com)

**How Does Dryland Help Swimming?**

By Guy Edson

**1. The power of Position**

Swimmers want to hold a strong foundation with postural strength, built from core to lengthen our bodies. The stronger we are in our swimming posture the more efficient we can be. Our goal is to combine postural, core, and limb strength.

**2. Increasing Force Potential**

Power is force or strength that is used over time. In order to finish our races stronger we need to build our endurance at practice. So matching muscular strength at dryland and swim practice equals improvement.

**3. Endurance**

Maintaining force over time. But this mainly comes from pool training.

**4. Explosiveness**

We need to train our body to be quick, using land based exercises help improve our fast twitch muscle fibers.

**5. Coordination**

Help improve balance in the water, and body awareness. It's your ability to link the body.

**6. Flexibility**

Allows our muscles and joints to move smoothly with good range of motion. Helps prevent injuries.

Courtesy of Gary Hall Sr., 10-time World Record Holder, 3-time Olympian, 1976 Olympic Games US Flagbearer and The Race Club co-founder. "I am not aware of any elite swimmer that does not incorporate a dry land program into his or her training. It is that important."

From the American Swimming Coaches Association. For the full PDF go to Dryland Training- Team Unify.



## COACH

## TJ's Corner

(tj.smithen@yahoo.com)

## How Efficient is Your Swimming?

By Terry Laughlin

A study by DARPA, the Pentagon's research wing, showed that human swimmers are only 3-percent efficient—as compared to the 80-percent efficiency of dolphins. In other words, dolphins convert 80 percent of energy expenditures into forward motion; in contrast humans divert 97 percent of energy into moving around in the water and moving the water around.

But the subjects in that study weren't even the least efficient swimmers. They at least could swim well enough to participate and all probably thought their swimming was decent.

It's also been estimated that elite swimmers are between 9 percent and 10 percent efficient. This is far better than the rest of us, but still way short of the efficiency of land athletes (nordic skiers, runners, cyclists) which can be as high as 36 percent.

Most of us are in a somewhat nebulous middle. Is it possible to estimate your own efficiency? Are you 4 percent efficient. Six percent? Maybe even 8 percent?

I've done a thought exercise to estimate my own efficiency. I estimate that I was probably around 5 percent efficient 20 years ago, as I was just beginning to transform my own stroke from human-like to fish-like. Today I optimistically estimate I'm somewhere above 8 percent—based on how well I can substantially increase my speed with relatively moderate increases in effort.

I've drafted a set of experiential descriptions—how your swimming feels, more than a time you may swim for a particular distance—that I believe are

fairly good gauges of the level of efficiency you've reached.

## Efficiency Index of Human Swimmers in Freestyle

*Note: Some, but not all, of the experiences listed in each category, can qualify you. For example, you might be 5 percent efficient, but not yet feel fully comfortable in open water.*

**1 to 2 Percent:** Swimming crawl for even the shortest distance (a few strokes) is unpleasant and exhausting. (Though you may be able to swim a bit farther, and even feel reasonably comfortable, using breaststroke.) You experience considerable difficulty and discomfort with staying afloat (you feel your legs sinking) and it's always a struggle—or even panic-inducing—just trying to breathe.

**3 to 4 Percent:** You can swim for a minute or two continuously. You can extend that distance—up to perhaps as much as 1500 meters—with artificial support from a pull buoy or wetsuit, or with regular rest breaks, but feel somewhat drained afterward. If you do triathlon, you spend part of the cycling leg recovering from the swim, or feel the entire rest of your race is compromised by the difficulty of the swim. Swimming faster seems too much to hope for since even slow paces are so tiring. You never improve, no matter how much you swim. Swimming may feel like a 'good workout, but you do it more out of obligation than enjoyment.

*To reach the next level you need: Balance*

**5 to 6 Percent:** You feel great comfort in the water. You can swim a mile with sufficient ease that it seems plausible to complete a 5K (equivalent of a half-marathon in running) or more. You feel confident about swimming in open water. If you do triathlon, you feel quite fresh at the conclusion of the swim leg and regularly achieve a respectable, mid-pack position. Your kick and breathing both feel relaxed and

controlled. You can achieve small increases in pace with reasonable effort.

*To reach the next level you need: A more stable and sleeker body position*

**7 to 8 Percent:** You feel more at home in the water than anywhere else, and swimming feels better and is more satisfying than any other physical activity. Your stroke—including both catch and 2-beat kick—feels integrated and seamless up to about 85 percent of maximum effort and heart rate. You can swim faster, whenever you choose, with a reasonable amount of effort. Swimming a marathon distance seems completely plausible, if you devote a concentrated period of 10 to 12 weeks to prepare for it. If you compete in open water swimming (including triathlon swim legs) you regularly place in the Top 5 to 10 percent of your age group.

*To reach the next level you need: Highly effective propulsion skills—particularly a firm catch and well-tuned 2-Beat Kick.*

**9 Percent or More:** If you had youth and athleticism, your efficiency would probably put you among the elite. But, in middle age or beyond, you enjoy something more valuable—a sense that you swim with a skill (even artistry) and awareness shared by few. You regularly experience psychological flow states in practice, and occasionally in competition. You virtually always feel you work with the water, even at close to maximum effort. When you lose effectiveness, it's minor. You quickly sense the cause and can easily adjust your stroke to get back in flow. You can consistently and proportionately convert an increase in strokes per length (SPL) or tempo into an increase in pace.



## Important Dates

PLEASE NOTE THE FOLLOWING dates coming up:

**October 16:** No practice for White Group and above due to King of the Hill Meet

**October 30:** Nevada Day, "Halloween Fun" Practice times: Dippin, Silver, White and Red Group practice: 8-9 am. Blue, Pre-Senior and Senior Groups 7-9 am.

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

**November 26:** Special Thanksgiving Practice, 8-10:00 am, all groups.



## King of the Hill Meet

The exciting King of the Hill Meet will take place this coming weekend October 16-18! We plan on sitting together as a team. Timing assignments for parents will come out later this week. We usually have 3 timing chairs the entire meet. Dolphins, please wear your team apparel.

Friday 9-18 Session: 3:45 warm ups  
Saturday 13-18 Session: 6:45 warm ups

Saturday 12 & under Session: 11:30 warm ups

Sunday 18 & under Session: 6:45 warm ups



## NEXT BOARD MEETING

The next DDST Board of Directors Meeting will take place **Thursday, November 19** from 6:30-8:30 pm at Pinon Hills Elementary, Minden, NV 89423. Board Contact info: [www.ddst.org/boardmembers.htm](http://www.ddst.org/boardmembers.htm). As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.

## State Meet Draws Near

The Nevada State Championship Meet, taking place this year November 5-8 in Henderson, NV, will be here before you know it! Dolphins have 1 more meet to make qualifying times for this exciting event; the King of the Hill Challenge Meet held this next weekend in Carson City October 16-18. At this time there has been no notice in change of State qualifying standards. To view qualifying times go on to [ddst.org](http://ddst.org), click on Times at the top of the web page, then click on Time Standards, then 2012-2013 State Qualifying times.

Our team has a lodging contract with Best Western Plus, 1553 N. Boulder Hwy, Henderson, NV 89011.702-564-9200 for \$80 per night, plus taxes. Please call the hotel and let them know you are reserving the room under the Douglas Dolphins block of rooms. Go, Dolphins!



## DDST Key Contacts

**Acting Board President:** Wendy Yturbide.  
[president@ddst.org](mailto:president@ddst.org); 775-901-6317

**Vice President:** Claudia Delange;  
[vp@ddst.org](mailto:vp@ddst.org); 775-450-7063.

**Parent Liaison:** Tricia Smithen,  
[new@ddst.org](mailto:new@ddst.org); 775-265-6655

**Acting Secretary & Safety Officer:** Nikki Willis  
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**Coaches:** Kat Matheson  
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TJ, [tj.smithen@yahoo.com](mailto:tj.smithen@yahoo.com)

**Meet Director:** meets @ [ddst.org](http://ddst.org);  
Karen Sullivan, 775-750-5016

**Billing:** Joanna Ruffo  
[billing@ddst.org](mailto:billing@ddst.org); 775-450-5112

**Web, Officials:** Robbie Hight  
[webmaster@ddst.org](mailto:webmaster@ddst.org)

**Newsletter:** Julie Gray  
[newsletter@ddst.org](mailto:newsletter@ddst.org); 775-690-0124

**Team Store:** Wendy Yturbide, Teamstore @ [ddst.org](http://ddst.org); 775-265-1871



## Upcoming Meets

**October 16-18:** Fall Classic King of the Hill Challenge, Carson City, NV.

**November 5-8:** Nevada State Championships, Heritage Park Complex, Henderson, NV. Qualifying times apply.

**January 15-17, 2016:** Carson Tigersharks Age Group Open Blizzard Blast Meet, enter online on swimconnection by January 6.

**February 12-14, 2016:** HOME MEET, St. Valentine Age Group Open Meet.

Enter online on swimconnection by February 3.



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



## 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 Tricia Smithen at** [new@ddst.org](mailto:new@ddst.org) or 775-265-6655 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

The DDST Board of Directors has appointed its new officers for the coming year. A big "Thank You" to new Board President: Wendy Yturbide, Vice-President: Claudia Delange, Treasurer: Joanna Ruffo, Secretary: Nikky Willis. Other parent volunteers are: Webmaster: Robbie Hight, Parent Liason: Tricia Smithen, Team Store: Wendy Yturbide, Newsletter Editor: Julie Gray. A "Huge Thank You" goes out to Karen Sullivan and Joanna Ruffo, our new Meet Directors!



## Lost & Found

**LOST OR FOUND ITEM?** List Dolphins-related items here and get them home! Newsletter Editor [newsletter@ddst.org](mailto:newsletter@ddst.org) 775-690-0124.



## FROM THE MEET DIRECTORS

### High Country Wrap Up 2015

Meets would not be successful without all our wonderful parent volunteers!

Computer: Deb Duffy, Robbie Hight, Nikki Willis, Margaret Jackson

Meet Announcer: David Stevenson and Rosemary Hill

Awards: Cathie Lund, Chris and Tricia Smithen, Jenna Beam, Wendy Yturbide, Dee and Allen Gosselin

Clerk of Course: Angela Manning, Joanna Ruffo, Danna Killion, Denise Bickmore, Linda Koontz, Julie Gray and Malia Taylor

Colorado Operator: Chris Dack, Nichole Knowles, Dennis DeLange, Robbie Hight, Tim Golobic and Jason Tollmann

Head Timer: Tim Golobic, Russ and Jennifer Munyan, Beckie Tollmann, Linda Koontz and Michelle Ingram  
Hospitality: Michelle and Jeff Keenan, Jenna Peck, Beckie Tollmann, Elissa Sanchez, Karen Sullivan, Jana Collins, Grace Chen, May Perry, Birgit and Bev and Jennifer Northcutt

Marshall: Lopresto's, Kara Maricich, Kathy Price, Allen Lund, Margaret Jackson, Janae Ballingham, Lowther's, Ted Neal and Allen Gosselin

Officials: Steffi Paschke

Parent Organizer: Linda Fields and Malia Taylor

Runners: Brian Northcutt, Lane Killion, Tessa Lopresto, Scott Fields, Muller's, Jerry Pierson, Clara and Julie Gray

Setup/ Teardown: Jim Morefield, Dennis DeLange, Chris Dack, Chris Manning, Lopresto's, Walter Zeron and Allan Lund

Snack Bar: Foster Family, Lori Neal, Bellik's, Chris and Jenna Beam, Ali and Scott Dickey, Jane Ballingham, Sarah Zeron and Michelle Keenan

Snack Bar Grill Master: Scott Foster and the Bellik's

Silent Auction Donations: Lopresto, Fields, Gosselin, Golobic, Smithen, DeLange, Dickey, Tollman, Hight & Manning families

Our apologies if we missed anybody! Thanks for all your time and help!!

High Country Meet Directors: Kathy Chappell and Claudia DeLange

### Molly Meet 2015

We would like to thank everyone who volunteered their time at this year's Molly Lahlum Autumn Freeze meet. Meets would not be possible without all our efforts working together! We know the weekend was long, but so rewarding for the swimmers of DDST as well as many other teams. We have heard numerous positive comments about the meet and have all of you to thank. If you have any feedback for us or would like to get more involved please let us know.

A big yummy thanks to all the families who helped out Hospitality by making soups or salad (or even both!).

A huge thank you to all of our team families who made this meet run so smoothly:

Computer: Deb Duffy, Robbie Hight, Margaret Jackson, Nikki Willis  
Announcers: David Stevenson Robbie Hight, Rick Ansel and Kathy Chappell  
Colorado Operators: Chris and Pattie Dack, Nichole Knowles, Dennis DeLange and Tim Golobic  
Snack Bar: Jared and Doreen Hyatt, Jackie Blaha, Ali and Scott Dickey, Tricia and Chris Smithen, Terry and Kathy Lowther, Jenna Beam, Michelle Keenan and Sarah and Walter Zeron  
Head Timers: Russ and Jen Munyan, Michelle Ingram, David Miller, Chris Beam, and Robbie Hight  
Runners: Deborah Mueller, Peter Jahreis, Rick Ansel, Brian Northcutt,

Emma Gray, John Ruffo, and Chris Smithen

Awards: Allen and Dee Gosselin, Cathie and Allan Lund, Wendy Yturbide and Michelle Ingram

Clerk of Course: Denise Bickmore, Birgit Widegren, Angela Manning, Wendy Yturbide, Tessa LoPresto, Elissa Sanchez, Chermaine Mendoza-Akdins, and Tessa LoPresto

Hospitality: Beckie Tollmann, Chermaine Mendoza-Adkins, Jennifer Northcutt, Grace Chen, Michelle and Frank Keenan, Elissa Sanchez, Sarah Zeron and Deborah Muller

Marshals: Chris Manning, Chermaine Mendoza-Adkins, Frank Muller, Maggi Vandenburg, Carol and Brian Patrick, Cindi Miller, David Miller, Jennifer Golobic, and Ted Neal

Set up and Tear down: Chris Beam, Tessa and Shane LoPresto, Mickelle Ingram, Chermaine Mendoza-Adkins, Chris Manning, Dennis DeLange and Chris Dack

We hope we didn't forget anyone! Again, a big thanks goes out to our DDST Families!

From your new Meet Directors - Karen Sullivan and Joanna Ruffo



## 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.



## DOLPHINS ADD MORE TEAM MEMBERS TO STATE ROSTER

With 2 more meets to go before the Nevada State Swimming Championships in November, Douglas Dolphins swimmers were focused on turning in more State qualifying times at the Molly Lahlum Memorial Autumn Freeze Meet held at Carson Valley Swim Center September 18-20. That focus paid off with many times improvements including **32 new State qualifying times** overall.

**Ella Martin**, our youngest Dolphins competitor, set a time to beat in the 50 freestyle and took on the 25 backstroke for the 6 and under girls.

**Sydney Ingram** improved in 6 of her 8 events for the 7-8 girls including a 19.20 sec drop in the 100 freestyle and 17.04 sec in the 50 breaststroke. She also dropped 8.88 in the 50 freestyle, .17 in the 25 backstroke, .84 in the 25 breaststroke and set a time to beat in the 100 individual medley.

**Eslie Clifford** took on 4 races, setting times to beat in the 25 and 50 freestyle events.

**Cammie Jahreis** achieved a new **State** and **PC-A** time of 21.26 in the 25 butterfly, dropping 7.18 sec, new **PC-A** times of 56.51 in the 50 breaststroke and 1:43.96 in the 100 individual medley and another new **State** time of 50.28 in her first attempt at the 50 butterfly. She also dropped 10.81 sec in the 100 freestyle, and 4.07 in the 50 backstroke.

**Caitlyn Taylor** came close to the State qualifying time of 26.84 in the 25 backstroke where she dropped 1.03 sec, and was successful in qualifying for **State** in the 50 backstroke with a time drop of 2.19 sec for 57.84. She dropped .82 in the 50 freestyle and 4.06 in the 25 butterfly.

**Maria Mishcka Adkins** was first up for the 9-10 girls and she turned in times to beat in the 100 backstroke and 50 breaststroke.

**Kalia Duffy** competed in 5 events, dropping 3.54 in the 100 backstroke and setting a time to beat in the 100 individual medley.

Abbreviations: PC-X=Pacific Swimming Standards

**Keira Duffy** took on 6 races and improved 5.68 in the 50 freestyle, 3.13 in the 50 breaststroke, 3.17 in the 100 breaststroke and set a time to beat in the 100 freestyle.

For the 9-10 boys, **Todd Gosselin** turned in 2 new **State** times of 1:54.21 in the 100 breaststroke, taking off 2.34 sec, and 1:34.92 in the 100 individual medley dropping 7.42 sec. He also turned in 2 new **PC-B** times of 38.30 in the 50 freestyle improving 1.82 sec, 1:25.84 in the 100 freestyle, just off .14 sec from a State time and was also close to State in the 50 breaststroke.

**Mason Dickey** dropped 2.15 sec in the 50 freestyle and set a time to beat in the 100 backstroke.

**Matt Yturbide** took on 5 events taking off .44 sec in the 100 freestyle, 16.69 sec in the 200 freestyle, 6.70 sec in the 100 breaststroke and .58 sec in the 50 butterfly.

**Sofia Delange** had **100% improvement** in her 3 events for the 11-12 girls, dropping .70 in the 50 freestyle, 5.19 in the 100 freestyle and setting a time to beat in her first 500 freestyle.

**Grace Dickey** took off 12.58 sec in the 100 freestyle and set a time to beat in her first 200 individual medley.

**Harley Keenan** turned in a **100% improvement** meet, taking on 6 events including her first 200 individual medley, taking off 2.95 in the 50 freestyle, 6.74 in the 200 freestyle, 13.54 in the 100 backstroke, 20.61 in the 100 breaststroke and 6 sec in the 50 butterfly.

**Barrett Lee** dropped 3.89 sec in the 100 backstroke for a new **State** time of 1:20.30 and came close to a State time in the 50 breaststroke. She also im-

proved 3.58 in the 200 freestyle and .92 in the 200 individual medley.

**Stephanie Lin** took off 3.61 in the 200 freestyle, 9.33 in the 50 backstroke and set a time to beat in her first 500 freestyle.

**Eden Neal** improved 13.55 in the 500 freestyle, 2.43 in the 50 breaststroke, .30 in the 100 breaststroke and 3.55 in the 100 individual medley.

**Anna Northcutt** dropped 3.28 sec in the 100 freestyle, and 3.39 sec in the 100 backstroke, getting closer to State times, and took off 5.46 sec in the 100 butterfly for a new **State** time of 1:26.51. She also improved 3.38 in the 200 freestyle, .26 in the 500 freestyle and .58 in the 50 backstroke.

**Aspen Paschke** dropped .92 in the 200 freestyle, 10.49 in the 500 freestyle and 8.65 in the 100 breaststroke.

**Emma Ruffo** turned in 2 new **PC-A** times of 12:32.41 in the 1000 freestyle where she took off 1:45.42, and 2:34.70 in the 200 individual medley taking off 8.92 sec. She also dropped 20.84 in the 500 freestyle, .34 in the 100 individual medley, 2.19 sec in the 50 breaststroke for a new **PC-BB** time of 39.62 and 5.65 sec in the 100 breaststroke for another new **PC-BB** time of 1:25.36.

**Josh Beam** dropped a huge 20.93 sec in the 50 butterfly and 20.04 sec in the 100 individual medley for the 11-12 boys.

**Tim Golobic** took on 6 races and set a time to beat in his first 50 breaststroke.

**Niko Hight** turned in 3 new **State** times first in the 200 freestyle where he improved 17.28 sec for 2:46.79, next in the 500 freestyle with a time of 7:24.34 and finally in the 50 backstroke, taking off 1.41 sec for a time of 41.84. He also dropped .24 in the 100 freestyle and 6.57 in the 100 butterfly.

**Remy Hill-Holeman** had a **100% improvement** meet taking off 2.27 sec in the 500 freestyle, 18.46 sec in the 1000 freestyle, 8.62 in the 100 breaststroke, 8.13 in the 100 butterfly for a new **PC-B** time of 1:20.18 and 6.22 in the 200 individual medley.

**Jesse Lopresto** took on 4 new events setting times to beat in the 200 freestyle, 100 backstroke, 50 breaststroke and 100 individual medley, and improved 2.38 in the 50 freestyle, 7.30 in the 100 freestyle and 1.11 in the 50 backstroke.

Abbreviations: PC-X=Pacific Swimming Standards

**Justin Lopresto** turned in 3 new **State** times of 2:33.65 in the 200 freestyle (also a new **PC-B** time) taking off 17.54 sec, 7:14.95 in the 500 freestyle, dropping 1:01.63 and 1:23.87 in the 100 individual medley. He also took off .61 in the 50 freestyle, 2.42 in the 100 backstroke and 1.93 in the 100 freestyle.

**Corbin Sanchez** took on 6 races and improved 4.34 in the 50 freestyle, 2.31 in the 100 freestyle and set a time to beat in the 200 freestyle.

**Ryan Signorella** also had 3 new **State** times of 1:14.96 in the 100 individual medley taking off 22.36 sec, 2:55.14 in his first 200 individual medley and 7:20.68 in his first 500 freestyle. He also achieved a new **PC-B** time of 2:36.85 in the 200 freestyle dropping 5.93 sec and a new **PC-B** time in the 100 backstroke where he took off 2.61.

**Connor Taylor** dropped 7.01 sec in the 200 freestyle for a new **PC-B** time of 2:33.48 and 55.27 sec for a new **State** and **PC-B** time of 6:52.76.

**Cooper Yturbide** improved 2.37 in the 100 backstroke, achieved 2 new **State** times of 1:36.92 in the 100 breaststroke, taking off 6.69 sec and 3:10.73 in the 200 individual medley dropping 16.99 sec. He also came close in the 50 freestyle, dropping 2.35 sec and in the 100 individual medley improving .66 sec.

**Sarah Hyatt** turned in 3 new **State** times for the 13-14 girls with a 6.73 sec improvement in the 500 freestyle for 6:13.40, 3.45 in the 200 backstroke for a time of 2:39.45 and 19.32 sec in the 200 butterfly for a new **PC-B** time of 2:46.19. She also improved 45.19 sec in the 1650 freestyle and 11.32 in the 1000 freestyle.

**Clarice Albert** competed in 8 events and dropped 4.30 in the 200 freestyle and 8.14 in the 500 freestyle.

**Nikky Jackson** turned in a new **State** and **PC-B** time of 22:19.97 in the 1650 freestyle and came close in the 200 breaststroke, dropping 2.84 sec.

**McKenzie Miller** dropped 2.09 sec in the 50 freestyle and took on 6 new events setting times to beat in the 100 freestyle, 200 freestyle and 100 breaststroke.

**Emma Price** improved in 5 of her 6 events, dropping 2.79 in the 100 freestyle, 4.94 in the 200 freestyle, 9.56 in the 100 backstroke, 2.06 in the 100 breaststroke and .57 in the 100 butterfly.

**Cailey Tollmann** achieved 2 new **State** times of 21:48.95 in her first 1650 freestyle and 2:53.13 in her first 200 butterfly. She also came close in the 100 butterfly and dropped .47 sec in the 200 individual medley for a new **PC-BB** time of 2:40.45, took off .83 in the 200 freestyle, and 4.59 in the 100 breaststroke.

**Emily Willis** took on 9 events, improving 1.04 in the 100 freestyle, 3.95 in the 200 freestyle, .74 in the 100 butterfly and set a time to beat in the 500 freestyle.

**Zach Foster** had **100% improvement** in his 3 races, improving 22.11 in the 200 freestyle, 12.43 in the 100 backstroke and turned in a time to beat in the 200 individual medley for the 13-14 boys.

**Dakota Blaha** tried his hand at 2 events, setting a time to beat in the 50 freestyle.

**Taylor Knowles** took off 17.66 in the 500 freestyle, qualified for **State** in his first 1650 freestyle with a time of 19:27.97, dropped 5.15 sec in the 100 breaststroke for a new **PC-B** time of 1:21.01, .42 in the 100 butterfly, .39 in the 100 freestyle and 5.96 in the 200 individual medley for a new **PC-BB** time of 2:26.19.

**Chris Manning** had a great meet achieving 4 new **State** times of 6:22.15 in the 500 freestyle, dropping 59.45, 2:43.81 in the 200 backstroke dropping

18.51, 1:15.99 in the 100 butterfly taking off 3.23 sec and 5:23.27 in his first 400 individual medley. He also dropped 4.15 in the 100 freestyle, 8.76 in the 200 freestyle and 6.33 in the 200 individual medley for a new **PC-B** time of 2:37.77.

**Ben Munyan** competed in 3 races and dropped 5.19 in the 100 freestyle.

Abbreviations: PC-X=Pacific Swimming Standards

**Kaila Duffy** improved in 4 events for the 15-16 girls, dropping 9.60 in the 500 freestyle, 53.20 in the 1650 freestyle, .99 in the 200 backstroke and .26 in the 200 breaststroke.

**Chayce Beam** took on 8 events setting times to beat in her first 500 freestyle and 200 individual medley and dropping 3.02 in the 100 breaststroke.

**Mychael Bellik** competed in 5 races looking strong in the 100 backstroke and 50 freestyle.

**Lily Bickmore** took on 8 events and looked best in the 200 backstroke and 200 breaststroke.

**Kaela Forvilly** was close to best in the 50 freestyle and also took on the 100 backstroke.

**Kayla Ruffo** looked strong in the 50 freestyle, 200 backstroke and 100 freestyle.

**Justin Hight** achieved a new **State** and **PC-A** time of 5:17.87 in the boys 15-16 500 freestyle, dropping 1:17.75. He also set a time to beat in his first 1000 freestyle, dropped .94 sec in the 100 backstroke and 12.20 sec in the 200 backstroke for a new **PC-BB** time of 2:14.17.

**Josh Smithen** turned in 2 new **PC-A** times of 5:16.18 in the 500 freestyle taking off 9.09, and 18:17.63 in the 1650 freestyle dropping 38.37 sec. He also took off .96 in the 100 butterfly.

**Joe Sullivan** improved 8.52 in the 500 freestyle, 5.27 in the 200 backstroke, 3.35 in the 200 breaststroke for a new **PC-BB** time of 2:37.23, 8.33 in the 200 butterfly and 1.86 in the 200 individual medley.

**Sebastian Zeron** achieved 2 new **PC-A** times of 5:18.50 in the 500 freestyle taking off 13.25, and 18:35.37 in the

1650 freestyle where he took off 1:23.79. He also improved 9.74 in the 200 backstroke for a new **PC-BB** time of 2:15.47, took off .12 in the 200 breaststroke and 2.47 in the 200 individual medley.

**Audrey Muller** took off .16 sec in the 50 freestyle and 14.27 sec in the 100 breaststroke for the 17-18 girls.

**Ryan Chen** took off 10.46 in the 500 freestyle, 25.75 in the 1000 freestyle and .82 in the 100 butterfly for the 17-18 boys.

Finally, **Jason Lowther** turned in a new **State** time of 19:51.96 in his very first 1650 freestyle, took off .78 in the 500 freestyle, 4.52 in the 100 backstroke and 4.94 in the 200 backstroke to round out the Dolphins performances.



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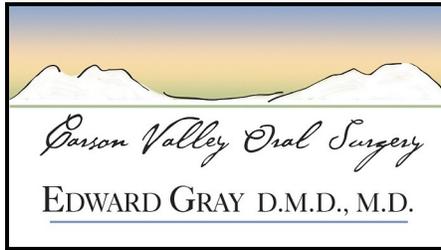
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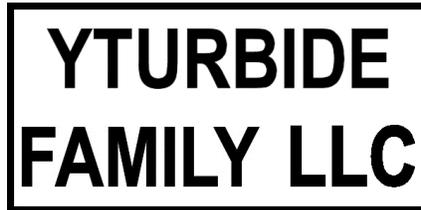
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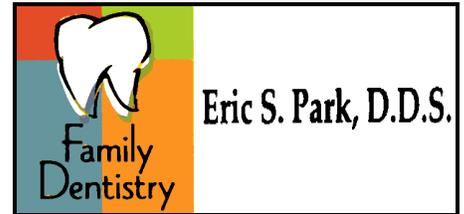
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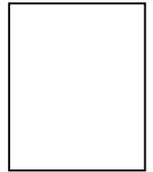
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Move Ups

Moving on up Congrats to new:

**Silver Dolphins:** Eslie Clifford

**Red Dolphins:** Todd Gosselin

**Blue Dolphins:** Stephanie Lin



## Practice Schedules

Check [www.ddst.org](http://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 November 20. **All submissions should be received by November 13.** 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, Wendy Yturbide, Joanna Ruffo, Kathy Chappell & Claudia DeLange.*

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

