

Dolphins' Monthly

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

www.ddst.org

February/March 2015

Swimmers of the Month

Dippin Dolphin's Swimmer of the Month is Kalia Duffy. Kalia has come such a long way since she began swimming. I have noticed a specific change in her attitude and the way she listens. It is very encouraging to have a swimmer who is excited to get in and always ready to be attentive. Her swims have mirrored that work ethic. Keep up the hard work, Kalia!

Silver Group Swimmer of the Month is Maile Pierson. Maile is one of the newest editions to Silver group and she has been extraordinary. Her attitude is always that of eagerness. She is always the first on the wall ready to go. Her attitude in practice has translated well with her completing some awesome swims at the St. Valentine's meet. Keep up the hard work, Maile!

White Group Swimmer of the Month is Jack Stevenson. Jack is a lane leader in our boys lane, and he keeps the lane flowing. He encourages his teammates during our practices. He leads by example, always in a positive way. Jack had an outstanding Valentines Meet swimming 3 new events, turning in 4 best times with a total time drop of 17 seconds. Way to go, Jack!!

Red Group Swimmer of the Month is Ashlyn Nelson. Ashlyn started preparing for the Valentines Meet all Fired Up!! She worked hard towards swimming 3 new events including the 200 free, 200 breaststroke and the 400 IM. She also got a best time in the 50 breaststroke, 100 IM and the 500 free!! What a great meet and she hasn't stopped! She has a lot of friends in the

Red Group and they are all pushing each other to train better. It is fun to watch this group in action! Keep it up, Ashlyn!

Blue Group Swimmer of the Month is Barrett Lee. Barrett has had two spectacular meets in a row. At the Carson Blizzard Blast she had a 100% improvement meet! And then she hit practice hard again for another month and did great at our Valentines Meet. She swam 10 events with 8 Life Time Bests. Two notable swims were her 200 free where she took off 5.4 seconds and her 100 breast with a 4.2 second improvement. Barrett is also has the highest attendance percentage of Blue Group since the beginning of the year. You're a shining star Barrett! CONGRATULATIONS!

Pre Senior Swimmer of the Month is Audrey Muller. Audrey had a great Valentines Meet with best times and new B times in the 100 free and 50 free. She also swam the 200 free and 200IM for the first time. Audrey does an outstanding job at our dryland practices at Appoggio studio, always staying positive and focused. She has gotten so strong in her swimming in the past 5 months. Coach Kat and I are excited to watch Audrey swim this High School season!

Senior Group Swimmer of the Month is Ryan Chen. Ryan is no stranger to hard work. As a matter of fact his goals are such that he voluntarily swims at 5:30 in the morning to become the best he can be. At the Valentines Meet he dropped a whopping 32 seconds in the mile (1650). Ryan also achieved an "A" time in his 100 breast and took of almost 2 seconds in his 100 back. It's not always easy to make the choice to train and train hard every day but Ryan is making good personal

choices and dedicating his time to our team by asking if there is anything that needs to be done for us. Thank you for being such a great team member Ryan Chen!



Help For New Parents

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

Contact Maggie Vandenburg (Maggi_Vandenburg@ivgid.org 530-308-1798) or another key contact to find out how to fill out a form, enter your child in a swim meet, arrange a hands-on tour at an upcoming swim meet, explore volunteer opportunities, or just get more information.



FROM THE BOARD OF DIRECTORS

The Douglas Dolphins Board of Directors will be meeting on **Thursday, March 10** from 6:30-8:30 pm at Pinion Hills Elementary. Board Contact info: www.ddst.org/boardmembers.htm. As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.



COACH

Kat's Corner

(coachkat0809 @ hotmail.com)

The following article is posted on USA Swimming's website. I think it is valuable information for all swimmers.

Dear Mike,

I have been swimming for almost 12 years now and I just finished my freshman year of college swimming. I wasn't happy with my results. I haven't dropped time since I was a junior in high school, and I'm frustrated. I always go to practice, do everything I'm told, work hard, and focus. I watch what I eat, and I even go to bed as early as possible every night. It seems like I'm doing everything right, yet I'm still not dropping time. Any advice?

Sincerely,

Frustrated Swimmer.

Hey Frustrated Swimmer,

I once knew a swimmer who experienced a similar journey. He endured the infamous "Swimmer Plateau" – that horrible purgatory when you practice hard, eat well, sleep 8 hours every night, execute perfect technique, mentally prepare, visualize, and yet, when the season ends, racing times remain the same.

His journey was eerily similar – his times remained the same from his junior year of high school until his junior year of college. For four years, he did everything right and saw little or no time drops. Four years of practicing better, training better, eating better, and not experiencing positive end results on the scoreboard of a championship race.

He was frustrated. It messed with his head. It messed with all our heads – as teammates, we saw how hard he practiced. We all wanted him to drop time, because he earned it.

One meet, finally – he had a breakthrough. At the end of his junior year, he dropped time. We were ecstatic. This was a guy who, like you, had done everything "right."

The swimming season is unpredictable. It's a stock market – full of ups and downs and plateaus. And, like the stock market, the swim season projected over an entire career can be confusing: Why did you drop time at this dual meet when you didn't care? Why was your best race last season the week *after* the championship meet? How could you practice these intervals – intervals you had never finished before – and yet *gain* time at the end of the year? Doesn't faster training = faster racing? I wish I had answers. I wish I could draw a graph of What You Need To Do To Drop Time: 1.) Do this, then 2.) This, then 3.) You Will Drop Time. Unfortunately, swimming doesn't work like that.

After my friend had his breakthrough – after he dropped time for the first season in four years – we analyzed what changed. Much was mental. He relaxed more. He got "outside his head" more. He changed: For example, he bought a drum set, and played music every night after practice. Sometimes I heard him drumming away, finding that musical Zen-like rhythm. In a way, we realized the similarities between that rhythmic state-of-mind and racing.

Did playing drums contribute to his time drop? Maybe. Maybe not. But I've heard many stories about swimmers overcoming the infamous Swimmer Plateau using outside-the-box methods...

One story: A coach instructed a shy swimmer to walk to a lakeshore and scream as loud as she could, once a day. The ritual was cathartic: She'd shout swear words, frustrations, feelings -- all those things she wanted to say but never could. There was no one around. She was alone. Imagine this girl, on the beach, screaming out into the water. She dropped time that season.

Another time, a swimmer was burned out. His coach instructed him to take every 5th practice off. "Skip practice and sleep," he said. "Take a nap. Relax. When you come back to work out, you must be ready to practice hard."

For the entire summer, this swimmer skipped every 5th practice, went home, and slept. When he returned to practice, he practiced harder, had more fun, smiled more, and dropped lifetime bests.

The one constant that can help a swimmer overcome the Swimmer Plateau?

Change.

This is important: "Change" doesn't have to be swimming-related. Don't over-react just because you don't drop time: If you're doing everything right in the practice pool, keep doing everything right. The most rewarding and fruitful changes, I think, come outside-the-pool: Buying a drum set; shouting at the top of your lungs to release tension; sleeping more to gain a much-needed mental refresher.

You're doing everything right, Frustrated Swimmer. You're practicing hard, eating well, sleeping, and trying. But I recommend making a small change in your outside-the-pool lifestyle. Meditate. Play music. Draw pictures. See a play. Take boxing classes. Do something to get outside that heavy, self-induced "weight" – the pressure to drop time. Change something, even if it's small. Do something unexpected. A plateau is defined as "a state of little or no change..."

So, change something.

By: Mike Gustafson, USA Swimming Correspondant

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&ItemId=7698&mid=14491>



Lost & Found

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



COACH

Sarah's Corner

(sgovanswm @ aol.com)

Evaluate Your Attitude

It's a good idea to evaluate your attitude as a team member. Think about the legacy you want to leave behind. At some point you will graduate, move, or otherwise leave your team. Will you be remembered? How do you want to be remembered? What will your teammates say about you?

Think about whether or not they will likely remark about how you were always a hard worker, always positive and upbeat, an inspiration, someone whose impact is missed. Or if they might talk about how you were a wallflower, a slacker, a wimp, and only concerned with yourself.

If you were the fastest swimmer but a poor teammate, mention of your speed will likely be followed by mention of your negativity. Your greatest legacy is one based on how you helped your teammates. Are the team goals a priority? Do you show respect to your teammates? Do you have the qualities that could make you a coach's favorite? Work now to develop a positive team attitude and leave behind a desirable legacy.

You might be one whose actions get your teammate to make a cut, and you might be one whose go-to attitude gets you to make a cut. Whatever the outcome, make sure your actions are what is best for the team, and you will end up better for it.



Happy Birthday

Happy February Birthday to:

Audrey Muller (2/2), Cole Petrosky (2/3), Shaelin Morefield (2/4), Todd Gosselin (2/6).



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Important Dates

PLEASE NOTE THE FOLLOWING practice days coming up:

General Spring Break Practice Schedule 2015:

Dippin Dolphins: 9:15-10 am

Silver Group: Wed and Fri 9-10 am

White Group: Mon, Tu & Th 9-10 am

Red Group: Mon-Th 8-9 am

Senior, Pre-senior & Blue Group:

Mon-Fri 7-9 am. Dryland TBD.

Check group practice schedule on our website for specific times.



COACH

Greg's Corner

(greg@taylorcamp.org)

I was having a conversation the other day with one of my kids. We were talking about another sport they are in and how they didn't want to go to an upcoming competition. By missing it, they lose the opportunity to possibly compete later in the season. We are still talking, so I don't know all the reasons they don't want to compete. But what I said is, even if at a later event, you don't want to compete, I would hate for you to not even have the opportunity, the possibility to compete at that bigger event. Then I read the following article. It is the same thing... to have those future opportunities, the chance at a best time, a team record, be a high point winner, you first have to show up to swim. For all of our swimmers, you are physically ready, but you also have to be mentally ready, excited and prepared to compete! Sometimes that is the hardest thing... just showing up.

THE MAGIC OF AN OPPORTUNITY

BY MIKE

GUSTAFSON//CORRESPONDENT

Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race."

You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim?

World records aren't broken every day. The opportunity is rare. You'd take advantage of it.

Unfortunately, time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds.

Sometimes, we don't feel like swimming.

Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another

day, another race, right?

But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim.

Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler told me that on the day she broke Janet Evans' hallowed 1500m world record, she didn't want to swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history.

But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week?

What if she didn't swim that day?

I was once told from the creator of "Friends" that the hardest thing to do in the entertainment industry isn't getting your foot in the door; it's being prepared when you're already in. People always get their foot in the door, but they rarely take advantage of it.

It's that old "elevator pitch" theory. You should always be prepared when you live in Hollywood, because you never know who could be stuck in an elevator with. Some of my friends went from assistants to executive producers in 24 hours because they were stuck in an elevator with someone like Rosie O'Donnell, pitched her an idea they had rehearsed, and made the most of their opportunity. No joke.

Swimming is similar. Any given lane at any given time is an opportunity. "Give me a lane, anywhere, anytime," one famous swimmer used to say, "And I'll aim for perfection."

Sometimes, swimming is viewed in a linear path. You'd think, "Times will get faster. Races will get easier. I'll eventually get here, do this, swim that, and by this year I'll be where I want to be." Swimmers sometimes circle on the calendar, "This is when I'll swim my fastest. This is the plan."

But swimming is rarely predictable. It's not this linear, easily-planned calendar of time progression. It's more a chaotic fun house. It's opposite than what you'd expect. You swim fast when you expect to swim slow. You swim slow when you expect to swim fast. One day, you could be planning a trip to the beach, while your body secretly knows, "I could be breaking a world record right now, this very second."

You never know when the swim of your life will happen.

You can't plot out the future. And unless Doc Brown swings by your house and points out the highs and lows of your future swimming career, it's best to say to yourself, "Give me a lane, anywhere, anytime – and it could be magic."

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2046&Alias=Rainbow&Lang=en>



Upcoming Meets

Online entries, meet sheets, updates:

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

March 28-29, 2015: Fernley Age Group Open Meet. Enter online on swim connection by March 18.

April 9-12 2015: Speedo Far Western Championship Meet, Morgan Hill, CA. Qualifying times apply.

New standards have been set for this meet and are available at usaswimming.org.

April 25-26, 2015: Ellis Aquatics Long Course Meet, Tracy, CA. Enter online ASAP as meet fills up fast! Stay tuned for that announcement.

May 15-16, 2015: Northern Nevada Regional High School Championship, Carson City, NV



COACH

TJ's Corner

[\(tj.smithen@yahoo.com\)](mailto:tj.smithen@yahoo.com)

GETTING ALONG WITH YOUR CHILD'S COACH

Some of the knottiest problems that arise in youth sports involve the relationship between parents and coaches. Any time another significant adult enters your child's world, it may require an adjustment on your part. You must also be willing to give up some control and influence in an important area of your youngster's life. Taking a backseat to another adult, even temporarily, isn't always easy. But things can get even more complicated and challenging if you find yourself at odds with coaching decisions that affect your young athlete.

Your responsibility for what happens to your child does not stop when he or she enters a sport program or joins a team. As a parent you have every right to be involved in and to look out for your child's welfare. The tricky part comes in deciding how and to what extent it is appropriate for you to be involved. When does appropriate concern become interference and meddling? At what point must your understandable concern with the happiness and well-being of your child be tempered by respect and understanding for the role of the coach? What should you do if issues like the following crop up?

Your child isn't getting to play enough during games.

Your child is not playing the position best suited to his or her talents.

The coach is mistreating youngsters either verbally or physically.

The coach is engaging in inappropriate behavior, such as bad language or hazing of officials or opponents.

The coach is using technically incorrect, questionable, or possibly dangerous coaching methods.

The coach is demanding too much time or commitment from the youngsters, such that the sport is interfering with other activities.

The coach is losing perspective of the purpose of youth sports and seems preoccupied with winning, thus putting additional stress on athletes.

Because each situation is somewhat unique, there are no definitive answers that apply to every case. Nonetheless, there are some general principles that can be helpful in approaching and resolving such problems.

When incidents such as those listed above occur, it would be a mistake not to consider them problems. Perhaps the best starting point is to view them as problems that you and the coach must work on together to resolve. The key to doing so is establishing communication and then keeping the lines of exchange open.

Many parents first become aware of problems when their children complain about the coach. If this happens, the first step is to sit down with your youngster and discuss the problem to get his or her point of view. You should listen and express concern, but do not form a judgment or make condemning statements about the coach. After listening, you may decide that the issue does not warrant your involvement and that it might best be worked out by your youngster and the coach. You can help your child by giving suggestions on how to approach the coach and express concerns. If you can help resolve the issue without your direct involvement, your child may learn some very important interpersonal skills and gain confidence in his or her problem-solving ability.

If the situation seems to warrant it, you should contact the coach and indicate that you would like to have a conference. Such discussions should never occur during practices or games and should not include the child. Having your child there may put the coach on the defensive and create an adversary relationship between you and the

coach. What is needed is a mutual problem solving approach.

When you meet with the coach, you can help create a positive atmosphere for exchange by telling the coach that you appreciate his or her interest in the children and contributions to the program. You might also communicate that you understand how demanding the role of a coach is. In other words, try to create an open and receptive atmosphere for discussion.

Next, indicate that there is an issue that you would like to discuss with the coach and that if there is a problem, you would like to work with the coach in resolving it. Here are some examples of ways in which you can introduce the problem:

Jason told me that he would like to get to play more during games. He feels that since he comes to every practice and tries hard, he'd like to get to play more. (Note that the coach is not being directly accused of not playing Jason enough, which might create defensiveness. Whenever possible, frame the problem in terms of a positive goal to be achieved.)

I have been to several of your basketball practices, and I have seen the drill where you have the children practice taking charging fouls and being run over by an offensive player. I am concerned about the possibility of injury. Is there a safer drill that could be substituted?

I've seen some of the kids get very upset after being yelled at and I am concerned. I wonder if there isn't 'some way of making it more fun for the kids. Sometimes we adults don't realize how easy it can be to hurt feelings.

Sara joined the program because she wanted to have fun and because she enjoys playing softball. There seems to be such an emphasis on winning and so much pressure put on the girls to perform that at least for Sara, it's becoming stressful rather than constructive.

After expressing your concern, you might once again acknowledge what a difficult job coaching is, but that you

thought the coach would want to hear about your concern because you believe he or she has the best interests of the children at heart. Then tell the coach that you would like to hear his or her view of the situation. Again, the emphasis should be on resolving the problem together.

Communication is a two-way street. You will need to be prepared to listen honestly and openly to the coach's point of view. For example, his or her opinion of your child's ability and deserved playing time may be somewhat different from your own. And the role of coach requires that he or she make a judgment about playing time.

Parents who voice their concerns are often surprised when they are asked to participate in a solution to the problem. For example, one father who disagreed with the coach's way of teaching a particular skill was asked by the coach to assume the position of assistant coach. The coach acknowledged that he had little experience in that particular area and that he would appreciate the father's assistance. In another instance a mother who expressed concern that her son was not playing enough was asked by the coach to practice with the son so that he would improve enough to play more. Thus, we must sometimes be prepared to contribute time and effort as well as opinion.

In some cases you may find that it isn't possible to correct the situation with the coach. If you feel strongly enough about the issue and are convinced that the coach's actions affect the physical or psychological well-being of the children, you may need to take further action. Several options are available.

First, you may appeal to a higher authority. If a coach is being abusive to children, for example, this should be brought to the attention of league administrators.

If the issue concerns only your child and not others, the solution may be to request a transfer to another team and coach.

The last, most drastic, and least desirable alternative may be to remove your child from the program. This should always be a last resort, because it may have some negative consequences of its own. For example, the child may be called a quitter.

Fortunately, most coaches are firmly committed to providing the best possible experiences for youngsters. When approached properly, they will usually be open to parents' concerns and motivated to deal effectively with problems.

Up to now, we have been focusing on undesirable things that might come to your attention. But relating to your child's coach goes beyond this. When things are going well, it is important to offer your support, encouragement, and appreciation to the coach. This adult is playing an important role in your child's life. All too often, the only feedback coaches get from parents is negative. It is important to let them know when they are doing a good job. They deserve it.



FROM THE BOARD OF DIRECTORS

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

Thank you to all the families who made food for our Valentine meet! Our meets are well known for their hospitality because of all of us working together to make each meet a success. Most of the families who donated already had their volunteer hours and helped out anyway. We are truly appreciative!



FROM THE MEET DIRECTORS

We would like to thank everyone who volunteered their time at this year's St. Valentine's Swim meet. Meets would not be possible without all our efforts working together!

A big yummy thanks to the following families who helped out Hospitality:
Pasta dishes: Tollmann, Manning, Adkins-Mendoza and Peck

Soup: Pierson, Ballingham, Northcutt, Paschke, Taylor, Adkins-Mendoza, Gray, Price and Yturbide.

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: Chris Smithen Jim Nelson and David Stevenson

Colorado Operators: Chris and Pattie Dack, Nichole Knowles, Dennis DeLange and Tim Golobic
Official: Jeanine Pettrick

Snack Bar: Jared and Doreen Hyatt, Ted Neal, Ali Dickey, Tricia Smithen, Terry and Kathy Lowther, Dana Killion, Janae Ballingham, Jenna Beam, Tessa LoPresto and Sarah Zeron
Head Timers: Russ and Jen Munyan and Peter Jahresis

Runners: Lane Killion, Scott Fields, Joanna Ruffo, Maggi Vadenburg, David Stevenson, Jerry Pierson, Jeff Keenan, and Tessa LoPresto
Clerk of Course: Denise Bickmore, Julie Gray, Birgit Widegren, Angela Manning, Wendy Yturbide, Steffi Pashke, Jen Golobic, Joanna Ruffo Dana Killion and Lisa DuPont, Sharla Hales

Hospitality: Karen Sullivan, Jana Collins, Jenna Peck, Birgit Widegren, Bev Williams, Frank and Deborah Muller, Elisa Sanchez, Felicia Gantar and Tessa LoPresto

Marshals: Kris Purcell, Jim Nelson, Linda Fields, Shayne LoPresto, Janae Ballingham, Ted Neal, Mark Jackson, Chris Manning, David Price, Michelle

Keenan and Allen Lund

Awards: Wendy Yturbide, Dee Gosselin, Chris Smithen, Tricia Smithen, Jim Hales

Set up and Tear down: Brian Northcutt, Walter Zeron, Vadenburg, Dennis DeLange and Chris Dack

We hope we didn't forget anyone!

Again a big thanks to our DDST Families!



Happy Birthday

Happy March Birthday to: Barrett Lee (3/1), Grace Dupont-Moore (3/7), Remy Hill-Holeman (3/8), Ryan Signorella (3/18), Daniel Taylor (3/23), Ella Martin (3/30), Justin Hight (3/31).



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.



Carson Meet

The Douglas Dolphins Swim Team began their swim season January 16-17 at the Blizzard Blast Pentathlon Finals Meet in Carson City. Because this meet is so early in the season, it provided a great opportunity for the Dolphins to test out some new events and race strategies.

Hadley Peck, competing in 3 new events for the 6 and under girls, finished 2nd place in the 25 freestyle, where she dropped .88 sec, 50 freestyle and 25 backstroke.

Shayne Patrick, swimming 3 new events for the 7 year girls, finished 3rd in the 25 freestyle where she took off 2.80 sec, 2nd in the 50 freestyle, 4th in the 25 backstroke, 3rd in the 25 breaststroke and 6th in the 25 butterfly.

Keira Duffy tried 4 races for the 8 year girls where she dropped a huge 12.31 sec in the 50 freestyle.

Todd Gosselin had a **100% improvement** meet for the 8 year old boys, shaving off .26 sec in the 25 freestyle and placing 7th, 4.44 sec in the 50 freestyle, .03 sec in the 25 backstroke finishing 5th, 3.41 sec in the 25 breaststroke again placing 5th and 5.08 sec in the 25 butterfly for a new **PC-A** time of 21.02 sec and 6th place.

Sofia Delange competed in 3 races for the 10 year old girls, coming in 10th in the 50 freestyle where she took off .16 sec and 9th in the 100 freestyle where she dropped 3.70 sec for a new **PC-BB** time of 1:20.46.

Grace Dickey, also swimming for the 10 year old girls, dropped .21 sec in the 50 freestyle, 4.81 sec in the 50 backstroke for a new **PC-BB** time of 42.35 9th place and a huge 15.81 sec in the 50 butterfly where she also finished 9th.

Lilia Fields dropped .73 sec in the 50 freestyle, 1.16 sec in the 50 backstroke, and 3.27 sec in the 50 butterfly for a new **PC-B** time of 45.27 and 10th place.

Barrett Lee improved **100%** in her 5 races, taking off 1.49 sec in the 50 freestyle for 4th place, 1.79 sec in the 50 backstroke for 4th place, 1.97 sec in the 50 breaststroke where she finished 6th, 2.26 sec in the 50 butterfly where she came in 3rd and 5.21 sec in the 100 indi-

vidual medley where she again placed 3rd.

Cooper Yturbide, the only Dolphins 10 year old boy competitor, dropped .21 sec in the 50 freestyle for 6th place, 3.14 sec in the 50 backstroke for 7th, and a big 10.53 sec in the 50 butterfly for a new **PC-BB** time of 41.05 and 5th place.

Eden Neal swam 5 races for the 11 year old girls and dropped 4.27 sec in the 100 freestyle, .04 sec in the 100 backstroke, 6.77 sec in the 100 breaststroke and 5.16 sec in the 100 butterfly.

Anna Northcutt turned in a **100% improvement** meet, competing in 7 events and finishing 6th in the 50 freestyle where she took off 4.85 sec and 9th in the 200 freestyle taking off a whopping 40.17 sec. She also dropped 11.44 sec in the 100 freestyle, 12.45 sec in the 100 backstroke, 12.04 sec in the 100 breaststroke, a huge 23.52 sec in the 100 butterfly and 19.99 sec in the 200 individual medley.

Remy Hill-Holeman finished 8th in the 100 freestyle, 7th in the 100 backstroke, 9th in the 100 breaststroke, 5th in the 100 butterfly and 9th in the 200 individual medley for the 11 year old boys.

Aspen Pashke took on 6 events for the 12 year old girls and dropped 6.87 sec in the 100 freestyle, 14.89 sec in the 100 backstroke, 8.43 sec in the 100 breaststroke and 16.14 sec in the 200 individual medley.

Emma Ruffo placed 6th in the 50 freestyle, taking off .42 sec, 9th in the 100 freestyle, 5th in the 200 freestyle dropping .45 sec, 4th in the 100 backstroke and 5th in the 200 individual medley.

Justin Lopresto competing for the 12 year old boys tried 3 new events and finished 6th in the 50 freestyle where he took off 5.49 sec and 6th place in his first try at the 200 freestyle.

Chris Manning dropped 6.97 sec in the 100 freestyle, placed 6th in both the 100 breaststroke and his first try of the 100 butterfly and 9th in the 200 individual medley where he took off 14.93 sec.

Ben Munyan took on 3 new events and turned in times to beat in the 100 freestyle and 100 backstroke.

Maegan Collins competed in 5 events for the 13 year old girls, dropping 1.44 sec in the 100 freestyle and 1.07 sec in the 100 backstroke.

Nikki Jackson finished 8th in the 200 freestyle and shaved off .19 sec in the 100 backstroke.

Emily Willis placed 10th in the 50 freestyle, dropped 2.07 sec in the 100 breaststroke and set a time to beat in the 100 butterfly.

Emma Price competed for the 14 year old girls in her first meet for the Dolphins and set times to beat in the 50 freestyle and 200 freestyle.

Taylor Sullivan placed 6th in both the 100 & 200 freestyle and 100 backstroke, 2nd in the 100 breaststroke and 4th place in the 100 butterfly and 200 and 400 individual medley.

Cole Petrosky swam for the 14 year old boys and placed 3rd in the 50 freestyle, 8th in the 100 freestyle taking off .66 sec, 4th in the 200 freestyle dropping .92 sec, 5th in the 100 backstroke, 7th in the 100 breaststroke taking off .80 sec and 4th in his first try at the 400 individual medley.

Kaila Duffy finished in 4th place in both the 100 freestyle and 100 backstroke for the 15 year old girls, 2nd in the 100 breaststroke and 3rd in both the 100 butterfly and 200 individual medley.

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

CJ Hill-Holeman came in 4th place in the 15 year old boys 100 freestyle, 1st place in the 200 freestyle, 6th in the 100 backstroke where he dropped 1.99 sec, 5th in the 100 breaststroke and 3rd in both the 100 butterfly and 200 individual medley.

Shelby Koontz finished in 1st place in all 5 of her races for the 16 year old girls, including the 100 freestyle, 100 backstroke, 100 breaststroke, 100 butterfly and 200 individual medley.

Ryan Chen came in 5th in the 16 year old boys 100 freestyle & 200 individual medley, 4th in the 100 backstroke, and 3rd in both the 100 breaststroke and 100 butterfly.

Joe Sullivan finished 1st place in the 50 freestyle, 4th in both the 100 freestyle and 100 butterfly and 2nd in the 100 backstroke.

Logan Killion took on 7 events for the 17 and over boys, placing 2nd in the 50 freestyle, 100 freestyle and 100 breaststroke where he took off 2.80 sec, 3rd in

the 200 freestyle, 100 butterfly and 200 individual medley, and 1st place in the 100 backstroke where he shaved off .57 sec.

Andre Mendes finished in 1st place in 4 of his 5 events including the 200 freestyle, 100 breaststroke, 200 individual medley and 400 individual medley, where he dropped 7.79 sec. He also placed 2nd in the 100 butterfly.



VALENTINE MEET

The Douglas Dolphins Swim Team hosted the annual St. Valentine Meet February 13-15 at the Carson Valley Swim Center. The Dolphins performances were highlighted by many Top 8 place finishes and time improvements from team members of all ages.

Hadley Peck, swimming for the 6 and under girls, placed 3rd in both the 25 and 50 freestyle events and 2nd in the 25 backstroke where she dropped 3.19 sec.

Caitlin Taylor finished 2nd in both the 50 freestyle, dropping 7.38 sec, and 50 backstroke.

Zachary Jahreis came in 5th in the boys 6 and under 25 backstroke and 8th in the 25 freestyle.

Keira Duffy dropped time in 3 of her 5 events including 2.53 sec in the 25 freestyle, 18.45 sec in the 50 backstroke and 10.01 sec in the 25 breaststroke.

Cammie Jahreis finished 5th in the 7-8 girls 25 backstroke, shaving off .73 sec, 7th in the 50 backstroke, dropping .59 sec and 8th in the 25 breaststroke. She also took off 1.87 sec in the 25 freestyle, .34 sec in the 25 butterfly and 7.27 sec in the 100 individual medley.

Sophia Delange brought in a 6th place finish for the 9-10 girls 200 freestyle, placed 4th in the 100 backstroke where she took off .46 sec, and 3rd in the 200 individual medley where she dropped .69 sec. She also dropped 1.40 sec in the 50 breaststroke to achieve a new **PC-B** time of 52.23 sec, dropped 2.85 sec in the 100 breaststroke and 1.29 sec in the 100 individual medley.

Grace Dickey finished 8th in the 50 freestyle, 4th in the 200 freestyle, 7th in the 100 backstroke and 9th in the 50 breaststroke, achieving new **PC-BB** times in all 4 races.

Kalia Duffy took off 9.55 sec in the 50 freestyle.

Lila Fields had a good meet dropping time in 6 of her 8 races including 1.06 sec in the 50 freestyle, 1.08 sec in the 50 backstroke, 6.22 sec in the 100 breaststroke, 7.38 sec in the 100 butterfly, a huge 14.81 sec in the 100 freestyle for a new **PC-B** time of 1:24.92, and another new **PC-B** time of 3:13.25 in the 200 freestyle, taking off 7.01 sec.

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Barrett Lee had an awesome meet, dropping time and coming in 2nd in the 100 freestyle, 200 freestyle, 100 backstroke, 100 butterfly and 100 individual medley. She also placed 3rd in the 20 freestyle, 50 backstroke and 50 butterfly, 4th in the 100 breaststroke and 5th place in the 50 breaststroke.

Stephanie Lin finished 6th in her very first 200 individual medley race, dropped 4.26 sec in the 50 freestyle for a new **PC-B** time of 37.82, 4.81 sec in the 100 freestyle, 9.87 sec in the 100 backstroke for another new **PC-B** time of 1:44.48, 1.35 sec in the 50 breaststroke, 8 sec in the 100 individual medley for yet another new **PC-B** time of 1:39.74 and set a time to beat in the 100 breaststroke.

Maile Pierson set times to beat in the 50 freestyle, 50 backstroke and 100 backstroke.

Trey Ballingham, first up for the 9-10 boys, finished 10th in the 50 backstroke where he took off 8.04 sec, and dropped 3.29 sec in the 100 backstroke.

Mason Dickey took off 2.05 sec in the 50 freestyle.

Todd Gosselin placed 9th in the 9-10 boys 200 freestyle and 5th in the 50 backstroke, taking off 2.91 sec. He also took off a huge 1469 sec in the 100 freestyle and set times to beat in the 100 backstroke, 50 breaststroke and 100 individual medley.

Cooper Yturbide came in 5th place in both the 100 breaststroke and 100

individual medley, taking off 6.66 sec, 6th in both the 50 backstroke and 50 butterfly, 7th in the 200 freestyle dropping, 1.15 sec, and 8th in both the 100 freestyle and 50 breaststroke events.

Matthew Yturbide took on 10 events, setting times to beat in the 200 freestyle, 100 backstroke, 100 breaststroke and 100 individual medley.

For the 11-12 girls, **Grace Dupont-Moore** turned in 4 times to beat in the 200 freestyle, 100 backstroke, 100 breaststroke and 100 butterfly.

Harley Keenan dropped 1.38 sec in the 50 butterfly and set times to beat in the 200 freestyle, 100 backstroke and 100 individual medley.

Eden Neal shaved off .84 sec in the 50 backstroke, 3.22 sec in the 50 breaststroke, 2.97 sec in the 50 butterfly, 6.13 sec in the 100 individual medley, 3.80 sec in the 200 individual medley and set a time to beat in the 500 freestyle. **Ashlyn Nelson** came in 8th place in her first try at the 400 individual medley, dropped 12.07 sec in the 500 freestyle, 5.05 sec in the 50 breaststroke, a huge 30.46 sec in the 100 individual medley and set another time to beat in the 200 freestyle.

Anna Northcutt placed 9th in her first competition 200 breaststroke, dropped 1.33 sec in the 100 freestyle, 3.51 sec in the 50 backstroke, 1.64 sec in the 100 backstroke, 7.06 sec in the 50 breaststroke, 7.86 sec in the 50 butterfly and 11.53 sec in the 100 individual medley.

Aspen Paschke tried her first 500 freestyle, dropped .78 sec in the 50 freestyle, 2.86 sec in the 100 freestyle, .85 sec in the 200 freestyle, 4.59 sec in the 50 backstroke, 2.96 sec in the 50 breaststroke and 14.29 sec in the 100 individual medley.

Emma Ruffo took off 4.43 sec in the 200 backstroke to finish 4th, placed 8th in the 100 backstroke and took off 1.49 sec in the 50 butterfly.

Alanna Smithen, turning in a **100% improvement** performance, dropped a huge 14.62 sec in the 200 freestyle for a new **PC-BB** time of 2:29.36 and 8th place, 4.79 sec in the 50 backstroke for 9th place, 9.98 sec in the 200 individual medley for another new **PC-BB** time of

2:48.62 and 7th place, and came in 5th in the 400 individual medley. She also took off 1.61 sec in the 100 freestyle, 11.37 sec in the 100 backstroke, 22.28 sec in the 100 breaststroke, .50 sec in the 50 butterfly and 7.03 sec in the 100 individual medley for a new **PC-B** time of 1:19.25.

Josh Beam was first up for the 11-12 boys and set a time to beat in the 200 freestyle.

Zach Foster finished 9th in the 50 butterfly for the 11-12 boys where he dropped a big 19.52 sec and set times to beat in the 200 freestyle, 100 backstroke and 100 breaststroke.

Timothy Golobic took on 6 races, taking off 4.82 sec in the 50 freestyle.

Niko Hight took off .52 sec in the 50 freestyle and 2.88 sec in the 50 backstroke, placing 7th in both races. He also came in 8th in his first 200 freestyle. He also dropped 4.01 sec in the 100 freestyle and 16.89 sec in the 50 breaststroke.

Remy Hill-Holeman came in 4th in the 50 butterfly, 5th in the 100 freestyle, 6th in the 100 breast and 7th in the 200 individual medley.

Justin Lopresto brought in a 7th place finish in the 50 butterfly, took off 4.28 sec in the 100 freestyle, 4.67 sec in the 100 breaststroke and 15.46 sec in the 100 individual medley.

Chris Manning came in 6th in the 50 freestyle, improving 2.49 sec, 5th in the 500 freestyle, taking off 33.73 sec, 6th in the 50 backstroke, 2nd in the 200 breaststroke for a new **PC-B** time of 1:27.58 and 6th in the 100 individual medley for another new **PC-B** time of 1:21.63, taking off 7.60 sec. He also took off 9.60 sec in the 200 freestyle and set times to beat in the 100 backstroke and 200 breaststroke.

Ben Munyan set times to beat in the 200 freestyle, 100 individual medley and dropped 2.11 sec in the 50 freestyle.

Corbin Sanchez dropped 3.81 sec in the 50 freestyle and 4.55 sec in the 50 backstroke.

Ryan Signorella took off 2.96 sec in the 100 freestyle, set a time to beat in the 200 freestyle, took off a huge 12.95 sec in the 50 breaststroke and 7.66 sec in the 100 breaststroke.

Jack Stevenson was successful in his first swim of the 500 freestyle, placing 6th in that event. He also finished 6th in the 50 breaststroke, dropping 6.07 sec, 3rd in his first 200 breaststroke, dropped 1.05 sec in the 50 freestyle, 2.34 sec in the 100 freestyle, set a time to beat in the 200 freestyle, and took off 7.50 sec in the 100 individual medley.

Connor Taylor placed in the top 8 in all 10 of his races including 5th place finishes in the 50 freestyle, where he dropped .34 sec, 50 backstroke, 200 individual medley, where he took off 19.88 sec for a new **PC-B** time of 2:55.61, and the 400 individual medley. He dropped .72 sec in the 100 freestyle to place 6th, 1.54 sec in the 50 breaststroke to finished 4th, 1.69 sec in the 50 butterfly to place 3rd and 1.30 sec in the 100 individual medley for a new **PC-B** time of 1:22.52.

Clarice Albert was our first 13-14 girl, dropping 1.87 sec in the 200 freestyle, 6.58 sec in the 200 breaststroke, 4.37 sec in the 100 butterfly, .43 sec in the 200 individual medley for a new **PC-B** time of 2:53.05 and trying her first 400 individual medley.

Lily Bickmore came in 8th in the 13-14 girls 200 backstroke and 6th in the 200 individual medley where she took off .65 sec along with dropping a big 16.95 sec in the 200 breaststroke for a new **PC-BB** time of 2:57.37. She also took off .05 sec in the 50 freestyle, 2.40 sec in the 100 freestyle for a new **PC-A** time of 1:00.78, 2.39 sec in the 200 freestyle and 3.32 sec in the 100 breaststroke.

Julia Chappell finished 8th in the 50 freestyle, taking off 1.29 sec, 7th in the 500 freestyle and dropped 11.44 sec in the 400 individual medley.

Sarah Hyatt brought in 8th place finishes in both the 100 breaststroke, shaving off .06 sec, and 400 individual medley, 5th place in the 200 breaststroke where she dropped 3.11 sec, 9th in the 100 butterfly for a new **PC-B** time of 1:15.79 and 7th place in the 200 individual medley. In addition she took off .27 sec in the 100 freestyle and 1.46 sec in the 500 freestyle.

Nikki Jackson finished 7th in the 200 butterfly where she dropped 5.71 sec for

a new **PC-B** time of 2:49.17 and dropped 2.01 sec in the 200 individual medley.

Emma Price took on 5 events, shaving off .77 sec in the 50 freestyle, a huge 21.09 sec in the 200 freestyle and set times to beat in the 100 freestyle, 100 backstroke and 100 breaststroke.

Hope Rakow competed in 8 events, dropping .93 sec in the 100 backstroke and setting a time to beat in the 200 butterfly where she placed 9th.

Taylor Sullivan dropped 2.20 sec in the 500 freestyle, right on **PC-BB** pace.

Emily Willis took on 9 races, dropping 3.31 sec in the 100 backstroke, 9.41 sec in the 200 breaststroke and 10.96 sec in the 200 individual medley.

Taylor Knowles represented in the 13-14 boys competition with an 8th place effort in the 100 breaststroke, 6th place in the 200 butterfly and 5th in the 400 individual medley.

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

Joey Smithen won 1st place in both the 50 and 100 freestyle events where he dropped 1.62 sec for a new **JO** time of 53.99 sec. He also came in 2nd place in the 100 breaststroke, dropping 1.12 sec with a new **PC-A** time of 1:10.33, in the 200 breaststroke, where he took off .94 sec for another new **JO** time of 2:35.57, in his first try at the 1000 freestyle and in the 200 individual medley. He also claimed 4th in the 400 individual medley with a new **JO** time of 4:50.38, taking off 42.14 sec, 5th in the 200 backstroke and set a 4th new **JO** time in the 200 freestyle of 2:01.01.

Daniel Taylor turned in 7th place finishes in the 50 freestyle, where he achieved a new **PC-BB** time of 27.65, in the 100 backstroke and 100 breaststroke. He also came in 5th place in the 200 butterfly, 6th in the 400 individual medley, took off 1.17 sec in the 100 freestyle with a new **PC-BB** time of 1:01.14, dropped 2.66 sec in the 200 freestyle, 2.54 sec in the 100 butterfly and 2.12 sec in the 200 individual medley.

Chayce Beam took on 3 events for the 15-18 girls, dropping a whole 22.40 sec in the 200 freestyle and setting a time to beat in the 200 breaststroke.

Savannah Chappell turned in a 2nd place effort in the 100 backstroke, 3rd place in the 100 butterfly, where she took off .46 sec, 4th in the 200 freestyle, 5th in the 200 breaststroke, dropping 2.30 sec, 6th in the 50 freestyle and 7th in the 400 individual medley.

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

Kaila Duffy finished in 8th place in the 200 breaststroke event.

Jordan Knowles came in 6th place in both the 100 and 200 backstroke races, 7th in the 100 freestyle and 4th in the 100 butterfly.

Shelby Koontz claimed 1st place in 5 of her 8 events including the 50 freestyle, 100 and 200 backstroke, 200 butterfly and 400 individual medley. She also placed 2nd in the 200 freestyle and 4th in both the 100 and 200 breaststroke races.

Audrey Muller turned in a **100% improvement** meet with 2 new **PC-B** times of 30.65 sec in the 50 freestyle, where she took off 6.40 sec, and 1:07.24 in the 100 freestyle where she dropped 12.82 sec. She also set times to beat in the 200 freestyle and 200 individual medley.

Kayla Ruffo turned in a 7th place effort in the 200 breaststroke and finished 3rd in the 200 butterfly.

Ryan Chen did well for the 15-18 boys with 1st place efforts in both the 100 breaststroke with a new **PC-A** time of 1:07.86 and in the 200 breaststroke. He also finished 2nd in the 200 butterfly, 3rd in the 1650 freestyle, taking off 36.24 sec for a new **PC-BB** time of 19:59.04, 4th in the 50 freestyle and 200 individual medley, dropping 1.53 sec, 5th in the 100 backstroke, taking off 1.64 sec, and 7th in the 200 freestyle, shaving off .08 sec.

Justin Hight turned in a 1st place finish in the 100 butterfly, two 2nd place efforts in the 50 and 100 freestyle races, 3rd in the 100 backstroke, shaving off .40 sec, 5th in the 200 individual medley where he took off 2.62 sec and 8th in the 100 breaststroke.

CJ Hill-Holeman came in 5th place in both the 100 and 200 butterfly and 6th place in both the 50 freestyle and 200 breaststroke.

Logan Killion came in Top 8 in all 10 of his races with 1st place finishes in the 1000 freestyle, taking off 30.69 sec, for a new JO time of 11:10.35 and 1650 freestyle, dropping 31.64 sec for another new JO time of 18:38.17. He dropped .36 sec in the 500 freestyle and 1.07 sec in the 100 butterfly, coming in 2nd place in those events. He also took off 3.80 sec in the 200 freestyle and 6.03 sec in the 200 butterfly to finish 3rd in both, 4th place in the 100 backstroke for a new **JO** time of 1:02.68 and 6th in the 100 freestyle and 200 individual medley where he dropped another 1.55 sec.

Jason Lowther placed 8th in the 100 freestyle, dropped 4.44 sec in the 200 freestyle for a new **PC-BB** time of 2:07.29, and a huge 1:13.47 in the 500 freestyle for another new **PC-BB** time of 5:47.70. He came in 7th in his first 200 backstroke, 3rd in the 100 breaststroke where he dropped .50 sec, 2nd in the 200 breaststroke, taking off 1.07 sec, 4th in both the 100 and 200 butterfly, and 5th in the 400 individual medley.

Andre Mendes turned in three 1st place performances in the 200 freestyle, 500 freestyle and 200 butterfly. He also came in 2nd in the 200 backstroke and 8th in the 200 individual medley.

Cole Petrosky came in 8th place in the 100 butterfly, taking off 11.79 sec, 8th in the 50 freestyle, dropping .30 sec and 9th in the 100 freestyle for a new **PC-B** time of 1:02.80. He also took off 6.91 sec in the 200 freestyle, .82 sec in the 100 breaststroke and 3.32 sec in the 200 individual medley.

Josh Smithen came in 1st place in the 200 individual medley, 2nd in both the 100 breaststroke and 200 freestyle where he took off 1.89 sec, 3rd in the 50 freestyle, 100 freestyle and 200 breaststroke, 4th in the 500 freestyle where he took off 3.50 sec and 5th place in the 200 backstroke.

Joe Sullivan placed 3rd in both the 100 butterfly and 200 individual medley, dropping 5.17 sec in that event. He also came in 4th in the 200 backstroke where he took off 1.09 sec, 5th in the 100 breaststroke, and 6th in the 200 freestyle and 200 butterfly and 8th in the 500 freestyle where he dropped 1.14 sec.

Sebastian Zeron completed the Dolphins performances with a 3rd place finish in the 400 individual medley where he dropped 7.73 sec, placing 4th in the 100 freestyle, dropping .58 sec, and in the 100 breaststroke, 5th in the 200 freestyle, taking off 6.26 sec, 5th again in the 500 freestyle achieving a new **PC-BB** time of 5:31.75 and taking off 18.93 sec and also in the 200 breaststroke. He also came in 7th in the 100 backstroke, shaving off .09 sec, and 8th in the 200 backstroke dropping another 5.48 sec.



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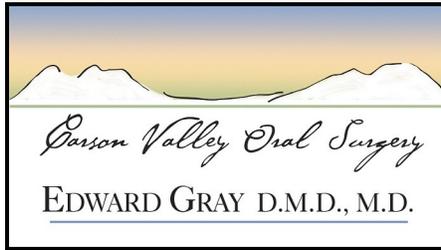
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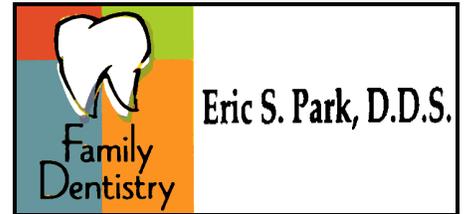
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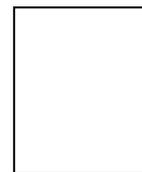
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Congratulations and Welcome to new:

Dippin Dolphin: Ella Martin

Moving on up Congrats to new:

Silver Dolphins: Keira Duffy

Pre-senior Dolphins: Maegan Collins & Cole Petrosky

Senior Dolphins: Logan Killion



Practice Schedules

Check www.ddst.org for updates.

SCHOOL IN SESSION SCHEDULE

Seniors: M-Th 2:30-4:45 p, Fri: 2:30-4:30, dryland see **group calendar**

Pre Seniors: M-Fri 2:30-4:15 p, dryland see **group calendar**

Non High School Pre-seniors: M, Tu 3:30-4:30 p, W, Th 2:30-4:45p, Fri 2:30-4:15p. (until outdoor pool opens) (Optional Masters practice M, W & Fri 5:30a-7:00a both groups)

Blue: M-Th 4:45-6 p, Fast Fridays 4:15-5:30p

Red: M-Th 5-6:00 p. Optional FF with Blue group

White: M, Tu & Th 4:15-5:00p

Silver: Wenesday & Friday 4:15p-5:00p.

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



Next Newsletter

The next *Monthly* will appear about April 15th. **All submissions should be received by April 10th.** Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Julie Gray, at newsletter@ddst.org or 775-690-0124.** Items can also be left in our family folder, in the team file box by the trophy case at the pool lobby.

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

Latest news online:
www.ddst.org

