

# Dolphins' Monthly

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

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

January 2016

## Swimmers of the Month

**Izaak Bonner is Dippin Dolphins Swimmer of the Month.** Izaak has consistently shown up to practice and been a positive, respectful athlete. He has just recently competed in our home Twilight Meet and did an amazing job! I hope to see him in another swim meet soon. Keep up the hard work, Izaak!

**Daniel Ward is Silver Group Swimmer of the Month.** Daniel is receiving this recognition because of his precise swimming. He is always attentive and ready to learn. He recently swam in our Twilight Meet and performed very well. It is encouraging to see him progress as a swimmer, and I am excited to see him compete in future swim meets. Keep on Swimming, Daniel!

**Maile Pearson is White Group Swimmer of the Month.** Maile came to our group in December and has made great improvements. She has great attitude every day, and is a pleasure to work with. Lastly, Maile showed her dedication during the holiday break by showing up at every practice. Good job Maile, and keep up the hard work!

**Lilia Fields is Red Group Swimmer of the Month.** Lilia has been outstanding this month. Every set we have done she has completed with tenacity and purpose. She seems to be focused in on what she wants, and it is exciting to watch. She recently competed in our Twilight Meet and did amazing. Keep up the hard work, Lilia!

**Anna Northcutt is Blue Group Swimmer of the Month.** In Blue Group swimmers are not only learning

a lot about swimming but they are also continuing on the journey of being a team mate. This is a tough age for children because they are really solidifying some refined sense of justice internally and externally. How do they handle others cheating, lying, etc? How does this work in a team? Anna is doing a great job of this. Perhaps it is because she has so many other activities in her life? Whatever the reason Anna is a great team mate who encourages and accepts others and is willing to learn when there is conflict. Anna also had a great Carson Pentathlon Meet. She dropped a total of 28 seconds and got 5 Life Time Best Times! It is a pleasure to have Anna as part of the Douglas Dolphins!

**Daniel Taylor is the Pre Senior Swimmer of the Month.** Daniel has been working hard to get himself up to the next level. Daniel has the best attendance in his group at nearly 100%. This really paid off at the Blizzard Blast swim meet in Carson on January 15. Daniel swam best times in 3 events dropping over 8 seconds over all. We feel that he is going to play a great role for the high school team this season, and we can't wait to see where his hard work will take him. Congratulations, Daniel!

**Ryan Chen is Senior Group Swimmer of the Month.** Ryan has developed into quite the dedicated team member. Recently he had a situation where he had SAT testing during a Senior level meet. I asked him if he would be willing to drive to the Bay area a day later to take part in the meet we had scheduled, and he said that he would. Juggling academic and sports activities isn't easy for our swimmers, so when they make both a priority and find a way to be successful I think it's

noteworthy. Ryan went 2 LTB's at the Walnut Creek meet. Ryan has been training pretty hard and looking good in the water. We are really excited to see how he does at the Washington Husky Meet. Good Luck, Ryan Chen!



## Important Dates

**PLEASE NOTE THE FOLLOWING practice days coming up:**

**Parent Meetings: Discussion of training plans and swimmer evaluation sheets**

**January 25, 5:45 pm: Dippin Dolphins**  
**January 29, 5:00 pm: Silver Group**  
**January 26, 5:00 pm: White Group**  
**January 26, 6:00 pm: Red Group**  
**January 28, 5:00 pm: Blue Group**  
**January 27, 4:30 pm: Pre Senior and Senior Groups**

**January 30, 2016: Annual DDST Swim-a-thon.**

**6:00 pm to 8:00 pm: Dippin, Silver, White, Red and Blue groups**  
**8:00 pm to 9:30 pm: Pre Senior and Senior groups**



## 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.



COACH

## Kat's Corner

(coachkat0809 @ hotmail.com)

With our New Year and new goals we try to narrow down some specific goals for improvement. The following article gives some real important thought to immediately help improve swimming.

### Five Focus Areas for Continual Improvement

#### Defeat the Demons of Distraction

Terry Heggy | January 6, 2016

Swimming is a big part of our lives, but it's not the *only* thing we think about. Thoughts about family, work, and what's for dinner can float through our heads as we float through the water. This isn't necessarily a bad thing; swimming is a great way to relieve stress and relax, even while we're working hard. Singing, thinking about to-do lists, and anticipating an upcoming vacation are all legitimate things to do as we crank out laps to get a good cardio workout.

But if we really want to *improve* our swimming and get faster, we need to fight the distraction demons and maintain concentration. Here are five focus areas that can maximize the benefit you'll get from each workout you complete.

#### 1. Streamline Focus

The biggest contributor to success in swimming is drag reduction, also known as streamlining. Reducing unnecessary water resistance ensures that the effort we apply is translated into speed. Major streamline considerations include:

**Length:** Longer boats go faster. A straight-arm, turbulence-free catch not only sets you up for an effective pull, but also extends your body's length to

take advantage of the long-boat phenomenon.

**Width:** Minimize motion that bends your spine, such as reaching to the side for your breath, or stroking too far outside or across your body. Increasing shoulder flexibility can help narrow your profile.

**Depth:** A good catch also helps minimize your vertical drag profile by providing *balance* in the water so the feet won't go too deep. Proper kick technique, spinal-aligned breathing, and early vertical forearm engagement contribute to minimal-depth posture, as well.

Giving ourselves feedback on these techniques is certainly beneficial, but our kinesthetic perceptions don't always precisely match reality. It's best to get technique verification from a video, a coach, or other observer who knows what to look for.

#### 2. Propulsion Focus

Effectively applying power requires more than just muscular strength. We need to understand and control the tools we use to generate propulsion.

##### Upper Body

Primary upper-body power comes from the core, the back, the shoulders, and the arms. But the surface that actually creates thrust in the water consists of your hand and forearm operating as a single unit. Critical elements of hand/forearm motion include:

**The catch:** A clean (no bubbles) hand entry ensures contact with the *water*, rather than just air and turbulence.

**The hand/forearm paddle:** A larger hand surface contacts more water—so make sure your hand isn't cupped or forming a claw. Keep your hand in line with your forearm and not bent up or sideways at the wrist.

**Early vertical forearm:** As you begin your pull, make sure your hand/forearm paddle leads the way, keeping the elbow high.

**Acceleration to the finish:** Be aware of the entire path your hand takes through the water, and make sure you keep the pressure on to continue

accelerating until you finish the stroke and begin the recovery.

Perfect these techniques during drill sets, but also focus on them during work. If you're doing repeat 100s, for example, you could focus on each bullet for one length of each swim.

##### Lower Body

Once we master the art of keeping the legs within our streamline profile, we can focus on applying them effectively.

**Kick cadence:** Our "kicks per stroke" tempo may depend on the distance and stroke being swum, as well as our individual body geometry. But it pays to be aware of it at all times, and to make adjustments when necessary.

**Launch power:** The starting blocks and walls are where our legs do the majority of the work, including the pushoff, the underwater kick, and the establishment of rhythm into the breakout stroke. Gain an advantage by emphasizing these techniques during every single start and turn you perform during your practice.

Your legs give you plenty of feedback. For example, if you feel pressure on the outsides of your thighs, you might be "fishtailing" out of alignment. (The solution is usually a smoother breathing motion.) If you feel unexpected leg fatigue, you might want to emphasize your exhalation. If there's no thrust from the legs, it might help to work on ankle flexibility during dry-land practice.

#### 3. Turn Focus

In addition to pushoff thrust and underwater kick focus on turns, we'll also benefit from paying attention to the following:

**Legality:** Always practice two-hand touches on breaststroke and butterfly, continuous motion for the last stroke into a backstroke turn, only one dolphin kick on breaststroke turns, etc.

**Quickness:** In the middle of a long workout, it's tempting to get lazy on turns. But the only way to ensure snappy turns in a race is to make them snappy in practice.

**Streamline:** If you normally swim circles, make sure you somehow find time to practice “down the middle” turns so you won’t revert to slow circle turns in a meet. Get hands together in streamline position before you push off, execute core-driven kicks, and find that sweet spot for the breakout with the best compromise between underwater speed and “held my breath too long” fatigue. To be able to stay underwater longer off the wall, you have to *practice* staying underwater longer off the wall.

Practicing good technique on turns will help us be more consistent with good starts when we practice them, as well.

**4. Spatial Focus**

Swimming with others in the lane causes us to unconsciously develop collision-avoidance stroke adaptations, including lifting the head to look forward, altering recovery to avoid swimmers in the next lane, and dropping the elbow on backstroke to avoid walls or lane mates, etc. It’s important to look for opportunities to correct these adaptations so they don’t become habits. Whenever you have open water, take that opportunity to move toward the middle of the lane and perform your entire stroke without spatial compromise.

When you lead the lane, you’ll probably have open water for the first length.

When you follow in the lane, you may have open water for the last length of the swim.

When the set is one-length swims (e.g. 25s), you should be able to go right down the middle.

If those situations aren’t available, ask your coach for more “free space” work sets or find other times to swim when there aren’t crowds.

**5. Recovery Focus**

Recovery is an essential part of training. But it’s more than merely resting between workouts; it also includes what you do *between swims within a workout*. Active recovery techniques include:

Standing up rather than crouching at the end of a swim to allow the diaphragm to fully process air through the lungs

Stretching shoulders, arms, legs, and neck

Swimming at an easy effort level while concentrating on breathing and proper form.

**About the Author—Terry Heggy**

Terry "Speed" Heggy has been swimming for more than 50 years. He won his age group in the 2006 USMS 6+ Mile Open Water National Championship, and competed in the USA Triathlon Olympic-Distance National Championship in 2014. He has coached the Foothills Masters Swim Team in Littleton, Colo., since 1986, and is a National Academy of Sports Medicine Certified Personal Trainer.



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**NEXT BOARD MEETING**

The next DDST Board of Directors Meeting date, time and place **TBA**. Watch podcasts for announcement.

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.



COACH

**Sarah's Corner**

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

On Feb 20, 2016 the DDST coaches will be holding a Goal Clinic for our athletes. This clinic will give our athletes the tools for success in 2016. I would like parents and athletes to start looking at achievable goals for the season ahead, as well as the successes they had last year. Below is an article about self- confidence. Please take the time to read this with your athlete.

**The Importance of “Self Confidence” in Achieving Your Swimming Goals**

By Wayne Goldsmith

*Belief is the knowledge that we can do something. It's the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether or not we can do it. So, in belief there is power: our eyes are opened; our opportunities become plain; our visions become realities. – Unknown*

Have you said (or thought) any of the following in the past few months?? “I can’t do it,” “They are much faster than me. I’ll come last,” “I’m hopeless,” “I’ve never been able to do that, so I know I can’t do it now,” “It’s just too hard. It’s impossible.”

You are not alone. Many swimmers have these thoughts and say these words from time to time. Most swimmers (and people generally) have times when they get a little negative and lack faith in their abilities. When swimmers say “I can’t” or “it’s too hard,” what are they really saying?

*Swimmer says:* “I can’t do it.”  
Swimmer means: “I am not prepared to

try because if people might think less of me.”

*Swimmer says:* “They are faster than me. I’ll come last.” Swimmer means: “If I can’t win there’s no point trying.”

*Swimmer says:* “I’m hopeless.” Swimmer means: “I have no faith in myself or my ability to succeed. I have no confidence.”

*Swimmer says:* “I’ve never been able to do that, so I know I can’t do it now.” Swimmer means: “I’ve never really prepared for this or learnt how to do it correctly so the chances of me doing it now are not very good” or “I tried once and failed, so I am not going to try again.”

*Swimmer says:* “It’s just too hard. It’s impossible.” Swimmer means: “I’m not prepared to try.”

Confidence is believing in yourself to do what has to be done. To do what needs to be done, with faith in your ability to achieve it. To meet new challenges with an expectation that anything is possible. To accept failure as an opportunity to learn from the experience and try again. And try again. And try again if necessary.

Confidence is trying to achieve and if you fail knowing that it was the nature of the task or the circumstances or just plain bad luck, not your lack of character that is to blame. Confidence is learning from that failure and trying again with more energy, more commitment and greater determination than before.



## December Birthdays

Happy Belated Birthday to: Eslie Clifford (12/6), Emma Gray & Dawson Dickey (12/16), Taylor Knowles (12/25).



## Coach

### TJ’s Corner

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

## How to Move on After a Bad Race

By Mike Gustafson

Bad races are like bad days: Sometimes, they come from nowhere, for reasons you can’t control, and leave you feeling lower-than-low, down, depressed, and without worth. After all, you trained hard. You prepared for months. You ate properly. You slept. And yet, the swimming gods bestowed a horrible, no-good race upon you — a race so awful that you actually swam faster three years ago, a race you wish never happened, and yet, you can’t move on from.

Sometimes, the worst part of the race are those moments *after* the race, when you make it to the warm-down pool, disappointment weighing heavily on your tired shoulders, and you feel like you are a failure. I remember my worst races of my career: The warm-downs were the worst part. Tears mixed with chlorine water mixed with anger mixed with sweat. It wasn’t a great mixture.

Bad races happen, but how we deal with bad races is oftentimes more important than the races themselves. The best swimmers take those bad races and learn from them. They turn them around, spin them into a learning experience. Sounds easy, but it’s not. After a bad race, we want to be angry. We want to blame something, someone, a coach, another swimmer, the depth of the pool, a slippery turn, the hotel alarm that mysteriously went off at 4am, the test coming up on Monday morning that you haven’t studied for. Then, after blaming external reasons, we venture internal. We blame ourselves. We slam our fists into the water and hit the showers and put the towel over our heads and keep those heads

low, embarrassed, ashamed, disappointed.

Moving on from a bad race is the most important part of swimming. Acknowledging it, moving on from it, using it.

Here are four ways you can move on from a bad race:

### 1. Realize all races are temporary.

All races are temporary. What you swam yesterday is not what you will swim today and is not what you will swim tomorrow. Just because you swam poorly today doesn’t mean you’re a bad swimmer. Just because you swam fast three years ago does not mean you will swim fast now. A race is not a yard-stick; a race is a performance on a particular day. Just like you can get a bad test score one day and a much better test score on another day, race times can fluctuate. When you swim poorly, realize that “bad races” are not forever. Just like good races, bad races are temporary.

### 2. One bad swim doesn’t mean you’re a bad swimmer.

Ever heard the saying, “Not too high, not too low?” Having the same mentality in swimming can prevent the high highs and the low lows that can come with performance fluctuations. One bad swim can happen to everyone. In his career, Michael Jordan missed 26 game-winning shots. He’s still the greatest basketball player in history. Now, I’ve had plenty more bad races than Michael Jordan’s had missed game-winners, but I’m standing here to let younger swimmers know that one bad swim (or hundreds of bad swims) do not define a career. A career defines a career.

### 3. When a bad swim happens, acknowledge it.

Bad swims happen. And the worst thing you can do when they happen is to overcompensate for it. To try and make up for it in some crazy way, like going for a five-hour swim the next day or completing a 10,000 yard butterfly set. Instead, when a bad swim happens, just acknowledge it. When warming down, play it over once more

in your head, just to go over what, exactly, went wrong. Give yourself one mental play-through, then move on. Acknowledge it, don't fight it, then tell yourself, when you change into your regular clothes and go back home after a long swim meet, that the day is over, the meet is done, and tomorrow is a new day.

#### 4. Understand that failure can happen.

I know lots of famous swimmers and coaches talk about expecting victory and having a winning mentality. But I've always thought that the times I've swam fastest were not those races when huge expectations of victory were thrust upon me, but those times when I had no pressure; when swimming was fun and carefree; when expectations were low and I was excited to just swim. In other words: When I had nothing to lose. Swimming fast doesn't mean locking yourself into a "do-or-die" mentality; it means understanding failure, acknowledging the possibility of failure, and being okay with failure. That's not to say we should expect to fail, but just understanding what failure is and how it can happen. We shouldn't be afraid of failure, because fear can weigh on us just like the burden of expectation or pressure. The more we understand that, yes, bad races happen and yes, failure can happen, the less we let failure and bad races control our emotions and ourselves.

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=13323&mid=14491>



## January Birthdays

Jack Stevenso (1/9), Mason Dickey (1/10), Maile Pierson (1/12), Joey Smithen (1/16), Corbin Sanchez (1/22), Josh Beam (1/30), Sarah Hyatt (1/31).



## DDST Key Contacts

**Acting Board President:** Wendy Yturbide.  
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## FROM THE MEET DIRECTORS

Our home Valentine Meet is coming up soon February 12-14! We would like to remind families to sign up for this meet by declaring your intention on ddst.org under Meets. As this is a home meet, we need as many swimmers and families as possible.

If anyone is interested in helping make food for hospitality please contact Joana Ruffo at billing@ddst.org. You can earn service hours towards your annual family obligation.

Silent Auction baskets are also needed for this meet! The amount your basket sells for earns an equal amount towards your annual fundraising obligation. If interested, please contact Joanna Ruffo at the above email.

If there is anyone who is interested in helping Karen Sullivan, the Meet Director, call her ASAP at 775-750-5016.



## Upcoming Meets

**January 21-24, 2016: Washington Husky Meet.** Qualifying times apply. Good luck to our traveling athletes!

**February 12-14, 2016: HOME MEET, St. Valentine Age Group Open Meet.** Declare your intent on ddst.org.

**February 27-28, 2016: Pacific Swimming Zone All Star Meet, Livermore, CA.** qualifying times apply. See ddst.org for details.

**February 20, 2016: Goal Setting Clinic, St. Galls Catholic Church, Gardnerville, NV.** All swimmers welcome. See ddst.org for details under swim meets. Declare your intent ASAP.



## 2016 SWIM -A - THON

We are so excited to let you know that on 1/30/2016 at 6:00 PM, the **Douglas Dolphins Swim Team** will be running the **2015 Swim-A-Thon** event at the Carson Valley Swim Center to raise critically needed money to fund team operations. Participants earn money by swimming lengths of the pool. Swimmers have a 2 hour period to swim a maximum of 200 lengths. You can get pledges from family, neighbors or businesses to support your efforts. Donors can either pledge money per length or make a flat donation in support of their swimmer or the team. We need your help to raise as much as you can to help our team this year. **This is a great training for your swimmer and it is one of your last chances to raise money for your fundraising obligation!** Please see [www.ddst.org](http://www.ddst.org) for incentives, and if you need any help or have any questions, please feel free to contact Jenna Beam.

**OUR FUNDRAISING GOAL THIS YEAR IS \$10,000.00**

**Your help and participation is crucial** in helping us reach our goal. You will find that it is extremely easy and fun to participate, promote, and manage the entire process. **Everything is right inside your private team account.** With our fundraising platform, you'll be able to:

Create unique personalized donor landing pages for your kids. Impress your donors - they will give more!

Utilize the sample content, and add images for a unique and fun look. Creativity is recommended, but not required!

Easily import or upload contacts, and send emails in just a few clicks. Increase exposure!

Add offline donations for team administrator approval. Track every dollar raised with ease!

View all donation details for your child[ren].

View real-time progress towards incentive awards for your kids. Keep everyone focused and motivated!

#### **Sign in to your account.**

Click the red "Help Video" icon to watch fundraising quick-start video, and **download the user guide.**

Once you are signed in, **you will land in the Setup tab to begin setting up your fundraising efforts.** You'll also see a series of other tabs where you will manage the entire process for your child[ren]. If you have more than one child on the team, click the pull-down menu to the right of the blue "Participant" title to select each. We've made it really easy to add pictures, fun icons, and individualized text for each child's unique fundraising page! Remember to have fun setting up your account and promoting yourself fundraising efforts!

Please click the **RED Watch Video** button to get all of the tips and tricks for getting the most out of your fundraising efforts!



## From the Board of Directors

We are looking for a new team Slogan (a short term used for advertising purposes). Right now we have the following entries:

"Douglas Dolphins: The Difference Between Good and Great"

"Douglas Dolphins: Streamline. Dreamline. Finishline."

"Douglas Dolphins: Skills Learned For a Lifetime of Success"

Email your ideas for this slogan to Coach Kat!



## 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 Tessa LoPresto at [new@ddst.org](mailto:new@ddst.org) or 760-985-8096** 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.



## Pool Use Outside Practice Times

The Swim Team pays a monthly fee for our pool usage during practice times. Some DDST swimmers enjoy using the other pools and equipment at the Swim Center on their own, before and/or after practice. This is fine as long as they are old enough and meet other Swim Center requirements, and as long as they pay the regular admission fee.

**If you want your swimmer to be able to use the pools or equipment outside their practice times, they must pay regular admission.** Monthly or annual passes can be purchased at a discount in the Swim Center lobby, or your swimmer can carry the daily admission fee.

Also, please be aware that DDST swimmers are NOT under DDST coach supervision or insurance coverage except while participating in their scheduled DDST practices or activities.



## Douglas Dolphins Successful at Recent Meets

With their sights set on preparing for the January 2016 Husky Invitational Meet, Douglas Dolphins team members Kaila Duffy, Kaela Forvilly, Taylor Sullivan, Sebastian Zeron, Savannah Chappell, Shelby Koontz, Ryan Chen and Joe Sullivan recently attended the Pacific Senior II Trials and Finals Meet hosted by the Walnut Creek AquaBears in Pleasant Hill, CA.

**Kaila Duffy** (16) had a stellar meet, improving in 4 of her 5 events and achieving 2 new **Husky Invitational** qualifying times first in the 200 butterfly prelims where she improved 3.09 for a time of 2:13.32 and finishing 7<sup>th</sup> in finals with a time of 2:14.54. Her next new **Husky** qualifying time was in the 200 individual medley finals where she dropped 5.10 and finished 3<sup>rd</sup> with a time of 2:16.90. Duffy improved .90 in the 100 breaststroke prelims for a new **A** time of 1:15.13 and 4.13 in the 400 individual medley prelims for another new **A** time of 5:03.54.

**Kaela Forvilly** (16) took on 3 events looking strong in the 100 freestyle.

**Taylor Sullivan** (15) competed in 4 races and dropped 4.21 in the 400 individual medley prelims for a time of 4:55.13, right on **A** pace.

**Sebastian Zeron** (16) achieved a new **A** time of 1:54.21 in the 200 freestyle prelims, dropping 4.98 sec and was just off his best time in the 50 freestyle.

**Savannah Chappell** (17) tried her hand at 7 events, taking off 10.13 in the 1000 freestyle for a new **AA** time of 11:14.43 and was just .15 off her best 100 breaststroke time.

**Shelby Koontz** (17) swimming on **AAA** pace, placed 3<sup>rd</sup> in the 100 breaststroke finals, 2<sup>nd</sup> in the 100 butterfly finals and 1<sup>st</sup> place in the 200 individual medley finals.

**Ryan Chen** (17) improved in 2 of his 3 events dropping .62 in the 100 freestyle prelims and .10 in the 100 breaststroke prelims.

**Joe Sullivan** (17) finished 4<sup>th</sup> in the 200 backstroke finals after taking off 2.40 sec from his best time in prelims.

While their older teammates were competing in California, some of the younger DDST members were having success at the Carson City December Distance Pentathlon.

**Sydney Ingram** (8) took on 6 events improving .89 in the 50 freestyle, and setting a time to beat of 4:48.36 in her first 200 freestyle, finishing 8<sup>th</sup> place. She also took off 10.50 in the 50 backstroke and 4.47 in the 100 individual medley.

**Todd Gosselin** (9) finished 8<sup>th</sup> in the 100 freestyle, 4<sup>th</sup> in the 100 backstroke where he improved 7.46 sec, 6<sup>th</sup> in the 100 breaststroke taking off 3.62, 5<sup>th</sup> in his first 100 butterfly and 6<sup>th</sup> in the 200 individual medley.

**Matt Yturbide** (10) competed in 5 races dropping 7.08 in the 100 breaststroke and setting a time to beat in his first 200 individual medley.

**Peyton Bratcher** (11), taking on 4 events in his very first meet, achieved times to beat in the 100 and 200 freestyle races, 100 breaststroke and 200 individual medley.

**Sofia DeLange** (11) improved in 4 of her 5 swims including the 100 backstroke where she took off 2.16, the 100 breaststroke where she dropped 6.80, the 100 butterfly taking off 9.68, and the 200 individual medley improving 4.03 sec.

**Anna Northcutt** (12) competed in 7 events and placed 7<sup>th</sup> in the 200 freestyle, 7<sup>th</sup> in the 200 individual medley dropping 4.62, and 3<sup>rd</sup> in the 400 individual medley taking off a huge 1:10.88 for a new **B** time of 6:06.70. Northcutt also dropped 1.37 in the 100 backstroke, 7.31 in the 100 breaststroke and 1.15 in the 100 butterfly.

**Jesse LoPresto** (11), trying his hand at 3 races, took off .38 in the 100 freestyle.

**Jack Stevenson** (12) finished 8<sup>th</sup> in the 100 freestyle and shaved off .04 in the 100 breaststroke. He also had big time improvements of 20.64 in the 100 butterfly and 58.59 in the 200 individual medley.

**Cooper Yturbide** (11) competed in 5 races and dropped a very respectable 48.31 in the 100 butterfly.

**Justin LoPresto** (13) placed 8<sup>th</sup> in the 50 freestyle, 8<sup>th</sup> in the 200 freestyle taking off 10.52, 9<sup>th</sup> in his first 200 backstroke and 8<sup>th</sup> again in the 200 breaststroke.



## Blizzard Blast Meet

The Carson Tigersharks held a 3 day Blizzard Blast Pentathlon Meet January 15-17 in Carson City. Distance events took place on Friday the first day with the younger Dolphins competing in their 5 events Saturday and the older Dolphins competing on Sunday.

**Sydney Ingram** was up first for the 8 and under girls and she took off 2.47 in the 25 freestyle, 1.05 in the 25 backstroke and 1.21 in the 25 breaststroke.

**Ella Martin** shaved off .16 in the 25 freestyle and set times to beat in her first 100 freestyle and 25 breaststroke.

**Hadley Peck** had a strong meet, dropping 1.95 in the 25 freestyle, 9.88 in the 100 freestyle, 2.38 in the 25 backstroke for a new **B** time of 26.94, 6.02 in the 25 butterfly and set a time to beat in her first 25 breaststroke.

**Caitlin Taylor** improved 4.41 in the 100 freestyle, 1.11 in the 25 backstroke and 2.97 in the 25 butterfly.

Next up for the 9-10 girls was **Eslie Clifford** who improved in both of her races dropping 3.13 in the 50 freestyle and 7.78 in the 50 backstroke.

**Kalia Duffy** took off 4.25 in the 50 freestyle.

**Keira Duffy** dropped 3.06 in the 50 freestyle, .79 in the 50 breaststroke and

set a time to beat in her first 100 individual medley.

**Todd Gosselin**, the only 9-10 Dolphins boys swimmer, did a great job improving in 4 of his 5 races and also achieving new **BB** times in 3 of the 4 swims. His first was in the 50 freestyle where he improved 3.47 for a time of 34.83, the 2<sup>nd</sup> was in the 50 breaststroke where he dropped 4.46 for a time of 47.49 and the 3<sup>rd</sup> was in the 50 butterfly where he took off 8.70 for a time of 40.64. Gosselin also took off 1.82 in the 50 backstroke.

**Peyton Bratcher**, competing in her first meet for the 11-12 girls, took on 5 events, setting times to beat in the 50 freestyle, 50 breaststroke and 100 individual medley.

**Sofia DeLange** showed a 1.02 sec improvement in the 50 backstroke, 2.07 in the 50 breaststroke, 2.97 in the 50 butterfly and 6.39 in the 100 individual medley.

**Lilia Fields** took off .87 in the 50 freestyle, 2.64 in the 50 backstroke, 3.43 in the 50 breaststroke and 8.06 in the 100 individual medley.

**Eden Neal** achieved a new **B** time in the 50 backstroke, dropping 1.63 and shaved off .15 in the 50 breaststroke.

**Anna Northcutt** had a strong meet, dropping 11.02 in the 500 freestyle for a new **B** time of 7:02.65, .61 in the 50 backstroke, 3.54 in the 50 breaststroke, 3.63 in the 50 butterfly for a 2<sup>nd</sup> new **B** time of 35.61 and 8.45 in the 100 individual medley for a 3<sup>rd</sup> new **B** time of 1:20.84.

**Jesse LoPresto** competed in 5 races for the 11-12 boys, dropping 6.76 in the 50 breaststroke and 12.82 in the 100 individual medley. He also set a time to beat in his first 50 butterfly.

**Connor Taylor** had a **100% improvement** meet shaving off .12 in the 50 freestyle, .80 in the 50 backstroke, 1.11 in the 50 breaststroke, .35 in the 50 butterfly and 9.64 sec in the 100 individual medley for a new **BB** time of 1:12.88.

**Aspen Paschke**, the sole Dolphins 13-14 girls representative, dropped 2.75 in the 100 freestyle, 27.66 in the 500

freestyle, .86 in the 100 backstroke and 8.51 in the 100 butterfly.

Five Dolphins swam in the 13-14 boys races including **Dakota Blaha** who set times to beat in the 100 freestyle and 100 breaststroke.

**Justin LoPresto** had a super meet with **100% improvement** in his 5 races including a 3.44 sec drop in the 100 freestyle, 2.46 in the 100 backstroke, 10.99 in the 100 breaststroke, 21.29 in the 100 butterfly and 13.01 in the 200 individual medley.

**Chris Manning** improved 2.36 in the 100 freestyle for a new **B** time of 1:04.70.

**Jack Stevenson** looked strong with **100 % improvement** in the 100 freestyle where he dropped 1.81, in the 500 freestyle taking off 50.98, in the 100 backstroke taking off 11.80, 2.66 in the 100 breaststroke, 1.27 in the 100 butterfly and 4.67 in the 200 individual medley.

**Daniel Taylor** improved 1.81 in the 100 backstroke, 3.58 in the 100 butterfly and 3.04 in the 200 individual medley.

**Lily Bickmore** tried her hand at 5 events for the 15-16 girls, looking strong in the 100 freestyle and 100 breaststroke.

**Emma Gray** competed in 3 races for the 17-18 girls and was not far off her best in the 100 butterfly.



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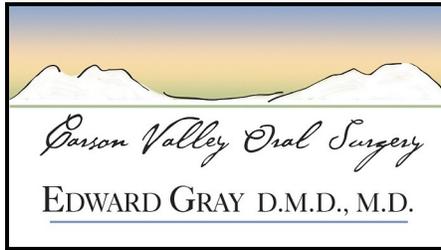
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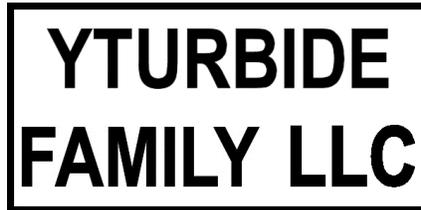
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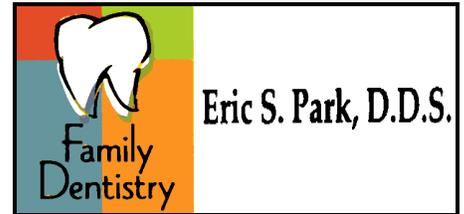
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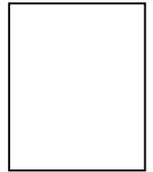
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

**Welcome to new swimmers:** Izzac Bonner, Peyton Bratcher, Delphena Hyatt, Salvin Kirk & Thomas Wallace

**Moving on up! Congrats to new:**

**White Dolphins:** Maile Pierson

**Red Dolphins:** Cammie Jahreis, Jesse LoPresto, Ben Munyan, Josh Beam

**Blue Dolphins:** Gracie Dickey, Aspen Paschke



## 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 February 26. **All submissions should be received by February 24.** 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, Jenna Beam, Karen Sullivan & Joanna Ruffo.*

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

