

# 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

**Violet Pierson is Dippin Dolphins Swimmer of the Month.** Violet has been a great example of a swimmer who just keeps on swimming. She has been on fire the last couple of holiday practices where she was swimming right alongside the White Group swimmers! Keep up the hard work Violet!

**Ella Martin is Silver Group Swimmer of the Month.** Ella has really re-focused her training while she is in the pool and has really kicked into high gear! She recently competed in our Valentine Meet and swam wonderfully. It has been a pleasure to watch her excel in this last month. Keep up the hard work, and keep on swimming!

**Corbin Sanchez is White Group Swimmer of the Month.** Corbin was chosen for his outstanding efforts to become a better swimmer. He had an outstanding Valentine Meet with 4 best times, improving a total of 35 seconds. He has great attitude at practice and meets, is a great listener and loves to have fun with his teammates. Corbin also showed his coaches that swimming is important to him by coming to the Goals Clinic and sharing his goals with us. Way to go, Corbin!

**Ben Munyan is Red Group Swimmer of the Month.** Ben has really showed his swimming chops in the last several months. He has been leading the pack in all of the swim sets and has really been trying to gain a deeper understanding on how things work in the water. It really showed at our most recent Valentine Meet where he had huge im-

provements in all his events. Keep up the hard work Ben!

**Chris Manning is Blue Group Swimmer of the Month.** As I write this column, Chris has been busy training hard to represent the Dolphins & Zone 4 at the All Stars Meet this weekend. Chris has been very focused, and is a pleasure to work with. He attacked the evaluation sets with self-improvement as goal and did an outstanding job. We wish him well at the upcoming All Stars meet and hope he has a great time!

**Julia Chappell is Pre-Senior Group Swimmer of the Month.** It has been fun to watch Julia in the past few months. Her passion for swimming has shown in her training and paid off at the Valentine meet where she swam best times in 4 events dropping a total of 27 seconds. The coaches enjoy her positivity and loving nature. Julia will be representing Zone 4 at the Pacific All Star Meet February 28 in Livermore, CA. We are excited to see how well she does!

**Justin Hight is Senior Group Swimmer of the Month.** Justin had great results at the recent Husky Meet with 2 new individual team records and 2 new relay team records. Justin's dedication to this sport is also evident in his training. He has been disciplined enough to make it to both Masters morning practice and afternoon practice. Justin also turned in a big drop and A time in his 1000 free at the Valentine Meet. What I am most impressed with was his "Valentine Buddy" skills. Justin not only supported his assigned buddy but stepped up and was encouraging and supportive to many other Dolphins. Justin Hight is quite the impressive young man! Way to go!



COACH

## Kat's Corner

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I'm really excited about how many swimmers showed up for our Goal Clinic. It is clear to me how many of our athletes really desire to become the best they can be. At the clinic I talked about nutrition and hydration being an important piece of the puzzle in their swimming careers. I think this is a good article on the topic of nutrition and swimming.

## Swim & Dive: When Nutrition and Swimming Go Hand-in-Hand

By Emilee White

The life of a swimmer includes both dry land and water practices. Both help determine how each swimmer will perform in the pool, depending on the work they put into each practice.

But another aspect of a swimmer's life that determines how they will perform is nutrition. While swimming laps and lifting weights are the seemingly obvious answers to improve as a swimmer, what you eat and put in your body might be more essential for the Utah swim team.

"Nutrition is important to swimmers — it is the most important aspect of an athlete's health," said head coach Joe Dykstra. "Whatever they chose to put in their bodies will determine how healthy they are going to be. It's also important when they are trying to pro-

duce a peak physical performance. They need proper fueling, in terms of nutritional content, and timing when they are consuming different types of calories — all of that stuff will affect their performance.”

Another way nutrition affects the Ute swimmers is recovery. If a swimmer is not being properly fueled, their body is going to have a difficult time recovering between practices, making it hard for them to be prepared for the upcoming conference championships. And, if they are not recovering properly, they will be more susceptible to injuries.

But those who are conscious of what they put in their bodies are the ones who perform, and perform well. For Dykstra, it's all about the tiny details in order to achieve personal greatness for the swimmers on his team.

“I think the ones that are the smartest and more diligent with their nutritional choices get closer to their maximum potential compared to anyone else,” Dykstra said.

As for the plate portion for these swimmers, balance is the most important thing when it comes to nutrition. Due to a high volume of exercise and physical activity, elite athletes require a much higher protein content than the average person, and it's no different with swimmers.

“The athletic department works hard to provide protein to the athletes so they are properly fueled for muscle building and recovery,” Dykstra said. “That is why lots of fruits and vegetables are needed to get those vitamin minerals that these swimmers won't get from processed foods and supplements.”

Along with fruits, vegetables and protein, carbohydrates are a big part of an athlete's diet. As swimmers approach big meets like the Pac-12 and NCAA championships, at least 50 percent of the swimmer's plate should contain carbohydrates. But they have to be smart with carbs, as well.

Previous research behind “carbo-loading” and huge pasta parties before

these meets has really gone out of vogue, so Dykstra, along with the team nutritionist, helps lead his team in avoiding those simple carbs.

“An ideal plate I would like to see my swimmers have should consist of some fresh vegetables, like broccoli and carrots,” Dykstra said. “Colors are always really important to have because it means they are getting different nutritional content and different sources of antioxidants. But along with the broccoli and carrots, some brown rice and a piece of fish would be ideal for them.”

But maintaining a balanced diet is easier said than done.

“Sometimes I want to have food that is not too healthy for me,” said senior Bence Király. “But I feel like not having a balanced diet would affect my performance in a negative way, so I just try to eat what is really healthy.”

While the Utah swim and dive team fuel up, the Pac-12 Championships are in the near future. The women's team will be competing next week (Feb. 24-27) with the men following the week after that (Mar. 2-5). Both meets will be held in Federal Way, Wash.

<http://dailyutahchronicle.com/2016/02/22/swim-dive-when-nutrition-and-swimming-go-hand-in-hand/>



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COACH

# Sarah's Corner

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In the movie Alice in Wonderland Author Lewis Carrol writes: “Excuse me, Sir,” Alice inquires. “Could you tell me which road to take?”

Wisely, the caterpillar asks, “Where are you going?”

Somewhat dismayed, Alice responds, “Oh, I don't know where I am going, Sir.”

“Well,” replied the caterpillar, “if you don't know where you are going, it really doesn't matter which road you take.”

Goal setting CAN help in the pursuit for the final destination. Before we go anywhere, a little planning needs to be done. Where do we want to go? This applies to your swimming as well. Goals help you see a picture of your hopes and dreams.

I was excited to see how many athletes came out for the Goal Setting Clinic. I want to remind you all to finish your goal sheets and bring them to your coaches so we help you achieve your goals. I want to add some ideas and reminders for you. Please read the information below, and feel free to contact your coaches for more information or help.

## Basic Tips for Effective Goal Setting

- Identify both Short-term and Long-term goals.
- Identify Task goals in addition to Outcome goals.
- Take action.
- Evaluate your goals.
- Set both Team and Individual goals.

Let's look at each of these in more detail . . .

How Far Ahead Should an Athlete Look?

Effective goal setting entails setting long-term and short-term goals; these goals will identify where the athlete is going and how they are going to get there.

When planning a vacation, you often think about dream destinations. Where would you go if you had unlimited funds and abilities...Egypt, the Caribbean, Europe? As with traveling and many other aspects of life it is fun to dream. In sport, it is also fun and important to dream. Dream goals allow you to project years into the future without any limits. For example, for many athletes making the Olympic Team is a dream goal.

Athletes need to progress from a dream goal to a long-term goal. Long-term goals are typically one season to numerous seasons down the road; as in the road trip analogy, this goal is the destination. One way to determine a good long-term goal would be to have swimmers ask themselves the question "Where do I want to be at the end of the season or the end of high school or college?" Examples of the answer to this question can be in terms of having an improved streamline by the end of the season, a goal time, making a specific time standard, or earning a spot on a junior or senior national team.

In order to make the long-term goal seem less daunting, short-term goals are set. Short-term goals are set for shorter lengths of time than long-term goals, usually between two weeks and a month. Short-term goals serve as stepping-stones for the long-term goals. Setting short-term goals allow one to monitor success towards the long-term goals. A good question to have swimmers ask themselves is "Where do I want to be at the end of this month?"

Finally, short-term goals can also often feel far off therefore something more within reach is needed to maintain focus and motivation. For these reasons it is also important to set daily goals. Daily goals are to be set every

day in practice and in competition. Setting effective daily goals will help motivate and bring higher intensity to training. Daily goals can be set for both physical training and psychological skill development. A good question for swimmers to ask themselves is "Why am I getting in the water today?"

This information was from the USA Swimming mental tool box for goal setting. You can find valuable tools for goals on this site and I encourage you to read more at

[http://www.usaswimming.org/Rainbow/Documents/1ecf7258-3a8b-4c05-ad28-9dc47571207e/Mental\\_Toolbox\\_GoalSetting.ppt](http://www.usaswimming.org/Rainbow/Documents/1ecf7258-3a8b-4c05-ad28-9dc47571207e/Mental_Toolbox_GoalSetting.ppt)



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## 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 TJ's Corner

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

## Swimming Smarter not Harder

For many coaches, swimming faster is the result of gradually increasing the length and intensity of swimming workouts so that the general fitness level increases.

While conditioning has its place, this is not all there is about swimming faster, because swimming is a very technical sport. There are a few gifted swimmers that instinctively learn how to move efficiently in the water. Given enough time and practice, they will always improve.

But most of us only have a vague sense about our efficiency in the water. Remember, we are land animals! Because of this, swimming lots of laps will often only make our bad habits more permanent, while our swimming technique only improves slowly or even not at all.

So what do we need to do? In fact, to learn how to swim faster and better with less effort, we need to swim smarter, not harder. Specifically, we need to work on two facets of our technique:

1. We need to decrease drag in the water.
2. We need to improve propulsion in the water.

### Decreasing Drag

The importance of swimming with the least amount of drag is often neglected. However, this is an area where we can greatly improve our efficiency in the water.

Water is much more dense than air. Drag in the water increases by the square of the speed at which we swim. So there is quickly an upper limit on

how much force we can apply against the water to increase our speed.

On the other hand, reducing drag requires skill rather than force. So there's a lot of room for improvement there. That's why it should be the first priority for learning how to swim faster.

### **Principle #1: Improving Your Balance**

The first and most efficient way to decrease drag is to improve your balance. This means that you try to stay as horizontal as possible while moving through the water. When you do this, you disrupt the least amount of water molecules on your path, which translates into reduced drag.

As an example, while swimming freestyle, swimmers often lift their head to breathe or look ahead. When they do this, they lose balance and their hips and legs drop. Their body is less streamlined and generates more drag while moving through the water. Additionally, they need to kick harder to keep those legs up. Needless to say, a lot of energy is wasted while doing this.

*Note that being as horizontal as possible is especially important for the freestyle stroke and backstroke. For the breaststroke and butterfly stroke, things are a little bit different because of the body undulation that is used in those latter strokes.*

### **Principle #2: Swimming Taller**

The next way to decrease drag is to make yourself as tall as possible in the water. The theory behind this is that for the same mass, a long tapered object moving through the water creates less turbulence than a short compact object. In fact this principle has been used by naval engineers since hundreds of years.

To swim taller in the freestyle stroke, you enter your recovering arm early in the water once it has passed your head. You also make sure to com-

pletely extend your recovering arm forward underwater before starting the downsweep and catch.

### **Principle #3: Compact and Efficient Kick**

In world-class front crawl swimmers, the kick contributes for up to 10% of propulsion, while the arm stroke contributes for the rest. So an efficient kick is important for fast swimming, but less than what is commonly believed.

What is equally important is a compact kick, meaning that it should neither break the water surface nor move too low below the body line. Otherwise unnecessary drag is created which will only slow you down.

#### **Improving Propulsion**

Once you have reduced drag to a minimum, you can work on improving your propulsion. Again, this is mainly done by improving your swim stroke mechanics, not by building bigger muscles.

### **Principle #4: Swimming More on Your Sides**

The first way to improve propulsion is to roll more from side to side with each arm stroke. Rolling more on your sides allows you to better engage the large back muscles in addition to the shoulder muscles. However, floating on your side is counter-intuitive at first and requires some practice for getting used to.

### **Principle #5: Using Your Core**

This is another secret of how to swim faster. You should engage the large back, hip and torso muscles while rolling from side to side. The synergy between your core muscles and arm muscles allows you to apply more force to your swim stroke.

It is a little bit like a baseball pitcher when he throws the ball: first his body twists backward, then his hips initiate a rotation forward which is chan-

neled through his upper body into his shoulder, arm, hand and finally into the ball, with an acceleration at each step.

Once you have integrated this technique, you will be able to swim longer and faster and tire less quickly, as your core muscles have more endurance than the ones in your shoulders and arms.

### **Principle #6: Anchoring Your Arms**

This is the last piece of the puzzle on how to swim faster with less effort. Before applying propulsive force in the water with your arm, you need to make sure that your hand and forearm are aligned and facing backward. You can then effectively move your arm backward like big paddle.

This swimming technique is often called the "high elbow catch" in the freestyle stroke because you need to keep your elbow above your hand to be able to successfully do this.

#### **Conclusion**

That's it! You now know the principles of how to swim faster with less effort. You can start to integrate those principles in your stroke by following our sequence of swimming drills for the freestyle stroke. Have fun!  
<http://www.enjoy-swimming.com/how-to-swim-faster.html>



## **NEXT BOARD MEETING**

The next DDST Board of Directors Meeting will take place Thursday, **March 10** from 6:30-8:30 pm at 2854 Voight Canyon Drive, Genoa, NV, home of Wendy Yturbide. 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.



## Important Dates

PLEASE NOTE THE FOLLOWING practice days coming up:

**March 5: Saturday 10:00am Community Service Project at Kids and Horses.** Please commit online asap at [ddst.org](http://ddst.org) so we know how many members will be helping out. This is a project that is suitable for all ages. Kid and Horses is a local program that serves special needs children in this community. They were affected by the Johnson Lane flooding and could use a little help with the horse arenas.

**March 28-April 1: Spring Break: practices to continue.**

**Dippin Dolphins: Monday, 5:00-5:45 pm**

**Silver Dolphins: Wednesday & Friday, 4:00-4:45pm**

**White Dolphins: Monday, Tuesday, Thursday, 4:00-5:00 pm**

**Red Dolphins: Monday-Thursday, 5:00-6:00 pm**

**Blue Dolphins: Monday-Friday, 4:45-6:00 pm**

**Pre-Senior Dolphins: Monday-Friday, 2:30-4:15 pm**

**Senior Dolphins: Monday-Thursday, 2:30-4:45 pm, Friday, 2:30-4:15 pm**

**Dryland for Pre-Senior and Senior Dolphins: Tuesday & Thursday 5:00-6:00 pm**



## 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 wa-

ter 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.



## Upcoming Meets

**March 11-13: Junior Olympic Short-Course Championships, San Ramone, CA.** Open for entries on [swimconnection.com](http://swimconnection.com). Check qualifying times.

**March 19, 2016: Fernley Age Group Open Novice Meet, Fernley, NV.** Open for entries on [swimconnection.com](http://swimconnection.com).

**March 31-April 3: Far Western Short-Course Championships, Morgan Hill, CA.** Qualifying times apply. See Coach Kat if interested.

**April 8-10: Sierra Marlins Spring Splash Long-Course Meet, Folsom, CA.** Meet fills up quickly. Sign up asap when meet opens if planning to attend.

**April 14-16: Mesa Grand Prix Meet, Mesa AZ.** Qualifying times apply. Check with Coach Kat if interested.

**May 13-14: High School, Northern Nevada Regionals Trials and Finals Meet, Carson City, NV.**

**May 21: High School- Nevada State Championships, Las Vegas, NV @ UNLV.**

**May 27-29: Carson Tigersharks Intermountain Long-Course Classic Meet, Carson City, NV.**



## 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.



## 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.



## Swim a Thon Results

The results of the 2016 Swim a Thon fundraiser are in and the Douglas Dolphins raised a grand total of \$10,911.50! A big "Thank You" to every swimmer and family who participated!

**The Top 5 Earners** in order were: Chris Manning, Cammie Jahreis, Emily Willis, Hadley Peck and Salvin Kirk.

**Blue Group** was the **Top Earner Group** followed by Red Group, White Group, Pre-Senior, Silver Group and Senior Group.

### Top Lap finishers per Group:

**Dippin Dolphins:** **Izzac Bonner** swam 90 lengths in 1:56.13. **Ella Martin** swam 70 lengths.

**Silver Group:** **Kalia Duffy** swam 173 lengths in 2 hours. **Mason Dickey** swam 136 lengths in 2 hours

**White Group:** **Calvin Stevenson** swam 200 lengths in 1:41.26. **Peyton Bratcher** swam 200 lengths in 1:52.15

**Red Group:** **Ben Munyan** swam 200 lengths in 1:36.39. **Emily Willis** swam 200 lengths in 1:39.46

**Blue Group:** **Connor Taylor** swam 200 lengths in 1:12.09. **Anna Northcutt** swam 200 lengths in 1:19.47

**Pre-Seniors:** **Joey Smithen** swam 200 lengths in 1:04.00. **Sarah Hyatt** swam 200 lengths in 1:08.30

**Senior Group:** **Sebastian Zeron** swam 200 lengths in 1:00.46. **Shelby Koontz** swam 200 lengths in 1:02.43



## Dolphins Set 15 New Team Records at Husky Invitational

On January 22-24 Douglas Dolphins Swim Team members Ryan Chen, Kaila Duffy, Justin Hight, Shelby Koontz, Joe Sullivan and Sebastian Zeron traveled to the 67<sup>th</sup> annual Husky Invitational Swim Meet held at the world class Weyerhaeuser King County Aquatic Center in Federal Way, WA. The Dolphins competed with other qualified USA Swim club members as well as collegiate teams. There were even Olympic level swimmers to watch, in particular Darian Townsend, an inspiring South African Gold Medalist, now a US citizen training for the Olympics. It was a new and challenging meet format for the Dolphins. The group woke at 5:30 am each day to swim in preliminary races in a short-course 25 yard pool. After preliminaries the Dolphins came back to compete in finals held in a long-course 50 meter long-course pool, with the races not ending each night until 10:30 pm.

Despite the challenges, Chen, Duffy, Hight, Koontz, Sullivan and Zeron collectively turned in 17 new personal best times, 11 new DDST individual records and 4 new DDST boys relay records. Shelby Koontz had an outstanding meet, making it up to the award podium twice with a 1<sup>st</sup> place finish in the 200m butterfly finals and a 3<sup>rd</sup> place performance in the 200m individual medley finals.

**Ryan Chen** (17) took on 6 events and brought in **personal best times** of 23.37 sec in the 50 freestyle, a new **AA** time of 50.38 in the 100 freestyle, 54.37 in the 100 butterfly and 2:05.36 in the 200 individual medley.

**Kaila Duffy** (16) also qualified for 6 races and set **personal records** of 26.17 in the 50 freestyle, 1:00.96 in the 100 butterfly and looked strong in the 200m butterfly finals where she placed 31<sup>st</sup>.

**Justin Hight** (16) set a **personal** and DDST boys 15-16 **Team record** in the 100 yard backstroke prelims with a new **AA** time of 55.14, then came back to set another **personal** and boys 100 meter backstroke **record time** of 1:04.76 in finals, placing 26<sup>th</sup>. Hight also swam to **personal best times** of 23.40 in the 50 freestyle, 50.01 in the 100 freestyle prelims, placing 32nd in the 100m freestyle finals, and 1:48.96 in the 200 freestyle.

**Shelby Koontz** (17) set **7 new 17-18 DDST girls records** first in the 100 freestyle prelims with a time of 51.85, returning to place 5<sup>th</sup> in the 100m freestyle finals, next in the 200 freestyle prelims with a **PR** time of 1:52.49, coming back with another **PR** time of 2:09.18 and 7<sup>th</sup> place in the finals. She finished 4<sup>th</sup> in the 100m butterfly finals after setting a **Team Record** of 56.33 in the 100yard butterfly prelims, set another **Team Record** of 2:03.69 in the 200 butterfly prelims, placing 1<sup>st</sup> place in finals with a time of 2:19.87 just .59 sec short of the 200m butterfly record held by former teammate Shaelin Morefield, and set her final **Team Records** of 2:04.40 in the 200 individual medley prelims and 2:22.69 in the 200m individual medley finals, coming in 3<sup>rd</sup> place.

**Joe Sullivan** (17) took on 3 events, setting a new **PR** and **17-18 DDST boys 50m freestyle record** with a time of 25.74 and finishing 27<sup>th</sup> place. He also achieved a **PR** of 49.35 in the 100 freestyle prelims returning to place 31<sup>st</sup> in the 100m freestyle finals setting another new **17-18 DDST boys record** of 57.52 sec, beating a previous record set by Kyle Johnston by .52 sec. Sullivan also swam a **PR** time of 57.24 in the 100 backstroke prelims.

**Sebastain Zeron** (16) showed strength in both the 50 freestyle prelims with a time of 24.29 and the 100 freestyle prelims with a time of 51.88, right on AA pace.

The DDST boys continued their record breaking streak in the relay competition. Their **first 15-18 Boys DDST record** was a 1:46.77 in the

200m freestyle relay with Hight swimming the first leg, followed by Zeron, Chen and Sullivan. Hight (with a 26.40 **PR** in the 50 backstroke first leg), Chen, Zeron and Sullivan also swam to a new **15-18 DDST boys 200 Medley Relay record time** of 1:44.15, 4.25 sec faster than the previous DDST record, finishing 9<sup>th</sup> place. Next Zeron, Chen, Hight and Sullivan teamed up to place 11<sup>th</sup> in the 400 Freestyle Relay with a new **DDST 15-18 boys record time** of 3:22.88, breaking the previous record time of 3:23.02 set in 2014. In the 400 Medley Relay Sullivan, Chen, Hight and Zeron placed 4<sup>th</sup> with a new **Team Record** time of 3:49.3, 1.79 sec faster than the previous team record from 2014.



## Valentine Meet

The Douglas Dolphins Swim Team recently wrapped up their 3<sup>rd</sup> home meet of the short-course season at the Carson Valley Swim Center February 12-14. Per tradition, older Dolphins swimmers were paired with their younger teammates at this Valentine Meet to encourage and cheer them on in their races.

**Ella Martin** competed for the 6 and under girls, finishing 2nd in the 25 freestyle and dropping a big 9.77 sec in the 50 freestyle for 3rd place.

**Sydney Ingram** took on 8 events for the 7-8 girls and took off .53 in the 25 freestyle, 4.49 in the 50 freestyle, .15 in the 25 backstroke, 2.37 in the 25 breaststroke and 1.41 in the 50 breaststroke.

**Hadley Peck** improved in 5 of her 8 events dropping .41 in the 25 freestyle, 2.31 in the 50 freestyle, 11.39 in the 100 freestyle, 3.87 in the 25 breaststroke and 1.74 in the 50 backstroke for a new **B** time of 1:02.77.

**Caitlin Taylor** improved 11.24 in the 100 freestyle achieving a new **B** time of 1:53.58 in that event.

**Daniel Ward** set 3 new times to beat in the 25 freestyle, 50 backstroke and 50 butterfly for the 7-8 boys.

For the 9-10 girls **Maria Adkins** dropped 12.89 in the 100 backstroke and 9.85 in the 50 freestyle.

**Eslie Clifford** took off 7.30 in the 50 freestyle and set a time to beat in the 100 backstroke.

**Kalia Duffy** improved a huge 22.78 in the 100 freestyle and 5.12 in the 100 individual medley.

**Keira Duffy** took off 16.52 in the 100 breaststroke, .93 in the 50 backstroke, 4.82 in the 50 breaststroke and set a time to beat in the 100 backstroke.

**Cammie Jahreis** achieved a new **B** time of 1:38.65 in the 100 backstroke where she took off 1.64, dropped 6.53 sec in the 100 individual medley and placed 8<sup>th</sup> in the 100 butterfly. She also improved .19 in the 50 freestyle, 1.12 in the 50 backstroke and 1.80 in the 50 breaststroke.

**Mason Dickey** had a **100% improvement** meet taking off 5.13 in the 50 freestyle, 1.95 in the 50 backstroke, 12.05 in the 100 backstroke and set a time to beat in the 100 freestyle.

**Todd Gosselin** looked strong in the 200 freestyle where he dropped 25.89 and swam to a new **B** time of 3:00.38. He also placed 3<sup>rd</sup> in the 50 backstroke improving .11, 4<sup>th</sup> in the 100 breaststroke taking off 4.60 and 1<sup>st</sup> place in the 200 individual medley where he dropped 20.90 for a new **BB** time of 3:11.86.

**Calvin Stevenson** showed improvement in many of his races including the 100 backstroke where he dropped 8.14 for a new **B** time of 1:35.78 and the 50 breaststroke taking off 8.33 for another new **B** time of 53.10. He also placed 8<sup>th</sup> in his first 50 butterfly, dropped 1.21 in the 50 freestyle, 1.45 in the 100 freestyle and 1.52 in the 200 freestyle.

**Reed Ward** tried his hand at 3 events and set a time to beat in the 100 freestyle.

**Matt Yturbide** improved 8.98 in the 100 individual medley for 8<sup>th</sup> place, .87 in the 100 freestyle and .89 in the 50 backstroke.

**Peyton Bratcher** took on 5 events for the 11-12 girls, took off 10.47 in the 200 freestyle, 3.26 in the 100 individual medley and set a time to beat in her first 200 breaststroke.

**Sofia Delange** placed 5<sup>th</sup> in her first 1000 freestyle, achieved a new **B** time of 33.07 in the 50 freestyle and took off 2.10 in the 200 individual medley.

**Grace Dickey** showed improvement in 5 of her 9 races including a 11.03 drop in the 100 individual medley, a 7<sup>th</sup> place finish in her first 500 freestyle and 8<sup>th</sup> place finish in her first 200 breaststroke. She also improved 4.13 in the 100 freestyle, 2.19 in the 200 freestyle, 2.90 in the 100 breaststroke and .50 in the 50 butterfly.

**Lilia Fields** dropped 20.33 in the 200 freestyle, 10.63 sec in the 100 breaststroke, 2.80 in the 100 freestyle, 1.73 in the 50 backstroke and .22 in the 100 individual medley.

**Barrett Lee** looked really strong achieving 3 new **BB** times of 1:19.11 in the 100 backstroke where she took off 1.19 and came in 8<sup>th</sup>, 1:16.41 in the 100 individual medley where she dropped 4.77 for 5<sup>th</sup> place, and 2:45.92 in the 200 individual medley where she dropped 7.99 for 6<sup>th</sup> place. She also improved 1.37 in the 100 freestyle, 2.78 in the 200 freestyle, 2.01 in the 50 backstroke, 9.41 in the 200 backstroke and 1.68 in the 50 butterfly.

**Stephanie Lin** placed 4<sup>th</sup> in her first 1000 freestyle, improved 8.60 in the 100 breaststroke, 5.44 in the 100 freestyle and set times to beat in the 200 backstroke, 200 breaststroke and 100 butterfly.

**Eden Neal** finished 3<sup>rd</sup> in her first 1000 freestyle, brought in 2 new **B** times of 1:13.45 in the 100 freestyle improving 2.28, and 3:01.63 in the 200 individual medley taking off 7.32, and dropped a huge 34.30 in the 200 freestyle. She also set times to beat in the 200 backstroke and 200 breaststroke, dropped 1.87 in the 100 breaststroke and 7.32 in the 200 individual medley.

**Anna Northcutt** had a great meet with **100% improvement**. She improved 2:54.15 in the 1000 freestyle for a new

**B** time of 14:05.99 and 1<sup>st</sup> place, .46 in the 50 freestyle for 5<sup>th</sup> place, 8.01 in the 200 freestyle for a new **BB** time of 2:27.14 and 4<sup>th</sup> place, 4.93 in the 100 breaststroke for a new **B** time of 1:31.35, 49.15 in the 200 breaststroke for another new **B** time of 3:15.09, 5.45 in the 100 butterfly for a new **BB** time of 1:18.32, finished 3<sup>rd</sup> in her first 200 butterfly and set 2 more **BB** times of 2:45.68 in the 200 individual medley taking off 7.18, and 5:57.07 in the 400 individual medley where she dropped 9.63 for a 4<sup>th</sup> place finish.

**Maile Pierson** took off 13.93 in the 100 freestyle, 17.43 in the 100 backstroke, 6.88 in the 50 freestyle, 5.88 in the 50 backstroke and set times to beat in the 200 freestyle and 100 individual medley.

**Trey Ballingham**, first up for the 11-12 boys took on 3 races, dropping 3.95 in the 100 freestyle and 2.83 in the 50 backstroke.

**Tim Golobic** took on 8 events, improving 19.49 in the 100 individual medley, 9.04 in the 50 breaststroke, 7.64 in the 100 backstroke and set a time to beat in the 200 freestyle.

**Niko Hight** shaved off .06 in the 50 freestyle for 8<sup>th</sup> place and .53 in the 100 butterfly for 5<sup>th</sup> place. He also dropped 5.24 in the 100 backstroke.

**Jesse LoPresto** took on 10 events with a big improvement of 21.90 in the 200 freestyle, .84 in the 50 freestyle, 3.63 in the 100 freestyle, 2.27 in the 50 backstroke, 1.52 in the 100 individual medley and set times to beat in the 100 breaststroke and 200 individual medley.

**Ryan Signorella** finished 4<sup>th</sup> in the 500 freestyle where he dropped 12.11sec.

**Connor Taylor** had a great meet dropping 5.49 in the 100 freestyle for a new **BB** time of 1:02.04 and 4<sup>th</sup> place, setting a time in his first 200 backstroke for 4<sup>th</sup> place, shaving off .33 in the 50 butterfly for a new **A** time of 31.51 in 3<sup>rd</sup> place, improving 4.05 in the 200 individual medley for 3<sup>rd</sup> place and a whopping 51.24 in the 400 individual medley for a new **BB** time of 5:50.83 and 4<sup>th</sup> place.

**Cooper Yturbide** improved in 6 of his 10 events including a 13.27 improvement in the 200 freestyle, .26 in the 50 breaststroke for 8<sup>th</sup> place and 4.96 in the 200 individual medley. He also improved .54 in the 50 backstroke, .37 in the 100 backstroke and 2.38 in the 100 individual medley.

**Alanna Smithen** dropped 3.55 in the 100 freestyle for a new **BB** time of 1:06.15, placed 2<sup>nd</sup> in her first 1650 freestyle, 6<sup>th</sup> in her first 200 backstroke and 3<sup>rd</sup> in the 400 individual medley improving 19.23.

**Clarice Albert** achieved a new **BB** time of 2:20.61 in the 200 freestyle dropping 4.65 for 8<sup>th</sup> place, finished 5<sup>th</sup> in both of her first 1000 freestyle and 200 butterfly events and dropped 6.01 in the 200 breaststroke for a new **B** time of 3:09.39. She also improved 1.17 in the 100 freestyle, .60 in the 100 breaststroke, 11.71 in the 200 individual medley and 12.88 in the 400 individual medley.

**Julia Chappell** improved 19.95 in the 1000 freestyle where she finished 2<sup>nd</sup>. She also placed 4<sup>th</sup> in the 200 freestyle dropping 3.17, 500 freestyle taking off 3.38 and 100 backstroke shaving off .95 sec.

**Emma Ruffo** came in 3<sup>rd</sup> in the 200 backstroke, 1<sup>st</sup> in the 400 individual medley and dropped 16.05 in the 200 breaststroke for a new **BB** time of 3:00.17 and 4<sup>th</sup> place. She also set a time to beat in the 200 butterfly placing 4<sup>th</sup> in that event.

**Emily Willis** improved **100%** in her 8 events highlighted by a 9.71 sec improvement in the 100 backstroke, 13.72 in the 200 backstroke, 7.16 in the 100 breaststroke and 16.87 in the 200 breaststroke. She also dropped 1.51 in the 50 freestyle, 3.47 in the 100 freestyle, 2.76 in the 100 butterfly and 3.09 in the 200 individual medley.

**Josh Beam** placed 6<sup>th</sup> in the 13-14 boys 500 freestyle taking off 56.82, and placed 3<sup>rd</sup> in his first 1000 freestyle and 200 breaststroke events. He also improved 9.89 in the 200 freestyle and set a time to beat in the 100 butterfly.

**Dakota Blaha** dropped 4.74 in the 50 freestyle, 2.58 in the 100 freestyle, 2.71 in the 100 breaststroke and set a time to beat in the 200 freestyle.

**Justin LoPresto** achieved a new **B** time of 1:04.37 in the 100 freestyle taking off 3.69 and finished 2<sup>nd</sup> in the 1000 freestyle improving a huge 4:04.43. He placed 2<sup>nd</sup> again in the 400 individual medley where he took off 43.90 for a new **B** time of 5:39.47, took off 2.60 in the 200 freestyle, 1.88 in the 100 backstroke, 8.18 in the 200 backstroke and 4.02 in the 100 breaststroke.

**Chris Manning** placed 6<sup>th</sup> in the 200 backstroke improving 1.81 and took off .76 in the 200 individual medley.

**Ben Munyan** took off 1:04.33 in the 500 freestyle placing 7<sup>th</sup>, 24.24 in the 200 freestyle and 27.29 in the 100 backstroke. He also improved 4.82 in the 50 freestyle, 8.51 in the 100 freestyle and set times to beat in the 100 breaststroke and 200 individual medley.

**Corbin Sanchez** improved 22.69 in the 200 freestyle, 5.23 in the 50 freestyle, 2.25 in the 100 freestyle, 4.28 in the 100 backstroke and set a time to beat in the 200 individual medley.

**Jack Stevenson** impressed with a 2nd place finish in his 1st 1650 freestyle, improved 3.24 in the 100 freestyle for a new **B** time of 1:05.83, 25.59 in the 200 freestyle and 1:10.26 in the 200 breaststroke for 2<sup>nd</sup> place. He also dropped 2.08 in the 50 freestyle, 1.30 in the 100 breaststroke, 1.60 in the 100 butterfly and 9.57 in the 200 individual medley.

**Daniel Taylor** turned in **100% improvement** in his 4 races taking off 1.72 in the 200 backstroke for a new **B** time of 2:37.48 and 5<sup>th</sup> place, 1.51 in the 100 breaststroke for a new **BB** time of 1:15.83 and 4<sup>th</sup> place, 2.41 in the 200 individual medley for 6<sup>th</sup> place and .22 in the 100 freestyle and 5<sup>th</sup> place.

**Chayce Beam** took on 5 races for the 15-18 girls with a 7.90 improvement in the 200 freestyle, 26.27 in the 500 freestyle, placed 7<sup>th</sup> in her first 1000

freestyle and dropped 50.29 in the 200 breaststroke.

**Lily Bickmore** improved 11.29 in the 1650 freestyle for 5<sup>th</sup> place, 1.06 in the 200 butterfly for 1<sup>st</sup> place and .01 in the 200 freestyle for 8<sup>th</sup> place.

**Kaila Duffy** finished 2<sup>nd</sup> in the 200 freestyle, 3<sup>rd</sup> in the 1650 freestyle and 200 breaststroke, 4<sup>th</sup> in the 200 individual medley and dropped 2.83 in the 200 backstroke.

**Shelby Koontz** finished 1<sup>st</sup> in 5 of her 6 events including the 100 and 200 freestyle, 100 breaststroke, 100 butterfly and 400 individual medley.

**Audrey Muller** dropped 1.24 in the 100 freestyle for a new **BB** time of 1:04.45.

**Emma Price** took off .03 in the 50 freestyle, 1.98 in the 100 backstroke for 7<sup>th</sup> place, 2.57 in the 100 breaststroke and finished 6<sup>th</sup> in the 100 butterfly.

**Kayla Ruffo** came in 4<sup>th</sup> in the 50 freestyle, 100 backstroke, 200 breaststroke and 100 butterfly, dropped 1.13 in the 200 individual medley and 4.78 in the 400 individual medley for 5<sup>th</sup> place.

**Taylor Sullivan** took off 7.73 in the 500 freestyle for 4<sup>th</sup> place, came in 3<sup>rd</sup> in the 100 backstroke and dropped 7.66 in the 200 backstroke for 4<sup>th</sup> place.

**Ryan Chen** swimming for the 15-18 boys, looked strong in the 1000 freestyle where he dropped 5.07 sec for 3<sup>rd</sup> place, a huge 1:15.52 in the 1650 freestyle for 1<sup>st</sup> place, 5.56 in the 200 backstroke for 5<sup>th</sup> place, and 3.86 in the 200 butterfly for another 1<sup>st</sup> place finish.

**Justin Hight** came in 1st in the 200 freestyle and 1000 freestyle dropping 27.44 sec for a new **A** time of 10:56.52, 1<sup>st</sup> again in the 200 backstroke, 5<sup>th</sup> in the 200 breaststroke taking off 1.87, 2<sup>nd</sup> in the 200 butterfly and 3rd in the 200 individual medley.

**Joey Smithen** dropped .73 in the 500 freestyle for 2<sup>nd</sup> place and 2.41 in the 200 backstroke for 4<sup>th</sup> place.

**Josh Smithen** finished 2<sup>nd</sup> in both the 100 breaststroke and 200 individual medley.

**Kevin Smithen** dropped 6.18 in the 500 freestyle for 3<sup>rd</sup> place and came in 4<sup>th</sup> in the 200 individual medley.



## Parents Corner

### 10 Lessons from Dumbledore for Teachers (and Parents)

By Katy Farber

One of my favorite times of the day is when I settle in with my two young daughters for read-aloud time. For several years, we have been working our way through the Harry Potter series. I had read them all before, but it has been a delight to read them again with my girls, using as many voices as possible, and seeing the incredible story through their eyes.

It has also shared many secrets about teaching and living with me on this second reading, especially when it comes to Dumbledore. The way he interacts with Harry, fellow teachers, muggles, and various magical creatures has lessons for all of us—especially teachers and parents. Whether you have read the Harry Potter series or not, there is wisdom from this character we can all learn from.

*“You do care,” said Dumbledore. He had not flinched or made a single move to stop Harry demolishing his office. His expression was calm, almost detached. “You care so much you feel as though you will bleed to death with the pain of it.” —Harry Potter and the Order of the Phoenix*

**Calm Acceptance:** No matter what Dumbledore is faced with, he calmly accepts this reality. When Harry is throwing Dumbledore’s belongings around his office—devastated from the loss of a parent-like figure—

Dumbledore is a witness to Harry’s emotions. He doesn’t escalate the situation by getting angry, yelling back, or sending Harry to a break or time out. He simply allows Harry to have those emotions and reflects them back, showing that he is listening. He is witnessing. He is calm. Isn’t that what most of our students want? To be heard, witnessed, and have a calm adult to help them? There are many lessons for me in this as a parent and a teacher.

*“I don’t mean to be rude -” he [Vernon] began, in a tone that threatened rudeness in every syllable.*

*“- yet, sadly, accidental rudeness occurs alarmingly often,” Dumbledore finished the sentence gravely. “Best to say nothing at all, my dear man.” - Harry Potter and The Half Blood Prince*

**Kindness in the Face of Rudeness:** The Dursleys (Harry’s relatives) are mean, spiteful and rude to Harry and Dumbledore. They bluster, they insult, and they neglect. Dumbledore isn’t shaken. He says what he thinks should happen, such as “Let us assume that you have invited me in, shall we?” It is disarming, but it shows what the behavior could be. He is calm. He is kind. He doesn’t sink to the level of spite or sarcasm when faced with bald rudeness and discomfort. What is behind the Dursleys’ behavior? Fear, self-doubt, uncertainty? The same is likely true for many of our students.

*“Welcome to a new year at Hogwarts! Before we begin our banquet, I would like to say a few words. And here they are: Nitwit! Blubber! Oddment! Tweak!” - Harry Potter and the Sorcerer’s Stone*

**Self-Deprecating Humor:** Dumbledore does not think he is perfect. He breaks uncomfortable si-

lences with a pleasant joke or comment. He diffuses stressful situations instead of making them worse. He knows he is a work in progress just like everyone else. This is an excellent tool for parents and teachers. It helps everyone have more joy and a growth mindset. We all have progress to make—every single one of us.

*“Everybody finished the song at different times. Dumbledore conducted their last few lines with his wand and when they had finished, he was one of those who clapped loudest. ‘Ah music,’ he said, wiping his eyes. ‘A magic beyond all we do here!’”*—Harry Potter and The Sorcerer’s Stone

**Being Humble:** Dumbledore is one of the strongest wizards in all the land. You wouldn’t know that though. He is approachable, calm, and humble. He doesn’t assume he has all the answers or is the best. He lets his actions speak for him and does not boast of his accomplishments. Being fallible is a gift we can give our students. Look, we are saying, we make mistakes too.

*“It matters not what someone is born, but what they grow to be”*—Harry Potter and the Goblet of Fire

**Looking Out for Inequality:** Dumbledore fights for the underdog, the underrepresented. Those who are vulnerable. He protects them with his magic and his decisions. As teachers, we must do this every day as well. We must remember and apply this lesson from Dumbledore day in and day out. We dwell in potential.

*“I am not worried, Harry,” said Dumbledore, his voice a little stronger despite the freezing water. “I am with you.”*—Harry Potter and the Half Blood Prince

**Showing Up:** Even when he has an injury or personal struggle, Dumbledore puts the needs of others before his own. He shows up and is present for his students and staff despite personal challenges. The gift of showing up, being persistent even in challenging

times, is inspiring in a time of conflicting information and strife in public education (and parenting).

*“It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends.”*—Harry Potter and the Sorcerer’s Stone

**Being Brave:** It may be hard. You may be sitting in a staff meeting, a school board meeting, on a committee, or at a professional development training. Being brave looks like speaking up for kids and teachers and what you know is true. You have lots of experience and should have a voice in how your school works and how you can be the best teacher (or parent) possible. Trust your voice, be brave, and share it regularly. Just as Dumbledore would do.

*“Happiness can be found in even the darkest of times, if one only remembers to turn on the light.”*—Harry Potter and the Prisoner of Azkaban

**Optimism:** Dumbledore is an eternal optimist. He is able to turn on the light and able to shine the light for his students. As an educator, this is a huge gift we can give our students. We can show up every day, shine a light on what is right, and work with hope and perseverance on what we want to improve.

*“Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?”*

**The Power of Imagination:** We must support creativity and innovative thinking in our classrooms. This kind of work will improve the world, the lives of others, and help our students take on the critically vexing issues of our time. Dumbledore values the mind and all that it is capable of. Allowing our students to pursue creative endeavors and projects, while supporting this work in all the ways we can, is the way we can honor imagination and the lessons of Dumbledore.

*“It is our choices that show who we truly are far more than our abilities.”*

**Growth Mindset:** Dumbledore dwells in potential. He teaches Harry that our choices matter the most and our abilities can always be improved. This mindset frees learners to improve and not think that certain abilities like math are inherent and fixed.

In fact just today, I told my students about these lessons from Dumbledore. When something went wrong in the classroom (the technology did not work), a student simply said, “Dumbledore!” That was all I needed. I searched for what Dumbledore would do, and decided calm acceptance and patience was the way to go. I need to keep Dumbledore’s lessons in mind each day as I teach, parent, be a colleague, partner and friend.

(This post first appeared on Edutopia and on [katyfarber.com](http://katyfarber.com). Katy Farber is a teacher, author, and founder of the blog, ‘Non-Toxic Kids’. She is also the author of two books about education, ‘Why Great Teachers Quit’ and ‘How We Might Stop the Exodus and Change the World with Service Learning’. Her latest book is an eco-adventure novel called ‘The Order of the Trees’, published by Green Writers Press)



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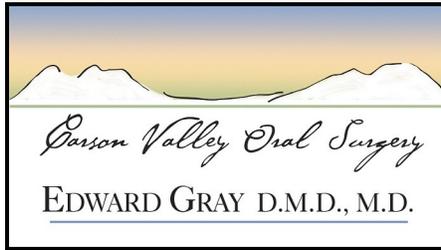
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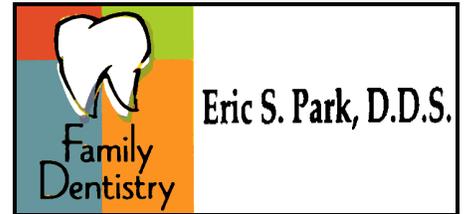
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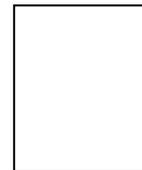
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Time-sensitive Swim Team news enclosed!



## February Birthdays

Audrey Muller (2/2), Wallace Thomas & Todd Gosselin (2/6)

## March Birthdays

Barrett Lee (3/1), Remy Hill-Holeman (3/8), Ryan Signorella (3/18), Daniel Ward (3/20), Calvin Stevenson (3/21), Daniel Taylor (3/23), Salvin Kirk (3/27), Ella Martin (3/30) & Justin Hight (3/31).



## 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 April 6. **All submissions should be received by April 4.** 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](mailto: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.*

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

