

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 52nd year!)

www.ddst.org

April 2016

Swimmers of the Month

Sammie Ingram is Dippin Dolphins Swimmer of the Month. She is our newest Dippin Dolphin and has performed wonderfully over the last month, with small improvements everywhere. She is a bundle of energy and a lot of fun to work with. I cannot wait to see her progress!

Sydney Ingram is Silver Group Swimmer of the Month. Sydney has been a consistent force on the Silver team roster. She has swum in all of the meets that have been offered this year, and she has improved steadily with each one. It has been lots of fun to watch her become a competitor. Keep up the hard work!

Calvin Stevenson is White Group Swimmer of the Month. Calvin has done an outstanding job this past month. He stands out at practices with his good listening skills, hard work and great attitude. These are all great traits that we would like all our swimmers to have. Calvin swam great at the Fernley meet and did a fantastic job with his testing this month.

Cooper Yturbide is Red Group Swimmer of the Month. Cooper has been training extremely hard this last month and it has paid off. He has just moved up into Blue Group! It has been a rewarding experience to have been a part of that process. Keep up the hard work!

Alanna Smithen is Blue Group Swimmer of the Month. She has really been working hard at practice. In Blue Group we dig into the process of giving complicated sets with all the essentials in one set. Having accountability to fully understand that technique,

skill, speed, intervals and any other instruction of a multi complex set is part of being a smart, well developed swimmer. Alanna is improving in this skill. This helps athletes get the full benefit of every workout at practice and prepares them for meet success. Alanna is setting herself up for a great meet.

Sarah Hyatt is Pre-senior Swimmer of the Month. Sarah has made swimming a priority and her hard work is paying off daily. She trains hard every day and keeps a good attitude throughout each practice. Sarah has been one of the very few swimmers that committed to dryland and Coach Sarah and Kat see the benefits of this and see how this has helped her get stronger in the water. Keep up your hard work Sarah!!

Kaila Duffy is Senior Group Swimmer of the Month. Many generations have lived through the misery of Spring JO's. Some years are good weather but most are not. Rainy, muddy, and cold with high expectations to swim your very best is a memory of so many Dolphins. Kaila Duffy can now rightfully say she has lived the "JO" experience. The reason I chose her for swimmer of the month is how she handled the adversity. Kaila's attitude stands out as one of the best ever. She stayed positive and mainly cheerful for the whole experience. She experienced some let downs in her own personal goals for the meet and still she was gracious even to have a chance to be part of this sport. Kaila Duffy is certainly a diamond in the rough.



COACH

Kat's Corner

coachkat0809@hotmail.com

The Do's and Don'ts of Appropriate Swim Meet Behavior for Parents

We've all seen them, the heated adults in the crowd or on the side of the pool, shouting loudly and acting inappropriately during their children's swim meet. Sometimes it's even more subtle, where parents make negative comments or put unnecessary pressure on their kids before the meet in private, setting high expectations and sending the message that their love depends on the outcome of the meet.

When the heat of competition is turned way up high it seems even well-meaning parents have the potential to lose their composure and make spectacles of themselves. Don't let this happen to you or any other parents you know! Meet day shouldn't be looked at as any different from a practice day, except now it's a little more fun and challenging because there are new opponents or more people are watching. It's a fresh opportunity, that's all. The more parents and other spectators are able to keep things in the proper perspective and play their role as the SUPPORTIVE AND ENCOURAGING ADULTS that they are, the better their kids will actually perform!

Remember that it's not your job to boo the opponents, get into arguments

with the officials, etc. If you want your kids to believe in themselves, then you have to put your trust in them and have a positive attitude.

Here are some parental do's and don'ts for meet day:

DO:

1. Cheer loudly for your child.
2. Cheer loudly for every other player on your child's team
3. Promote the importance of teamwork, good sportsmanship and fair play by celebrating great swims regardless of who has them.
4. Be supportive of the coach and officials and their decisions. Believe or not your child will learn more from disqualifying than you think.
5. Be positive and make sure your child knows how proud you are of them no matter what
6. Enjoy just being at this recreational just for fun event and relax.
7. Be a great role model.
8. Remember that the swim meet is for your child
9. Be fully present in what's happening so your child sees that you're truly there for them. Our team relies on parent volunteers. Your child will be proud of you for helping just as you are proud of them for their hard work.

DON'T

1. Criticize the coaching or officiating or complain to anyone about what you think is going wrong in the meet.
2. Coach or distract your child or any of their teammates from the sidelines. It is important to not live your life vicariously through your child and their sport.
3. Focus your child or their team on winning at any cost which encourages selfish and unfair behavior, or act like your life is riding on the outcome of the meet.
4. Be negative or physical towards anyone or argumentative with other parents, coaches or officials.
5. Get loud, angry or abusive or yell at your child's competitors.
6. Use alcohol or drugs before or during the meet.

7. Withhold love from your child if they don't perform well. This is a big one, so make sure you don't do this one unconsciously.
8. Tie your child's self-worth with winning or losing. They are great kids regardless of how they do in this meet.
9. Get distracted with your phone, work or gossip.

Swim Meet Day is an opportunity for fun and excitement, and it's a chance to make happy memories with your child. If you relax and just enjoy yourself while supporting your kid and their team then EVERYONE is likely to have a great day!

Based on an article found at:
<https://www.competitivedge.com/dos-and-donts-appropriate-game-day-behavior-parents>



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Lost & Found

LOST OR FOUND ITEM? List Dolphins-related items here and get them home! Newsletter Editor newsletter@ddst.org 775-267-9697.



COACH

Sarah's Corner

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

**Two Important
 "Coupling" Motions
 That Impact Your
 Swim Speed**

By Gary Hall Sr.

The less-obvious parts of your stroke that could help you get through the water quicker.

In order to move quickly through the water, the motions of a freestyler may look effortless, but they are actually very complex. The propulsive forces that make you move forward in the water come almost entirely from the hands and feet, but it's the less obvious motions in addition to kicking and pulling that also have a big impact:

1. The rotation of the body
 2. The recovery of the arms over the water
 3. The turn of the head for a breath
- These three motions create no direct propulsive forces, but they can impact your speed or distance per stroke. We call them coupling motions. The two most notable coupling motions in freestyle are body rotation and arm recovery. It seems a bit mysterious how the counter rotation of the body, timed precisely with the underwater pull, could somehow make the effect of the underwater pull greater, leading to more distance per stroke, but it does. (Yet if you lie face down in the pool and rotate your body all day long, without a kick or pull, you will not move forward one inch.)
- Aside from Newton's three laws of motion that govern every stroke we take in the water, there is a fourth law that comes into play with respect to coupling motions: The Law of Conservation of Energy. This law states that the

energy within a system can be neither created nor destroyed, but it can be transferred to other forms of energy.

Examples of Real-Life Coupling Motions

Picture when a moving car collides into a parked car. The kinetic energy of the moving car gets transferred into heat, crumpling metal and kinetic energy of the parked car that now starts moving. Swimmers are working in an open system—we cannot isolate the kinetic energy of a rotating body or a recovering arm, as if it were a closed system, because all of the body parts are connected. The motion of one part affects another. Like the cars colliding, the energy of a counter-rotating body or a recovering arm, when timed correctly, can positively impact the propulsive forces of our hands and feet. Further, all the forces of nature, such as gravity and drag, are acting on the system simultaneously. Even though coupling motions require more work, we can use them to our benefit by enabling us to swim faster.

Another example of a coupling motion that is a little easier to visualize is the elite long jumper, who keeps moving his legs and rotating his arms in the air, after the force of the takeoff leg has occurred. So long as the effect of the leg force is still in place and the body is still flying through the air, the coupling motions can augment the effect of that propulsive force, resulting in a longer jump. Simpler and more common coupling motions are the arms swinging while walking. The arm swing adds no propulsive force to the gait, but results in a longer stride.

Hip-driven vs. shoulder-driven freestyle

The recovering arm can serve as another coupling motion in freestyle, but only with shoulder-driven freestyle, not hip-driven. The difference between hip-driven and shoulder-driven freestyle is largely determined by the stroke rate. The slower rate of the hip-driven freestyler is due to the longer time with the hand held out front, before initiating the propulsive phase (when the hand begins moving backward in the water). With hip-driven freestyle technique, the lead arm does not initiate the propulsive phase of the underwater pull until the trailing hand is already in the water. By that time, the kinetic energy of the recovering arm has reduced to near zero, so no coupling with the pulling arm can occur.

With shoulder-driven freestyle, where the underwater pull is initiated much sooner, the propulsive phase of the pulling arm is occurring while the recovering arm is in full swing. For this reason, it makes more sense for shoulder-driven freestylers, and particularly sprinters, to straighten the recovering arm more and increase the speed of arm rotation in order to increase the kinetic energy and the effect of the coupling motion.

For hip-driven freestylers, it makes sense to use as little energy as possible in the recovering arm. In other words, bend the elbow and keep the hand closer to the water during the recovery. While virtually all sprinters are shoulder-driven freestylers, distance swimmers (triathletes) can be either. With hip-driven, shoulder-driven or hybrid freestyle, the faster the counter-rotation of the body during the propulsive phase of the pulling arm, the more coupling effect the motion will have

and the more distance per stroke we can achieve.

How to improve your coupling motions

Increasing the coupling energy of these motions, when timed correctly, will improve your distance per stroke and swimming speed. If you are a hip-driven freestyler with a stroke rate less than 74 strokes per minute (37 right arms, 37 left arms), by rotating the body at a faster speed, you will swim faster. That means you need to rotate the body further in each direction and snap it around to the other side quickly. Both rotation and counter-rotation require a strong core, so start working on your core strength, particularly the oblique abdominal muscles.

If you are a shoulder-driven freestyler with stroke rates higher than 80 per minute, you can benefit from the coupling energy of your arm recovery by straightening the arm more on the recovery. This motion will require more work to sustain with strong, fit shoulders, but if you practice enough this way, you can manage.

Both of these coupling motions require work to do well. No awards are given out for the least amount of calories expended in a race. In order to swim fast, one needs to invest energy into the system. It just needs to be smart energy and coupling motions are smart energy.



Coach TJ's Corner

(tj.smithen@yahoo.com)

One of the benefits of your USA Swimming membership is the privilege of being able to compete in swim meets across the country. When you're first starting out, though, you will probably participate in competitions a little closer to home.

There are many different kinds of meets you can participate in, but most age groupers will probably be competing in local invitationals. These invitationals are usually held over the weekend and hosted by a nearby club – maybe even your own.

There are typically anywhere between 150 and 1,000 swimmers competing at these invitationals. That's a lot of people, but there's no reason to be scared. Your coach will be there with you to make sure you survive the experience, and your parents will probably be there to cheer you on.

With so many swimmers competing, some will be very fast, and some will be beginners like you. Don't be nervous. These meets are set up so that you are racing against kids your own age and pretty close to the same ability.

At most meets, you'll have the opportunity to win awards like ribbons or medals. **But if you don't win right away, don't give up.**

Remember, some of the USA's top swimmers like Michael Phelps and Natalie Coughlin started out swimming at these local invitationals just like you, and they probably didn't win their first races, either. The great thing about swimming is that you're competing against yourself more than against anyone else. As long as you keep improving your swimming skills, you're getting better, and maybe someday it will be you standing on top of the medals podium

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1536&Alias=Rainbow&Lang=e>

NEXT BOARD MEETING

The next DDST Board of Directors Meeting will take place Thursday, April 14th 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. As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.



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), or any Board member or coach.



Upcoming Meets

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

April 22-24: Sierra Marlins Spring Splash long course Meet, Folsom, CA. This meet fills up fast!

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.

June 17-19: Bishop Swim Team Invitational Meet, Bishop, CA.

June 24-26: Reno Summer Splash Meet, Reno, 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 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.



New! Dryland Training for White, Red and Blue Groups

Starting immediately, White, Red, and Blue Groups will be doing Dryland training twice each week, coached by Tessa LoPresto, a certified PiYo trainer. This training will be in addition to their current training.

Please be prepared for this type of training. Swimmers will wear their swim suits since there is not a lot of transition time, but they may want to wear a pair of shorts and a shirt over their suits. Swimmers will be doing training that involves core training, stability, and flexibility. Training times are:

White Group Tues & Thurs 5:00-5:15pm (after practice)

Red Group Tues & Thurs 4:45-5:00pm (before practice)

Blue Group Tues & Thurs 4:20-4:40pm (before practice)

Our Team Has New EZ-Ups!

Now, when our team attends a meet, we will have a place to gather, thanks to the generous donations of several team families. A big THANK YOU goes to the wonderful families that helped out so that our swimmers can have shade and shelter from the weather. These families are the Bickmore, LoPresto, Yturbide, Stevenson, DeLange, Fields, Ruffo, Sullivan, Knowles, Vieira, and Gosselin families. Our team is so very grateful to have such supportive members!



ZONE 4 ALL- STAR MEET

The 2016 Pacific Zone All-Star Meet was held this year in Livermore, CA, February 28. The Zone-4 All Star team selected 8 boys and 8 girls in the 9-10, 11-12, and 13-14 age groups with at least 3 BB times to travel to this half-day competition with the other Pacific Swimming zones. The purpose of the meet was to introduce swimmers, parents, and coaches to the parameters of an all-star select travel team, to have a fun team travel experience, and to experience some great competition.

DDST members Todd Gosselin (10), Connor Taylor (12), Julia Chappell (14) and Chris Manning (13) were chosen to help represent Zone 4 and did a great job!

Todd Gosselin took on 3 events and dropped .16 in his 50 freestyle. He also swam the 3rd leg of the 9-10 boys 200 freestyle relay and the anchor leg of the 200 medley relay.

Connor Taylor looked strong in the 100 butterfly, dropped .31 in the 50 freestyle for a new **A** time of 28.27 and swam the 2nd leg of the 11-12 boys 200 freestyle relay that placed 3rd with a time of 1:47.76.

Julia Chappell also took off .31 in her 50 freestyle, 4.43 in the 200 individual medley and swam leg 3 of the 13-14 girls 200 freestyle relay and the anchor leg of the girls 200 medley relay.

Chris Manning took on the 50 freestyle, 100 backstroke and 100 breaststroke and was close to his best times in all 3 events. He also swam leg 2 of the 13-14 boys 200 medley relay.



Junior Olympic Short Course Championships

Each year, USA Swimming establishes time standards, or "cuts" for each of its major meets. From BB or age group meets through Olympic Trials, swimmers strive to make their cut. Two Douglas Dolphins who made the cut and earned the privilege to swim at the Junior Olympic Short Course Championships in San Ramone, CA represented the Douglas Dolphins on March 11-13!

Kaila Duffy, 16, qualified for and competed in an impressive seven events: 50 freestyle, 100 freestyle, 200 freestyle, 100 butterfly, 200 butterfly and 200 individual medley. Her impressive time of 1:01:50 in the 100 butterfly earned Kaila a spot in the finals for that event.

Justin Hight, 16, qualified for and competed in five events, setting a new personal best and **A** time of 55:22 in the 100 butterfly. He also competed in the 50 freestyle, 100 freestyle, 200 freestyle and the 100 backstroke.



FERNLEY MEET

Seventeen swimmers made the trek to Fernley, NV to represent the Douglas Dolphins at the Northern Nevada Aquatics Spring Age Group Meet on March 18-19.

Sydney Ingram, 8, competed in four races for the 7-8 girls, dropping a whopping 11.86 seconds in the 100 freestyle and 6.03 seconds in the 50 breaststroke.

Valerie Vieria, 8, attempted three events in her first swim meet as a Dolphin, setting times to beat in the 25 freestyle, 25 backstroke and 50 backstroke.

Eslie Clifford, 9, competed in two races for the 9-10 girls, achieving a best time of 2:06:30 in the 100 freestyle, a 27.84-second improvement!

Kalia Duffy, 10, also competed for the 9-10 girls, attempting three races and setting times to beat in the 100 freestyle, 100 backstroke and 50 breaststroke.

Keira Duffy, 9, attempted three events, dropping 1.13 seconds to achieve a best time of 1:57:88 in the 100 freestyle for the 9-10 girls.

Calvin Stevenson, 10, competed in four events for the 9-10 boys, setting a new **B** time of 1:24:18 in the 100 freestyle by dropping 5.87 seconds off his previous time.

Matthew Yturbide, 10, took on five events for the same group, setting best times of 1:58:89 in the 100 backstroke and dropping 12.8 seconds in the 200 individual medley with a 3:49:79.

Sofia Delange, 11, had a great meet representing the 11-12 girls, dropping a total of 23.85 seconds in her five events and setting four best times and two new **B** times! Sofia dropped 18.03 seconds in the 500 freestyle, setting a **B** time of 7:08:27 and dropping 3.6 seconds for a 3:00:47 **B** standard time in the 200 individual medley. She also set best times of 1:13:75 in the 100 freestyle and 48:67 in the 50 breaststroke.

Anna Northcutt, 12, swam five events in the same group, achieving a new **B** standard in the 50 breaststroke with a best time of 43:35, a .88-second drop. Anna also achieved a fourth place finish with a best time of 1:18:89 in the 100 backstroke.

Sweetpea Vieria, 11, attempted four events in her first meet representing the Dolphins, including a 2:43:98 in her first ever 200 freestyle.

Jesse LoPresto, 11, had a fantastic meet for the 11-12 boys, achieving best times in six of his eight events, including one **B** time! Jesse dropped 1.57 seconds in the 50 freestyle for a 32.81 **B** time. He dropped 4.08 in the 100 freestyle, 4.78 in the 200 freestyle, 11:45 in the 100 backstroke, and .4 in the 50 breaststroke.

Cooper Yturbide, 11, also had a great meet in the same group, dropping time in three of his four events. Cooper dropped 5.16 seconds in the 100 freestyle, 2.29 seconds in the 100 backstroke and .83 seconds in the 100 butterfly.

Four Dolphins represented the 13-14 boys in Fernley.

Justin LoPresto, 13, took on eight events, dropping 6.58 seconds in the 200 breaststroke and 10.4 seconds in the 200 individual medley.

Josh Beam, 13, achieved **100 percent improvement** in his two events, dropping 9.81 seconds in the 100 freestyle and 10.02 in the 200 breaststroke.

Corbin Sanchez, 13, attempted two events, dropping 2.43 seconds in the 100 freestyle.

Jack Stevenson, 13, was up next for the Dolphins, setting times to beat in the 100 freestyle, 200 breaststroke, 100 butterfly and 200 individual medley.

Chayce Beam, 16, was the sole Dolphin representing the 13 and over girls, dropping 4.37 seconds in the 200 individual medley.

Jesse LoPresto, Calvin Stevenson, Cooper Yturbide and Matthew Yturbide represented the Dolphin boys in an exciting 200 Medley Relay,

earning second place with a time of 2:54:59.



DDST Key Contacts

Board President: Wendy Yturbide.

president@ddst.org; 775-901-6317

Vice President: Claudia Delange;

vp@ddst.org; 775-450-7063.

Parent Liaison: Tessa LoPresto,

new@ddst.org; 760-985-8096

Secretary & Safety Officer: Nikki Willis

nikki_willis@charter.net; 775-267-9697

Coaches: Kat Matheson

coachkat0809@hotmail.com; 775-315-7701

Sarah, sgovanswm@aol.com, 775-287-1035;

TJ, tj.smithen@yahoo.com

Meet Director: meets@ddst.org;

Karen Sullivan, 775-750-5016

Billing: Joanna Ruffo

billing@ddst.org; 775-450-5112

Web Master: Robbie Hight

webmaster@ddst.org

Newsletter: Nikki Willis and Tessa LoPresto

newsletter@ddst.org; 775-267-9697

Team Store: Wendy Yturbide, Teamstore@

ddst.org; 775-265-1871



Happy April Birthdays

Julia Chappell (4/1), Hadley Peck (4/3), Katie Patrick (4/5), Connor Taylor and Kalia Duffy (4/11), Emily Willis (4/15), Peyton Bratcher (4/17), Christopher Erickson (4/18), Cooper Yturbide (4/27), Niko Hight (4/29).

Happy May Birthdays

Timothy Golobic (5/11), Sydney Ingram (5/16), Anna Northcutt (5/20), Jason Lowther and Izaac Bonner (5/27).



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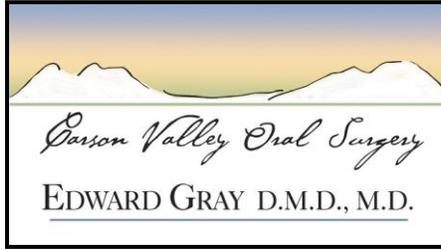
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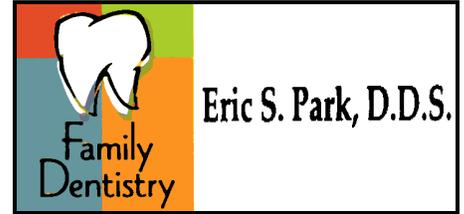
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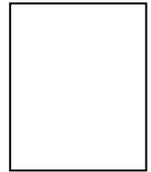
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Douglas Dolphins Swim Team
P.O. Box 44
Minden NV 89423



www.ddst.org



SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



Transitions

Welcome to new swimmers:

Matthew Sutton, Sammie Ingram,
Sarah Thomas, Max Thomas,
Chris Erickson, Sweetpea Vieira,
Valerie Vieira

Moving on up Congrats to new:

Red Dolphins: Calvin Stevenson
Blue Dolphins: Cooper Yturbide



Practice Schedules

Check www.ddst.org for updates.

SCHOOL IN SESSION SCHEDULE

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

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

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

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

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

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

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

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

Next Newsletter

The next *Monthly* will appear about April 11th. **All submissions should be received by May 9th.** 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, Nikki Willis, 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, and Tessa LoPresto.

Latest news online:
www.ddst.org

