

# Dolphins' Monthly

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

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

August 2016

## Swimmers of the Month

**Sydney Ingram is Silver Group swimmer of the month.** Sydney has been swimming with the team for about 2 years, loves every part of swimming, and has so much passion for the sport. She is at every practice with a smile on her face and ready to challenge herself; nothing is too hard for Sydney. This summer Sydney has improved greatly on her racing. At the Tahoe "Swimming at Altitude" meet she dropped nearly half a minute in her 200 freestyle, 22 seconds in her 200 IM, and 15 seconds in her 50 breaststroke. At High Country she dropped even more time on many of her events including the 50 freestyle (5 seconds), 50 backstroke (2 seconds), and 100 breaststroke (6 seconds). In addition to dropping a ton of time, Sydney has improved greatly on all four of her strokes including strengthening her breaststroke and dolphin kicks and working on her freestyle breathing. Throughout the summer she has been a dedicated asset to the Douglas Dolphins and we look forward to watching her continue improving as a swimmer.

**TJ Golobic is White group swimmer of the month.** He was chosen this month for many reasons. First his leadership in practice by being a good listener and demonstrating skills to his team mates. Secondly he has trained very well all summer and it definitely showed at the High Country meet with 100% improvement taking off 84 seconds and finaling in 3 events. Great job TJ!

**Josh Beam is Purple Group Swimmer of the Month.** Josh has grown quite a bit this summer. I have been pretty tough on him and holding

him accountable for the smaller details of swimming that are often forgotten. His coachable attitude has made his summer a great success. The Reno Gamble Meet was the first meet he "finalled" in. Learning to swim as fast as you can in the morning and then swimming even faster at night is a hard skill to master. He had even more success at High Country and is well on his way to understanding what type of training it takes to be a prelim and final swimmer. Keep up the hard work Josh Beam!

**Cailey Tollmann is Senior B Swimmer of the Month.** Cailey was chosen for her outstanding performance at the High Country meet. She swam a perfect meet with 100% improvement, with 2 new A times and 30 seconds drop over the weekend. This performance was due to her hard work over the summer season. Great job Cailey, keep up the hard work!!

**Taylor (Jeffery) Knowles is Senior A Swimmer of the Month.** Many of our older young men on the team have left for college but, Taylor still has a few more years. He has had the opportunity to swim with a group of fine young gentlemen and I am excited to see him become a leader for our team. He has had a very successful summer of swimming. Starting with a loss of about 80 seconds at the Reno Gamble and 2 new "A" times in the 100 Back and 200 Back. He followed up with a loss of another 50 seconds total at High Country. This type of success is the result of training hard both morning and evenings this summer. As he steps into a leadership role I'm excited to see how he gives back to the younger swimmers on our team and look forward to further swimming successes!



COACH

## Kat's Corner

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

This is a tough subject but very real on our swim team. As a coach there have been many parents who have asked me to move their child to another lane or another group for some of the same reasons, so this article resonates with me. We can have conversations on this matter but many times it is not reasonable to expect changes in groups or even lanes especially since our space is limited and many training days are skill and speed specific. In my experience some kids who struggle with others often times end up being great lifetime friends when they work through these problems.

What are We Teaching Our Children?

April 28, 2016 — I recently spoke with a school administrator who offered one more example of how parents today are choosing to lead their children. I've heard this example twice in the last month—and it's illustrative of far too many parents.

Evidently, a high school student recently brought a note from her doctor to school. The note requested that this teen be moved to a different class because her ex-boyfriend was in her current class. This was emotionally difficult for her.

Now, on the surface, this might make sense to today's parent. After all, we don't want an emotional issue to cloud the focus of our beloved child. We want to remove all barriers that would prevent them from making their best grades. Hence, decisions like the one above. Apparently, the parents and their teenage daughter visited the doctor and actually got a note to excuse her from one class, and to position her

in another class. Is this now considered normal?

You can already predict what I'm going to say, can't you?

Why have we, as a generation of adults, chosen to solve our children's problems for them by removing potential struggles? Since when did it make adolescents stronger to eliminate their hardships and the emotional pain that life brings them?

I can think of three different times in my K-12 education that I had to sit through a semester of classes with a former girlfriend sitting in the row next to me, after a breakup. Was it hard? Absolutely. Was it distracting? You bet it was. But I learned grit. I learned how to manage my emotions because the issue was right in front of me. I grew stronger because my mom and dad never dreamed of removing the situation. In fact, I think I remember my mother talking it over with me one evening and helping me see that I could make it through that rough patch.

Ponder these questions.

Would we ever teach our teenagers to drive a car, but then tell them they can never drive on a road that's curvy or steep or wet? That would be silly.

Would we ever sign our kid up to play Little League baseball, but insist as they enter middle school that they continue to play T-ball, so they are sure to get a hit?

Would we ever join a family fitness center, and then tell our teens they can't actually work out with the weights—for fear they'd get hurt. Would we ever tell them, "I will lift the bar bells for you, so you don't get hurt?"

Most of the time, if our kids are fragile, it's because we've made them fragile. And if we don't build some emotional strength inside of them, they'll become fragile adults as well.

Perhaps the student (in the story above) had a legitimate reason to be removed from her class. I'm simply offering a reminder that we must not neglect our duty to host tough conversations with students to help them navigate the tough situations they will face.

As leaders, faculty and coaches, I fear we've surrendered our leadership role and taken the easy route. In essence, we move them to another classroom so they don't have to face the music.

Steps We Can Take to Toughen Them Up

Let me suggest some common sense action-steps we can take to strengthen them emotionally and equip them for their future adult life:

1. Empathize with them. Feel their pain and hurt. Ensure they know you feel the hurt they feel, and it's normal for people.

2. Tell your own story about a similar tough time you faced. Share about when you went through painful times in your past.

3. Share Ben Franklin's principle: "There is no gain without pain." Tell them that your biggest goal, apart from loving them, is preparing them.

4. Talk over a strategy they can use. Converse about an action plan they could apply to get through tomorrow.

5. Role-play with them and equip them to respond in difficult situations. Actually act out situations to prepare them for worst-case scenarios.

6. Practice and discuss the importance of emotional intelligence. Place them in social contexts, parties or events, to learn to relate to others.

7. Don't remove the struggles—but teach them to solve their own problems. Whatever you do, don't solve the problem by removing it. This harms them.

As our children face adversity, it's time we ask ourselves: Is my solution going to aid them as adults in dealing with this on their own? Or does it make them more dependent upon me to solve their problems. I dare you.

- See more at: <http://growingleaders.com/blog/what-are-we-teaching-our-children/#sthash.G4D3FgPz.dpuf>



COACH

## Sarah's Corner

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

Although you might not see me coaching on the deck very often, I will still be there for the Dolphins when I can. As we start the fall season I have some advice for swimmers:

### 3 Things to Focus On As Swimming's Fall/Winter Season Starts

Courtesy of Swimtern Josh Brown.  
Follow: @joshbrownisaman

Many of us are just getting into the start of another fall/winter swim season. For some, this may be your first real competitive fall/winter season and for others this may be your very last. No matter whether it's your first or tenth year swimming (or anywhere in between), whether you're a wee guppy or a college senior here are some things you should focus on this year.

#### STAY ON TOP OF THINGS

Stick to your training both in and out of the water. Yes, there are a lot of "hidden" (or not so hidden) things you can miss when training begins and ends in the pool. First, stay on top of dryland! I've seen it happen all too often when people decide dryland and weight training just aren't for them. Please don't be that person – your coach is having you do this stuff for a reason. For many swimmers weight training and dryland are critical to success for their specific events. Second, stay on top of eating healthy. Yeah, one night of indulging in guilty pleasures like that triple cheeseburger won't ruin your entire swim season, but don't make this a nightly thing. And please swimmers get as much sleep as you can, and try to put that phone away and turn lights out thirty minutes earlier. That extra sleep adds up.

STAY MOTIVATED

It's a long season, I get that. But realize that with a long season comes large rewards. I know for the majority of us, the long hours of each practice, the number of practices each month, and the number of months in the swim season can be daunting. But trust me on this, that's why you are a swimmer! You know there will be late nights and early mornings. You know you will have stiff standing brittle hair. You know chlorine fumes will permeate your car on the rides home from practice. But you also know that taste in your mouth (no, it's not chlorine) when you reach that goal time you were doodling in your school books all season long. There's nothing else like it!

KEEP IT FUN WITH THE TEAM

We've ALL had our ups and downs throughout the course of our swimming. C'mon, let's not deny it, even the great Michael Phelps has seen his dark days on planet swim. Despite what sometimes can be an "emotional sport" as my coach would say, let's remember to keep it fun. Spend time with your teammates, they are your family. Take on the role of bringing your team closer together. Have a team dinner every now and then, or go hang out at a local sports event. You could even start a team fantasy football league. Bring the fun off the pool deck and engage the team in a family setting.



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## Become A Swim Official!

Are you interested in understanding more about the sport of competitive swimming? Would you like to be more involved in helping swimmers have rewarding swim experiences? If so, please consider training to become a Swim Official. Officials learn the four strokes used in competitive swimming and why swimmers are disqualified. Becoming an official can also help parents gain knowledge that can be helpful in supporting their child(ren) in the sport, and can provide more opportunities to fulfill your volunteer hour obligations (hours spent officiating count towards your volunteer hour obligation for our team).

In addition to personal benefits, you can help your child's team. The Dolphins are required to send officials to the meets we participate in. Please help us increase the number of our members who can help us fulfil this requirement.

To begin training, plan to attend a Basic Swim Officials Clinic. The next clinic will be held September 24<sup>th</sup>, from 1:00 to 4:00 p.m. in Sparks. Contact Nikki Willis at [newsletter@ddst.org](mailto:newsletter@ddst.org) for more details.



## NEXT BOARD MEETING

The next DDST Board of Directors Meeting will take place **Thursday, September 8th at the Montana Club House**. At this meeting, the officers of the 2016-2017 Board of Directors will be elected. All families present will have one vote in choosing the officers. 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.



## Thank you to the Taylor Family

Our DDST Coaches now have a new tool to help give our swimmers the best coaching possible, thanks to the Taylor family. The Taylors donated a year's subscription to MainSet, a new module available on TeamUnify that helps coaches plan workouts, store and share videos of swimmers, monitor test sets, and keep better track of attendance. We look forward to even better workout management with this new tool. When you see them, be sure to thank the Taylors!



## DDST Key Contacts

- Board President: Wendy Yturbide.**  
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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) 775-267-9697.



## 2016 Ad Campaign

Thanks to all the swimmers and families who participated in the 2016 Ad Campaign, renewing loyal repeat sponsors and bringing in new sponsorships from local businesses. Thanks to all of our supportive sponsors, the Douglas Dolphins can continue to maintain a full range of high-quality competitive swimming programs and activities, while keeping these activities as accessible as possible to all the youth of our communities. **DDST members, please join in thanking the new and renewing sponsors shown on the last page of this newsletter.**

Congratulations to the Bellik family for being our top fundraisers for the sponsorship drive! Families who brought in over \$150 worth of sponsorships will be contacted regarding prizes earned (per our Ad Campaign prizes sheet). Remember that although the "official" Ad Campaign drive has ended, sponsorships are welcome at any time of year. Our list of 2016-2017 sponsors can be viewed in each DDST newsletter, on our team website ([www.ddst.org](http://www.ddst.org)) & a sponsor banner will be on display at each home swim meet. For more information, please go to our website.



## Upcoming Meets

**Home Meet: September 16-18, Molly Lahlum Memorial Autumn Freeze.** All parents please be prepared to help out.

**October 14-16: King of the Hill Meet,** Carson City

**November 10-13: Nevada State SCY Championships** (Desert Breeze)

**December 3-4: WCAB Senior II Meet,** Walnut Creek, CA



## New Swimmer Tryouts

If you like to swim and would like to join the Douglas Dolphins Swim Team, New Swimmer Tryouts are held the 3<sup>rd</sup> Friday of each month (with some exceptions) at the Swim center at 5:30pm. Swimmers who would like to try out for the swim team should contact Tessa LoPresto, our parent liaison, ahead of time to set up their tryout. You can find Tessa's contact information in the DDST Key Contacts section of this newsletter. Also, you might like to check out our website ([ddst.org](http://ddst.org)) which has lots of useful information and will help you to begin to see what the Dolphins are all about!



## DDST Scholarship Program

All DDST members and prospective members should be aware of our ongoing Dolphins Scholarship Program. DDST offers a limited number of full and 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, and 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 swim-ming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all re-member 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 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.



## Locker Room Etiquette

**Parents and swimmers,** the Swim Center staff asks that you please remember to **bring all belongings out onto the deck or leave them inside a locker** while at swim practice. Several swimmers have been leaving items on benches meant for people to sit on, or designated for handicap patrons. **All benches must be kept clear of personal items!** Also you should know that some swimmers have had items stolen from the locker rooms, so it would be safer to have their belongings with them out on deck.



## 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.



## FROM THE MEET DIRECTORS

### High Country Wrap Up 2016

Thank out to all the volunteers who made our High Country Championships meet a success. Our team makes a lot of money hosting meets so we are able to keep dues low compared to other teams in the area. Hosting meets would not be possible without our fabulous volunteers. Teams love coming to our meets because of the way we treat them. I heard many wonderful praises! It was a long weekend for all of us, but the swimmers swam fast and had fun.

Our Molly Lahlum) Autumn Freeze is right around the corner. Looking forward to seeing you all there.



## Swim Practice Transportation!

For our newer members, a reminder that Douglas County school buses stop next to the Swim Center each afternoon. **Most of our swimmers ride the bus directly to practices after school.** To arrange this for your child, first contact the school district's Transportation

Department (782-5194) and ask which bus route from your child's school makes this stop. Then provide a note to the school and bus driver allowing your child to ride that route on their practice days. Please make sure you send an extra snack with your swimmer to eat before practice.



## Important Dates

Help keep our team strong by participating in these upcoming fundraisers:

**24 August 3:30-6:30pm** DDST Thirty One Gifts fundraiser in the upstairs mezzanine

**8 October** – Championship Meet Car Wash



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

## Bishop Invitational

The weather was hot, but not as hot as the Douglas Dolphins Swim Team at the Bishop Invitational Swim Meet in Bishop, CA on June 17-19. Ten Dolphins swam away with High Point medals and t-shirts.

**Sammie Ingram** had an amazing first swim meet for the 6 and under girls, setting times to beat of 36.70 sec in the 25 freestyle and 33.22 sec in the 25 backstroke.

**Sydney Ingram** competed in her first meet as a 9-year-old, earning 5 best times in her 6 repeat events, plus taking on 1 new event, the 100 breaststroke. She showed the most improvement in the 50 breaststroke, clocking a 1:19.56, a 17.8% improvement from her previous best time. Sydney also swam best times in the 50 freestyle with 50.44, the 100 freestyle with

1:55.49, the 200 freestyle with 4:14.37 (an improvement of 33.99 sec), and the 100 IM relay with a 2:21.57, an improvement of 20.56 sec.

**Mason Dickey** represented the 9-10 boys in Bishop, taking on 5 events and setting a personal best time of 1:33.85 in the 100 freestyle, an improvement of 3.65 sec from his previous best time.

**Todd Gosselin** was 1 event shy of 100% improvement, setting four new **BB** time standards, along with 1 other best time. His biggest improvement was in the 100 butterfly, in which he shaved off 13.63 sec for a new **BB** time of 1:29.93. Todd also set new **BB** times of 1:27.16 in the 100 backstroke, 1:35.56 in the 100 Breaststroke and 1:23.25 in the 100 IM. He also swam a personal best **BB** time of 37.86 in the 100 butterfly. **Matthew Yturbide** took on 10 events for the 9-10 boys, setting 5 new personal bests. His best improvement was in the 50 butterfly with a time of 54.19 sec, an 11.6% improvement over his previous personal best. He also swam a 42.61 PB in the 50 freestyle, 1:33.15 in the 100 freestyle, 51.53 in the 50 backstroke and 2:02.06 in the 100 butterfly.

**Sofia DeLange** walked away with **High Point** for 11-year-old girls, set 1 new **BB** time of 1:19.25 in the 100 backstroke and four new **B** times. Sofia earned a new **B** time of 1:12.08 in the 100 freestyle, 2:37.12 in the 200 freestyle and 37.04 in the 50 butterfly and 1:23.60 in the 100 IM. She also swam personal best times in the 50 backstroke with a 37.52 (**B** time) and 1:27.08 in the 100 butterfly. Sofia swam the 400 IM for the first time, setting a **B** time of 6:16.10. **Grace Dickey** had **100% improvement** in her 7 repeat events, set 1 new **BB** time and 2 new **B** times, and set a time to beat in her 1 new event, the 100 butterfly. Her biggest improvement was in the 50 breaststroke as she dropped 7.97 sec to set a new to set a **BB** time of 39.46. She also improved 14.7% in the 50 butterfly, to set a new **B** time of 35.19. Grace swam a 1:18.69 in the 100 IM to earn a new **BB** time. She clocked a 1:09.07 in the 100 freestyle to set a

new **B** time and set PB times in the 50 freestyle of 31.73 and 1:31.26 in the 100 breaststroke and 2:42.77 in the 200 freestyle.

**Jesse LoPresto** represented the 11-12 boys, earning 3rd place High Point and setting personal bests in 8 of 9 repeat events. Jesse put up a new **B** time of 1:22.02 in the 100 IM. His biggest improvement was in the 50 butterfly – a 37.90. He also set personal best times in the 100 freestyle, 200 freestyle, 50 backstroke, 100 backstroke, 50 breaststroke and 100 breaststroke. **Calvin Stevenson** dropped time in four events and swam the 500 freestyle for the first time. His biggest improvement was in the 50 butterfly, dropping 9 sec for a personal best of 39.18. He also dropped 11.6 sec to swim a personal best of 1:12.58 in the 100 freestyle, earned PBs of 41.90 in the 50 backstroke and 1:30.63 in the 100 backstroke.

**Lilia Fields** swam 10 events for the 11-12 girls, picking up a best time of 1:29.09 and a 3rd place finish in the 100 butterfly. She also put up best times of 1:17.08 in the 100 freestyle, 2:50.84 in the 200 freestyle, 43.20 in the 50 breaststroke, and 1:41.34 in the 100 breaststroke, and 37.80 in the 50 butterfly. She swam the 500 freestyle or the first time. **Barrett Lee** swam away with 2nd place high point, putting up 1 new **B** time of 31.47 in the 50 freestyle and four other best times, including a 43.28 in the 50 breaststroke, a 1:32.13 in the 100 breaststroke, a 35.61 in the 50 butterfly and a 1:19.64 1st place finish in the 100 butterfly. **Eden Neal** swam almost 100% improvement, picking up a new **B** time of 1:23.27 in the 100 IM. She put up best times of 33.92 in the 50 freestyle, 1:12.00 in the 100 freestyle, 38.42 in the 50 backstroke, 1:21.95 in the 100 backstroke, 44.90 in the 50 breaststroke, 1:39.51 in the 100 breaststroke, 40.47 in the 50 butterfly and 1:2.64 in the 100 butterfly.

**Cooper Yturbide** swam 10 events for the 11-12 boys, setting personal best times in 8, including a 1:30.04 2nd place finish in the 50 butterfly. Cooper also put up best times of 33.40 in the

50 freestyle, 1:12.65 in the 100 freestyle, 2:43.37 in the 200 freestyle, 40.57 in the 50 backstroke, 1:27.37 in the 100 backstroke, 39.60 in the 50 butterfly and 1:23.55 in the 100 IM.

**Emma Ruffo** represented the 13-14 girls, earning High Point and 3 1st place finishes -- in the 50 freestyle with a 28.77, a 1:09.44 in the 100 backstroke and a 3:01.55 in the 200 breaststroke. She also swam a PB of 2:28.68 in the 200 backstroke. **Cailey Tollman** swam away with 2nd place High Point for the 13-year-old girls, putting up two 1st place finishes in the 200 freestyle with a time of 2:14.70 and a new **B** time of 1:16.14 in the 100 butterfly. Cailey also put up a new **A** time of 12:03.66 in the 1000 freestyle. She also set PBs of 2:30.14 in the 200 backstroke, 1:29.92 in the 100 breaststroke, 2:36.71 in the 200 IM and 5:22.49 in the 400 freestyle.

**Chris Manning** took High Point for the 13-year-old boys, earning four 1st place finishes – a 2:14.00 in the 200 freestyle (new **BB** time), 1:13.06 in the 100 backstroke (new **B** time), 1:12.05 in the 100 butterfly (new **B** time) and 2:44.32 in the 200 breaststroke. He also earned a new **BB** time of 2:25.55 in the 200 IM and a new **B** time of 2:37.24 in the 200 backstroke. He also swam PB with a 1:02.22 in the 100 freestyle and 1:15.06 in the 100 breaststroke. **Justin LoPresto** swam for the 13-14 boys, earning 2nd place High Point and a 1st place finish in the 50 freestyle with a new **BB** time of 27.66. He also earned new **B** times of 2:38.03 in the 200 IM and 12:52.77 in the 1000 freestyle. He swam 5 other best times, a 1:02.76 in the 100 freestyle, 1:15.20 in the 100 breaststroke, 3:07.50 on the 200 breaststroke, 1:19.89 in the 100 butterfly and 5:34.88 in the 400 IM. **Ben Munyan** took on 3 new events and had **100% improvement** in 7 others. His biggest improvement was a 1:34.53 in the 100 breaststroke. Ben also put up best times in the 50, 100, 200 and 500 freestyle events and the 100 backstroke and the 200 IM. **Jack Stevenson** picked up a 3rd place finish in the 100 butterfly with a PB of 1:20.30. He also had best

times in the 1000 freestyle, 100 breaststroke and 200 IM.

**Chris Erickson** took on 6 events in his first swim meet for the 14-year-old boys, putting up times to beat in the 50 and 100 freestyle events and the 100 backstroke.

**Emily Willis** took on 7 events for the 15-16 girls, setting 4 new personal best times. Her biggest improvement was in the 200 freestyle with a time of 2:59.00, dropping 10.78 sec. She also swam best times of 35.65 in the 50 freestyle, 1:47.01 in the 100 butterfly and 3:30.29 in the 200 IM.

**Dakota Blaha**, swam for the 15-16 boys, **improving 100%** in 4 events and taking on 4 new events. He dropped 29.75 sec to set a personal best in the 200 freestyle. He also swam a PB of 31.71 in the 50 freestyle, 1:13.62 in the 100 freestyle and 1:32.23 in the 100 breaststroke.

**Kayla Ruffo**, 17, took High Point and four 1st place finishes and put up 2 personal best times, a 29.15 in the 50 freestyle and 5:59.00 in the 500 freestyle. She also took 1st place in the 200 freestyle, 100 butterfly and 200 breaststroke.



## 2016 Reno Aquatic Club Gamble

It was hot, hot, hot at the Reno Aquatic Club Gamble June 24-26 at the Idlewild Pool in Reno.

**Ella Martin**, swimming for the 8 and under girls, put up times to beat in the 50m freestyle, 100m backstroke and 50m breaststroke. **Christina Thomas** put up a time to beat in the 100m backstroke.

**Sarah Thomas**, 9-10 girls, put up times to beat in the 100m backstroke and 50m breaststroke.

**Mason Dickey**, 9-10 boys, put up a time to beat in the 50m freestyle. **Matthew Yturbide**, swam a best time of 44.52 in the 50m freestyle and 1:06.40 in the 50m breaststroke.

**Mo Bell**, 11-12 girls, had almost 100% improvement, putting up best times in 4 of 5 events, including a 43.65 in the 50m freestyle and a 59.16 in the 50m breaststroke, her biggest improvement with a drip of 2.84 sec.

**Grace Dickey** took on 4 new events, swimming a **BB** time of 3:10.17 in the 200m IM and a **B** time of 36.48 in the 50m freestyle. **Barrett Lee** swam 8 events, putting up 3 new best times, including a new **B** time of 3:16.99 in the 200m IM and a 2:54.89 in the 200m freestyle and 49.31 in the 50m breaststroke. **Sweetpea Vieira** swam 2 new **B** times, a 41.72 in the 100m butterfly and 2:52.94 in the 200m freestyle. She also swam best times in the 50m backstroke with a 47.60 and 51.80 in the 50m breaststroke.

**Jesse LoPresto**, 11-12 boys, improved in 3 events: 37.93 in the 50m freestyle, 1:24.43 in the 100m freestyle and 51.86 in the 50m breaststroke.

**Max Thomas** dropped 8.84 sec to swim 3:48.31 in the 200m freestyle and set times to beat in the 50m breaststroke and 50m butterfly. **Cooper Yturbide** took on 10 events, swimming 4 new best times, including a 46.02 in the 50m backstroke, 1:40.53 in the 100m backstroke, 43.88 in the 50m butterfly and 1:42.09 in the 100m butterfly.

**Anna Northcutt**, 12-13 girls, put up 2 new **B** times, a 1:19.32 in the 100m freestyle and 6:58.89 in the 400m IM for 6th place. She also improved in the 200m backstroke, for a time of 3:17.82. **Emma Ruffo** put up 4 new best times, a 1:10.91 in the 100m freestyle, 1:20.34 in the 100m backstroke (7<sup>th</sup> place), 2:46.80 2nd place finish in the 200m backstroke and 2:54.31 for a 6th place finish in the 200m IM. **Cailey Tollman** dropped time in 2 events, with a 1:12.90 in the 100m freestyle and 2:34.70 in the 200m freestyle. She placed 4th in the 800m freestyle with a time of 11:14.41, 5th in the 200m backstroke, and 8th in the 100m backstroke with a time of 1:20.75.

**Josh Beam**, 13-14 boys, put up a best time of 2:54.95 in the 200m freestyle. **Niko Hight** swam 4 best times, taking 43.27 sec off the 500m freestyle for a time of 6:20.67, a 3:02.07 in the 200m freestyle, 1:38.86 in the 100m backstroke and 3:30.62 in the 200m IM. **Justin LoPresto** dropped 2.95 sec from the 50m freestyle to swim a new **BB** time of 30.35. He also swam a new **B** time of 2:38.59 in the 200m freestyle and put up 2 more personal bests, a 1:12.42 in the 100m freestyle and 1:25.36 in the 100m backstroke. He also took on the 1500m freestyle for the first time, swimming a **B** time of 21:50.05, finishing 4th. **Christopher Manning** finished 1st place in the 100m breaststroke with a best time of 1:22.58. He also set a new **BB** time of 31.36 in the 50m freestyle and swam a **PB** of 2:47.80 in the 200m IM for 5th place. He placed 4th in the 200m breaststroke with a time of 3:04.43.

**Ben Munyan** had almost 100% improvement, dropping 14.92 sec from the 200m freestyle, 6.13 sec from the 200m IM and 5.98 sec from the 100m butterfly, and putting up a 1:39.27 in the 100m backstroke.

**Chayce Beam**, 15-16 girls, swam a personal best of 3:25.32 in the 200m freestyle. **Lily Bickmore** swam a personal best of 31.95 in the 50m freestyle for an 8<sup>th</sup> place finish. Lily placed 3rd in the 100m butterfly with a 1:16.01. She placed 8th in the 200m butterfly.

**Kaila Duffy** swam a best time of 5:10.33 in the 400m freestyle for a 6th place finish and placed 7th in the 50m freestyle and 200m freestyle and 5th place in the 100 breaststroke with a time of 1:32.27. Kaila placed 6th in the 200m butterfly with a time of 2:55.92. Kaila placed 4th in the 200 IM with a 2:49.60.

**Taylor Knowles**, 15-16 boys, had **100% improvement** in 6 events. He put up 2 new **A** times, a 1:08.61 for 2nd place in the 100m backstroke and a 2:28.19 for 2nd place in the 200m backstroke. He also swam a new **BB** time of 29.70 in the 50m freestyle and best times of 1:03.85 in the 100m freestyle, 2:20.91 in the 200m freestyle for

8th place and 4:57.42 in the 400m freestyle for a 6th place finish.

**Kayla Ruffo**, 17-18 girls, swam a new **BB** time of 6:15.20 in the 400 IM and put up 5 other best times, including a 32.91 for a 6th place finish in the 50m freestyle, 3:22.76 for 2nd place in the 200m breaststroke, 1:19.59 for 3rd place in the 100m butterfly, 3:05.49 in the 200m butterfly and 2:58.66 in the 200m IM. Kayla placed 4th in the 100m breaststroke.

**Justin Hight**, 17-18 boys, placed 1st in the 100m backstroke with a time of 1:07.80 and put up 2 best times, a 2:31.27 for a 2nd place finish in the 200m backstroke and a 2:33.52 in the 200m IM. Justin placed 3rd in the 50m freestyle with a time of 27.69, 3rd in the 100m freestyle with 59.31 and 2nd in the 200m freestyle with a 2:10.93. He placed 2nd in the 100m butterfly with a time of 1:04.17. **Joe Sullivan** placed 1st in the 50m freestyle with a time of 25.91 and 2nd in the 100m freestyle and 100m backstroke. He also put up 2 best times, a 2:18.52 for a 4th place finish in the 200m freestyle and a 1:26.17 for a 4th place finish in the 100m breaststroke. Joe placed 3rd in the 200m backstroke.



## 2016 Junior Olympics

**Kaila Duffy** was the sole Dolphin competing at the JO's in Moraga on July 7-9. Duffy, 16, competed in 6 events and put up a new best time and **AA** standard with a 2:19.74 in the 200m freestyle. She also swam a best time of 2:38.55 in the 200m butterfly finals, finishing in 6<sup>th</sup> place.



## 2016 Tahoe Swimming at Altitude Meet

A pod of Douglas Dolphins competed in Tahoe's 2016 "Swimming at Altitude" Meet held in South Lake Tahoe on July 15-17.

**Sammie Ingram**, 5, swam 2 best times, 31.47 in the 25 freestyle and 33.14 in the 25 backstroke.

**Ella Martin**, 7, took on 8 events in Tahoe and put up 2 best times, a 26.49 in the 25 freestyle a 33.63 in the 25 breaststroke. **Christina Thomas**, 8, put up times to beat in the 50 freestyle and 25 backstroke.

**Sydney Ingram**, 9, had a huge meet, setting 5 new personal bests, including a 100 breaststroke in which she dropped 11.89 sec! Sydney also dropped time in the 25 freestyle, 200 freestyle, 50 breaststroke and 100 IM.

**Keira Duffy**, 10, had **100% improvement**, shaving a total of 44 sec off her 5 events! Keira swam a 44.98 in the 50 freestyle, 51.82 in the 50 backstroke, 1:51.32 in the 100 backstroke, 57.99 in the 50 breaststroke and 2:07.19 in the 100 breaststroke. **Sarah Thomas**, 10, put up times to beat in the 50 freestyle, 100 freestyle and 50 backstroke.

**Mason Dickey**, 10, also set times to beat in the 50 freestyle, 100 freestyle and 50 backstroke. **Matthew Yturvide**, 10, took on 10 events, swimming 3 best times, an 18.80 in the 25 freestyle, a 3:16.30 in the 200 freestyle and a 57.72 in the 100 breaststroke.

**Kalia Duffy**, 11, swam a 19.90 in the 25 freestyle and 2:09.45 in the 100 backstroke.

**Calvin Stevenson**, 11, put up 3 best times, a 3:18.66 in the 200 freestyle, 7:08.36 in the 500 freestyle and 45.40 in the 50 breaststroke. **Max Thomas**, 11, set times to beat of 8:34.99 in his first 500 freestyle and 3:42.96 in the 200 individual medley. **Cooper Yturvide**, 12, set a new **B** time of 2:56.31 in the 200 individual medley and 4 other best times, 2:40.61 in the 200 freestyle,

7:19.25 in the 500 freestyle, 44.06 in the 50 breaststroke and 1:29.00 in the 100 butterfly.

**Anna Northcutt**, 13, took on 8 events, putting up a best time of 14.79 in the 25 freestyle and setting a **B** time of 2:31.83 in the 200 freestyle.

**Josh Beam**, 13, set 3 personal bests, a 2:38.13 in the 200 freestyle, 1:35.48 in the 100 breaststroke, and 1:29.34 in the 100 butterfly. He also set his first time to beat in the 200 backstroke.

**T.J. Golobic**, 13, set 4 personal bests, 38.75 in the 50 freestyle, 1:29.87 in the 100 freestyle, 3:16.70 in the 200 freestyle and 1:48.07 in the 100 backstroke. He also swam his first 500 freestyle in 8:52.07. **Jack Stevenson**, 13, set 2 personal bests, a 2:26.62 in the 200 freestyle and 6:32.00 in the 500 freestyle.

**Chayce Beam**, in her first meet as a 17-year-old, set 2 personal bests, a 1:54.49 in the 100 breaststroke and 1:54.77 in the 100 butterfly.



## 2016 Silver State Gamble

The Silver State Gamble meet took place in Reno on the weekend of July 22-24<sup>th</sup>.

**Todd Gosselin**, 10 and under boys, had an outstanding meet, earning new **BB** times in all 6 events he took on! His best improvement was in the 200m with a 3:30.93. He also swam a 37.41 in the 50m freestyle, 3:11.90 in the 200m freestyle, 1:39.88 for a 4th place in the 100m backstroke, 51.11 for a 6th place in the 50m breaststroke and 1:54.00 in the 100m breaststroke.

**Sofia DeLange**, 11-12 girls, swam a best time of 37.51 in the 50m freestyle and set a time to beat of 6:25.38 in her 1st 400m freestyle.

**Jesse LoPresto**, 11-12 boys, set a new **B** time of 36.10 for 8th place in the 50m freestyle and a best time of 1:53.83 in the 100m breaststroke. He

put up a great time to beat of 6:40.29 for 6th place in his 1st 400m freestyle.

**Cailey Tollman**, 13-14 girls, set a new **A** time of 2:29.25 for 4th place in the 200m freestyle and a best time of 1:18.91 for 3rd place in the 100m backstroke.

**Josh Beam**, 13-14 boys, set times to beat in the 50m freestyle, 100m freestyle and 100m breaststroke. **Chris Erickson** put up times to beat in the 50m freestyle and 100m freestyle in his 1st long course meet. **Niko Hight** put up a new **A** time of 4:56.24 for 4th place in the 400m freestyle final, shaving almost a minute and a half from off his swim in the preliminaries! He also put up a best time of 36.68 in the 50m freestyle. **Justin LoPresto** put up a best time of 29.74 for 9th place in the 50m freestyle and 1:37.22 for 7th place in the 100m breaststroke. **Christopher Manning** earned 1st place and set a new **A** time of 1:19.59 in the 100m breaststroke, a best time of 31.17 in the 50m freestyle and best time of 2:40.80 for 5th place in the 200m IM.

**Chayce Beam**, 15 and over girls, set times to beat in the 50m freestyle, 100m breaststroke and 200m IM. **Lily Bickmore** swam 2 best times, a 31.94 in the 50m freestyle and 1:07.48 in the 100m freestyle. **Kaila Duffy**, set a new **A** time of 5:05.95 in the 400m freestyle. **Sarah Hyatt** set 6 personal best times including an **A** time of 3:05.35 in the 200m breaststroke, a 32.90 in the 50m freestyle, 3:04.39 in the 200m backstroke, 1:28.08 in the 100m breaststroke, 1:21.32 in the 100m butterfly and 2:47.26 in the 200m IM.



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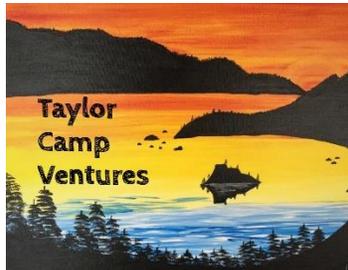


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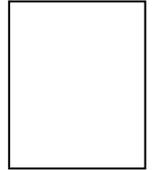


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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Welcome to New Swimmers

Maddie Ruffo, Mason Peck, Adaline Shaw, Matthew Beam, Jackson Yturvide, Elijah Adams, Madi Campbell, AnnMarie De Pasquale and Timin Jain.

## Happy Birthday July

Savannah Chappel (7/2), Kiera Duffy (7/3), Hunter Richardson (7/4), Clarice Albert (7/5), Chayce Beam (7/14), Cody Highfill (7/25), Neve Ward (7/26)

## August

Jesse LoPresto (8/4), Cailey Tollman (8/6), Treyson Ballingham and Matthew Sutton (8/15), Matthew Yturvide (8/20), Caitlin Taylor (8/26), Sofia DeLange (8/28), Benjamin Munyan and Mychael Bellik (8/30).

## Back to School Practice Schedule

**Dippin Dolphins:** Monday: 5:00p-5:45p

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

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

**Purple Dolphins:** Mon-Thurs 4:45p-6:00p; Fast Friday 4:15p-5:30p, Dryland Tues. and Thurs. 4:10-4:40

**Pre-Senior Dolphins:** Mon-Fri 2:30p-4:15p; Dryland: 5-6 p.m. Tues. and Thurs.

**Senior Dolphins:** Mon-Thurs 2:30p-4:45p, Fri 2:30p-4:15p; 5-6 p.m. Tues. and Thurs.

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

## Next Newsletter

The next *Monthly* will appear about September 15th. **All submissions should be received by September 10th.** Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Nikki Willis, at [newsletter@ddst.org](mailto:newsletter@ddst.org) or 775-267-9697.** 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: Tessa LoPresto, Coach Kat, Coach Sarah, Karen Sullivan*

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

