

# Dolphins' Monthly

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

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

October 2016

## Swimmers of the Month

**Sammie Ingram is Dippin Dolphins Swimmer of the Month.** Sammie is always ready to go, with a huge smile on her face. She takes swim practice very seriously, and works exceptionally hard on everything that we do. Swim meets are no different for Sammie. She always checks in with her coach, before and after her events, and can almost always be seen cheering on her teammates. At the High Country Meet, Sammie swam a total of 5 events, 3 of which were first time events, including the 25 fly, 50 backstroke, and 50 free. Sammie is a joy to have on the team because of her great attitude and her impressive leadership skills in her group. Congratulations, Sammie, for a job well done.

**Ella Martin is Silver Group Swimmer of the Month.** Ella started August off with a bang, dropping a total of 27.21 seconds in her events at the High Country Meet. Ella has been working hard in practice, staying focused and increasing her endurance for the longer events she now swims. Recently, Ella earned a State time in the 25 backstroke, and will be attempting more at the upcoming King of the Hill meet in October. Congratulations to Ella, for her hard work and determination.

**Hadley Peck is White Group Swimmer of the Month.** When it comes to swimming, Hadley has an amazing attitude and an outstanding work ethic. She loves what she's doing, and it shows, not only at meets, but in practice as well. Hadley did incredibly well at the High Country Meet, earning herself four B+ times, and a B time. She will be accompanying the team to State Championships in Las

Vegas in November. Congratulations, Hadley, for all of your accomplishments.

**Sophia DeLange is Purple Group Swimmer of the Month.** Sofia trained all summer long with maximum effort. This isn't always easy on those early summer mornings where your soft comfy bed is beckoning you to stay under the warm covers and rest a little longer. Her performance at the High Country Meet was stellar! 100% improvement on prelims and finals!!! Not an easy task by any means. Long hot days and chlorine burned skin did not stop Sofia from having an incredible performance. She achieved 3 new "BB" times in her 50 free, 50 back, and 100 fly, and a "B" time in the 100 free. What an incredible performance Sofia!

**Connor Taylor is Senior B Swimmer of the Month.** Connor really worked hard all summer long. Senior B swimmers were not required to swim doubles but Connor took full advantage of the extra summer workouts. Connor had great attendance at the evening practices. Swimming twice a day really helps older swimmers with the Prelim and Final Meets where they are expected to swim all their events fast in the morning and even faster at night. Connor's training paid off. He took of a total of about 80 seconds as a combined total for High Country. What a great summer, Connor!

**Kayla Ruffo is Senior A Swimmer of the Month.** Kayla also had a great summer. She has always strived to swim smarter and better. Coach Sarah has been heard to say many times, "Be a smart swimmer." By this we mean to be intentional in technique always, listen when your coach gives strategies, and, most importantly, strive for efficiency. Kayla has endured a few injuries and stayed strong in her focus and

love for this sport. At High Country she achieved 5 Lifetime best times in the 100 free, 200 free, 200 breast, 100 fly, and the 200IM. Kayla has also been involved in helping our Summer Swim Team and has been an inspiration for the next generation of swimmers. If you're looking for inspiration, keep your eyes on Kayla Ruffo. She's a STAR!



## Car Wash and Bake Sale

Calling all DDST Families! Let's help support our senior swimmers. These swimmers need to participate in Senior meets which require travel. Funds for this travel are not available in our normal operating budget, so we need to make sure our swimmers can attend the meets they need by helping them raise the money to go.

To raise this money, we will be having a car wash and bake sale in front of Big Daddy's Bike Shop on October 8<sup>th</sup>, from 10:30 a.m.-2:30 p.m. We ask **all families** to contribute baked goods for the bake sale. Please commit to this event on the website, and sign up for a time slot to work at the car wash. Be sure to bring buckets and towels. It's sure to be a fun time helping our teammates reach their goals!



## COACH

**Kat's Corner**

(coachkat0809 @ hotmail.com)

This is a great article for us just coming off the summer season and High Country. I think the great results for many swimmers at the Molly Meet speaks to our swimmers willingness to get on the train.

**What's Next?**

By Mike Gustafson

Many years ago, during my former competitive swimming days, I once had a coach who never let us finish. We'd wrap-up a set, a practice, or an entire swim season, and he'd stand in front of us, grinning wickedly, and say, "Okay. What's next?"

The words cut, hurt, pained. Exhausted, panting, standing at our self-imagined finish lines, we'd want him to say something different, like, "You're all done!" As swimmers, we craved completion. We desired a finish line — a light at the end of the tunnel we clawed towards during winter morning practices. We trained for that light. And when we got there at the end of the season, instead of bright, white light, there was our coach blocking our exit plan, explaining the tunnel was farther than we thought, there's more tunnel to travel, and the light was farther than we thought. Like he had purposefully moved our tunnel light. Like a cruel joke.

He never let us finish. Never gave us completion. We were never done. That "done" option — being completed, finished, over — was never offered. The option offered was only momentum.

Forward. Moving. Onward.

As an older man these days, I still swim. I don't move as fast as I once did. My "recovery" is several additional post-practice cups of coffee, rubbing sore shoulders, canceling plans to swim the next day so I can recover from the previous workout. These days, I can swim 3,000 yards, and I'm spent, gassed-out, exhausted. Swimmers half my age at my local YMCA zoom by, effortlessly gliding (as opposed to

Struggletown, where I'm currently residing).

And yet, what are my other options? Completion at this point in my life means death. (Not, like, right now, but farther down the road — higher risk of obesity, high blood pressure, heart disease, etc.) During these moments of staring-at-the-ceiling-aching-and-old-man-pains, I remember two words: "What's next?"

This week, a thousand swimmers step off flights from Omaha. They encounter, from friends and family, a thousand versions of the same question: "Did you make the Olympics?" Askers of this question are well-intentioned, not understanding .00002 percent (or less) of USA Swimming registered athletes make the Rio roster. To many people, "the Olympics" is a swimmer's desired point of completion.

I'm here to tell you, readers, and all swimmers who completed at the Olympic Trials last week: There is no such completion. There is no such finish line. There is a journey, lessons you absorb or do not absorb, and a question.

What my coach was teaching us, long ago, was the value not in the destination, but in a question: What's next? As in: What more can you do? What more do you want to do? What should you do after you have done this thing you have just done? Achieve something else? What's that? Win Olympic gold? What then? What do you do, Michael Phelps, when you win more Olympic gold medals than anyone else in history? Do you stop moving? Or do you keep churning, asking, "What's next?" Do you come back? Do you keep on going, keep on swimming?

All the time, I get emails, notes, questions, comments, and frustrations sent from swimmers around the world. They write how they haven't achieved this time, made this roster, or achieved a goal time. It's destination-based. Yet, we swimmers hear so much these days about journeys, enjoying the process, living in the moment.

It's simpler than that.

It's doing something, then doing another something. Then doing another something. And another. And it's the doing — not accomplishing — that makes someone courageous, strong, alive. It's the 99.99998 percent who do not make the Olympics, and who continue asking.

Water is like sand. It slips through fingertips. Impossible to hold. We have two options: We can hold as much as we can until it slips out. Or, we can reach down and scoop, reach and scoop, reach and scoop. I ponder these days what former coaches were teaching us when we didn't know they were teaching. During moments when I craved completion and found only, "What's next?", I realize our coach viewed life not as a series of completions, but as a long, winding, continuous freight train.

You sprint as fast and hard as you can to hop on, or watch it chug on by.

What's next?

*Mike Gustafson is a freelance writer who lives in Ann Arbor, Michigan.*

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**NEXT BOARD MEETING**

The next DDST Board of Directors Meeting will take place **Thursday, October 13th at East Fork Firestation on Douglas Ave.** 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.

## Upcoming Meets

**Oct. 14-16:** Fall Classic & King of the Hill Meet (Carson City)

**Nov 10-13:** Nevada State SCY Championship Meet (Sand-Desert Breeze) (Las Vegas)



## DDST Key Contacts

**Board President:** Allen Gosselin.

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## Important Dates

**Please Note the Following Dates:**

**October 8<sup>th</sup>:** Car Wash Fund-raiser

**October 22<sup>nd</sup>:** DDST Annual Awards Banquet



COACH

## Emily's Corner

(escarborough0520@gmail.com)

Food... We need food to fuel our bodies and minds. Whether we are athletes, non-athletes, part time athletes, construction workers, or mad scientists, we all need food. But what kind of food do all these different types of people, with varying degrees of physical excursion, need? Well, the answer is simple... healthy food.

No matter what we do in life, to be successful, we need to take care of our bodies. You get out what you put in; if you eat a well-balanced diet of fruits, veggies, whole grains, some form of protein, and good fat, your body will reward you with more energy, focus, and stamina. If you are consistently giving your body junk food and empty calories, well, you can expect not a lot in return. Unless of course you were hoping for fatigue, mood swings, and a loss of motivation.

I'm not saying we should completely deprive ourselves of delicious cake, yummy ice cream and fro-yo, or 7-layer bean dip. We just need to be mindful of when and how much we are eating these types of foods.

Our bodies can easily become dependent on caffeine, refined sugar, and empty carbs (such as potato chips). Keeping a balanced diet allows us to have these things in moderation, without feeling like we have to have them all the time. Practicing this type of mindful eating will most likely result in our brains taking our bodies to the produce section instead of the nearest Dairy Queen or McDonalds, when we're hungry.

Training ourselves to do most anything will take some time, but I assure you, taking the time to become a better, more conscious eater is worth it in so many ways. Not only will you ensure yourself a longer, happier life, but you'll be setting a terrific example for your children. That in itself is reason enough.

Here is one of my favorite recipes for the colder months. It is quick and easy, and has everything you need for a well-balanced meal:

### Calabacitas Casserole with Polenta and Cheese

- 3 Tablespoons extra-virgin olive oil
- 2 cups corn kernels
- 1 can black beans
- 4 cloves garlic, smashed
- 1 green chile pepper, seeded and chopped, or 2 jalapenos, seeded and chopped (leave the seeds if you like it hot)
- 2 small or 1 medium zucchini, diced
- 1 small to medium yellow squash, diced
- 1 medium yellow onion, chopped
- 1 14 oz. can stewed tomatoes
- 2 Teaspoons dark chili powder
- 2 Teaspoons cumin
- ½ Teaspoon cayenne pepper (optional)
- Salt and pepper
- 1 16 oz tube of prepared polenta
- 10 oz shredded Mexican cheese
- 2 Tablespoons chopped cilantro
- 1 avocado, diced
- Greek yogurt or Sour cream

Preheat oven to 500 degrees F. Heat a large skillet over medium high heat. Add olive oil and peppers. Sauté 3 minutes. Add zucchini, squash, onions and garlic, and season with salt, pepper, and other seasonings. Cook 7-8 minutes. Add stewed tomatoes, corn, and black beans. Then heat through. Transfer to baking dish. Cut the polenta in half, then slice lengthwise into 1 inch pieces. Top the vegetables with polenta and cheese. Place in oven to melt cheese and heat up polenta, 8 to 10 minutes. When the edges are golden brown, it's done. Garnish with cilantro and serve with avocados and sour cream or Greek yogurt. Hot sauce and blue corn tortilla chips may also be added.



## 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 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.



## 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.



## 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.



## FROM THE MEET DIRECTORS

### Molly Meet Wrap Up

This year's Molly Meet went very well with attendance of 327 swimmers. While the mornings were a bit brisk, the afternoons were hot, hot, hot! The meet ran smoothly due to the amazing families we had helping. We couldn't have done it without you! Please remember we can only put on these swim meets with the help of everyone on the team. They are our biggest money maker and without them our dues would go up. A few families we would like to thank in particular are:

- The Hyatt Family for their hard work in the snack bar. They organize everything in it and keep our athletes and guests fed.
  - The Peck Family for their hard work in Hospitality. I can't tell you how many officials, coaches and timers have complemented us on our AWESOME hospitality crew.
  - The Stevenson Family for giving us the smooth, buttery voice of the Dolphins. You are the best announcer in Zone 4, or so we've heard!
  - The Taylor Family for the use of their sound system and the sweet tunes of DJ Swim Master. Without them it would just be Dave yelling.
- We are looking forward to the next meet in February. Don't forget that it will be the last meet to get your volunteer hours in, but even if you already have them it's not an excuse not to help. **WE NEED YOU, YOUR SWIMMERS NEED YOU!**

Wendy Yturbide & Joanna Ruffo



## 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.



## 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.



## High Country Meet

The Douglas Dolphins Swim Team hosted its annual High Country League Invitational on August 5-7 in Minden. The Dolphins finished in second place with a combined team score of 1046 points, 42 points behind first place Lakeridge Swim Team.

**Sammie Ingram** earned **High Point** for the 6-and-under girls, taking 2<sup>nd</sup> place in two events, the 25 freestyle and the backstroke.

In his first swim meet, **Mason Peck** earned **Second Place High Point** for the 6-and-under boys with his three 2<sup>nd</sup> place finishes in the 50 freestyle, 25 backstroke and 50 backstroke.

**Jackson Yturbide** took on three events in his first swim meet, putting up a 43.57 in the 25 freestyle.

**Ella Martin** swam best times in 4 of the 9 events she took on in the 7-8 girls age group, including a 2:10.8 in the 100 freestyle, an improvement of 18.62 sec. She finished 7<sup>th</sup> in the 100 IM with a 2:31.21. **Hadley Peck** finished in the top 8 in six of the nine events she took on, setting four new **B** times and one additional best time, highlighted by a 5<sup>th</sup> place finish in her first 100 IM with a time of 2:13.85.

**Violet Pierson** put up a time to beat of 1:20.48 in her first event, the 50 freestyle. **Madi Ruffo** took on two events in her first swim meet, setting times to beat in the 25 freestyle and 25 backstroke. **Caitlin Taylor** swam to 5 top-8 finishes, highlighted by a 4<sup>th</sup> place finish in the 50 backstroke and a new **B** time of 25.45 in the 25 butterfly.

**Jackson Northcutt** swam a **B** time of 26.70 in the 25 backstroke in his first swim meet for the 7-8 boys.

**Eslie Clifford** put up PRs in 4 of the 5 events she swam in the 9-10 girls age group, highlighted by a 9.38 sec improvement in the 100 freestyle. **Keira Duffy** put up PRs in 5 of the 8 events she swam, highlighted by an 18.91sec improvement in the 100 IM. **Sydney Ingram** swam 9 events, putting up PRs in 7, including a 45.91 in the 50 freestyle, a 9 % improvement. **Cammie Jahreis** set a new **BB** time of

1:32.14 in the 100 backstroke and a new **B** time of 38.30 in the 50 freestyle in addition to a PR in the 50 butterfly.

**Mason Dickey** set times to beat in the 5 events he swam for the 9-10 boys age group. **Tristan Degenhart** put up a time to beat of 1:01.06 in the 50 freestyle in his first swim meet. **Matthew Yturbide** had close to **100% improvement** in the 9 events he swam, highlighted by new **B** times in the 100 freestyle and 50 backstroke and an 8<sup>th</sup> place finish and new PR in the 200 freestyle.

Abbreviations: PC-X=Pacific Swimming Standards. IM = Individual Medley. PR = Personal Record

**Mo Bell** put up 6 new PRs in her 8 events, along with a 4<sup>th</sup> place finish in the 200 backstroke for the 11-12 girls age group. **Madilynn Campbell** set two PRs, showing 16.2% improvement with a 40.98 in the 50 freestyle. **Sofia Delange** had **100% improvement** in 9 events, highlighted by a 2<sup>nd</sup> place finish in the 1000 freestyle with a new **B** time of 14:34.23, 4<sup>th</sup> place in the 50 backstroke with a new **BB** time of 35:30, 7<sup>th</sup> in the 50 freestyle with a new **BB** time of 31.68 and a new **B** time of 1:26.23 in the 100 butterfly. **Grace Dickey** highlighted a near **100% improvement** meet with a 4<sup>th</sup> place finish and new **A** time of 37.25 in the 50 breaststroke, a 5<sup>th</sup> place finish in the 100 IM, 6<sup>th</sup> place finish and new **B** time of 2:31.08 in the 200 freestyle and 8<sup>th</sup> place and new **BB** time of 1:28.25 in the 100 breaststroke. **Kalia Duffy** improved in 5 of 6 events, highlighted by a 13.6% improvement in the 100 freestyle and 13.5% in the 50 backstroke. **Lilia Fields** improved and made the finals in 5 of 9 events and put a new **B** time of 1:25.55 in the 100 backstroke. **Barrett Lee** placed 4<sup>th</sup> in the 200 freestyle with a PR of 2:30.98, 6<sup>th</sup> in the 50 backstroke, 7<sup>th</sup> in the 100 butterfly and 8<sup>th</sup> in the 50 freestyle. She also put up PRs in the 100 freestyle, 500 freestyle, 100 backstroke and 50 breaststroke. **Stephanie Lin** earned a new **B** time of 1:13.56 in the 100 freestyle and put up PRs in 6 other events, including an impressive 19.4% improvement with a

39:19 in the 50 butterfly. **Maile Pierson** improved in 2 of 3 events, dropping a total of 7.9 sec in the 50 freestyle and 50 backstroke. **Adaline Shaw** set times to beat in the 50 freestyle and 50 backstroke in her first swim meet.

**Matthew Beam** took on 4 events for the 11-12 boys, cutting off 17.87 sec in the 50 freestyle. **Timin Jain** set times to beat in 3 events at his first swim meet, including a 49.06 in the 50 freestyle. **Salivin Kirk** also set times to beat in 2 events, including a 1:41.22 in the 50 freestyle. **Jesse LoPresto** had a strong meet, highlighted by a 5<sup>th</sup> place finish in the 100 breaststroke with a new **B** time of 1:31.05, a new **B** time of 3:00.58 in the 200 IM and a new **B** time of 43.38 in the 50 breaststroke. He made the finals in all of his events and put up 3 other PRs. **Calvin Stevenson** also had a strong meet, highlighted by a pair of 5<sup>th</sup> place finishes in the 100 butterfly and 500 freestyle with a new **B** time of 6:58.15. Calvin finished 8<sup>th</sup> in the 50 butterfly with a new **B** time of 36.36 and 8<sup>th</sup> in the 50 freestyle and set a new **B** time of 1:09.47 in the 100 freestyle, along with new PRs in 3 other events, the 50 backstroke, 100 backstroke and 50 breaststroke. **Cooper Yturbide** had a fantastic meet, with **100% improvement** in 9 events, 5 top-8 finishes and 5 new **B** times. The highlight was a 6<sup>th</sup> place finish and new **B** time of 1:33.23 in the 100 breaststroke, along with 7<sup>th</sup> place finishes in 4 races.

**Anna Northcutt** competed in 2 events in the 13-14 girls age group, putting up a **B** time of 2:29.95 in the 200 freestyle. **Eden Neal** improved in 2 of her 9 races, including a 19.78 sec drop in the 500 freestyle in 7:11.12 and 1.03 sec drop in the 100 backstroke in 1:20.92. **Aspen Paschke** had **100% improvement** across 7 races, highlighted by new **B** times of 32.70 in the 50 freestyle and 1:10.96 in the 100 freestyle. **Emma Ruffo** had an impressive meet with 8 top-8 finishes and almost **100% improvement** across 9 events, highlighted by a 4<sup>th</sup> place finish and new **A** time of 2:23.67 in the 200

backstroke. Emma also finished 4<sup>th</sup> in the 500 freestyle, 100 backstroke, and 400 IM and 5<sup>th</sup> in the 100 and 200 breaststroke and 200 freestyle and 6<sup>th</sup> in the 100 freestyle. **Cailey Tollman** also had a strong meet with **100% improvement**, highlighted by 7 top-8 finishes across 8 events, including two 1<sup>st</sup> place finishes in the 1000 and 1650 freestyles. Cailey earned **A** times with a 28.15 in the 50 freestyle and 59.86 in the 100 freestyle for a 5<sup>th</sup> place finish. She placed 3<sup>rd</sup> in the 500 freestyle, 5<sup>th</sup> in the 200 backstroke, 6<sup>th</sup> in the 200 freestyle and 7<sup>th</sup> in the 100 backstroke.

**Josh Beam** had **100% improvement** for the 13-14 boys, shaving a total of 104 sec off 6 events, including 38.04 seconds off the 200 breaststroke. **Chris Erickson** put up a PR of 1:15.48 in the 100 freestyle, an improvement of 3.31 seconds. **TJ Golobic** had near 100% improvement, most notably shaving 17.45 sec off the 100 breaststroke and 18.65 sec off the 200 freestyle. **Niko Hight** had **100% improvement** in 7 events, highlighted by a 6% drop in the 50 freestyle with a time of 31.30 and 24.29 sec drop in the 500 freestyle.

**Remy Hill-Holeman** had a great meet, highlighted by **100% improvement**, three 7<sup>th</sup> place finishes and a new **B** time of 1:12.06 in the 100 backstroke. He also placed 7<sup>th</sup> in the 100 breaststroke and 200 IM. **Justin LoPresto** also had a great meet, highlighted by **100% improvement**, four top-8 finishes, two new **BB** times and three new **B** times. He finished 5<sup>th</sup> in the 200 IM, 6<sup>th</sup> in the 50 freestyle and 7<sup>th</sup> in the 200 freestyle with a new **BB** time of 2:10.88 and 7<sup>th</sup> in the 200 breaststroke with a new **B** time of 2:54.85. **Chris Manning** had a stellar meet highlighted by seven top-8 finishes, near **100% improvement**, and a new **A** time of 1:09.78 in the 100 breaststroke for a 3<sup>rd</sup> place finish. Chris placed 2<sup>nd</sup> in the 200 breaststroke, 4<sup>th</sup> in the 100 butterfly with a new **BB** time of 1:06.78, 5<sup>th</sup> in the 500 freestyle with a new **BB** time of 5:50.94, 5<sup>th</sup> in the 1000 freestyle, and 7<sup>th</sup> in the 50 freestyle and 100 freestyle with a new **BB** time of 58.87. **Ben Munyan** improved in 3 events, includ-

ing the 500 freestyle, by dropping 13.48 seconds. **Corbin Sanchez** had **100% improvement**, most notably taking 28.59 sec off the 200 IM. **Jack Stevenson** had a great meet with 5 new **B** times, 5 top-8 finishes and near **100% improvement**. Jack placed 4<sup>th</sup> in the 1000 and 1650 freestyles, putting up a new **B** time of 12:56.89 in the 1000. He placed 6<sup>th</sup> in the 200 breaststroke with a new **B** time of 2:53.67 and in the 200 IM with a new **B** time of 2:40.39. **Connor Taylor** had **100% improvement** across 8 events, six top-8 finishes and a new **BB** time of 2:11.92 in the 200 freestyle. He placed 5<sup>th</sup> in the 400 IM, 6<sup>th</sup> in the 500 freestyle and 100 backstroke, and 8<sup>th</sup> in the 50 freestyle, 200 freestyle, and 100 butterfly.

**Clarice Albert** put up a new **BB** time of 6:05.66 in the 500 freestyle for the 15-18 girls age group. **Chayce Beam** had **100% improvement**, highlighted by a 14.61-second drop in the 200 breaststroke. **Mychael Bellik** placed 3<sup>rd</sup> in the 1650 freestyle and 7<sup>th</sup> in the 1000 freestyle and put up a new **B** time of 1:26.39 in the 100 breaststroke. **Lily Bickmore** placed 2<sup>nd</sup> in the 200 butterfly and 4<sup>th</sup> in the 500 freestyle with a PR of 5:49.50 and set PRs in the 100 freestyle and 400 IM. **Julia Chappel** placed 2<sup>nd</sup> in the 200 backstroke and 1650 freestyle, 3<sup>rd</sup> in the 100 backstroke, 4<sup>th</sup> in the 1000 freestyle and 5<sup>th</sup> in the 100 freestyle with a new **A** time of 59.90, 6<sup>th</sup> in the 500 freestyle, 7<sup>th</sup> in the 50 freestyle and 8<sup>th</sup> in the 200 freestyle with a new **A** time of 2:08.91. **Kaila Duffy** placed 2<sup>nd</sup> in the 100 butterfly, 3<sup>rd</sup> in the 1000 freestyle, 100 breaststroke with a PR, 200 freestyle and 100 freestyle with a PR, 4<sup>th</sup> in the 200 IM and 5<sup>th</sup> in the 200 breaststroke. **Sarah Hyatt** had five top-8 finishes and 4 PRs, including a 2<sup>nd</sup> place finish and PR in the 200 breaststroke, 4<sup>th</sup> place and PR in the 50 freestyle, 6<sup>th</sup> place finish in the 200 IM, 7<sup>th</sup> place in the 400 IM and 8<sup>th</sup> place and new PR in the 100 butterfly. **Emma Price** had **100% improvement** in 7 races, highlighted by a new **B** time of 31.58 in the 50 freestyle. **Kayla Ruffo** had 6 new

PRs, four top-8 finishes, a new **BB** time, and placed 5<sup>th</sup> in the 200 butterfly, 6<sup>th</sup> in the 1000 freestyle and 100 butterfly and 7<sup>th</sup> in the 200 breaststroke. **Taylor Sullivan** placed 5<sup>th</sup> in the 50 freestyle and 7<sup>th</sup> in the 200 freestyle and 100 breaststroke and set PRs in the 200 breaststroke and 200 butterfly. **Emily Willis** swam for PRs in 5 of 8 events, highlighted by a 1.39-second drop in the 50 freestyle.

**Dakota Blaha** had 100% improvement, placing 6<sup>th</sup> in the 200 breaststroke and 7<sup>th</sup> in the 500 freestyle for the 15-18 boys age group. **Ryan Chen** finished 1st place High Point with 63 points and achieved a new **AA** time of 23.20 seconds in the 50 freestyle for a 3<sup>rd</sup> place finish. Ryan swam for a 1<sup>st</sup> place in the 100 butterfly, 200 IM and 400 IM with a new PR, 2<sup>nd</sup> place in the 200 breaststroke, 100 breaststroke and 200 freestyle and 5<sup>th</sup> place in the 100 freestyle. **Justin Hight** finished in 2<sup>nd</sup> place for High Point with a new **A** time of 2:08.36 and 1<sup>st</sup> place finish in the 200 butterfly, 500 freestyle, 200 freestyle, 100 backstroke and 200 butterfly and 2<sup>nd</sup> place finishes and new PRs in the 50 and 100 freestyles. **Taylor Knowles** finished 3<sup>rd</sup> in the 1000 freestyle, 4<sup>th</sup> in the 200 backstroke with a new PR, 5<sup>th</sup> in the 100 backstroke, 6<sup>th</sup> in the 200 butterfly with a new **B** time and 7<sup>th</sup> in the 200 freestyle with a new PR. **Hunter Richardson** put up great **B** and **BB** times in three events, including a 26.03 in the 50 freestyle. **Joe Sullivan** placed first in the 50 and 100 freestyle and 4<sup>th</sup> in the 100 backstroke and 200 IM. He placed 8<sup>th</sup> in the 200 freestyle with a new **A** time of 1:54.07. **Daniel Taylor** had almost 100% improvement with one new **BB** time in the 200 freestyle and a 3<sup>rd</sup> place finish with a new PR in the 200 breaststroke and 6<sup>th</sup> place finish and new PR in the 100 breaststroke. **Sebastian Zeron** placed 3<sup>rd</sup> in the 200 freestyle, 4<sup>th</sup> in the 50 freestyle with a PR of 23.65, 100 freestyle and 100 breaststroke.

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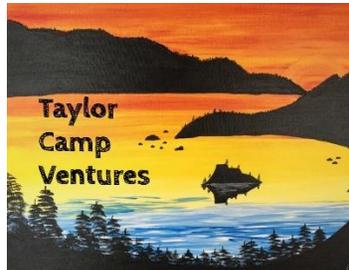


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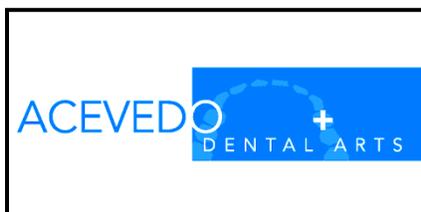


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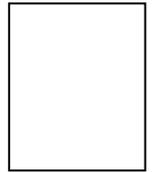


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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Welcome to New Swimmers

Sienna Maita, Sophia Cruz, Ysabella Cruz, Kaitlyn Hastings-Molyneux, Zachary Smith, and Zoe Yenkolé.



## Happy September Birthdays

Stephanie Lin (9/05), Grace Dickey and Coach Sarah (9/13), Eden Neal (9/15), Lily Bickmore (9/17), Violet Pearson (9/21), Alanna Smithen (9/23), Aspen Paschke and Madilynn Campbell (9/27).



## Practice Schedules

Check [www.ddst.org](http://www.ddst.org) for updates.

### SCHOOL IN SESSION 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 & Thurs 4:10p-4:40p.

**Pre-Senior Dolphins:** Mon-Fri 2:30p-4:15p; Dryland: Tues & Thurs 5:00p-6:00p.

**Senior Dolphins:** Mon-Thurs 2:30p-4:45p, Fri 2:30p-4:15p; Dryland: Tues & Thurs 5:00p-6:00p.

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

## Next Newsletter

The next *Monthly* will appear about October 31. **All submissions should be received by October 23rd.** 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: Coach Kat, Coach Emily, and Tessa LoPresto.*

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

