

# Dolphins' Monthly

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

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

June 2016

## May Swimmers of the Month

**Violet Pierson is Dippin Dolphins Swimmer of the Month.** Violet has done an exceptional job at swim practice this month. She has been a great listener, always tries her hardest and never gets upset with herself. She has improved on her work ethic an abundant amount since she first started, and I am excited to see her progress. Keep up the hard work!

**Keira Duffy is Silver Group Swimmer of the Month.** Keira has done an outstanding job this past month. She stands out at practice with her amazing listening skills, hard work ethic and fabulous attitude. She has consistently been the leader of the lane in all of our workouts and improving with every practice. These are the traits that coaches love all swimmers to have. Keep up all the hard work!

**Max Thomas is White Group Swimmer of the Month.** Max does a great job at practice and is always working hard. Max also has a good attitude, and swam very well at the Folsom meet in April. Well done, Max! Keep swimming hard!

**Benjamin Munyan is Red Group Swimmer of the Month.** Ben has been killing it at swim practice this last month! He has kept an extremely positive example for everyone in his group, and has not allowed himself to become frustrated with instruction from his coaches. It has been awesome to see him mature into an excellent model of an athlete. In addition to his psychological morale, his physical ability has al-

so improved. Keep up the hard work, Ben, and you will be flying in no time!  
**Chris Manning is Blue Group's Swimmer of the Month.** He hit the first long course meter meet of the year full on! Chris swam 9 events at Folsom and did an outstanding job of it. He had a 100% improvement in the events he previously swam and tried 4 new events. What a great meet for Chris! His attitude was "can do" all weekend and it showed. Chris is headed for an amazing summer.

**Julia Chappell is Pre-Senior Swimmer of the Month.** Julia Chappell was chosen as swimmer of the month for her outstanding achievements. Julia's work ethic and support for her teammates are outstanding. She swam best times throughout her freshman season with the high school. She swam the 500 free at Regionals in a 5:41.61 taking 22 sec off best time. She also swam a 1:05.23 in the backstroke swimming 6 seconds faster. I'm looking forward to seeing what this summer has in store for her. Keep up the good work!

**Sarah Hyatt is the Senior Group Swimmer of the Month.** She had an outstanding Folsom Long Course Meters (LCM) Meet, with 100% improvement in previously swam events and three new LCM events. Sarah has worked hard every day at practice and has one of the best attendance reports on the entire team, including Appoggio dryland and doubles during Spring Break. We have given her some additional exercises to do at home and she has been diligent with those also. Sarah was recently promoted to Senior Group and is continuing to strive for her very best. Congratulations Sarah!



## June Swimmers of the Month

**Violet Pierson is also June's Dippin Dolphins Swimmer of the Month.** Violet has improved such a great deal in these last few months. She has just started our Summer Swim league and she has already been a great example and leader to some of her peers! Keep up the hard work!

**Caitlin Taylor, Keira Duffy, and Hadley Peck share the June Silver Group Swimmer of the Month.** These three swimmers have been swimming their pants off the last year coming to almost every practice and swimming at most of the swim meets offered. Their hard work has paid off – they have all moved up to White Group! Great job this last year and I can't wait to see what swimming adventures you have in store.

**Dakota Blaha is White Group Swimmer of the Month.** Dakota did a fantastic job during his first year on the high school team. He qualified for the Regional High School meet in two events! He improved a ton over the past three months and moved up to the Red group this June. Great job and keep up your hard work!

**Sweetpea Viera is Red Group Swimmer of the Month.** Sweetpea only recently joined our team and has already proven to be a force to be reckoned with. She has trained hard these last few months and that has earned her a spot in Blue group at the beginning of our summer season. Congrats and I can't wait to watch you progress further!

**Aspen Paschke is the Blue Group Swimmer of the Month.** Wow did she

have a great Carson Intermountain Classic Meet! Aspen had 100% improvement in all of her events. She took off a total of about 67 seconds and got a "B" time in her 50 Free. Aspen is a little quiet in practice and flies under the radar -- that is until she gets out of the pool. Every day she thanks not only her coaches but all the coaches on deck for helping swimmers become their best. An "Attitude of Gratitude" makes Aspen stand out as a shining star on our team. It is an honor to coach this wonderful young lady!

**Daniel Taylor is Pre-senior Swimmer of the Month.** Daniel had an amazing freshman year with the Douglas Tigers. He dropped time in both the 200IM and the 100 breaststroke, placing 10th in the breast and 13th in the IM. He has taken that excitement in to his training this summer and I'm anticipating more success in the near future. Great job Daniel! Keep it up!

**Shelby Koontz is the Senior Group Swimmer of the Month.** As many of you have seen through the Record Courier, Carson Valley Times, and the Reno Gazette-Journal, Shelby has had a very successful swimming career so far (with more to come). But she is my choice of Swimmer of the Month not for her successes but her recent disappointment. Recently she went to a swim meet in Mission Viejo for what we thought was her last chance to attempt her 100 Fly Olympic Trial Cut. While it was a great swim, she did not get the time she needed. Then the Santa Clara Grand Prix Meet suddenly changed the time standards to encourage more entries. When I approached Shelby she said she would try again. She continued to train even harder than before hoping this would be her chance. Again the time she needed did not happen. Shelby Koontz is a young lady of faith and took her disappointment with grace and beauty knowing that God's will in her life for this summer is something other than Olympic Trials. Sticking to her beliefs in the face of discouragement is an inspiration to me as well as her team mates.

## COACH

# Kat's Corner

(coachkat0809 @ hotmail.com)

3 Daily Habits of Peak Performers,  
According to Michael Phelps' Coach  
by Carmine Gallo

Spend some time with U.S. Olympic men's swimming coach Bob Bowman, as I recently did, and you'll understand why some people go from good to great in a chosen field, while others, like Bowman's longtime student Michael Phelps, go from good to record-shattering.

Phelps' record is extraordinary. His 22 total medals and 18 gold medals is the greatest medal performance in all of Olympic history. I caught up with Bowman to speak about his new book, *The Golden Rules*, and to learn how his years of coaching superstar Michael Phelps can help everyone—especially business leaders—reach peak performance in their chosen fields.

In my conversation with Bowman it became clear that raw talent alone is not enough. Champions like Michael Phelps practice three daily habits to achieve excellence.

### Habit No. 1: Vision

"Not one of my athletes has a problem understanding why we're in the pool and what we are there to do that day," says Bowman. The vision, according to Bowman, is to swim a time that will be fast enough to win a medal. Bowman's strategy is to help his athletes focus on the process, not the outcome. You can't control or predict who will win a medal in any given race, "but if you're fast enough, the outcome will take care of itself." Medals are tangible rewards, but Bowman believes that—as a leader and an individual who wants to achieve peak performance—it's more important to pursue excellence every day and to remind yourself (or remind your team) of the ultimate vision. This daily habit will result in long-term greatness.

### Habit No. 2: Mental Rehearsal

Vision and mental rehearsal are two sides of the same coin. "You must program your internal viewfinder," says Bowman. He's speaking of visualization and no one, in Bowman's opinion, does it better than Michael Phelps. "For months before a race Michael gets into a relaxed state. He mentally rehearses for two hours a day in the pool. He sees himself winning. He smells the air, tastes the water, hears the sounds, sees the clock." Phelps takes visualization one step further. He sees himself from the outside, as a spectator in the stands. He sees himself overcoming obstacles, too. For example, what would he do if he fell further behind in a race than he intended? Phelps practices all potential scenarios.

According to Bowman mental rehearsal is a proven, well-established technique to achieve peak performance in nearly every endeavor. "The brain cannot distinguish between something that's vividly imagined and something that's real."

Bowman believes that all of us—regardless of our field—have a strong belief in who we are today and who we'd like to be tomorrow. When we set goals in business, sports, or any area of achievement, there's a gap between where we are and where we want to be. "The most strongly held mental picture is where you'll be.... so get really good at mental rehearsal," Bowman advises. "If you can form a strong mental picture and visualize yourself doing it, your brain will immediately find ways to get you there."

### Habit No. 3: Practice

A person can be blessed with raw talent (or an 80-inch wingspan like Michael Phelps), but nobody can achieve excellence without putting in hours and hours of practice. To prepare for the 2004 Olympic Games, "Michael Phelps trained 365 days a year for six years," says Bowman.

"You've got to be kidding," I said in astonishment.

"I know because I was there for all of it," Bowman responded. "For Christmas, New Year's and birthdays.

Michael worked harder than I've seen anybody work in any endeavor.”

An excellent performance in any field can be deceiving. The audience often assumes the performer is naturally talented because they make it look easy. I've seen the same reaction among great public speakers. Brain researcher Dr. Jill Bolte-Taylor delivered one of the most popular TED Talks of all time. She told me she practiced her presentation 200 times. Most business leaders I've met haven't practiced 200 times for all of their presentations combined, and then they wonder why they're not making a sale or connecting with an audience.

The wonderful result of practice is that you have literally programmed your brain for peak performance. On the day of the event you can clear your mind and your body and trust that they will do what you've practiced dozens, hundreds, or in Phelps' case, thousands of times before.

Bob Bowman doesn't get the public glory that his famous student does, but make no mistake—there is no Michael Phelps without Bob Bowman and his daily habits. “Without Bob I have no shot at achieving the records I've achieved or winning the medals that I've won,” writes Phelps in the forward to Bowman's book.

Practicing these three daily habits might not take you to the Olympics, but you'll be more likely to outshine your competition when the race counts.

[http://www.forbes.com/sites/carmin\\_egalio/2016/05/24/3-daily-habits-of-peak-performers-according-to-michael-phelps-coach/#7243456a194a](http://www.forbes.com/sites/carmin_egalio/2016/05/24/3-daily-habits-of-peak-performers-according-to-michael-phelps-coach/#7243456a194a)



## Summer Practice Schedules

**Ends Monday of 1<sup>st</sup> week of school (August 15, 2016)**

**Dippin Dolphins:** 5:00p-6:00p various days

**Silver Dolphins:** Monday and Wednesday: 6:00p-6:45p

**White Dolphins:** Mon, Tues, & Thurs 8:30a-9:15a; Dryland Tues and Thurs 9:30a-10:00a

**Red Dolphins:** Mon, Tues, Thurs 9:15a-10:30a; Wed 8:30a-9:45a; Dryland Tues and Thurs 10:40a-11:00a

**Blue Dolphins:** Mon-Fri 8:30a-10:00a; Dryland Tues and Thurs 10:10a-10:35a

**Senior A Dolphins:** Mon-Fri 6:30a-8:30a; Dryland Mon and Wed 3:30p-4:30p; Doubles Tues and Thurs 6:00p-7:30p

**Senior B Dolphins:** Mon-Fri 6:30a-8:30a; Dryland Mon and Wed 3:30p-4:30p; Doubles Tues and Thurs 6:00p-7:30p



### INSIDE THIS ISSUE:

<i>Swimmers of the Month</i>	1
<i>Swimmers of the Month</i>	1
<i>Special Practice Schedules</i>	3
<i>Key Contacts</i>	5
<i>Upcoming Meets</i>	6
<i>Help for New Parents</i>	6
<i>Next Board Meeting June 18</i>	6
<i>DDST Scholarship Program</i>	6
<i>Happy Birthdays!</i>	14
<i>Practice Schedules</i>	14



COACH

## Sarah's Corner

(sgovanswm @ aol.com)

### Swim Team Goals, Roles, and Attitude

By Tonya Nascimento, Swimming World intern

Have you ever thought about how your actions affect the team? Swimming is categorized as an individual sport, and you do get awarded for individual performance, but do not be deceived into thinking you are on your own or that your actions affect only you.

Think back to your greatest race. Could you have done it without your teammates in your lane and lanes next to you during practice? Without your coach giving you challenging sets and seeing you through? Without your parents driving you to practice or supporting you in other ways? It likely spurred you on during the race to have your teammates cheering.

**No one succeeds without the help of others.**

No swimmer made it to the top of the podium entirely on his own. As a senior age-group swimmer, I still remember a 200 freestyle race where I was on best-time pace, spurred along by my crazy teammate who was bear-crawling down and back along the deck, screaming as loud as he could. I remember the "secret" tangled finger good-luck send-offs and the inside jokes that kept the high-pressure meets fun. I remember the sacrifices of early morning practices, constant chlorine hair, and unshaved legs until the championships – that didn't seem like sacrifices, but more like membership to a special club, because we did it as a team.

To make the most of your swimming career, and to swim the best you can, become a valuable team member.

**Commit to team goals.**

As an individual, you have an idea of what you want out of swimming. Hopefully, you even have well-defined

goals that motivate you. Do you know the team's mission and goals? What are you working toward as a team? If this is unclear, you might want to bring this up with your coach and suggest a team meeting.

Once your coach and teammates have a clear vision, your job is to commit to it. This means the team goal needs to be as important to you as your individual goals. What do you need to do to help the team succeed? Make sure you put in enough effort to fulfill your role. If the goal is very important to you, it might require putting in extra time and energy.

### **Know your role.**

What is your role? What do you contribute to the team? Do you attack each set, challenging your teammates to beat you? Do you lead the lane? Do you demonstrate a positive attitude?

There are several roles on a team, such as wallflowers, team leaders, good followers, counselors, social directors, motivators, team clowns. You might cleanly fit in one role or have parts of several.

Wallflowers are those swimmers who hang on the wall and find ways to skip out of sets. They are not committed to team or individual goals and tend to drain team energy. If this is your role, it is important for you to evaluate your participation and either decide to commit to swimming or to try another sport. Wallflowers are not good teammates.

Team leaders are the first in the water and the last out. They work hard, listen, and have a positive attitude. Qualities of leadership might be found in many swimmers, but the team leader tends to be one that others turn to and follow for direction. Keep in mind that leadership can be learned. If you would like to be a team leader, talk with your coach about the behaviors you need to demonstrate to best help your team.

Good followers are just as important as team leaders. Good followers pick up on and immediately follow the example, attitude, and decisions of the team leaders that help the team to-

ward its goals. Team leaders do no good without followers.

Counselors help struggling team members, are the first ones there when swimmers are disappointed in their races, and help resolve conflict between team members.

Social directors plan ways for the team to get together and get to know each other better outside of practice and meet time.

Motivators have a lot of energy. They consistently encourage others, are incessantly optimistic, lead cheers, and show enthusiasm for swimming.

Team clowns make others laugh. Their sense of humor lightens the mood at practices and meets and makes it fun.

When you become aware of your role (or roles), you can evaluate how you contribute to or detract from the team. When you know how you contribute, the resulting sense of importance and belonging can help your performance.

### **Take one for the team.**

Only four can swim on a relay. Have you ever missed the cut? If so, did you grumble and wish you had a weaker team? Or did you cheer on the four who made it and then vow to work a bit harder to beat them each practice so that next time it would be you?

A strong team is sometimes tough because you are not always on top, but it is a strong team that gets you to the top eventually. The competition within the team gives you daily race practice so that you swim faster at meets. Creating conflict and in-fighting due to dissatisfaction with your coach's decisions on who gets what spot only ends up hurting you. When you have an attitude for the team, you end up making the entire team, including you, better.

### **Respect your teammates.**

You do not have to like your teammates. You do not have to be best friends. In order to have a successful team, you do need to respect them. Respect means offering encouragement during practice sets and at meets, cheering them on, and otherwise help-

ing them achieve their goals. It means focusing on the ways they are helping the team, and it means addressing the behavior (not the person) when changes need to happen. It means putting forth your best effort at all times and displaying a positive attitude, even when on a relay with teammates you don't like.

### **Become a favorite.**

Many people think it is bad for coaches to have their favorites. The truth is that every coach does; it is human nature. It is not bad for the team as long as every swimmer has a chance to become a favorite. Those swimmers who are favorites tend to be coachable; they buy into the team vision and team philosophy set forth by the coach, and they trust the coach's instructions and decisions. They work hard, put the team before themselves, show integrity, and are honest with themselves and others. Do you have these qualities? These are all qualities that help your team, encourage sportsmanship, and ultimately lead to success and enjoyment in swimming.

### **Evaluate your attitude.**

It's a good idea to evaluate your attitude as a team member. Think about the legacy you want to leave behind. At some point you will graduate, move, or otherwise leave your team. How do you want to be remembered? What will your teammates say about you?

Think about whether or not they will likely remark about how you were always a hard worker, always positive and upbeat, an inspiration, someone whose impact is missed. Or if they might talk about how you were a wallflower, a slacker, a wimp, and only concerned with yourself.

If you were the fastest swimmer but a poor teammate, mention of your speed will likely be followed by mention of your negativity. Your greatest legacy is one based on how you helped your teammates. Are the team goals a priority? Do you show respect to your teammates? Do you have the qualities that could make you a coach's favorite? Work now to develop a positive team

attitude and leave behind a desirable legacy.

You might be one whose actions get your teammate to make a cut, and you might be one whose go-to attitude gets you to make a cut. Whatever the outcome, make sure your actions are what is best for the team, and you will end up better for it.



## DDST Key Contacts

**Board President: Wendy Yturbide.**

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## Thank You

The incoming newsletter editors Nikki Willis and Tessa LoPresto would like to extend a great big thank you to the outgoing newsletter editor, Julie Gray. During Julie's tenure of more than four years, the newsletter has always been complete, perfectly formatted, and lovingly ushered out each month. Kudos for a job well done!



COACH

## TJ's Corner

(tj.smithen@yahoo.com)

### What Parents Should Say as Their Kids Perform

by Tim Elmore

In my work at Growing Leaders we enjoy the privilege of serving numerous NCAA and professional sports teams each year. After meeting with hundreds of coaches and athletes, I noticed an issue kept surfacing in our conversations. Both the student-athlete and the coach were trying to solve the same problem. What was that problem? The parents of the student. You may or may not believe this, but even in Division I athletics, parents stay engaged with their child's sport, often at the same level they did through their growing up years. Moms will call coaches and advise them on how to encourage their daughter or son. Dads will call coaches and ask why their kid isn't getting more playing time. Parents will call strength and conditioning coaches and inquire what they're doing about their child's torn ligament.

Each of these calls is understandable.

After all, no one has more at stake than the parent of a performer. They love their child, they've invested in their child and they want to see a "return on their investment." Some athletes refer to their mom as their P.A. (personal assistant) or their agent. I know a mother who watches her collegiate daughter's gymnastics practice behind the glass, all the while, calling and leaving voicemails for the coach on what should be done for her little girl. I even know sets of parents who moved into a condo across the street from their freshman athlete's university. They didn't want to miss a thing, and they certainly didn't want to neglect to provide direction. I understand this. I am a father of two kids myself.

What we parents may not recognize is the pressure and angst this kind of involvement applies. May I tell you what student-athletes are telling me?

1. I love my mom, but when she does this, I get the feeling she doesn't trust me.

2. My parents are great, but I feel like I have multiple coaches telling me what to do and I get stressed out over it.

3. I'm getting blackballed by my teammates because my mother keeps texting me and my coach, to give suggestions. I wish she would chill.

4. I feel like I'm never quite good enough; I can never fully please my parents.

### Moving From Supervisor to Consultant

According to years of research on athletes, I believe parents have a more productive impact on their kids by making a change in their style. When our kids were younger, we played the role of supervisor. We were right there on top of the issues.

And we should be—they were young and needed our support. As they age, parents must move to the role of consultant. We're still involved, still supportive, but we allow our kids to grow up and self-regulate. When we fail to do this—we can actually stunt their growth. It's a bit like teaching our kids to ride a bike. Remember this process? First, we gave them a tricycle. The three wheels made it almost impossible for them to fall off, and they got used to pedaling a vehicle. Then, they moved to a bicycle. It was bigger and had only two wheels. A little scarier, so we initiated them on that bike with training wheels. That prevented bad accidents. Eventually, however, we took the training wheels off, and our involvement became a tender balance of two ingredients: support and letting go. Did you catch that? Support and letting go.

### What We Should Say When Our Kids Perform

The most liberating words parents can speak to their student-athletes are

quite simple. Based on psychological research, the three healthiest statements moms and dads can make as they perform are:

**Before the Competition:**

1. Have fun.
2. Play hard.
3. I love you.

**After the competition:**

1. Did you have fun?
2. I'm proud of you.
3. I love you.

**Six Simple Words...**

For years, I wondered what the student-athlete would say about this issue. After decades of work with athletes, Bruce E. Brown and Rob Miller found out. They suggest six simple words parents can express that produce the most positive results in their performing children. After interacting with students, they report:

College athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame. Their overwhelming response:

"I love to watch you play."

That's it. Those six words. How interesting. How liberating to the parent. How empowering to the student-athlete. No pressure. No correction. No judgment. (That's the coach's job). Just pure love of their child using their gift in competition.

When I learned this, I reflected on the years my own kids competed in sports, recitals, theatrical plays, and practices. Far too often, I wanted to play a role that added more stress to their life. Instead, I now realize—I just need to love them, and love watching them play.

From a parent's view—this is the best way to cultivate an emotionally healthy kid.

<http://growingleaders.com/blog/what-parents-should-say-as-their-kids-perform/>



## Upcoming Meets

**Online entries, meet sheets, updates:**  
[www.ddst.org](http://www.ddst.org) under Meets & Events.

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

**June 22: Home Meet: Twilight meet**

**June 24-26: Reno Summer Splash Meet, Reno, NV**

**July 7-10: Summer Junior Olympics Championships, Moraga, CA**

**July 14: Home Meet: Twilight meet**  
**July 15-17: Tahoe Swimming at Altitude, South Lake Tahoe, CA**

**August 2-6: Western Zone Senior Championships, Clovis, CA**

**Home Meet: August 5-7, High Country Championships. All parents, please be prepared to help out!**



## 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 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.



## Next Board Meeting

The next DDST Board of Directors Meeting will take place **Saturday, June 18, at the Bishop City Park in Bishop, CA**, immediately following the team picnic dinner. 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.

**Board Contact info:**  
[www.ddst.org/boardmembers.htm](http://www.ddst.org/boardmembers.htm)



## DDST Scholarship Program

All DDST members and 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 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.

In addition to the Dolphins Scholarship Program, Pacific Swimming is introducing a new Meet Entry Fee Assistance Program (MEFAP) to help swimmers cover the costs of entering swim meets. The swimmer would pay for the splash fee associated with each meet and Pacific Swimming would cover the individual swims' entry fees. To be eligible, swimmers must be a registered USA Swimming Outreach swimmer OR have a family-proven hardship, verified

by a coach. The USA Swimming Outreach program helps swimmers with financial hardship cover the annual USA Swimming registration fee.

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.



## Ad Campaign in Full Swing!

Beginning June 1, DDST members and their families are encouraged to seek out businesses or families in our community to become new team sponsors or renew previous sponsorships. For their contribution, a sponsoring business will be advertised by DDST, depending on sponsorship level purchased. Donations are tax deductible and crucial to the success of our entire team. DDST families may also become sponsors themselves with the same tax benefits.

This sponsorship drive is the second of two main opportunities DDST member families have each year to offset their annual fundraising obligation. Prizes will be awarded based on amount brought in by each team member or family.

Ad campaign packets may be sent to sponsors via email or downloaded from [www.ddst.org](http://www.ddst.org) (coming soon). There will be a limited supply of paper copies available in the Blaha folder in the DDST file folder box at the Swim Center.

Sponsorship information is due no later than Saturday, July 9 in order to be included on this year's meet banner. Sponsorship information received after this deadline is not guaranteed on the banner, but are greatly appreciated. We need this time to compile the logos and images for the banner.

Jackie Blaha is available to send requested packets via email along with "What do you get for your swim team

sponsorship?" information to those interested. Please email Jackie at: [annvet@gmail.com](mailto:annvet@gmail.com) or call her at: 775-450-8456

Lastly, please hand in any paper packets to Jackie Blaha with payment (made out to "DDST") and sponsoring organization artwork in the DDST file folder box in the swim center lobby.



## Pizza Factory Fundraiser a Great Success!

A great time was had by all the families who came out for our fundraiser at Pizza Factory. Thanks to your participation, Pizza Factory donated \$300 to our team. A great big "Thank you" goes out to Pizza Factory for their generous support of the Douglas Dolphins!



## 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. Clinics are held at various times throughout the year. If you are interested, let Coach Kat know that you would like to be notified of the next opportunity to train to be an official.



## Graduating Seniors

This year, the Dolphins are saying "goodbye" to seven graduating seniors, a very large number for one year! Let's wish them well in their future endeavors. Our graduating seniors are Savannah Chappell, Ryan Chen, Shelby Koontz, Emma Gray, Jason Lowther, Audrey Muller, and Kevin Smithen. Here is a bit about what some of them will be doing:

**Savannah Chappell** has been swimming with the Douglas Dolphins for about 10 years. She plans to attend Utah State University this fall and major in Film Studies with a minor in English. Some of her favorite swim team memories were running to the basketball court and playing a game of basketball before morning practice during the summer. "There aren't very many opportunities to talk with your teammates when you're all in the water, so it's always fun to play games or do things on land where we can communicate more easily. It always makes for the best memories!"

**Ryan Chen** has been swimming for 6 years with the Dolphins. He will be attending Arizona State University to study Mechanical Engineering. His favorite memories are the meets—especially "away" meets--when coaches along with the swimmers all had a great amount of fun. A couple of meets that stand out in his memory were his first long distance away meet at Arizona and mini golfing into the night at Clovis. "All the great times we had will be unforgettable."

**Shelby Koontz** has been swimming for 11 years. She plans to go to Indiana University and study marketing. Her favorite swim memories are the meets in Bishop, winning both of her events at high school state and getting the state record in the 200 IM.

**Emma Gray** joined the Dolphins at the beginning of fourth grade at the insistence of her parents. She learned to love this team very quickly, and has found it to be a home to her these past nine years. This fall she plans to attend Northern Arizona University in Flagstaff, Arizona, to major in Hotel and Restaurant Management with an emphasis in Event Planning. "One day I hope to help plan art or music festivals. NAU does have a ten lane Olympic sized pool, and a kick-butt women's swim team, so although I think my major competitive swimming days are over, I still think I'd like to join an intramural team while I'm at school." Her favorite memories are the random dance parties during practice, and all of Coach Sarah's and Kat's stories.



## Folsom Meet Results

The Douglas Dolphins Swim Team endured snow, sleet, hail, rain and wind to travel to Folsom, CA to open long course season at the Sierra Marlins Spring Splash Meet April 22-24.

**Valerie Vieira**, the youngest competitor in Folsom representing the Dolphins, looked strong in the 50 m freestyle with a time of 1:06.95. This was Valerie's 2nd meet as a Dolphin.

**Sydney Ingram** also represented the 8 and under girls in Folsom, taking on three events in her 1st long course meet. Sydney dropped an impressive 5.93 seconds in the 50m breaststroke and set times to beat in the 100m freestyle and 50m backstroke.

**Matthew Yturbide** represented the 9-10 boys in Folsom, taking on 4 events

and setting a **PR** time of 48.50 in the 50m freestyle. He also put up times to beat in the 100m backstroke, 100m breaststroke and 50m butterfly.

**Sofia DeLange** had **100% improvement** in her four events for the 11-12 girls, dropping 14.51 in the 200m freestyle, 4.37 in the 100m backstroke, 2.25 in the 50m butterfly and .79 in the 50m freestyle.

**Lilia Fields** also had **100% improvement** in her four events, dropping an impressive 29.25 in the 100m breaststroke, 27.53 in the 200m freestyle, 9.77 in the 50m butterfly and 2.76 in the 50m freestyle.

**Sweetpea Vieira** also represented the 11-12 girls in her 2nd meet as a Dolphin, putting up a new **B** time of 37.94 in the 50m freestyle and setting times to beat in her 1st long course 200m freestyle and 50m butterfly.

**Jesse LoPresto** represented the 11-12 boys in Folsom, setting times to beat in the 50m freestyle, 100m backstroke and 100m breaststroke at his first long course meet.

**Calvin Stevenson** had a great 1st long course meet for the 11-12 boys, dropping time in all four of his events and putting up a **B** time of 36.32 in the 50m freestyle, dropping 31.08 in the 200m freestyle, 4.22 in the 100m backstroke and 5.85 in the 50m butterfly.

**Max Thomas**, the Dolphin's newest competitor, took on three events for the 11-12 boys and set times to beat in the 50m freestyle and 200m freestyle.

**Cooper Yturbide** also swam for the 11-12 boys, setting **personal best** times in three of his four events, dropping an impressive 46.08 in the 200m freestyle, 26.09 in the 50m butterfly and 11.30 in the 50m freestyle.

**Justin LoPresto** had a successful meet for the 13-14 boys, setting two new **B** times and two other **PR** times. He dropped a notable 1:03.54 in the 200m individual medley, setting a new **B** time of 2:57.26, and also dropped 1:07:91 in the 400m freestyle for a new **B** time of 5:50.16. He dropped 3.68 in the 50m freestyle with a **B** time of

33.42 and dropped 30.52 in the 100m backstroke.

**Chris Manning** also had a great meet for the 13-14 boys, setting two new **B** times along with **PR** times in all five of his repeat events and great times to beat in four new events. He dropped an impressive 29.36 in the 200m freestyle for a new **B** time of 2:35.48 and 7.23 in the 100m freestyle for a new **B** time of 1:12.60. He dropped 4.11 in the 50m freestyle with a **B** time of 32.87, dropped 20.4 in the 200m backstroke and dropped 11.86 in the 100m breaststroke.

**Jack Stevenson** dropped time in all four of his events for the 13-14 boys. He improved 6.96 in the 50m freestyle with a **B** time of 35.32, 31.01 in the 200m breaststroke with a time of 3:30.75, 9.23 in the 100m butterfly, and 7.60 in the 200m individual medley.

**Lily Bickmore** had a wonderful meet for the 15-16 girls, setting best times in 6 of her 7 events and dropping 15.48 to set a new **A** time of 2:26.39 in the 200m freestyle and 8.01 in the 100m breaststroke to set a new **B** time of 1:34.90. Lily also shaved off .03 in the 100m backstroke with a **B** time of 1:25.89, 17.15 in the 200m breaststroke with a **B** time of 3:21.76, .99 in the 200m butterfly with an **A** time of 2:41.67, and 1.08 in the 200m individual medley for a **BB** time of 2:50.19.

**Kaila Duffy** took on three events for the 15-16 girls, dropping 8.47 in the 200m freestyle to set a new **A** time of 2:22.45 and dropping .63 in the 100m breaststroke for a **BB** time of 1:31.52.

**Sarah Hyatt** took on six events in Folsom for the 15-16 girls and set a noteworthy three new **BB** times, dropping 17.60 in the 200m individual medley for a time of 2:51.11, 16.99 in the 200m freestyle for a time of 2:34.90, and 11.19 in the 100m backstroke for a time of 1:26.11. Sarah also dropped 1.78 from the 100m breaststroke with a **BB** time of 1:33.13.

**Taylor Sullivan**, rounded out the competition for the 15-16 girls with seven events, dropping 3.40 in the 200m

freestyle to set a **PR** and **A** time of 2:26.70.



## DOLPHINS AT THE HIGH SCHOOL REGIONALS

The Douglas Dolphins contributed to the success of the Douglas High School Tigers Swim Team's Boys and Girls first place finishes at the 2016 NIAA Northern Nevada Regional High School Championship Meet on May 15 at the Carson Aquatic Facility in Carson City. The Tiger Boys team won the Regional Championship with 419 points, well ahead of 2nd place Galena High School with 283 points and Carson High School with 263 points. The Tiger girls also took the Regional title scoring 385 points, ahead of 2nd place Reno High School with 292 points and 3rd place McQueen High School with 283 points.

Dolphin **Shelby Koontz** swam to two more individual gold medals as she defended her region titles in the 200 yard individual medley and 100 yard butterfly. Koontz surpassed the meet record she set last year in the 100 yard butterfly with a time of 56.40. The time of 2:03.94 she clocked in the 200 yard individual medley was nearly 9 seconds faster than last year.

**Koontz** combined with **Kaela Forvilly** and Douglas Dolphins teammates **Savannah Chappell** and **Taylor Sullivan** and to place third in the 400 yard freestyle relay with a time of 3:43.06.

**Kaila Duffy, Emma Gray, Sullivan** and **Forvilly** placed third in the 200 yard medley relay with a time of 1:54.32.

**Chappell** placed fourth in the 200 yard freestyle with 2:01.20 and fifth place in the 500 yard freestyle a time of 5:29.43.

**Sullivan** placed fifth in the 100 yard breaststroke with a time of 1:13.86 and

fifth in the 200 yard freestyle with a time of 2:04.35.

**Duffy** placed fifth in the 100 yard butterfly with a time of 1:02.23 and fifth in the 50 yard freestyle with a time of 26.42.

**Gray** placed sixth in the 100 yard butterfly with a time of 1:03.33 and 6th in the 50 yard freestyle with a time of 26.52.

**Mychael Belik** placed 13th in the 200 yard freestyle with a time of 2:14.21 and 15th place in the 500 yard freestyle with a time of 6:03.81.

**Sarah Hyatt** placed 7th in the 200 yard individual medley with a time of 2:24.73 and 7th in the 100 yard breaststroke with a time of 1:15.04.

**Lily Bickmore** placed 8th in the 200 yard individual medley with a time of 2:26.25 and 8th in the 100 yard butterfly with a time of 1:05.55.

**Alanna Smithen** placed 16th in the 200 yard individual medley with a time of 2:42.84 and 12th place in the 100 yard backstroke with a time of 1:11.17.

**Kayla Ruffo** placed 9th in the 100 yard freestyle with a time of 1:01.61 and 11th place in the 100 yard breaststroke.

**Julia Chappell** placed 9th in the 500 yard freestyle with a time of 5:41.61 and 9th in the 100 yard backstroke with a time of 1:05.23.

**Josh Smithen, Jason Lowther, Ryan Chen** and **Joe Sullivan** combined to place first in the boys 200 yard medley relay with a time of 1:41.43.

**Justin Hight, Ryan Chen, Kevin Smithen** and **Joe Sullivan** combined to place first in the 200 yard freestyle relay with a time of 1:30.75.

**Justin Hight** finished first in the 100 backstroke with a time of 55.27. Justin also took second place in the 200 yard freestyle with a 1:47.28, his best time by almost 4 seconds.

**Josh Smithen** finished second in the 100 backstroke with a time of 55.45. Josh also placed third in the 200 individual medley with a time of 2:04.39.

**Kevin Smithen** placed fourth in the 50 yard freestyle with a time of 22.58 and

fourth in the 100 yard butterfly with a time of 55.34.

**Joe Smithen** placed fourth in the 100 yard freestyle with a time of 50.94 and sixth in the 200 yard individual medley with a time of 2:08.73.

**Joe Sullivan** placed fifth in the 50 yard freestyle with a 22.70 and third in the 100 yard freestyle with a time of 50.04.

**Ryan Chen** placed second in the 100 yard butterfly with a 53.37, just two-hundredths of a second behind the first-place finisher. He also finished 6th place in the 100 yard breaststroke with a time of 1:04.00.

**Jason Lowther** placed 6th in the 100 yard breaststroke with a time of 1:05.05 and 7th in the 200 yard individual medley with a time of 2:10.69.

**CJ Hill-Holeman** placed 7th in the 100 yard butterfly with a time of 1:02.01 and 13th in the 500 freestyle with a time of 5:55.73.

**Daniel Taylor** placed 10th in the 100 yard breaststroke with a time of 1:12.29 and 13th in the individual medley with a time of 2:20.99.

**Taylor Knowles** placed 8th in the 500 yard freestyle with a time of 5:24.94 and 7th in the 100 yard backstroke with a time of 58.40.

**Hunter Richardson**, new to the Douglas Dolphins, placed 14th in the 100 yard backstroke with a time of 1:10.22 16th in the 100 yard freestyle with a time of 1:03.16.



# Nevada State High School Championships

## KOONTZ BREAKS STATE RECORD IN 200 INDIVIDUAL MEDLEY!

Several Douglas Dolphins qualified to compete with Douglas High School at the Nevada State Championships on May 21 at UNLV in Las Vegas. Douglas High School Girls finished in 7th place with 28 points and Boys finished in 5th place with 44 points.

**Shelby Koontz** broke the state record and took the gold in the 200 yard individual medley with a 2:02.57 and took gold in the 100 yard butterfly with a time of 55.16, the 2nd fastest in state history.

**Justin Hight, Ryan Chen, Kevin Smithen** and **Joe Sullivan** combined for a third place finish in the 200 yard freestyle relay with a time of 1:30.06. Dolphins **Josh Smithen, Jason**

**Lowther, Ryan Chen** and **Joe Sullivan** again combined for a third place finish in the 200 yard medley relay with a time of 1:40.99.

**Justin Hight** placed 3rd in the 100 yard backstroke with a time of 54.33 and 8th in the 200 yard freestyle with a time of 1:50.89.

**Josh Smithen** took 5th place in the 100 yard backstroke with a time of 55.53 and 8th place in the 200 yard individual medley with a time of 2:06.64.

**Ryan Chen** took 5th place in the 100 yard butterfly with a time of 53.59.

**Joe Sullivan** placed 7th in the 100 yard freestyle with a time of 49.83.

Dolphins Girls **Shelby Koontz, Savannah Chappell, Kaela Forvilly** and **Taylor Sullivan** combined for a sixth place finish in the 400 freestyle relay with a time of 3:43.72.

**Shelby Koontz** has been selected for the Las Vegas Review Journal's 2016 All-State Girls Swimming Team and

**Justin Hight** was selected as an honorable mention.



## INTERMOUNTAIN CLASSIC RESULTS

Three Douglas Dolphins put up best times in every event they competed in during the Intermountain Classic May 27-28 in Carson City, NV and several others were close to 100 percent improvement.

**Hadley Peck** represented the 8 and under girls at the Intermountain Classic in Carson City May 27-28. Hadley put up times to beat in all six events she took on, including the 50 m freestyle and 100 m freestyle, 50 meter backstroke and 100 m backstroke and 50 meter and 100 meter breaststroke.

**Keira Duffy** took on five events for the 9-10 girls, setting two best times – in the 50 meter freestyle with a time of 49.39 seconds and 56.68 in the 50 meter backstroke.

**Sydney Ingram** took on six events, setting best times with a 2:14.02 in the 100 meter freestyle, 57.41 in the 50 meter backstroke and 1:17.02 in the 50 meter breaststroke.

In her first swim meet as a Dolphin, **Sarah Thomas** set a time to beat in the 50 meter backstroke.

**Matthew Yturbide** represented the 9-10 boys in Carson with personal best times in 3 of his eight events. Matthew took 13.6 seconds off the 50 meter backstroke with a 55.48. He also improved his 50 meter freestyle by 2.27 seconds with a time of 46.23 and his 100 meter breaststroke by 1.18 seconds with a time of 2:23.44.

Representing the 11-12 girls, **Sofia DeLange** had almost 100 percent improvement, setting personal bests in 7 of the 8 events she took on, including two new B times – in the 200 meter freestyle and 50 meter butterfly. She shaved 4.59 seconds from the 200 me-

ter freestyle for a B time of 3:00.09 and 2.10 seconds from the 50 meter butterfly for a B time of 41.79. Sofia also set personal bests in the 50 and 100 meter freestyles, 100 meter backstroke, 50 meter breaststroke and 100 meter butterfly.

**Gracie Dickey** took on four events, shaving a total of 18.84 seconds from the last time she swam those four events – 100 meter freestyle, 50 meter backstroke, 50 meter breaststroke and 200 meter breaststroke.

**Kalia Duffy** swam her personal best in the 50 meter freestyle by taking an impressive 28.48 seconds off with a time of 51.79 as well as her personal best in the 50 meter backstroke with a 1:02.32. She also set times to beat in the 100 meter freestyle and 50 meter breaststroke.

**Lilia Fields** swam a personal best time in 5 of the 7 events she took on, including a 1:30.89 in the 100 meter freestyle, in which she dropped 10.62 seconds. She also swam her personal best in the 50 meter freestyle, 50 meter backstroke, 50 meter breaststroke and 50 meter butterfly.

**Barret Lee** set personal bests in all 8 events she tackled, picking up two new B times along the way. Barrett dropped 4.57 seconds off the 100 meter breaststroke with a B time of 1:48.18 and dropped 6.29 seconds off the 100 meter butterfly for a B time of 1:37.47. She also set personal bests in the 100 and 200 meter freestyles, 1:24.44 and 2:56.86, respectively. Barret set personal best times in all three backstroke events – 50 meter backstroke, 100 meter backstroke and 200 meter backstroke.

**Sweetpea Vieira** set times to beat in her four events, 100 meter freestyle, 50 meter backstroke, 50 meter breaststroke and 100 meter butterfly.

**Mo Bell**, 11, one of the Dolphin's newest members, swam in Carson unattached. She set a best time of 2:10.99, dropping 14.82 seconds in the 100 meter breaststroke and set times to beat in her other eight events.

**Jesse LoPresto** took on 7 events for the 11-12 boys, setting one personal best time of 1:41.72 in the 100 meter backstroke, shaving off 5.04 seconds.

**Calvin Stevenson** took on 8 events, setting two personal best times. He dropped 6.27 seconds off the 100 meter backstroke with a time of 1:42.03 and dropped 3.19 seconds from the 50 meter butterfly with a time of 45.35.

**Max Thomas** put up times to beat in his four events, including a 1:43.64 in the 100 meter freestyle. He also took on the 50 meter breaststroke, 200 meter breaststroke and the 100 meter butterfly.

**Cooper Yturbide** took on an impressive 10 events in Carson, swimming personal best times in six of them and also picking up two new B times. He dropped .29 seconds from the 50 meter freestyle to set a B time of 37.79. He shaved a whopping 29.76 seconds off the 100 meter freestyle with a B time of 1:21.72. Cooper's 3:02.08 in the 200 meter freestyle was a personal best time, as well as his 47.44 in the 50 meter backstroke, 51.86 in the 50 meter breaststroke and 1:50.65 in the 100 meter breaststroke, an improvement of 27.52 seconds.

**Anna Northcutt**, representing the 13-14 girls, set personal best times in 8 of the 10 events she took on. She dropped 2.82 seconds to set a new B time of 37.42 in the 50 meter freestyle. Anna dropped 25 seconds in the 200 backstroke with a 3:17.95, 24.85 seconds in the 400 meter freestyle for a 6:41.96, 13.75 seconds from the 100 meter breaststroke with a 1:51.92, 5.97 seconds off the 100 meter freestyle, 3.55 from the 100 meter backstroke, 8.68 from the 100 meter butterfly and 8.12 seconds off the 200 meter individual medley.

**Aspen Paschke** had almost 100 improvement in Carson, setting personal best times in 6 of her 7 events, including a new B time of 37.34 in the 50 freestyle after shaving off 3.69 seconds. Aspen also dropped 10.64 seconds in the 100 meter freestyle, 13.71 seconds in the 200 meter freestyle,

9.37 seconds in the 100 meter backstroke, 9.37 seconds in the 100 meter backstroke, 9.27 in the 100 meter breaststroke, and 18.16 seconds in the 200 meter individual medley.

**Emma Ruffo** took on 6 events, setting personal bests in two of them, including a BB time of 2:51.01 for an 8th place finish in the 200 meter backstroke and a B time of 1:38.36 in the 100 meter breaststroke.

**Josh Beam** set times to beat in two of his three events in Carson for the 13-14 boys. Josh shaved 46.31 seconds off the last time he swam the 200 meter individual medley, clocking in at 3:27.31 and also shaved 16.66 seconds off the 200 freestyle with a 3:03.46.

**Dakota Blaha** took on six events, setting times to beat in two new events and shaving a total of almost 49.29 seconds off the last time he swam his other four events, including a 14.5% improvement in the 100 meter freestyle, clocking a time of 1:17.07 and a 28.11-second improvement in the 200 meter freestyle, with a time of 3:03.29. **TJ Golobic** put up a best time of 47.48 in the 50 meter freestyle and also dropped 2.37 seconds in the 200 meter freestyle. He set his first times to beat in the 100 meter breaststroke and 200 meter individual medley.

In his first swim meet competing with the 13-14 boys, Niko Hight set four best times in his six events, including a 10.7% improvement in the 100 meter breaststroke with a time of 2:05.40. He shaved 6.64 seconds off the 100 meter freestyle with a time of 1:22.08. Niko also dropped 19 seconds off the 50 meter freestyle for a best time of 37 seconds and 6.44 seconds from the 100 meter backstroke, clocking a 1:40.71.

**Justin LoPresto** clocked a new B time of 1:14.30 in the 100 meter freestyle, dropping 13.6 seconds. He also swam best times in five of the eight events he attempted, including a 2:48.27 200 meter freestyle, a 15.7% improvement over his previous best time. He clocked 33.3 in the 50 meter freestyle, shaving .12 seconds from his previous best, a 5:42.24 in the 400 meter freestyle for

an 8th place finish, and showed 13.8% improvement in the 100 meter breaststroke, with a 1:45.23.

**Christopher Manning** took on 4 events in Carson, achieving a new BB time of 2:51.35 in his 10th place finish in the 200 meter individual medley, a 21.07-second improvement from his previous best time. Chris placed seventh in the 100 meter backstroke with a time of 1:26.43.

**Ben Munyan** put up impressive best times in five of the eight events he attempted, showing an overall average of 19 percent improvement in his times! Ben clocked a 1:39.42 in the 100 meter backstroke, a 22% improvement over his previous best time. His 36.07 time in the 50 meter freestyle was a 21.3% improvement over his previous best time. He shaved 18.82 seconds from the 100 meter freestyle and 28.12 seconds from the 100 meter backstroke. He also dropped 1:24.30 in the 400 meter freestyle.

**Jack Stevenson** not only had **100 percent improvement** in the eight events he took on, he put up three new B times! Jack's biggest improvement was in the 400 meter freestyle, as he dropped more than two minutes to clock a B time of 5:45.22. He also shaved 1.75 seconds from the 50 meter freestyle to set a new B time of 33.57. He dropped 4.81 seconds in the 200 individual medley to clock a new B time of 3:05.90. Jack also set best times of 1:18.48 in the 100 meter freestyle, 2:55.56 in the 200 meter freestyle, 1:37.26 in the 100 meter backstroke, 1:38.30 in the 100 meter breaststroke, and 1:33.95 in the 100 meter butterfly.

**Lily Bickmore** took on an impressive ten events for the 15 and over girls, clocking her best time in the 50 meter freestyle with a 32.12. Lily also shaved 2.66 seconds off the last time she swam the 100 meter freestyle.

**Sarah Hyatt** took on six events in Carson, setting a new BB time of 1:13.57 in the 100 meter freestyle, dropping 3.3 seconds, along with two other best times – 3:05.57 in the 200

meter backstroke and 1:30.74 in the 100 breaststroke.

**Emma Price** put up four best times in her seven events, including a 3:35.73 in the 200 meter individual medley, an improvement of 7.11 seconds. She shaved 4.85 seconds in the 100 breaststroke to clock a best time of 1:56.15 and 4.06 seconds from the 100 meter butterfly to clock a best time of 1:46.36. She also put up a 1:51.23 to achieve a new best time in the 100 meter backstroke.

**Kayla Ruffo** took on six events, achieving a new **B** time of 3:08.49 in the 200 meter butterfly by shaving off 6.3 seconds. She also set best times in three other events, 33.08 in the 50 meter freestyle, 1:11.01 in the 100 meter freestyle and 1:22.36 in the 100 meter butterfly.

**Emily Willis** had another meet showing **100 percent improvement!** She showed an average improvement of 6 percent over the eight events, shaving a total of 96 seconds. Her biggest improvement was in the 200 meter backstroke, where she dropped 22.94 seconds to clock a 4:11.06. Emily put up 1:33.62 in the 100 meter freestyle, dropping 8.07 seconds, and a 41.63 in the 50 meter freestyle, an improvement of 3.03 seconds. Emily also put up best times of 3:32.57 in the 200 meter freestyle, 7:18.17 in the 400 meter freestyle, 2:00.16 in the 100 meter backstroke, 2:15.10 in the 100 meter breaststroke, and 4:10.20 in the 200 meter individual medley.

**Justin Hight** swam 6 events for the 15 and over boys, clocking a best time of 2:35.20 for a 4<sup>th</sup> place finish in the 200 meter backstroke, dropping 4.09 seconds from his previous best time. Justin placed second in the 100 meter backstroke with a time of 1:07.21; third in the 100 meter freestyle with a 58.25; third in the 100 meter butterfly with 1:03.81; fourth in the 200 meter freestyle with 2:10.00; and seventh in the 50 meter freestyle with 27.46.



## Summer Sanders Invitational

Lily Bickmore, Kaila Duffy and Justin Hight traveled to Roseville, CA to compete in the Sierra Nevada Summer Sanders Long Course Meet on June 9.

Justin achieved a new **AAAA** time standard and all three improved in at least one of their races. **Lily Bickmore** put up a best of 1:11.99 in the 100 meter butterfly, dropping 1.94 seconds from her previous best and took off .62 seconds in the 200 meter butterfly with a time of 2:1.05. **Kaila Duffy** took on seven events, achieving one new best time with a 1:31.30 in the 100 meter breaststroke, an improvement of .22 seconds from her previous best time.

**Justin Hight** put up a new **AAAA** time of 1:02.69 in the 100 meter butterfly, a .60 second improvement from his previous best time.



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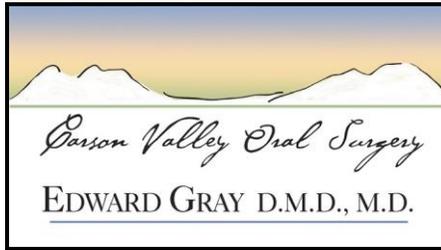
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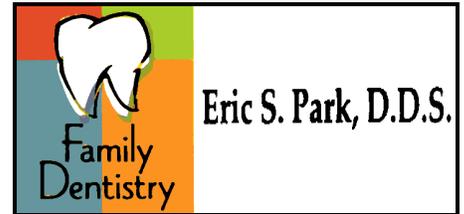
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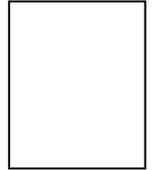
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

**Welcome new Swimmers:** Mo Bell, Hunter Richardson, and Tina Thomas

**Happy June Birthdays** to T.J. Smithen and Josh Smithen (6/2), Lilia Fields (6/4), Dakota Blaha (6/6), Taylor Sullivan (6/18), Christopher Manning (6/19)

*(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



## Practice Schedules

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

**ANY Public School(s) IN Session**  
**Seniors:** M-Th 2:30-4:45p, F 2:30-4:30; dryland W 5:00-6:00p & F 4:30-5:30p

**Pre-seniors:** M-F 2:30-4:30p, dryland W 5:00-6:00p & F 4:30-5:30p

**Blue:** M-Th 4:45-5:55p, F 4:15-5:30p

**Red:** M-Th 5:10-6:15p

**White:** M-Th 4:15-5:00p

**Pre-competition:** T & Th 4:15-5:00p

**ALL Public Schools OUT of Session**  
(common break days; public holidays **except** Summer breaks)

**Pre-seniors & Seniors:** M-F 7:00-9:00a, dryland T & Th 9-10a

**Blue:** M-F 7:00-9:00a

**Red:** M-Th 5:10-6:15p

**White:** M-Th 4:00-4:45p

**Pre-competition:** T & Th 4:15-5:00p



## Next Newsletter

The next *Monthly* will appear about **July 21st**. All submissions should be received by **Monday, July 18<sup>th</sup>**. 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, duck-nus@gmail.com or 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 contributors: Coach Kat, Coach TJ, and Coach Sarah.*

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

