

# Dolphins' Monthly

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

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

February 2017

## Swimmers of the Month

**Sammie Ingram is Dippin Dolfins Swimmer of the Month.** Sammie is one exceptional little swimmer. She has perfect attendance, great leadership skills, a friendly and helpful attitude, a great work ethic, attentiveness to her coach and teammates, and a willingness to help out with anything that is asked of her. She did an incredible job at the Carson City meet, taking an overall 45.30 seconds off, and achieving B times in both the 50 and 100 backstroke. Woo Hoo! Great job Sammie! She also successfully completed 64 laps at the Swim-a-Thon. Congratulations Sammie, keep up the amazing work!

**Alexandra Nerska is Silver Group Swimmer of the Month.** Alex competed in her very first meet last month. She did a great job, earning herself a B time in the 50 Free. In addition to first swims, Alex has continued to strive for improvement in her practices. She pays attention, and always asks great questions. She listens to me when I critique her strokes, and immediately corrects the issue. I love that Alex always brings a positive vibe to practice. The kids in her group really feed off of each other, and when they're all happy and having a good time, it really makes for a successful practice. At the Swim-a-Thon, Alex completed 154 laps, staying consistent with her splits and her flip turns. Alex has come a long way since joining the team last fall. I'm very proud of her. Congratulations Alex, you've worked very hard, kiddo!

**Hadley Peck is White Group Swimmer of the Month.** Hadley did an incredible job at last month's meet

in Carson. She took a total 39.34 seconds off her events, and earned an A time in the 100 free. This is quite an accomplishment for an 8-year-old. I really enjoy having Hadley in my group. She has a great attitude and mental toughness that allows her to work through any "road blocks" that may present at practice or during a meet. Hadley has a very sweet and caring nature, and is always very supportive to her teammates and her little brother Mason. I have a lot of respect for the level of maturity Hadley displays at such a young age. Great job Hadley!

**Niko Hight is Purple Group Swimmer of the Month.** Niko had a great Carson Meet. He got 5 Lifetime Best Times in his 50, 100, 200, & 500 freestyle plus his 100 backstroke.

Niko's constant positive attitude is what really makes him stand out as the Swimmer of the Month. He is thoughtful to his teammates and grateful to his coaches. He encourages his teammates on tough sets and doesn't leave the deck without thanking all the coaches on deck. What an OUTSTANDING young man!

**Hunter Richardson is Presenior Swimmer of the Month.** Hunter joined the Dolpins right after his High School season. He has been trying to balance his school studies, after school and weekend work, family life and swim team. Hunter had two great swims at the Carson Meet and went Life Time Best Times in his 100 & 200 free. He also tried a 200 IM for the first time and did a great job. We are glad to have Hunter as a Douglas Dolfin and hope he has a fantastic high school season.

**Kaila Duffy is Senior Swimmer of the Month.** Kaila is one of two Senior level Dolpins who went to the Carson Blizzard Blast. One of the important

parts of developing as an older athlete is to thoughtfully make changes in your strokes and even more importantly, to be able to incorporate them into a race strategy. Sometimes the race strategy itself is the change for improvement. Kaila used the Carson Meet as a tool for improved swimming. The transition from being a younger swimmer and going to meets with the sole purpose to go best times to being older and strategizing what works for you individually isn't always easy but Kaila is really excelling in this area. Congratulations Kaila!



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## Swim-a-thon Results

The Dolphins' 9th annual USA Swimming Swim-a-Thon® took place on January 28th and it was a great success! This year we had 54 Dolphins participate in the Swim-a-Thon. It was great to see many of our younger swimmers participating again this year; I am positive that they were amazed at how many lengths they were able to complete! All participants should be very proud of what they accomplished! Special thanks go to Greg Taylor for providing the music and to Jenna Beam for all her extra work in organizing this year's event. For this Swim-a-Thon, as in previous years, our swimmers were encouraged to swim as many lengths as possible in 2 hours. However, our older swimmers were challenged to swim 200 lengths (over 3 miles) in less than 2 hours!

We had 2 Swim-a-Thon records fall this year. Our top finishers were: 8 and unders, Caitlin Taylor finished 186 laps in 2 hours and Quinn Rasmussen finished 120 laps in 91:11 minutes. For our 9-10 swimmers, Cammie Jahreis completed 200 laps in 100:00 minutes, and Matthew Sutton completed 174 laps in 2 hours. In the 11-12 age group, Sofia DeLange completed 200 laps in 72 minutes and 57 seconds, and Calvin Stevenson completed 200 laps in 71 minutes and 28 seconds—a new team record for 11-12-year-old boys! Up next were our 13-14 swimmers: Anna Northcutt finished 200 laps in 74 minutes and 28 seconds and Justin Lo-Presto finished 200 laps in 63 minutes and 14 sec, a team record for 13-14 year old boys! For 15-16 swimmers, Julia Chappell finished 200 laps in 66 minutes and 25 seconds, and Daniel Taylor swam 200 laps in 65 minutes and 10 seconds. Finally, for 17-18-year-old swimmers, Kaila Duffy finished 200 laps in 65 minutes and 44 seconds, while Joe Sullivan, the fastest swimmer of the evening, completed the 200 laps in 62 minutes and 36 seconds.

Congratulations to all of our swimmers, you all did very well and should be extremely proud of what you were able to accomplish!



## Adjustments to Groups in March

Beginning in March, a few groups will have some changes. Dippin Dolphins will have an extra practice on Fridays 5:00-5:30 pm . The new dues rate for Dippins will be \$50 per month. Also, starting on February 27, Purple Group will split back into Blue and Red Groups. Coaches Greg and Emily will be coaching Red Group and Coach Kat will coach Blue Group. You can look at your account to see the assigned roster group change for your swimmer. Any questions? About anything? Please feel free to contact Coach Kat! Phone: [775-315-7701](tel:775-315-7701). Email: [Coachkat116@outlook.com](mailto:Coachkat116@outlook.com)



## Next Board Meeting

The next DDST Board of Directors Meeting will take place **Thursday, February 23rd at the East Fork Firestation on Douglas Ave.** Board Contact info: [www.ddst.org/board-members.htm](http://www.ddst.org/board-members.htm). As always, parents are encouraged to attend and meeting minutes are available from the team Secretary.



## Upcoming Pool Closure

The Carson Valley Swim Center will be closed for a week to complete some ventilation work. The dates for closure are February 27-March 3. While the Swim Center is closed, we will be practicing at the Carson Aquatic Center. Continued water time for our swimmers is our goal. Practice hours will be as follows:

**Senior & PreSenior:** Monday-Friday 5:30-7:30pm

**Blue & Red Group:** Monday & Wednesday 6:15-7:30PM and Tuesday & Thurs 6:30-7:30pm

**White Group:** Monday 6:15-7:30, Friday 6:30-7:30pm

**Silver & Dippin Dolphins:** Friday 6:30-7:30pm



## Summer Swim Camps

This is the time of year that swimmers start thinking about the possibility of improving their swimming technique by attending summer swim camps. If your swimmer would like to invest a week or two in extra training this summer, you are encouraged to research opportunities online. For instance, a half-day camp will be held in Incline this year

(<http://www.ussportscamps.com/swim/nike/nike-swim-camp-lake-tahoe/>), and many members of DDST like to attend the Salo camp

(<http://www.saloswimcamp.com/>) held at USC in Los Angeles. Many other opportunities can be found in advertisements in *Splash Magazine*. Look for a camp that has a balance of varied activities, such as dryland and games in addition to swimming. But start thinking about it now, as swim camps can fill up fast!

**COACH****Kat's Corner**[coachkat0809 @ hotmail.com](mailto:coachkat0809@hotmail.com)

This is good food for thought.

**Five Things to Consider about Swimming in College**

*By Michelle Lombana, [College Swimming Guide](#).*

Do you want to swim in college? Does your child want to swim in college? These are questions every year-round swimmer and their parents are asked frequently throughout high school. Most are not sure of the answer themselves! It is easy to get carried along into the recruiting process without analyzing whether it's the right choice.

There are many things to think about before making a decision, and I have outlined five of them below.

**Does Your Swimmer Want to Take On The Commitment Of Swimming In College?**

Year-round swimmers are used to commitment! They know what 5 am practices before classes are and training doubles over winter break. They are familiar with missing the high school football conference championship game because they have swim practice. They have even gone to prom smelling faintly of chlorine.

However, these events can take on a different aspect in college. If your school makes it to the Sweet 16 during March Madness and your swimmer cannot travel to the game because it conflicts with NCAA championships, will that bother him? Many swimmers would say "Are you kidding? If I make NCAA's, nothing else matters!" If your mom, grandma and all of your aunts were a member of a particular sorority and your swimmer grew up being groomed to pledge there, too, can she give up that legacy to swim in college? Swimming is a fraternity all its own! Think about whether your child would rather hang out in a swimsuit or sweats with damp hair or a Lily Pulitzer dress most days. Most students are excited about the long winter break – in the

typical college calendar, it is usually anywhere from 3-6 weeks long depending on the school and the geographic location. It is a chance to sleep after first semester finals, reconnect with family, sleep, hang out with high school friends, sleep, work to earn money for the next semester, and sleep. Did I mention sleep? However, swimmers train over break and many colleges take a winter training trip to an exotic location over break. Your swimmer may only get to go home for a few days or up to 2 weeks at the most. On the other hand, he may welcome the opportunity to go to Puerto Rico in early January even if he has to swim twice a day while he is there!

All of these examples are unique to each individual swimmer and the level of commitment varies by college as well. There are certainly no right or wrong answers, but they are factors to consider when thinking about whether or not to swim in college.

**Does Your Swimmer Need Swimming To Get Into His Dream School?**

In some cases, swimming can help gain admission to a school where the student does not quite meet the academic standards. There are limits though – if a student has a 2.5 and the average entrance GPA is a 3.9, it is not likely to be enough to get in. Coaches are often allotted a certain number of athletes that they can "help" through the admissions process. They prefer to recruit athletes who meet the standards on their own to limit their use of these exceptions or to save them for the very fastest athletes. If your swimmer fits in near the top end of the times of the swimmers and his academic standards are close, swimming may give him that extra push. A school may be a dream school for a variety of reasons – location, a special program, etc. If your swimmer needs to use swimming to be admitted, make sure he is selecting the school for the right reasons. If your swimmer loves Colorado and has always wanted to go to school near the ski slopes, but is a liberal arts type of student, swimming for the Colorado School of Mines which specializes in

engineering may not be a good choice. On the other hand, if he has always dreamed of studying theater in New York City at NYU and is slightly below the admissions standards, swimming for NYU might be a perfect opportunity.

**Will Your Child's Grades Suffer?**

If your swimmer's goal is to attend professional school after graduation, be sure she can earn good grades while also swimming. Many colleges, especially Division I programs, offer academic support and tutoring for athletes which actually make it easier to keep grades up. In addition, most swimmers are used to juggling a grueling practice schedule with schoolwork and are typically very adept at time management. This serves them well in college and many former college swimmers say their grades were higher in season than out of season! A lot of non-athletes who do not have the same challenges struggle with time management when they get to college due to lack of experience and/or self-discipline.

However, even with academic support and tutoring, swim practice takes a lot of time. If your child's major is so difficult that she needs to study 12 hours per day, she may simply not have the time to devote to swimming. The other possibility is to choose a school that has a strong program in her major, but is perhaps not top-tier and not quite as difficult. This may allow her to swim and still earn good grades.

Unfortunately, out of all of the considerations regarding swimming in college, this one is the hardest to gauge beforehand. Current students at the school in the major may be able to offer advice. Your swimmer should also talk to swimmers on the team, preferably in her major, to get an idea of the time commitments of each.

**Will Your Child Want to Hang Out With His Teammates for Four Years?**

Teammates are built-in friends and companions immediately upon arriving on campus. This can make it easy to get acclimated quickly and takes some of the apprehension away from going

to a new place. Because your swimmer spends so much time with his teammates, it does not always leave a lot of time to participate in other extracurricular activities and to meet other friends. When your swimmer takes recruiting visits to colleges, he needs to be sure he is comfortable with the majority of the team and that he will want to hang out with them for the next four years. My son put a lot of emphasis on this when he went on official visits. In one case, he was sure he would like a particular school because they looked great on paper. However, outside of swimming, all of the potential teammates he met there had totally different interests. When he visited the team he eventually committed to, he felt totally at home with the other swimmers and knew he could be happy hanging out with them.

At most schools, swimmers are roommates in freshman dorms then move off campus together in later years. These are the people your swimmer will train with, celebrate with and cry with. He wants to enjoy their company!

### **Can Your Swimmer's Body Hold Up For Four More Years Of Swimming?**

There is no doubt about it – swimming is great exercise. It is easier on the joints than many other sports and provides an excellent workout. It also allows your student to take full advantage of the all-you-can-eat nature of dining halls without worrying about the “freshman 15.”

If your swimmer has experienced overuse injuries or other injuries, you may want to consider whether swimming in college will put undue strain on her body or cause additional injuries. This can be a painful (pun intended!) thing to consider but it is important to consider her health as an adult. Many Physical Therapists say “I am considering the 35-year-old athlete, not just the 18-year-old athlete” when making recommendations for exercises, treatment, etc. This is a good perspective for potential college athletes as well.

Swimming in college can be a rewarding experience. Just make sure your child makes the decision to do so thoughtfully while considering all options. Some high school seniors pursue swimming in college while also applying to a couple of colleges as a back-up in case they do not find a school where they want to swim. This is an excellent way to keep options open while searching for the best fit.

<http://reachforthewall.com/2017/01/23/five-things-to-consider-about-swimming-in-college%EF%BB%BF/>

## 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.

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COACH

## Tessa's Corner

### **Tip: Sleep Like a Caveman**

By [Megan Fischer-Colbrie](#), The BridgeBlog from Bridge Athletic

Experts from the American Academy of Sleep Medicine say you should think of your sleep environment like a cave: it should be cool, quiet, and dark. The same idea applies to naptime in between prelims and finals. Having a roommate on travel meets can add an element of surprise to this equation. Bring earplugs and decide on a bedtime you both will follow to avoid disrupting each other's sleep. Set a backup alarm in the morning so you wake up in time for warm up, especially if the time zone makes it difficult to wake up in the first couple days of a meet. After all your training is in the bag, pay attention to these simple tips to maximize your rest for peak performances!



## Important Dates

**February 20, 2017: President's Day:**

**Holiday AM Practice:** Senior/Pre-senior Groups: 7-9:00 a.m. Blue and Red Groups: 8-9:00 a.m. White and Dippin Groups: 8:15-9:00 a.m.

**Tuesday, February 21 – Friday, February 24: School Break Schedule:**

Senior/Presenior Groups: 7-9:00 a.m. All other groups will swim during their regularly scheduled time in the afternoon.



**COACH****Emily's Corner**[escarborough0520@gmail.com](mailto:escarborough0520@gmail.com)**Science of Performance: Swimming Nutritional Program**

*By Swimming World correspondent G. John Mullen of Swimming Science and Center of Optimal Restoration, Creator of Swimmer's Shoulder System, Swimming Science Research Review*

SANTA CLARA, California, November 27. BREAKFAST and peri-workout nutrition has been discussed during the past month, but these two elements only play a fraction in sports nutrition. Swimmers are all busy, yet many sports nutritional programs require detailed note keeping and tracking. Unfortunately, many swimmers are too exhausted to perform the requested tracking.

Tracking calories is also inefficient for many reasons.

First, people lie about the calories they consume. These errors in estimations may or may not be purposeful, nonetheless they occur. Lichtman 1992 found 224 obese subjects underestimated calories by half and found energy expenditure estimates were slightly lower than actuality. However, those seeking weight loss aren't the only culprits of underestimating calories.

Backstrand 2007 determined registered dietitians underestimated by 200-600 calories in common foods (lasagna, hamburger with onion rings, etc.). If registered dietitians are not able to estimate calories, how can the regular person or a teenage athlete?

For this reason, counting calories is unlikely beneficial. Moreover, most swimmers (except those seeking weight loss or weight gain) should not worry and expend mental energy on calorie counting. Instead, a system of massive health food consumption will maximize energy, health, and force production.

Many swimmers use practice to build their swimming capacity. To

build swimming capacity, many swimmers use intense training programs to break down and build-up muscles. As Dr. Berardi, recognized sports nutritionist, "You want to destroy what your body is today so you can make it better tomorrow." Unfortunately, an inadequate diet impairs swimming capacity and a swimmer's ability to perform. This is mainly from swimmers being simultaneously overfed and undernourished.

**How to eat**

Carbohydrates are the main sugars which provide the body energy during difficult workouts. Swimmers are typically lean creatures and capable of handling carbohydrates. Moreover, the body's ability to handle carbohydrates dramatically increases after workout.

For this reason, it was suggested to consume carbohydrates during and after exercise (see [Peri-workout nutrition](#)). However, the ability to handle carbohydrates continues for a few hours after working out. A few hours after workout I recommend eating a well-balanced diet of 30g protein, 40g carbs, 30g fat. This provides a balanced diet, make sure you obtain sufficient good fats.

Then, for the rest of the day, you would just eat protein, fruits and vegetables, and good fats. Unfortunately, this diet restricts the typical simple carbohydrates over consumed by swimmers, except for the short window around workouts.

Nutrition and sports is necessary, but the overall goal is to improve health and sport. This alteration in nutritional intake helps do essentially four things: (1) improve athletic performance; (2) improve health; (3) improve body composition, and (4) develop lasting habits.

Other nutritional programs may impair health and recovery. The best nutrition program is one which covers all four of the aforementioned items, for the short-term sports improvement, and long-term life enhancement.

Now, this is all fine and dandy, but how can busy parents or time-deprived college swimmers implement these

suggestions? Here are a few quick suggestions for improving your swimming nutrition program.

**Breakfast**

This meal was discussed in detail in a previous post ([Is not eating before practice slowing you down?](#)). Simply put, eat protein, veggies, and fruit for breakfast.

**Dinner Meals**

Most dinners are typically complete with protein and veggies (which are unfortunately absent the rest of the day). However, many meals are incomplete as they lack whole grains, fiber, healthy fats, and healthy desserts!

A well-rounded diet should include  
-Whole grain: bread, pasta, wild rice, oats, quinoa, etc.

-High fiber legumes (beans and lentils)

-Lean protein: chicken, fish, grass-fed beef, turkey, tofu

-Tons of veggies

-Good fats: avocado, olive oil, coconut oil

-Healthy dessert: fruit, smoothie

**Lunch**

Now lunch is a different story, as many consume lunch in a cafeteria or restaurant, which provide meals unfit for high performance athletes. However, lunch should not vary much from dinner. In fact, having the same meal for lunch for dinner is a simple, effective strategy (simply cook twice as much food). If this is not an option, try to find a high-protein stir-fry with a ton of veggies and whole grain rice and fruit. Simply put, a low protein, meat sandwich on white bread doesn't do a body good!

**Snacks**

Most snacks include high sugar and processed carbohydrates. This combination impairs energy levels and recovery for workout. Instead, try consuming a better snack like a shake consisting of fruits, veggies, protein powder, and healthy fats.

Another option is Greek yogurt or cottage cheese with frozen fruit, mixed nuts, and protein powder.

One last idea, veggies and hummus dip (see below for homemade recipe),

with a few hard-boiled eggs on the side.

These options provide complete, healthy snacks for a healthy swimming nutrition program.

### **Homemade Hummus Dip**

#### **Ingredients**

4 — 8oz cans of cooked chickpeas  
6-8 garlic cloves

2 tbsp tahini paste

salt to taste

cayenne to taste

lemon juice of 1 lg lemon

1 cup extra virgin olive oil

1 cup warm to hot water

#### **Directions**

Drain chickpeas. Puree chickpeas with garlic, tahini paste and olive oil. If mixture seems tight or too thick, add small amount of hot water to bring about a smoother consistency. Adjust flavor with salt, cayenne and lemon juice. Serve with veggies or whole-grain bread.

### **More Veggies**

Veggies are the injury prevention of nutrition, as everyone comprehends the importance, but neglects it. This is because many view veggies as a boring iceberg salad sprinkled in a tub of ranch dressing.

Instead, try a spinach salad with fruit, mixed nuts, olive oil, avocado, and whatever else you wish! These salads can provide a lot of flavor to the commonly consider bland salad.

Also, if you are not eating steamed veggies, you are missing the boat! Steam your veggies with a simple spicy marinara sauce for a simple, delicious veggie option.

### **Summary**

Now this program may be a complete overhaul to your current nutritional plan, but simple adjustments can result in massive improvements. Just remember to make one adjustment at a time and keep in mind the benefits associated with these adjustments.

Also, based on the volume of training (singles, doubles, triples) carbohydrate intake should fluctuate. For example, the more you are training, the more starchy (bread, rice, etc.) one should consume. So, make adjustments

accordingly and enhance your swimming through nutrition today!

*G. John Mullen is the owner of the Center of Optimal Restoration and creator of Swimming Science. He received his doctorate in Physical Therapy at the University of Southern California. G. John has been featured in Swimming World Magazine, Swimmer Magazine, the International Society of Swim Coaches Journal, STACK Magazine, and is the creator of Swimming Science.*



## **Upcoming Meets**

**February 17-19, 2017: HOME MEET: St. Valentine Age Group Open**

**March 5: Pacific Zone All-Star**

**Meet:** Valejo, CA. Our swimmer representatives have been selected. **March 10-12: Junior Olympics:** (This meet requires qualifying times). Carson City, NV.

**March 18: NNA Age Group Meet:** (One day only). Reno, NV.

**April 21-23: Sierra Marlins Spring Splash Long Course:** Folsom, CA.



## **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.

For more information on scholarship opportunities or on supporting our scholarship program, please contact Board President Allen Gosselin (president @ ddst.org), or any Board member or coach.



## **New Swimmer Tryouts**

Our next New Swimmer Tryout will be held Friday, February 24<sup>th</sup> at 5:30 p.m. If you like to swim and would like to join the Douglas Dolphins Swim Team, but can't make it to that tryout, New Swimmer Tryouts are usually held the 3<sup>rd</sup> Friday of each month (with some exceptions) at the Swim center at 5:30pm. Swimmers who would like to try out for the swim team should contact Tessa LoPresto, our parent liaison, ahead of time to set up their tryout. You can find Tessa's contact information in the DDST Key Contacts section of this newsletter. Also, you might like to check out our website (ddst.org) which has lots of useful information and will help you to begin to see what the Dolphins are all about!



## **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.

# Recreational Pool Use

## **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.



# 2017 Blizzard Blast

The Carson Tigersharks hosted the 3 day, 2017 Blizzard Blast meet January 13-15, where 47 Dolphins brought their speed, resulting in 10 swimmers achieving 100% improvement and 247 personal records, including 8 new PC-B times, 10 new PC-BB times, 5 new A times and 1 new AA time.

Abbreviations: IM = Individual Medley.  
PR = Personal Record

Swimming for the 8 and under girls, **Sammie Ingram** had a great meet with **100% improvement**, shaving off 45.30 sec overall in her 6 events, achieving a new **B** time of 25.45 in the 25 backstroke and a new **B** time of 1:02.26 in the 50 backstroke, and setting a new time to beat of 41.98 in the 25 breaststroke. **Ella Martin** took on 7 events achieving a new **B** time of 52.74 in the 50 freestyle and set a new PR in the 100 IM, dropping 10.74 sec. Setting

7 new PRs in her 10 events and dropping a combined 39.34 sec, **Hadley Peck** set 7 PRs with a total meet improvement of 39.34 sec, and achieved a new **A** time of 1:36.60 in the 100 freestyle, placed 4<sup>th</sup> in both the 50 freestyle and 50 butterfly, and placed 5<sup>th</sup> in both the 50 breaststroke and 100 IM. **Caitlin Taylor** dropped a total of 26.91 sec overall, achieving a new **A** time of 50.95 in the 50 backstroke, a new **B** time of 1:59.34 in the 100 IM and also set PRs in the 25 freestyle, 50 freestyle, 100 freestyle, 25 backstroke, 25 breaststroke.

**Mason Peck** swam 6 events for the 8 and under boys and set 3 PRs by dropping 1.87 sec in the 25 freestyle, 4.77 sec in the 50 freestyle, and .17 sec in the 50 backstroke, and set a new time to beat of 2:27.45 in the 100 freestyle.

**Elsie Clifford** took on 7 events for the 9-10 girls, setting PRs of 46.71 in the 50 freestyle, 57.11 in the 50 backstroke, and 2:00.42 in the 100 backstroke, and also set a new time to beat of 1:08.55 in the 50 breaststroke. Setting 2 PRs in her 5 events, **Keira Duffy** dropped 8.96 sec overall by putting up a time of 1:36.47 in the 100 freestyle and a time of 1:47.90 in the 100 IM.

**Sydney Ingram** had a great meet with **100% improvement**, dropping 0.4 sec in the 50 freestyle, 18.28 sec in the 200 freestyle, 2.18 sec in the 50 backstroke, 1.95 sec in the 50 breaststroke, 3.22 sec in the 100 breaststroke, and 10.84 sec in the 100 IM. In her first meet, **Kaitlyn Molyneux** took on 3 events and put up new times to beat of 1:42.52 in the 100 freestyle and 49.06 in the 50 backstroke. Also swimming in her first meet, **Alex Nerska** achieved a **B** time of 39.04 in the 50 freestyle and set a time to beat of 54.69 in the 50 backstroke.

**Todd Gosselin** swam an outstanding meet for the 9-10 boys, with top 4 finishes in all 10 events, including 4 fast 1<sup>st</sup> places, a new **A** time of 1:16.65 in the 100 backstroke and a new **A** time 2:50.99 in the 200 IM, a new **AA** time of 35.49 in the 50 backstroke, and an

impressive 52.93 sec improvement overall.

Taking on 9 events for the 11-12 girls, **Mo Bell** set 5 new PRs of 37.92 in the 50 freestyle, 1:30.19 in the 100 backstroke, 48.85 in the 50 butterfly, 1:35.15 in the 100 IM, and 3:28.31 in the 200 IM. With **100% improvement**,

**Peyton Bratcher** set 4 PRs by dropping 27.91 sec overall in the 100 freestyle, 50 breaststroke, 200 breaststroke, and 100 IM, while setting a new time to beat of 1:47.83 in the 100 butterfly.

**Ysabella Cruz** set new times to beat in the 100 freestyle and 100 IM and also achieved a PR of 50.85 in the 50 breaststroke. **Sofia Delange** had a great meet, achieving **100% improvement** by setting PRs of 1:09.60 in the 100 freestyle, 2:32.29 in the 200 freestyle, 6:57.74 in the 500 freestyle, 34.65 in the 50 butterfly, 1:19.46 in the 100 IM, and a **BB** time of 2:48.81 in the 200 IM, dropping 25.82 sec overall. **Grace Dickey** set 3 new PRs, dropping 4.50 sec in the 50 backstroke, 7.65 sec in the 200 breaststroke for a new **BB** time of 3:08.80, and 2.91 sec in the 100 IM for 6<sup>th</sup> place. **Kalia Duffy** took on 8

events, setting 2 new PRs of 46.33 in the 50 backstroke and 1:40.97 in the 100 backstroke, and set a new time to beat of 50.20 in the 50 butterfly. **Lilia Fields** set 3 new PRs of 1:36.12 in the 100 breaststroke, a new **B** time of 33.95 in the 50 freestyle, and a new **B** time of 1:25.11 in the 100 IM. **Adaline Shaw** dropped 2.08 sec in the 50 backstroke for a new PR of 45.30, and set times to beat of 1:24.72 in the 100 freestyle and 54.53 in the 50 breaststroke.

**Sweetpea Vieira** swam 4 new events, putting up times of 1:08.81 in the 100 freestyle, 1:22.37 in the 100 butterfly, 1:18.56 in the 100 IM, and 6:00.87 in the 400 IM. **Zoe Yencole** took on 4 events and set a new PR of 1:29.11 in the 100 freestyle, an impressive 12.22 sec improvement, while setting times to beat in the 100 backstroke, 100 breaststroke, and 50 butterfly.

**Matthew Beam** competed in 2 events for the 11-12 boys, achieving a new PR of 36.34 in the 50 freestyle and setting a new time of 3:20.72 in the 200

freestyle. **Mason Dickey** put up times of 1:39.17 in the 100 freestyle, 53.95 in the 50 backstroke and set a new time to beat of 58.79 in the 50 breaststroke. Having an outstanding **100% improvement** meet, Jesse LoPresto swam 9 PRs with a total drop of 40.54 sec, set a new **B** time of 1:07.28 in the 100 freestyle, a new **B** time of 2:31.85 in the 200 freestyle, a new **B** time of 36.24 in the 50 backstroke, a new **BB** time of 1:16.44 in the 100 IM, and a new **BB** time of 34.62 in the 50 butterfly placing 4<sup>th</sup>. **Calvin Stevenson** took on 10 events, setting 3 PRs by dropping 5.12 sec in the 500 freestyle, .55 sec in the 50 backstroke, and 2.82 sec in the 100 IM for a new **BB** time of 1:16.57. **Cooper Yturbide** set PRs in 2 of his 5 events with a new **B** time of 1:11.68 in the 100 freestyle, and a new time of 1:23.75 in the 100 backstroke.

Swimming **100% improvement** for the 13-14 girls, **Eden Neal** competed in 8 events, dropping a total of 17.99 sec, achieving a new **B** time of 2:45.71 in the 200 backstroke, a new time of 32.55 in the 50 freestyle, and dropping 3.78 sec in the 100 butterfly. **Anna Northcutt** achieved a new **B** time of 3:13.65 in the 200 breaststroke while also setting PRs in the 200 backstroke of 2:42.49, and in the 200 IM of 2:41.44 for a total meet improvement of 7.91 sec. **Cailey Tollman** swam to a fast 1<sup>st</sup> place finish in the 1650 freestyle and achieved a new **BB** time of 1:11.65 in the 100 butterfly.

**Josh Beam**, swimming for the 13-14 boys, dropped an astounding 1:00.25 in the 200 IM for a new PR of 2:45.36, also setting a PR in the 100 freestyle of 1:04.01 and new times to beat of 3:17.59 in the 200 butterfly and 5:59.54 in the 400 IM. **TJ Golobic** swam 7 events, setting 3 PRs of 35.35 in the 50 freestyle, 8:04.90 in the 500 freestyle and 1:37.03 in the 100 backstroke, a total meet improvement of 20.03 sec. Setting 5 PRs in his 6 events, **Niko Hight** achieved a new **B** time of 30.17 in the 50 freestyle, and put up times of 1:10.45 in the 100 freestyle, 2:37.74 in the 200 freestyle, 6:59.97 in the 500 freestyle and

1:22.44 in the 100 backstroke. **Justin LoPresto** dropped an impressive 60.62 sec total, setting 5 PRs in the 100 freestyle placing 4<sup>th</sup>, the 100 breaststroke placing 5<sup>th</sup>, the 100 butterfly placing 7<sup>th</sup>, and achieved a new **BB** time of 5:57.69 in the 500 freestyle and a new **BB** time of 2:47.08 in the 200 breaststroke, while placing 3<sup>rd</sup> in the 1650 freestyle. Achieving 3 PRs, **Chris Manning** set a new time of 58.32 in the 100 freestyle, 2:12.02 in the 200 freestyle, and a new **A** time of 2:32.78 in the 200 breaststroke placing 3<sup>rd</sup>, and placed 2<sup>nd</sup> in the 400 IM. **Ben Munyon** had a great meet with **100% improvement** highlighted by dropping 11.28 sec in the 500 freestyle, 9.55 sec in the 1650 freestyle, 10.09 sec in the 100 backstroke, and 11.74 sec in the 100 butterfly, and set a new time to beat of 3:04.94 in the 200 butterfly. **Jack Stevenson** took on 8 events, setting a PR of 1:14.25 in the 100 butterfly by dropping 6.14 sec, and placed 5<sup>th</sup> in the 400 IM with a time of 5:49.80. **Connor Taylor** set PRs in 3 of his 7 events, putting up times of 2:07.44 in the 200 freestyle placing 5<sup>th</sup>, 2:33.33 in the 200 backstroke placing 5<sup>th</sup>, and 2:27.91 in the 200 IM placing 3<sup>rd</sup>, a total meet improvement of 14.54 sec.

Swimming 2 fast finishes for the 15-16 girls, **Lily Bickmore** placed 2<sup>nd</sup> in the 100 freestyle with a time of 1:01.23, and 1<sup>st</sup> in the 100 butterfly with a time of 1:05.74. **Julia Chappell** put up times of 1:02.58 in the 100 freestyle placing 5<sup>th</sup>, 6:03.70 in the 500 freestyle placing 3<sup>rd</sup>, 20:27.84 in the 1650 freestyle placing 5<sup>th</sup> and 2:26.09 in the 200 backstroke placing 2<sup>nd</sup>. **Emma Price** set PRs in 5 of her 6 events with a new **B** time of 2:29.63 in the 200 freestyle, a new **B** time of 6:37.14 in the 500 freestyle, and new times of 1:06.86 in the 100 freestyle, 1:20.67 in the 100 butterfly, and 2:51.17 in the 200 IM. Setting 2 new PRs, **Emily Willis** dropped 2.47 sec in the 100 breaststroke for a time of 1:48.33, and 2.43 sec in the 200 IM for a time of 3:25.66.

For the 15-16 boys, **Dakota Blaha** got **100% improvement** in his 8

events, dropping an outstanding 93.79 sec overall highlighted by a 43.41 sec improvement in the 500 freestyle with a new **B** time of 6:10.24, and a 33.23 sec improvement in the 200 IM for a time of 2:37.50, while also setting a new time to beat of 1:14.53 in the 100 butterfly. **Taylor Knowles** set PRs in 2 of his 3 events with new times of 54.65 in the 100 freestyle placing 2<sup>nd</sup>, and 1:01.79 in the 100 butterfly placing 1<sup>st</sup>, and placed 2<sup>nd</sup> in the 200 backstroke with a time of 2:07.35. **Daniel Taylor** competed in 8 events with all top 4 finishes, setting 2 new PRs in the 100 backstroke with a t time of 1:06.02 placing 2<sup>nd</sup>, and a new **B** time 2:29.96 in the 200 backstroke placing 4<sup>th</sup>, while placing 2<sup>nd</sup> in the 200 freestyle, 100 breaststroke, 200 breaststroke and 200 IM, and 3<sup>rd</sup> in both the 50 and 100 freestyle.

**Chayce Beam** competed in 3 events for the 17-18 girls, placing 2<sup>nd</sup> in the 200 freestyle, 2<sup>nd</sup> in the 200 IM, and setting a new time to beat of 7:19.56 in the 400 IM placing 5<sup>th</sup>. **Kaila Duffy** swam fast 1<sup>st</sup> place finishes in 6 of her 7 events with a time of 28.36 in the 50 freestyle, 2:12.01 in the 200 freestyle, 5:57.38 in the 500 freestyle, 2:32.08 in the 200 backstroke, 1:16.04 in the 100 breaststroke, and a new PR of 2:43.99 in the 200 breaststroke, and placed 2<sup>nd</sup> in the 400 IM.

For the 17-18 boys, **Hunter Richardson** swam 2 PRs in his 6 events with a new **BB** time of 56.77 in the 100 freestyle placing 5<sup>th</sup>, and a new **B** time of 2:15.62 in the 200 freestyle placing 2<sup>nd</sup>, while placing 2<sup>nd</sup> in the 50 freestyle, 100 backstroke, and 200 IM, and 3<sup>rd</sup> in the 200 backstroke.



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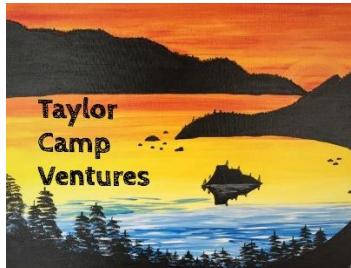
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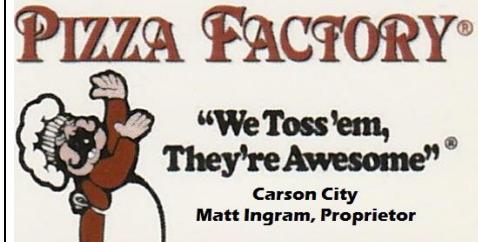
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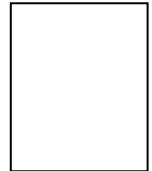


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## SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



### Welcome to New Swimmers!

Charlotte Schasker



### Happy February Birthdays

Alexandra Nerska (2/3), Timin Jain (2/5), Todd Gosselin (2/6), Sophia Cruz (2/9), Quinn Rasmussen (2/21), Charlott Schasker (2/24).



### Practice Schedules

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

#### SCHOOL IN SESSION SCHEDULE

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

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

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

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

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

**Senior Dolfins:** 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 March 15th. All submissions should be received by March 8th. 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 contribuerss: Coach Kat, Coach Emily, Coach Tessa, and Angela Manning.*

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

