

# Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM  
(since 1964 – our 50<sup>th</sup> year!)

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

October 2014

## Swimmers of the Month

**Dippin Dolphins Swimmer of the Month is Keira Duffy.** She recently moved up to Silver Group. She is always a stellar team-mate and never gives up even when the going gets tough. Keep up the good work, Keira!

**Silver Swimmer of the Month is Hadley Peck.** She always shows up to practice with a positive attitude and a smile on her face, ready to swim. Hadley is always determined to finish and finish strong. Way to go, Hadley!

**White Group Swimmer of the Month is Grace DuPont- Moore.** Grace was chosen for being a hard worker, coachability, attendance, and great attitude. Grace is always doing what is asked of her by coach Kat and Sarah. She often demonstrates skills for her team mates. She has 109% attendance for the past month, and she did an outstanding job at the King of the Hill meet with best times in all her events and dropping 54 seconds.

**Red Group Swimmer of the Month is Eden Neal.** Eden had a perfect meet with 7 best times at King of the Hill! She took 9.46 seconds off her 100 Fly best time and almost 9 seconds off her previous best 200 individual medley time. She was on fire! Congratulations to Eden and job well done!

**Blue Group Swimmer of the Month is Gabe Hirt.** Even though Gabe is new to swimming he is always eager to try new things. At King of the Hill he swam his first 200 IM and 200 breast-stroke and went a best time in the 50 freestyle. Gabe trains very hard and really tries to understand what his coaches expect of him. If he is late or

misses a day he always apologizes and lets me know that swimming is important to him. Gabe is so kind and courteous to his team mates that he earned the nick name "Bruce" (the vegetarian shark from Finding Nemo) while we were playing Sharks and Minnows. His thoughtfulness and work ethic make Gabe a valuable member of DDST, and it is my pleasure to be his coach.

**Pre senior Swimmer of the Month is Logan Killion.** Logan is a great team leader and has had 100% improvement in his past few meets. Logan swims before school and helps his team mates out by driving them to practice as well as meets. Logan's great attitude is contagious to all of his team mates. Nice job, Logan!

**Senior Group Swimmer of the Month is Taylor Sullivan.** After the High Country Meet we made the decision to move Taylor up to the Senior Group. She had one of the best attendance rates for the last year and was stellar over the summer. She knew this meant that we were going to push her to a whole new level. She has done a great job of staying strong and not getting discouraged. After all, comfortable with uncomfortable on a daily basis takes courage and determination. Taylor is just beginning to embark on the readiness of college swimming and doing a fantastic job. Both Coach Sarah and I are proud of her for making the transition to Seniors and look forward to the results of her teachable spirit and hard work.



COACH

## Kat's Corner

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

Ok, now I'm gonna get my real swim geek on. I read this article and liked it so much I wanted to share it. It's not quite like the other info I share but, I think there are some other members of our team that may just enjoy this type of information as much as I do. **So please enjoy the following article from Gary Hall:**

I have often heard the question, what contributes more to a swimmer's overall speed, the **swimming kick or pull?** Of course, the answer depends on the strength and technique of each component, but for most reasonably good swimmers, I would say that the swim kick makes a bigger contribution to overall swim speed than the pull.

How can that be, particularly if one can pull 50 meters in 35 seconds and kick it in 40 seconds? Let's analyze the two.

First, one must realize that from both the swimming kick and the swim pulling motion, there is a contribution toward propulsion and another toward frontal drag (there is also one toward lift, but we will ignore that for the moment). Even with a very strong kick, few would dispute that the propulsion power is greater from the pulling motion than from the kick. However, when the kick is done properly (tight and fast), the pulling motion is also a much greater contributor to frontal drag, the forces that slow a swimmer down.

The two major factors that determine the amount of frontal drag that is imposed on a swimmer moving through the water are the shape of the

object and the speed of the object. Our shape is certainly influenced by our pulling and kicking technique. Let's assume that we have already figured out that kicking tighter and faster and pulling with a high elbow will reduce frontal drag as much as possible. The only factor really left then is speed and, because of the high density of water, even small increases in speed result in large increases in frontal drag for a given non-streamlined shape, like a swimmer doing freestyle.

When we add the swimming kick to the pull to create the entire swimming motion, the increase in speed (even if slightly greater than our pulling speed) is enough to add significantly to the frontal drag imposed by our pulling motion (mostly from the upper arm). The net effect is that for a reasonably good kicker, the net speed of the swim kick is actually greater than the net speed of the pull, when both are used together.

Let's look at an example.

I am currently training a swimmer from Ireland, Andy Hunter, who is trying to qualify for the Commonwealth Games in 2014. A few weeks ago, he swam in a 50 meter sprint at Ft. Lauderdale in the same heat as Cesar Cielo. Both were unshaved, but neither swimmer has a lot of body hair. Cesar swam 22.0 and Andy swam 25.7 and finished over 8 meters behind him.

When he got out of the pool, Andy, who is over 30 years old and very strong upper body, asked me, "How can he beat me by 8 meters in a 50 meter race?" Here is how I explained it.

Andy kicks a 50 meters with a board all out in 45 seconds (baseline speed of 1.1 m/sec), while Cesar kicks 50 meters in 30 seconds (baseline speed of 1.66 m/sec). Assuming that in the 50 both swimmers are kicking at maximum speed, when you add the net speed from propulsion and frontal drag of the pull to Cesar's kick speed, it adds .64 m/sec to reach 2.3 m/sec. For Andy, because his baseline speed is slower, the pull actually contributes more net speed to his overall speed

than Cesar, adding .83 m/sec to reach 1.9 m/sec. Even so, his overall speed is about .4 m/sec slower than Cesar's, all because of the difference in kicking speed. By the time Cesar finishes his 22 seconds of swimming, gaining .4 meters every second, he is now 8.8 meters ahead of Andy. The difference in swimming kick speed is what separated them.

It is no surprise that Andy has been working very hard on his swim kick using kick sets, stretching and dry-land/strength sets. As of last month, he had gotten his 50 kick time with a board down to 38 seconds or 1.3 m/sec and not surprisingly, he swam a shaved 50 meter in 23.3 seconds...a huge improvement.

Most coaches and swimmers do not understand nor appreciate how important the swimming kick speed is to the overall swim speed. Nor do they work the legs enough in practice. The legs really don't get a recovery period during the race and they are moving at 3 times (or arguably 6 times, if one considers the upkick) the rate of the arms. The legs are essentially working constantly, kicking in both directions. The arms get a few important tenths of a second of recovery on each cycle. Relative to the arms, the legs must be much fitter in order to sustain their fast motion throughout the race.

When swimmers or parents ask me what it is that makes Michael Phelps, Ryan Lochte, Missy Franklin or Cesar Cielo so fast, the answer is in their swimming kick. Work your legs in practice and get yourself a faster swim kick and a faster swim.

-Gary Hall Sr.

[http://www.theraceclub.com/aqua-notes/swimming-kick-speed-determines-baseline-swim-speed/?utm\\_source=10%2F14%2F14&utm\\_campaign=10%2F14%2F14&utm\\_medium=email](http://www.theraceclub.com/aqua-notes/swimming-kick-speed-determines-baseline-swim-speed/?utm_source=10%2F14%2F14&utm_campaign=10%2F14%2F14&utm_medium=email)



COACH

## Sarah's Corner

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

I am not a Zen Master by any means, but back in the day I read "Sacred Hoops" by Phil Jackson and got hooked on Zen philosophy. Books exist relating just about any topic to Zen teachings. This article is not meant to be a lesson on Zen. The purpose of this article is to present an approach I sometimes take with clients who have trouble letting go of thoughts or accepting the challenges they face.

### There Is No Try

The great Yoda once said, "Do or do not. There is no try." I have worked with more swimmers than I dare to count who finish a race with gas left in the tank. One thing many of these swimmers have in common is an UNCONSCIOUS fear, typically of pain, sometimes of either failure or success. This fear holds them back from fully committing. Instead they often hope or wish, rather than going all-in. Whether it's a new event, an attempt to set a record, or pushing your body beyond what is comfortable, at some point in your swimming career you have to say "I will do it". No hesitation, no what-ifs, just a complete stubbornness to make something happen. Zen is about trusting and doing.

### Go With the Flow

There is a sport psychology concept known as "flow," also often referred to as "being in the zone." This is the rare occasion when you swim and finish a race with a remarkable time and have no idea how you got it or what you were thinking. It just happened, and it happened easily. To achieve this type of performance, you can't actually try not to think. Instead, you have to literally go with the flow; have a plan for what you want to happen, and don't second guess it. Dive in and swim. Typically, the moment people realize they are swimming "out of their mind," and are on track for a PR is the

moment when they leave the flow state of mind. This doesn't always hurt their time, but it just removes you from that Zen-like experience.

### Accept and Release

If you've ever taken yoga, instructors often teach you to focus on your breath or the muscle you are working. Zen thinking is very similar. Basically, if you have a thought that is irrelevant to your race/practice or detrimental to your performance, you don't judge it or dwell on it, you accept it as simply a thought and then let it pass quickly through your mind, returning your focus to the task at hand. For example, if you say to yourself, "What if I don't win? These other swimmers are just as good as I am," you wouldn't want to follow that by thinking, "Why am I thinking that?!?! I should be confident!! Maybe I really won't win. What would others say?..." Instead, you simply accept you had a thought, imagine it departing from your head, and focus on your breath/race/clear your mind. Don't give thoughts extra energy unless you want them to stick around.

### Connections and Togetherness

Zen followers often believe we are connected to everything else in the universe and that we have shared energy. Think about it. If your coach is in a bad mood, doesn't that impact you in some way? If someone swims a better time than you, it impacts what lane you will be in and (if you weren't mentally tough) could impact your confidence. While the Zen concept of universality is much more philosophical than my simple take on it, I believe that recognizing how your behaviors, thoughts, and emotions influence others is an important awareness to have. When you know that coming to practice with a strong work ethic and an optimistic attitude can positively impact those you train with, you may choose to work even harder. This ultimately has a positive impact on you as well. If you are a leader, you are more likely to behave in ways that will help teammates compete

their best so that you also will reap the benefits of raising the bar.

### Zen and Peak Performance

In Zen, the ego is lost. There is no judgment. There is no aversion to losing or desire to win. You do not compete as a means to an end. You immerse yourself in an experience and simply have whatever that experience may be. Many swimmers have such a fear of losing to someone they shouldn't that their ego gets in the way. They unknowingly handicap themselves from performing their best because they focus so much on the outcome they create anxiety. In a Zen state of mind, the focus wouldn't be on, "what will happen at the end of the race and how will that outcome reflect on me?" Instead, your thoughts would be in the present moment and focused on doing what you have trained to do. It's a combination of everything I have mentioned. You go with the flow, you trust that your training and your preparation will pay off, you let things happen, and you stay positive. Instead of trying harder, you actually try easier because you essentially allow your peak performance to happen. It's not that you don't want success; it's just that you don't put energy into thinking about it as you are on the blocks. A Zen-minded swimmer would define success as diving in, swimming and letting your mind tell your body what to do without you having to direct it.

### Wrap Up

Like I said, I am no Zen master. This is just how I like to interpret very simply some of what I know about the philosophical nature of Zen. I love the idea of being passionate but not allowing the passion to override the experience. I love the idea of wanting something, but not forcing it to happen. What I love most about Zen is the thought of trust in yourself and enjoying each moment you are engaged in your activity.

Aimee C. Kimball, PhD is a Mental Training and Peak Performance Consultant in Pittsburgh, PA. She is an Association of Applied Sport

Psychology Certified Consultant, a member of USA Swimming Sports Medicine Task Force, and a member of the USOC Sports Psychology Registry. Dr. Kimball works with athletes at all levels to achieve success in sport and life. For more information contact: [AimeeKimball@aol.com](mailto:AimeeKimball@aol.com); [www.aimeekimball.com](http://www.aimeekimball.com).



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## Important Dates

**PLEASE NOTE THE FOLLOWING practice days coming up:**

**November 6: State Pep Rally and Pasta Feed, 5:50-7:00 pm, CVSC. Bring a dish to share.**

**November 7: All State Relay Swimmers Practice: 4:15-5:30 pm**  
**November 15: DDST Garage Sale Wars!!**

**December 18: Holiday Fun!!! Details TBA.**

**December 22-January 2: Grinch Weeks, Winter Break Schedule.**

**January 31: HOME: Swim a Thon Fundraiser (tentative)**



## Lost & Found

**LOST OR FOUND ITEM?** List Dolphin-related items here and get them home! Newsletter Editor [newsletter@ddst.org](mailto:newsletter@ddst.org) 775-690-0124.



COACH

## Greg's Corner

(greg@taylorcamp.org)

(greg@taylorcamp.org)

Some of you may have seen a recent post on our Facebook page about a Supplement that is being talked about. Here is an excerpt:

### The Most Effective Supplement

... Her published work suggests that when supplementing for five to seven weeks, the player's specific skills improved as well. They ran faster, their three-point shooting improved by 9%, as did their free-throw shooting.

Did I mention it is free, organic, non-GMO and available to everyone? The supplement in question?

### More Sleep!

I was reminded about this just this morning trying to wake up my daughter. It was impossible. I was thinking she had plenty of sleep, but reading this, we could do much more!! I have a new employee at work, every day when someone asks how he is doing, he replies "I'm tired". He is doing this so much, we are thinking of taking him to the Doctor!! Every day on deck we usually talk to our swimmers before practice. It is a good way to connect, get a feel for their moods and shows what direction the practice may take that day. Almost every day, there is one or more swimmer saying they are tired. Now sometimes this is because they have been running around on the grass or playing in the pool for the past hour! :) But a lot of the time it is something else. More from the article:

Scientists are now researching exactly why extra sleep seems to produce such improvements. Some interesting and useful investigations have turned up great insight for all athletes, including swimmers.

The neural pathways of activities from the day's practice are reinforced at night during sleep, but it seems as if

the big benefits don't begin occurring until seven hours of sleep.

Teen athletes that regularly get eight or more hours of sleep each night are 68% less likely to get injured than those that regularly slept less than eight hours.

Eliminating certain practices helps athletes get a better night sleep. On the list? Bright lights, iPads and lattes, to name a few. Dim the lights for a ½-hour before going to sleep to help create a more restful atmosphere; no blue-light emitting electronics in bed (the blue light tricks the brain into thinking it is daytime); and no caffeine or other stimulants after 4:00 PM.

### Sleep Tight!

<http://usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=6445&mid=14491>



## Upcoming Meets

**Online entries, meet sheets, updates:** [www.ddst.org](http://www.ddst.org) under Meets & Events. Please declare your intention to attend or not attend these meets on our website by signing in on your family account, go under Meet and Events and click the Attend/Decline button so that Coaches can plan accordingly

**November 8-11, Nevada State Short Course Championships**, Carson Swim Center. **Please note: Meet begins on Saturday and runs through Tuesday!**

**December 4-7, Arizona Holiday Festival Championships**, Phoenix, AZ. Qualifying times apply.

**December 12, HOME :Nightmare Before Christmas Mini Meet** (tentative)

**January 16-18, 2015 Carson Tigersharks Blizzard Blast Meet**, Carson Swim Center.

**February 13-15, 2015, HOME: St. Valentine Age Group Open Meet**



COACH

## TJ's Corner

(tj.smithen@yahoo.com)

**Karlene Sugarman explains how you can assess and develop a cohesive team:**

The concept of teamwork is extremely important to the success of any team. All coaches talk about working as one unit, as a unified team. Teamwork and unselfishness create the backbone of a great team, without them a team cannot realistically compete. You can have a group of superstars, but if they do not work well as one unit, chances are they are not going to be as successful as you would think. The team working as one cohesive unit is going to be the key in their success.

**Here are some things to take into consideration when you are looking at your team:**

Does your team have agreed-upon goals they created as a team?  
Do the players openly encourage and support one another?  
Do they have open communication with one another, as well as the coaching staff?  
Does each player know what their role on the team is?  
Is there mutual respect among the players and coaching staff?  
Do players use statements such as "we" when referring to the team, or is it more of an "every man for himself" mentality?  
Have they created a positive team image for themselves?  
Are the individual contributions of each player recognized (regardless of whether he/she is a starter or not a starter)?  
Is the team as a whole committed to improving performance?  
Does each member consider themselves as a "team player?"

A productive team has players that share common goals, a common vision and have some level of interdepend-

ence that requires both verbal and physical interaction. Teams come into existence through shared attitudes about a particular sport. They may come together for a number of different reasons, but their goals are the same - to achieve peak performance and experience success. The ends may differ but the means by which one gets there is the same - teamwork. Every member of the team is accountable when it comes to teamwork.

To succeed at the task in hand everyone involved needs to combine their efforts. If everyone does their job well, then it increases what the team can accomplish. This teamwork has to be recognized by everyone and know that great things can happen if individuals master the fundamentals and work together as one unit. Everyone has their own unique role, but each person's individual role must be recognized and appreciated.

Teamwork is something that must be a high priority and given constant attention. Every player needs to understand how important it is for them to work smoothly together if they want to be successful. Each player must be dedicated to the whole team and be willing to act unselfishly. When challenges arise (as they always do), the team needs to have the resources, accountability and commitment to deal with them in a constructive and positive manner. A sense of teamwork will play an integral part in this.

**Just remember T.E.A.M. - Together Everyone Achieves More!**



## Happy Birthday

Happy October birthday to: Tyler Davenport (10/6), Maria Mishcka Adkins (10/9), Cammie Jahreis, Sebastian Zeron & Andre Mendes (10/14), Nikki Jackson (10/20), Madison Ashbaugh-Komp (10/30).



## IMPORTANT STATE MEET INFORMATION

**Please Note Meet Runs Saturday Through Tuesday!**

**Parents, please be prepared to take a turn in the timers chair! Our goal is to have all team parents participate in timing at away meets so that no one is left timing for long periods of time. Refreshments are provided to timers and you also get a front row seat for the meet!**

**THURSDAY, November 6:** State Pep Rally 5:50-7:00pm-Bring a dish to share.

**FRIDAY, November 7:** All State Relay Swimmers practice- 4:15-5:30pm @ our pool

**TIME:**  
**SATURDAY, November 8:** Timed Finals (11 & Over): warm-up from 12:15 PM

**SUNDAY, November 9, MONDAY, November 10 & TUESDAY, November 11:** Prelim Sessions (11 & over): Warm-ups from 6:45am each day.

**SUNDAY & MONDAY:** Timed-Finals Sessions (10 & under): no earlier than 11:15 am warm-ups and 12:30 pm competition.

**TUESDAY:** Timed-Finals Session (10 & under): no earlier than 10:15 am warm-ups and 11:30 am competition.

**SUNDAY, MONDAY & TUESDAY:** Finals (11 & over): time to be determined and announced each day after the coaches meeting

**Saturday- Red DDST Team Shirt PLEASE NOTE!!!! Saturday is a distance day so only older swimmers will be at the pool for this day!!!!!!**

**Sunday- Blue 50 year Dolphins shirt Monday- Blue Football jersey Tuesday-Team Tie-dye shirt**



## NEW BOARD MEMBERS

The Board of Directors has selected new officers for the 2014-2015 year.

President: Denise Bickmore

Vice President: Karen Sullivan

Secretary: Nikki Willis

Treasurer: Joanna Ruffo

Members at Large: Claudia De Lange,

Wendy Yturbide, Russ Petrosky, Chris

Manning, Janna Collins, and Maggi

Jahreis.



## FROM THE BOARD OF DIRECTORS

The Douglas Dolphins Board of Directors will be meeting on **Thursday, November 13** from 6:30-8:30 pm at Big George Ventures, 2240 Meridian Parkway, Suite B. 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.



## Help For New Parents

Are you new to competitive swimming? New to the Douglas Dolphins? Feeling confused, overwhelmed, or just in the dark about how the team and its swim meets work? We all remember the feeling, and our Parent Liaison is available to answer all your questions and show you the ropes.

**Contact Karen Sullivan (ksullivan@dcsd.k12.nv.us, 775-267-4035)** 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.

## FROM THE MEET DIRECTORS

First, a HUGE thank you to Linda Koontz for all she did to make this meet possible. Even though she had hoped to be finished hosting swim meets, she patiently continues to train us and help with many tasks. Thank you Linda!

Thank you to all of our parents who helped at our Molly Meet. We appreciate all of you, and our swimmers do too! The meet was a big success for the team financially, as well as to the swimmers who were able to have a local meet to compete in.

Our swim meet hosting team:

Computer-Deb Duffy, Chris Forvilly, Rosemary Hill-Holeman

Colorado-Alan Lund, Jason Tollman, Chris Dack, Nichole Knowles, Dennis DeLange,

Clerk of Course-Julie Gray, Chris Jezek, Angela Manning, Joanna Ruffo, Brian Northcutt, Denise Bickmore, Debbie Patrick

Runner-Russ Petrosky, Jenna Peck, Lane Killion, Tessa LoPresto, David Stevenson, Beckie Tollman, Scott Fields, Allen Gosselin

Head Timer-Brian Hirt, Jim Sullivan

Announcer-Robbie Hight

Music-Greg Taylor

Officials-Janine Petrick

Awards-Chris and Tricia Smithen, Wendy Yturbide, Jacklynn Norris, Margaret Jackson, Kathy Lund, Allen and Dee Gosselin

Marshalls-Mark Jackson, Jim Nelson, David Stevenson, Russ Petrosky, Chermaine Mendoza-Adkins, DuPont Moore Family, Kathy and Terry Lowther, Felicia Gantar, Derwin Palaroan, Stacey Foster, Kara Maricich

Hospitality- Karen Sullivan, Janna Collins, Steffi Paschke, Elissa Sanchez, Jeff and Michelle Keenan, Grace Chen, Birgit Widegren, Joe Pecorilla, Allen and Dee Gosselin, Nikki Willis, Allen and Dee

Snack Bar and Grill Master-Jared Hyatt, Doreen Hyatt, Ted Neal, Loran Neal, Sarah Zeron, Joey and Lori Primak, Janae Ballingham, Christine and David Rakow, Josh and Chris Smithen, Michael and Raegan Bellik, Scott Foster, Norris family

Parent/swimmer organizer (helper for young swimmers getting to events on time)-Jenna Peck

Set up and Tear Down-Chris Dack, Dennis DeLange, Chris and Seth Jezek, Brian Northcutt, Chris Manning, Walter Zeron, Chris Manning, Dawne and Brian Hirt, Josh Foster, Scott Dickey (and many others who jumped in as we quickly got out of the smoke-we thank you!)

Cooks for Hospitality-Wendy Yturbide, Jennifer Northcutt, Sarah Zeron, Beckie Tollman, Karolyn George.

I may have forgotten some people, so I apologize if I have! Please pat yourselves on the back for a job well done. A special thanks goes out to Karen and Janna Collins for organizing hospitality and doing all of the shopping; Jared and Doreen Hyatt for organizing Snack Bar and all of the shopping as well as the use of their huge grill; Deb Duffy who puts many, many hours into the meet before, during and after as our computer master; Julie Gray, Joanna Ruffo and Denise Bickmore for making sure Clerk of Course was always set up, put away and organized (this kept our meet running smoothly too); and Chris Dack for making sure the meet was set up correctly as well as his many hours on Colorado.

Our next meet is indoors in February. We look forward to working with all of you as we put together another fantastic swim meet! Thank you!



## DDST GARAGE SALE!

Our team would like to put on a garage sale to support our swimmers who travel to meets out of the local area. But it's going to be more than a garage sale... **it's a sales war!** We are dividing the team up into squads, and the squad that has the MOST in sales will win the battle. **The winning squad will win its own Pizza Party!!!**

Here are the squads...

**White and Silver Dolphins are the "White Squad".**

**Red and Blue Groups are the "Red Squad".**

**PreSenior Group is the "Blue Squad".**

**Dippin Dolphins and Seniors will be the "Yellow Squad".**

To keep track of who brought what items to the sale, we are asking that you use the color of your squad on your label. You may use a colored sticker with price or write the price in the color that corresponds with your squad color. **All items brought to the sale need to be priced ahead of time and have a sticker attached.** Extra points will be given to the squads for each swimmer at the sale to help out. Plus, lunch will be provided for swimmers participating in the event.

You may be wondering what you could sell. As you garage sale enthusiasts know... the sky is pretty much the limit. Used furniture is always a good seller. Books, DVDs, and video games that your kids have outgrown. Small appliances, dishes, camping gear and clothing always sell. Remember, EVERY item needs to be priced ahead of time using the color code for your swimmer's squad.

Finally, here are the details:

**Date: Saturday, November 15<sup>th</sup>**  
(Items can be delivered the afternoon/evening before)

**Time: 7 a.m. to 3 p.m.**

**Location: 2980 San Mateo Drive, Minden** (Off of Santa Barbara near Stephanie). Hope to see you there!

## DDST Key Contacts

**Acting Board President: Denise Bickmore**  
president@ddst.org; 775-781-0137

**Parent Liaison & Vice-President: Karen Sullivan**

ksulliva @ dcsd.k12.nv.us; 775-267-4035

**Acting Secretary & Safety Officer: Nikki Willis**  
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**Coaches: Kat Matheson**  
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**Sarah,** sgovanswm @ aol.com, 775-287-1035;

**Greg,** greg @ taylorcamp.org, 775-790-0384;

TJ, tj.smithen@yahoo.com

**Meet Director:** meets @ ddst.org;  
Kathy Chappell, 775-240-6800

**Billing:** Joanna Ruffo  
billing @ ddst.org; 775-450-5112

**Web, Officials:** Jim Morefield  
webmaster @ ddst.org; 775-782-4360

**Newsletter:** Julie Gray  
newsletter @ ddst.org; 775-690-0124

**Team Store:** Wendy Yturbide, Teamstore @  
ddst.org; 775-265-1871



## DDST Scholarship Program

All DDST members & prospective members should be aware of our ongoing Dolphins Scholarship Program. Currently funded by a grant from Big George Ventures, DDST offers a limited number of full/ partial swimming scholarships for athletes, based on financial need.

DDST's focus is always to keep as many swimmers as possible in the water having fun, pursuing their goals, and gaining the many benefits of the sport. We never want to see financial hardship get in the way. By keeping dues as low as possible (consistent with a quality program), organizing fundraising opportunities for families, hosting swim meets, & offering scholarships, the Dolphins always go the extra lap to make the sport of competitive swimming accessible to athletes and families in our community.

For more information on scholarship opportunities or on supporting our scholarship program, please contact Board President Denise Bickmore ([president @ ddst.org](mailto:president@ddst.org)), or any Board member or coach.



## Dolphins Host Molly Lahlum Memorial Meet

The Douglas Dolphins Swim Team hosted the Molly Lahlum Memorial Autumn Freeze Meet, their 2<sup>nd</sup> home meet of the season, September 19-21 at the Carson Valley Swim Center. The Dolphins and meet attendees honored their teammate, Molly Lahlum who passed away in 2009, with a spoken tribute and moment of silence just before the start of the meet on Saturday.

The Dolphins were training hard this Summer and Fall with their sights set on the Nevada State Championships that will take place November 8-11 in Carson City. Some of the older Dolphins swimmers are also working toward qualifying for the December Arizona Championships by training for and competing in the longer distance events. The Dolphins hard work paid off with a total of **30 new state qualifying times** over the course of the weekend.

**Hadley Peck** tried her hand at the 25 backstroke and her first 25 butterfly.

**Caitlin Taylor**, competing for the 6 & under girls, finished **1<sup>st</sup> place in High Point** for her age group, improving 2.65 sec in the 50 freestyle and .62 sec in the 25 backstroke.

**Zachary Jahreis**, the only 6 and under Dolphins boy competitor, set a time to beat in the 25 backstroke.

**Cammie Jahreis**, racing for the 7-8 year girls, swam to a new **State** time of 1:41.90 in the 100 freestyle where she took off 20.38 sec from her previous best. She also dropped 4.45 sec in the 50 breaststroke and 5.59 sec in the 25 butterfly.

**Maria Adkins**, competing in her first meet, set a time to beat in the 50 freestyle.

**Shayne Patrick**, competing in her first 25 backstroke, handed in a new **State** time of 24.66 sec.

**Mason Dickey** took on 2 races in the 7-8 boys events, dropping 3.51 sec in the 50 freestyle.

**Todd Gosselin** finished 3<sup>rd</sup> place in the 50 freestyle where he dropped 2.33 sec for a new **PC-A** time of 43.93 sec.

In the 9-10 girls age group **Marin Col-lins** competed in 4 races, dropping .21 sec in the 50 breaststroke and 6.03 sec in the 100 individual medley.

**Sofia Delange** swam 5 events and set new **State** time of 3:22.01 in her first swim of the 200 individual medley.

**Grace Dickey** dropped 9.28 sec on the 100 individual medley for a new **State** and **PC-B** time of 1:32.78. She also dropped a huge 17.41 sec in the 100 backstroke.

**Lilia Fields** turned in a **100% improvement** performance dropping .28 sec in the 50 freestyle, 5.80 sec in the 100 backstroke, .11 sec in the 50 breaststroke, swam her first 100 butterfly and took off 11.09 sec in the 100 individual medley achieving a new **PC-B** time of 1:37.23.

**Barrett Lee** took on 3 events and took off 1.89 sec in the 100 individual medley.

**Stephanie Lin** swam 4 races and set times to beat in her first 100 backstroke and 100 individual medley.

**Trey Ballingham** had **100% improvement** in 2 races, dropping 7.30 sec in the 50 freestyle and setting a time to beat in the 100 backstroke.

**Cooper Yturbide** turned in 2 new boys 9-10 **State** qualifying times of 1:39.01 in the 100 individual medley where he took off 2.88 sec and 3:35.60 in his first 200 individual medley where he placed 2<sup>nd</sup>. He also dropped 6.09 sec in the 100 backstroke.

**Grace Dupont-Moore** was first up for the 11-12 girls with **100% improvement** in 3 races, dropping 6.54 sec in the 50 freestyle and setting times to beat in the 100 freestyle and 200 individual medley.

**Nikki Jackson** took on 3 races and set a time to beat of 13:30.77 in her first 1000 freestyle where she finished 4<sup>th</sup> place.

**Harley Keenan** also competed in 3 events and took off .98 sec in the 100 freestyle.

**Eden Neal** took on 6 races and dropped .39 sec in the 100 freestyle, 1.13 sec in the 100 butterfly and a huge 22.20 sec in the 200 individual medley.

**Ashlyn Nelson** was another **100% improvement** swimmer, taking off 4.52 sec

in the 50 freestyle, 5.64 sec in the 100 freestyle, a whopping 36.99 sec in the 100 breaststroke and set times to beat in her first try of the 500 freestyle and 200 individual medley.

**Anna Northcutt** took on 3 events and dropped 1.21 sec in the 100 freestyle and 9.47 sec in the 100 breaststroke.

**Kyla Palaroan** competed in 2 races, looking strongest in the 100 freestyle.

**Aspen Paschke** raced in 4 events, dropping .69 sec in the 100 breaststroke and setting a time to beat in her first 200 individual medley.

**Emma Ruffo** set a time to beat in her first swim of the 1000 freestyle and qualified for **State** in the 100 butterfly where she took off 7.29 sec. She also dropped .21 sec in the 50 freestyle.

**Alana Smithen** swam her first 500 freestyle and 100 butterfly where she also qualified for **State** with a time of 1:21.67. She also took off 2.91 sec in the 100 freestyle for a new **PC-B** time of 1:11.31 and 14.64 sec in the 200 individual medley for another new **PC-B** time of 2:58.60.

**Cailey Tollman** took on her first 400 individual medley and was awarded with a 2<sup>nd</sup> place finish and dropped .88 sec in the 100 breaststroke.

**Remy Hill-Holeman**, racing in the 11-12 boys group, finished 4<sup>th</sup> in the 500 freestyle and 100 breaststroke.

**Justin Lopresto** took on the 50 freestyle, dropping 2.51 sec, and tried his first 100 freestyle.

**Chris Manning** raced in 4 events, taking off 4.92 sec in the 100 freestyle and .43 sec in the 100 breaststroke.

**Wallace Norris** set a time to beat in his first 50 freestyle.

**Corbin Sanchez** took on the 50 and 100 freestyle events.

**Ryan Signorella** qualified for **State** in the 50 freestyle with a time of 33.92 sec, dropped 19.47 sec in the 100 freestyle, and set a time to beat in his first swim of the 100 breaststroke.

**Jack Stevenson** dropped .52 sec in his 50 freestyle and set a time to beat in his first 200 individual medley.

**Clarice Albert**, first up for the 13-14 girls, dropped 2.85 sec in the 200 freestyle, 3.99 sec in the 100 breaststroke

and set times to beat in the 500 freestyle, 200 backstroke and 100 butterfly.

**Mychael Bellik** turned in 2 new **State** times of 2:39.55 in the 200 backstroke, dropping 4.28 sec, and 5:51.14 in her first try at the 400 individual medley. She also tried her first 200 breaststroke and 200 butterfly.

**Lily Bickmore** dropped 1:40.91 in the 1000 freestyle, dropped 1.80 sec in the 500 freestyle, 8.23 sec in the 200 breaststroke, placed 4<sup>th</sup> in the 100 butterfly and set a time to beat of 21:57.84 in her first try of the 1650 freestyle.

**Julia Chappell** achieved 2 new **State** times of 21:25.71 in her first 1650 freestyle race and 2:47.15 in her first 200 butterfly. She also dropped 6.47 sec in the 500 freestyle and 1.72 sec in the 200 backstroke.

**Maegan Collins** took off 22.74 sec in the 1000 freestyle, and set times to beat in the 200 backstroke, 200 breaststroke and 200 butterfly.

**Kaila Duffy** dropped 17.87 sec in the 1650 freestyle, finishing 6<sup>th</sup> place with a time of 21:00.39 and placed 5<sup>th</sup> in both the 100 and 200 breaststroke.

**Kaela Forvilly** also qualified for **State** in her first 1650 freestyle with a time of 21:03.34.

**Hanna George** had an awesome meet, **improving 100%** in her 7 races with new **State** times of 6:17.54 in the 500 freestyle, 2:33.30 in the 200 backstroke, 1:25.64 in the 100 breaststroke, 3:10.55 in the 200 breaststroke and 2:51.30 in the 200 butterfly. She also set a time to beat in the 1000 freestyle and dropped 1.66 sec in the 100 butterfly.

**Sarah Hyatt** tried both the 1000 freestyle and 1650 freestyle for the first time and turned in a new **State** time of 21:52.97 in the latter. She also dropped 5.17 sec in the 200 freestyle, 17.24 sec in the 500 freestyle and 4.08 sec in the 200 backstroke.

**Hope Rakow** dropped 12.40 sec in the 500 freestyle, 2.27 sec in the 100 breaststroke and 1.95 sec in the 200 individual medley. She set times to beat in the 1000 freestyle, 200 backstroke and 200 breaststroke.

**Taylor Sullivan** finished 5<sup>th</sup> in the 100 freestyle, 200 breaststroke, 200 butterfly, 200 individual medley and 400 individu-

al medley and 4<sup>th</sup> in the 1000 freestyle where she dropped 30.30 sec for a new **PC-A** time of 12:16.27.

**Emily Willis** took on 8 events, taking off 1.69 sec in the 200 breaststroke and 3.79 sec in the 200 individual medley.

**Gabe Hirt** turned in **100% improvement** in his 6 events for the 13-14 boys dropping 1.85 sec in the 50 freestyle, 4.10 sec in the 100 freestyle, 35.68 sec in the 200 freestyle, 13.17 sec in the 100 backstroke, achieving a new **State** time of 1:29.61 in his first 100 breaststroke and setting a time to beat of 1:30.17 in his first 100 butterfly.

**Taylor Knowles** was right on JO pace in his 200 backstroke.

**Cole Petrosky** set a time to beat in the 200 backstroke and finished 6<sup>th</sup> in his first swim of the 1650 freestyle with a time of 24:45.73.

**Joey Smithen** placed 4<sup>th</sup> in the 500 freestyle, 3<sup>rd</sup> in the 200 backstroke where he took off 5.47 sec and 3<sup>rd</sup> in the 200 butterfly, taking off .61 sec.

**Daniel Taylor** turned in a new **PC-B** and **State** qualifying time of 2:22.04 sec in the 200 freestyle where he dropped 5.45 sec and dropped 4.28 sec in the 100 butterfly.

**Sebastian Zeron** finished 5<sup>th</sup> in the 200 freestyle, 3<sup>rd</sup> in the 1000 freestyle, 5<sup>th</sup> in both the 1650 freestyle and 200 breaststroke and dropped 14.92 sec in the 200 backstroke for a new **PC-A** time of 2:30.69.

**Savannah Chappell** was first up for the DDST 15-16 girls, placing 4<sup>th</sup> in the 1650 freestyle, 5<sup>th</sup> in the 200 backstroke, 2<sup>nd</sup> in the 200 butterfly where she took off 2.97 sec and 6<sup>th</sup> in the 50 freestyle.

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

**Emily Dack** had a strong meet, dropping 3.18 sec in the 200 freestyle, 25.61 sec in the 1000 freestyle for a new **PC-B** time of 13:39.39 and 5<sup>th</sup> place, set a time to beat in the 1650 freestyle, dropped 1.06 sec in the 200 backstroke, 14.25 sec in the 200 breaststroke and tried her first 200 butterfly and 400 individual medley. **Emma Gray** finished 6<sup>th</sup> in the 100 and 200 freestyle events, 5<sup>th</sup> in her first swim of the 1650 freestyle, achieving a new

**State** time of 20:19.9 and placed 4<sup>th</sup> in the 200 backstroke.

**Allie Jezek** set times to beat in her first swims of the 200 and 500 freestyle and 100 backstroke events.

**Shelby Koontz** finished 1<sup>st</sup> place in the 1000 freestyle, 100 breaststroke and 200 butterfly, dropping 2.49 sec in that event. She also came in 2<sup>nd</sup> in the 100 backstroke, 200 backstroke and 200 individual medley. **Annalisa Neal** placed 8<sup>th</sup> in the 1650 freestyle, 7<sup>th</sup> in the 200 backstroke and 6<sup>th</sup> in the 200 butterfly.

**Kayla Ruffo** turned in a time of 21:29.62 in her first 1650 freestyle, placed 4<sup>th</sup> in the 1000 freestyle, 8<sup>th</sup> in the 500 freestyle, 6<sup>th</sup> in the 200 breaststroke and 3<sup>rd</sup> in the 200 butterfly.

**Ryan Chen** swam his 5 events for the 15-16 boys with **100% improvement**, dropping 37.54 sec in the freestyle for a new **PC-A** and **State** time of 5:29.82 and 4<sup>th</sup> place. He also placed 4<sup>th</sup> in the 1000 freestyle where he took off 1:04.75 for another new **PC-A** time of 11:41.90, 5<sup>th</sup> in the 100 backstroke and 200 backstroke and 2<sup>nd</sup> in the 200 butterfly taking off 6.29 sec for a new **JO** time of 2:20.67.

**Justin Hight** turned in 2 new **State** times of 20:52.75 and 4:54.57 in both of his first tries at the 1650 freestyle where he placed 5<sup>th</sup> and 400 individual medley, finishing 4<sup>th</sup> place respectively.

**CJ Hill-Holeman** dropped .92 sec in the 500 freestyle, came in 5<sup>th</sup> in the 1000 freestyle, 4<sup>th</sup> in the 1650 freestyle where he dropped 45.93 sec, 7<sup>th</sup> in the 200 backstroke, dropped 4.99 sec in the 200 breaststroke for a new **PC-A** time of 2:45.83, and placed 3<sup>rd</sup> in the 200 butterfly where he shaved off .33 sec.

**Jason Lowther** tried his first 1000 freestyle where he placed 6<sup>th</sup> and dropped 1.08 sec in the 200 breaststroke.

**Josh Smithen** set a new **State** qualifying time in the 1650 freestyle of 18:56.00 where he finished 2<sup>nd</sup>, and also placed 4<sup>th</sup> in the 200 butterfly.

**Joe Sullivan** dropped 1.78 sec in the 500 freestyle, qualified for **State** in the 1650 freestyle with a time of 21:35.74, dropped 10.52 sec in the 200 backstroke for a new **JO** time of 2:17.7, finishing 3<sup>rd</sup> place, and came in 5<sup>th</sup> in the 200 butterfly.

**Jordan Knowles**, DDST's only 17-18 girls competitor, placed 3<sup>rd</sup> in the 200 freestyle, 2<sup>nd</sup> in the 500 freestyle and 5<sup>th</sup> in the 100 breaststroke events.

**Logan Killion** was the only DDST boys 17-18 swimmer. He had a great meet, dropping 38.58 sec in the 500 freestyle for a new **State** time of 5:35.47 and 3<sup>rd</sup> place, 1:25.56 in the 1000 freestyle for 1<sup>st</sup> place, 5:25.50 in the 1650 freestyle for a new **PC-A** and **State** time of 19:09.81 and 3<sup>rd</sup> place, 14.81 sec in the 200 backstroke for a new **JO** time of 2:23.94 and 4<sup>th</sup> place, swimming his first 200 breaststroke with a new **State** time of 2:49.07 and 2<sup>nd</sup> place, finishing 3<sup>rd</sup> in the 200 butterfly and 200 individual medley where he took off 2.81 sec for a new **PC-A** time of 2:23.64.



## KING OF HILL MEET

The Doulgas Dolphins Swim Team had a strong showing at the recent King of the Hill Challenge held October 17-19 at Carson City Aquatic Center and hosted by the Reno Aquatic Club and Sparks Piranhas Swim Team. Thirteen and older swimmers at this meet had the chance to participate in the 50 freestyle, multiple-round championship elimination races swum over 2 days, starting with the top 64 times in each gender and continuing with the top 32, 16, 8, 6, 4 and 2 times respectively that culminate in "King" and "Queen" of the Hill. Kaila Duffy was the Dolphins top girl finisher, placing 20<sup>th</sup> in the Top 32 bracket, and Taylor Sullivan finished 30<sup>th</sup> also making the Top 32. The Dolphins top boy finisher was Joe Sullivan who placed 6<sup>th</sup> in the Top 6 bracket. Next was Justin Hight who placed 8<sup>th</sup> in the Top 8 group, Ryan Chen was 14<sup>th</sup>, making Top 16. Logan Killion was 18<sup>th</sup> in the Top 32 group, with Sebastian Zeron placing 20<sup>th</sup> and CJ Hill-Holeman finishing 21<sup>st</sup> in that same bracket. This meet was the last chance for the Dolphins to qualify for the 2014 Nevada State Championships, and they collectively turned in 19 new State qualifying times.

**Keira Duffy** started out the 8 and under girls with **100% improvement** in her 2 events, taking off 9 sec in the 25 freestyle and 8.10 sec in the 25 backstroke.

**Cammie Jahreis** turned in a new **State** and **PC-B** time of 28.03 sec in the 25 breaststroke, another new **State** time in the 50 breaststroke of 1:05.06, dropped 1.32 sec in the 50 backstroke for a new **PC-A** time

of 50.87 and finished 3<sup>rd</sup> place in her first try at the 100 backstroke.

**Shayne Patrick** competed in 2 events and set a time to beat in the 25 freestyle.

**Hadley Peck** had **100% improvement**, dropping 6.08 sec in the 25 freestyle and 5.10 sec in the 25 backstroke.

**Caitlin Taylor** took on 5 races where she took off 2.57 sec in the 25 freestyle and 1.06 sec in the 25 backstroke for a new **PC-B** time of 28.35.

**Todd Gosselin** also turned in 2 new **State** times in the boys 8 and under 50 backstroke at 50.36 sec, finishing 5<sup>th</sup> and in the 25 butterfly with a time of 26.10 sec where he placed 8<sup>th</sup>. He also dropped .69 sec in the 25 freestyle and .55 sec in the 25 breaststroke.

**Zach Jahreis** was at **100%**, setting a time to beat in the 25 freestyle and dropping .82 sec in the 25 backstroke.

**Marin Collins** was first up for the 9-10 girls where she took off 1.27 sec in the 100 backstroke, 1.74 sec in the 50 breaststroke and 2.90 sec in the 100 breaststroke.

**Sofia Delange** dropped .79 sec in the 100 freestyle and .25 sec in the 50 breaststroke.

**Kalia Duffy** dropped 12.37 sec in the 50 freestyle

**Lilia Fields** competed in 7 races and took off .77 sec in the 50 freestyle and 3.47 sec in the 50 backstroke.

**Samantha Golobic** set times to beat in the 50 freestyle and 50 backstroke in her first meet.

**Barrett Lee** tried her hand at 3 events and dropped 1.03 sec in the 50 backstroke.

For the 9-10 boys, **Cooper Yturbide** took off .68 sec in the 50 freestyle, 7.65 sec in the 200 freestyle, .86 sec in the 50 backstroke and 2.29 sec in the 200 individual medley.

**Matthew Yturbide** set a time to beat in his first 50 butterfly, took off 1.17 sec in the 100 freestyle, 2.67 sec in the 50 backstroke and 6.39 sec in the 50 breaststroke.

**Grace Dupont-Moore** had a **100% improvement** meet, dropping 5.17 sec off the 50 freestyle, 13.26 sec in the 100 freestyle, 8.75 sec in the 50 backstroke, 3.49 sec in the 50 breaststroke, 4.65 sec in the 50 butterfly and a huge 26.48 sec in the 100 individual medley.

**Eden Neal** was another **100% improvement** swimmer, taking off 1.55 sec in the 50 freestyle, 1.23 sec in the 100 freestyle, 3.53 sec in the 50 backstroke, 6.86 sec in the 100 backstroke, 9.46 sec in the 100 but-

terfly, .93 sec in the 100 individual medley and 8.8 sec in the 200 individual medley.

**Anna Northcutt** set times to beat in the 200 freestyle, 100 backstroke, 50 butterfly, 100 butterfly, 200 individual medley and dropped 2.53 sec in the 50 backstroke.

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

**Emma Ruffo** scored a new **State** time of 1:07.97 in the girls 11-12 100 freestyle for 12<sup>th</sup> place, finished 6<sup>th</sup> in both the 500 freestyle and 200 backstroke and took off .48 sec in the 50 freestyle, 1.33 sec in the 50 breaststroke, 7.53 sec in the 200 breaststroke and 1.7 sec in the 200 individual medley.

**Cailey Tollmann** turned in a new **State** and **PC-B** time of 37.04 sec in the 50 butterfly, a new **State** and **PC-A** time of 1:17.40 in the 100 individual medley and dropped 10.87 sec in the 200 individual medley for another new **State** time of 2:45.32. She also turned in a new **PC-B** time of 44.13 in the 50 breaststroke and dropped .93 sec in the 100 freestyle.

**Timothy Golobic** tried his hand at 5 events in his first meet for the 11-12 boys, setting times to beat in the 50 and 100 freestyle and 50 backstroke.

**Niko Hight** dropped 2.64 sec in the 50 freestyle, 1.66 sec in the 100 freestyle and 3.29 sec in the 50 backstroke.

**Remy Hill-Holeman** took on the 500 freestyle.

**Justin Lopresto** dropped 2.61 sec in the 50 freestyle and set times to beat in the 50 backstroke and 100 individual medley.

**Chris Manning** took off 13.24 sec in the boys 11-12, 50 backstroke for a new **State** time of 41.32 sec, dropped 1.45 sec in the 50 freestyle, .38 sec in the 100 freestyle, 6.99 sec in the 100 individual medley and set times to beat in the 200 freestyle, 500 freestyle, 50 butterfly and 200 individual medley.

**Connor Taylor** qualified for **State** in the 50 butterfly with a time of 38.45 sec, took off 5.95 sec in the 100 freestyle, 1:00.97 in the 500 freestyle, 1.45 sec in the 50 breaststroke, and .59 sec in the 100 butterfly.

**Mychael Bellik** dropped .06 sec in the girls 13-14, 50 freestyle to qualify for **State** with a time of 29.56 sec, dropped .11 sec in the 100 backstroke, 1.90 sec for a new **PC-B** time of 1:28.97 in the 100 breaststroke and 1.70 sec in the 200 breaststroke.

**Lily Bickmore** dropped .32 sec in the 100 freestyle, .31 sec in the 200 backstroke, .86

sec in the 100 butterfly for 5<sup>th</sup> place, 1.22 sec in the 200 individual medley and .08 sec in the 400 individual medley for 8<sup>th</sup> place.

**Kaila Duffy** took on 7 events and placed 20<sup>th</sup> in the King of the Hill 50 freestyle challenge and 9<sup>th</sup> in the 200 freestyle, 200 individual medley and 400 individual medley.

**Sarah Hyatt** dropped .56 sec in the 50 freestyle to qualify for **State** with a time of 29.51 sec, and also achieved a **State** time of 2:37.30 in the 200 individual medley finishing 6<sup>th</sup> place. She took off .60 sec in the 100 freestyle, .77 sec in the 100 backstroke, and .06 sec in the 100 breaststroke.

**Hope Rakow** improved **100%**, swimming to **State** times of 2:21.28 in the 200 freestyle and 1:14.80 in the 100 butterfly and taking off 1.42 sec in the 100 freestyle, .93 sec in the 200 backstroke, .50 sec in the 100 breaststroke and 3.68 sec in the 200 individual medley.

**Taylor Sullivan** finished 2<sup>nd</sup> in the 100 breaststroke and 5<sup>th</sup> in the 100 backstroke, 200 individual medley and 400 individual medley.

**Gabe Hirt** achieved 2 new **State** times of 30.15 sec in the boys 13-14, 50 freestyle where he took off 1.10 sec and 2:46.47 in his first try at the 200 individual medley. He also set a time to beat in his first 200 breaststroke.

**Cole Petrosky** took on 6 events, dropping 1.12 sec in the 100 freestyle, 11.14 sec in the 200 backstroke for a new **PC-B** time of 2:45.29 and 2.69 sec in the 200 individual medley.

**Daniel Taylor** had **100% improvement** in his 2 races, taking off 1.85 sec in the 100 freestyle and 8.47 sec in the 200 individual medley for a new **PC-B** time of 2:38.69.

**Shelby Koontz** placed 2<sup>nd</sup> in the girls 15-16, 200 freestyle, 200 backstroke, dropping .26 sec, 3<sup>rd</sup> in the 100 backstroke, 1<sup>st</sup> in the 100 breaststroke, 200 breaststroke, where she took off 2.32 sec, and 1<sup>st</sup> in both the 200 and 400 individual medley races.

**Annalisa Neal** competed in 6 races and placed 7<sup>th</sup> in the 100 backstroke, 5<sup>th</sup> in the 100 breaststroke and 8<sup>th</sup> in the 200 individual medley.

**Kayla Ruffo** dropped .41 sec in the 100 breaststroke, 3.79 sec in the 200 individual medley, 1.29 sec in the 400 individual medley where she finished 8<sup>th</sup> and also finished 3<sup>rd</sup> place in the 100 butterfly.

**Ryan Chen** competed in 4 events and finished 14<sup>th</sup> place in the Top 16 in the 50

freestyle King of the Hill. He also dropped .03 sec in the 100 breaststroke for 3<sup>rd</sup> place and 4.99 sec in the 400 individual medley for a new **JO** time of 4:54.01 and 2<sup>nd</sup> place.

**Justin Hight** achieved a new **JO** time of 51.93 sec in the 100 freestyle where he finished 2<sup>nd</sup> and a new **State** time of 2:56.62 in the 200 breaststroke for 4<sup>th</sup> place. He also finished 3<sup>rd</sup> in the 100 butterfly and made 8<sup>th</sup> place in the King of the Hill Challenge achieving a new **JO** time of 24.01 sec in the Top 16 round.

**CJ Hill-Holeman** finished 7<sup>th</sup> in the 100 freestyle with a new **State** and **PC-A** time of 56.15 sec, dropped 6.81 sec in the 200 breaststroke, 2.61 sec in the 200 butterfly for 2<sup>nd</sup> place, 5.29 sec in the 200 individual medley for 5<sup>th</sup> and 3.60 sec in the 400 individual medley.

**Jason Lowther** finished 2<sup>nd</sup> in the 100 breaststroke and 4<sup>th</sup> in the 200 breaststroke where he took off 8.21 sec for a new **JO** time of 2:33.77. He also took off 1.69 sec in the 100 freestyle, 4.57 sec in the 200 freestyle, 24.72 sec in the 1000 freestyle and 2.63 sec in the 200 individual medley for a new **PC-A** time of 2:22.49.

**Joe Sullivan** placed 6<sup>th</sup> in the King of the Hill Challenge also competing in the 100 backstroke and 100 breaststroke.

**Sebastian Zeron** came in 20<sup>th</sup> in King of the Hill and dropped .12 sec in the 100 butterfly.

**Logan Killion** finished 18<sup>th</sup> in the King of the Hill, 2<sup>nd</sup> in the 17-18 boys 200 individual medley, taking off 6.46 sec, and dropped 2.30 sec in the 100 freestyle, 1.65 sec in the 100 butterfly, 5.29 sec in the 200 butterfly for a new **PC-A** time of 2:29.67 and 5.44 sec in the 400 individual medley.

**Andre Mendes** impressed with 1<sup>st</sup> place finished in the 200 backstroke, 200 breaststroke, 200 individual medley and came in 2<sup>nd</sup> in both the 100 freestyle and 100 butterfly.



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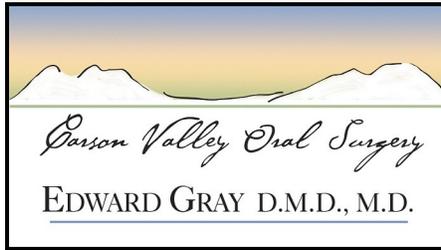
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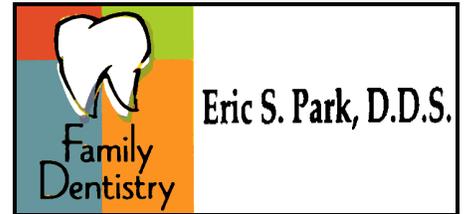
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SEE MORE ARTICLES BELOW

Time-sensitive Swim Team news enclosed!



## Transitions

Congratulations and Welcome to new:

**Dippin Dolphins:** Ava Trimarchi

**White Dolphins:** Theo Reid

**Pre Senior Dolphins:** Andre Mendes

Moving on up Congrats to new:

**Silver Dolphins:** Caitlyn Taylor, Zoe Pantoja

**White Dolphins:** Ben Munyan

**Red Dolphins:** Marin Collins

**Pre-Senior Dolphins:** Mychael Bellik



## Practice Schedules

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

### SCHOOL IN SESSION SCHEDULE

**Seniors:** M-Th 2:30-4:45 p, Fri: 2:30-4:30, dryland **see group calendar**

**Pre Seniors:** M-Fri 2:30-4:15 p, dryland **see group calendar**

(Optional Masters practice M, W & Fri 5:30a-7:00a both groups)

**Blue:** M-Th 4:45-6 p, Fast Fridays 4:15-5:30p

**Red:** M-Th 5-6:00 p. Optional FF with Blue group

**White:** M, Tu & Th 4:15-5:00p

**Silver:** Wenesday & Friday 4:15p-5:00p.

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



## Next Newsletter

The next *Monthly* will appear about December 14. **All submissions should be received by December 10th.** Questions, content requests, items of interest to the DDST membership, address changes and requests for **email subscriptions** are always welcome, and should be sent to the **newsletter editor, Julie Gray, at newsletter@ddst.org or 775-690-0124.** Items can also be left in our family folder, in the team file box by the trophy case at the pool lobby.

*A big thank you to this month's contributions: Coach Kat, Coach Sarah, Coach Greg, Coach TJ, Karen Sullivan, Kathy Chappell & Denise Bickmore.*

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

