

# Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM  
(est. 1964)

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

April 2007

## Tahoe Meet entries due April 25<sup>th</sup>!

Team entry forms for the June 2-3 Tahoe swim meet **must be returned to Coach Sarah by Wednesday, April 25<sup>th</sup>!** The entry sheet must be signed by a parent, or the entry will not be processed. Team entry fees will be billed later, and are non-refundable.

Swimmers may also enter individually, but are encouraged to do so on-line with SwimConnection.com by April 25<sup>th</sup> or ASAP, as this meet always fills up **very early!**



## WANTED: Trailer for Parade!

The Douglas Dolphins need to borrow a trailer for the Carson Valley Days Parade Saturday June 9<sup>th</sup> (and during the week before for decoration). Please contact Coach Sarah if you can provide or arrange a trailer and tow vehicle. Thank you!



## Team Photos 1<sup>st</sup> Week in June

Our 2007 team pictures will be taking place sometime during the 1<sup>st</sup> week in June. Look for information packets to come out soon, and save the date!



## See's Candy Fundraiser

Our next Dolphins fundraiser kicks off Monday April 23<sup>rd</sup>. Scrumptious See's Candy Bars will be passed out at practice, and **each swimmer will be responsible for selling (and/or buying) \$48 worth (24 bars) by May 15<sup>th</sup>.** Additional sales are strongly encouraged, and the swimmer exceeding \$48 by the largest amount will **win a free night for 4 at the movies!** See the information sheet accompanying the candy bars, and contact Callie Parr with any questions or to obtain additional bars to sell. Good luck!



## No Practices 4/20

There will be no practices Friday April 20<sup>th</sup>. This is a team travel day for the Santa Cruz meet.



## Awards Banquet May 6<sup>th</sup>

The annual DDST Awards Banquet is coming up on **Sunday evening, May 6<sup>th</sup>, 4:00-7:00 pm** at Pa Wa Lu Middle School Cafetorium in Gardnerville. Your help with set-up is requested starting at 3:30. This is the time we celebrate our past successes, and get to brag about each swimmer! Please don't let your swimmer(s) miss this fun-filled and rewarding evening!



## Swimmer of the Month

Red Group swimmer **Josh Kessler** is our April Swimmer of the Month. For the first week of spring break, this dedicated 8-year-old swam all practices with Blue Group, long-course and short-course, 2 hours each morning. Josh swims very hard and you never hear a complaint. He is a pleasure to work with say coaches Stephanie and Kat. Josh's favorite swimmer is his big brother (Shawn), favorite stroke is breaststroke, and favorite events are 100 IM and 50 breaststroke. His favorite set in practice is 25 breaststrokes. Josh's favorite food is pizza, subject is Math, book is *Wizard of OZ*, and movie is *Lord of the Rings I*. When he grows up Josh wants to be a Running Back for the Steelers. Congratulations Josh! Keep up the great work!



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## Coaches Corner

I would like to thank everyone who helped with the penny wars fundraiser. The proceeds went to renting the Carson City Facility during spring break, so swimmers could experience training long course. The training was a great experience, attracting over 20 Dolphins each day!

**Parents, please encourage your swimmers, and talk to your swimmer's coach.** (See Key Contacts on page 3.) Communication will only help your swimmer better themselves. Please help us help them.



## Saturday Long-course Meets

Dolphin swimmers interested in more long-course (50 meter) competition experience are encouraged to enter the Carson Memorial Day meet and the June Reno Gamble. **Dolphin coach(es) will be present Saturdays only** (May 26<sup>th</sup> and June 16<sup>th</sup>). If you wish to enter events any other day of those meets, you will need to arrange this with an alternate coach from a different team. See Coach Sarah for more information.



## Wednesday Race Nights

Our March Race Night was a blast! We had a huge Easter egg hunt. In each egg there was either a race for the team, or a 4-leaf clover, which meant you could skip the race and get a treat. The groups had fun racing for the eggs. After the races the team met at the new Minden Port of Subs, located near the movie theaters, for a team dinner. Twenty percent of all proceeds went back to the team. This was also the last day of the Penny Wars fundraiser.

**May 16<sup>th</sup> will be our next Race Night.** Race nights are every 3<sup>rd</sup> Wednesday of the month. Don't miss out!!



## Lake Berryessa Swim June 2<sup>nd</sup>

Lake Berryessa entry forms are out. This is a 1-mile lake swim (or 500 yards for 8-10 year olds). This is a beautiful, warm (65-70°) lake in the hills outside of Napa, California. Coach Sarah has swum this on 3 separate occasions, and each one was a blast! Following the swim there is a huge picnic area where all pre-entries are entered in a huge raffle. Swimmers must check in by 9:00 am on Saturday, and the swims will be over by about noon (leaving plenty of time to get back and swim the Tahoe meet on Sunday!). Each swimmer receives a cap, glass mug, and refreshments. This is a fun experience not to miss!



## 2007 State Championships – Again!

At State Championships in January, the coaches from all throughout Nevada voted to move our State Championships back to November. This meet has moved from February to December to November and earlier this year to January, and now back to November again. Yes, there will be a second 2007 Nevada State Swimming Championships in Carson City!

**This has changed our 2007 meet schedule (see revised sheet enclosed).** Our 2-week team break has been moved from late August to Winter Break instead, so swimmers can be training for State this fall. The October Reno meet will now be the last-chance qualifier for State. We will have no travel meet in November, and our December home meet will now be a fun Candy Cane Sprint Meet.



## Upcoming Meets

Online entries, meet sheets, updates: [www.ddst.org/meets2007.htm](http://www.ddst.org/meets2007.htm).

**Remember: get your entries in early in case the meet fills up!**

**May 26, Carson Tigersharks Intermountain Classic**, meet sheet [www.pacswim.org/0507cars.pdf](http://www.pacswim.org/0507cars.pdf) (enter online or hand deliver by May 16<sup>th</sup>, or mail by May 14<sup>th</sup>). **Saturday only for Dolphins (unless arranged with another coach), for long-course experience.**

**June 2, Lake Berryessa, CA, open water meet**, meet sheet [www.pacswim.org/0607dam.pdf](http://www.pacswim.org/0607dam.pdf) (enter online or mail by May 13<sup>th</sup> to avoid surcharge. **USA Swimming registration card must be presented day of swim**).

**June 2-3, Tahoe Swim Club**, meet sheet [www.pacswim.org/0607taho.pdf](http://www.pacswim.org/0607taho.pdf) (team entries to Coach Sarah by April 25<sup>th</sup>, or enter online or mail by ASAP). **This meet will fill up early!**

**June 16, Reno Gamble**, meet sheet [www.pacswim.org/0607reno.pdf](http://www.pacswim.org/0607reno.pdf) (pending; enter online or hand deliver by June 6<sup>th</sup>, or mail by June 4<sup>th</sup>). **Saturday only for Dolphins (unless arranged with another coach), for long-course experience.**

**June 22-24, Bishop Swim Team**, meet sheet [www.ddst.org/meets2007.htm](http://www.ddst.org/meets2007.htm) (pending; enter online or hand deliver by June 13<sup>th</sup>, or mail by June 11<sup>th</sup>). **This is a fun travel meet in the Bishop city park!**



## Summer Swim Team Program

DDST's Summer Swim Team program will be starting soon. Pre-season try-outs and practices will run for 3 weeks, May 21<sup>st</sup> through June 15<sup>th</sup>. The regular season starts June 18<sup>th</sup>, and runs for 9 weeks, until August 17<sup>th</sup>. There will be fun Twilight Meets in June and July, and the last week will be a fun week with special activities on Tuesday and Thursday.



## Reno Spring Fling Meet

Eight Dolphins competed at the Reno Spring Fling meet March 17-18. This was a small meet and most of the swimmers swam with little rest between their events.

In the 8-u group, **Shelby Koontz** was unstoppable. She swam 2 more new PRT times and 6 new best times. She had a huge 25 backstroke, improving by 2.5 seconds. She also swam 2 seconds faster in both her 100 freestyle and 100 IM. **Savannah Stewart** swam both days and swam strong in all 6 of her events, especially 50 freestyle and 50 breaststroke.

**Logan Killion** represented our 9-10s with a great 100 freestyle, swimming 4.5 seconds faster. He also swam the 100 butterfly for the first time, and had a best time in 50 breaststroke.

Our biggest group was the 11-12 girls. **Becky Grabow** had a great meet with 100% improvement. Her best events were 100 IM and 100 breaststroke, both faster by over 2 seconds. **Taylor Killion** dropped 1.6 seconds in 50 backstroke for a 33.56 and her first JO qualifying time. She also just missed JO time in her very first 200 backstroke, and dropped 7 seconds in 500 freestyle. **Shaelin Morefield** swam a great 400 IM, staying strong to the finish with a best time of 5:52.28. She also improved in 50 breaststroke with a new BB time. Her 50 butterfly was a new A time of 32.21, and her 100 butterfly improved by almost 2 seconds at 1:16.18. **Meagan Skilling** dropped almost 1 second in 100 IM for a 1:12.76 and a new JO qualifying time. Directly after she got out of the water from her 100 IM she swam the 400 IM for the first time. Meagan also swam the 200 butterfly for the first time in 2:51.65.

For the 13-14s, **Sarah Koontz** improved her 200 IM to 2:36.90. In her 500 freestyle she dropped 7 seconds to break 6 minutes (5:59.25) for the first time, something Sarah has been working for.



## Spring Junior Olympics Championships

**Cameron Morefield** (12) represented the Douglas Dolphins at the Pacific Swimming Junior Olympics March 16-18 in San Ramon, alongside over 1000 swimmers from 72 other teams. Saturday Cameron raced to a new best time of 28.17 in 50 freestyle. For Sunday's 100 freestyle, Cameron had a 2-second delayed start and still missed his best time by only 0.41 seconds. The weather at this outdoor meet was much improved this year, after last year's wintry conditions!



## Far Western Championships

Far Westerns is a large and prestigious meet that attracts swimmers from all over the country. Over 1400 swimmers from about 170 teams competed March 29-April 1 in Pleasanton, California, including 3 Douglas Dolphins who qualified.

**Whitney Simpson** started off Thursday with a best time in 200 breaststroke and made top 8 for a return to finals that evening. Next **Katie O'Neill** swam a strong 200 backstroke in 2:21.34. Before Katie could finish, at the boys end **Marco Hyman** was swimming his own 200 backstroke in a time of 2:17.51, right on his best. That evening **Whitney** swam her second 200 breaststroke of the day in Far Westerns finals. She swam an incredible race in 2:43.18 for a 2.5 second drop.

Friday **Katie** forged on without her teammates, starting off with a best time of 5:02.46 in 400 IM. Later that morning she swam the 100 butterfly in 1:04.53. On Saturday, Katie's last events were the 200 butterfly with a time of 2:20.75, and 100 backstroke which she finished in 1:06.04. Katie said, "It's fun swimming at this meet. The swimmers are so big, and it is a great experience. I just miss having my teammates behind me."



## Dolphins' Classified

ITEMS WANTED OR OFFERED

### WANTED

**DDST TEAM PARKA**, size XL or larger. 782-4360, [jdmore@charter.net](mailto:jdmore@charter.net) (1)

**DDST TEAM SUIT**, girls size 26. 267-3638, [joross@charter.net](mailto:joross@charter.net) (1)

### OFFERED

**DDST TEAM SUIT**, boys size 26 jammer, **free** to a needy swimmer! Contact 782-7806, [blkooontz92@yahoo.com](mailto:blkooontz92@yahoo.com) (2)

**DDST TEAM SUIT**, girls size 24, good condition, \$15 o.b.o. 267-3638, [joross@charter.net](mailto:joross@charter.net) (1)

Classified items should be submitted to the Newsletter Editor, and will run for 3 months unless otherwise requested. Please include **adult** contact information, and suggested price if applicable.



## DDST Key Contacts

**Board President:** Rick Ansel

[kvfd@volcano.net](mailto:kvfd@volcano.net); 775-782-6902

**Head Coach:** Sarah Davenport

[sgovanswm@aol.com](mailto:sgovanswm@aol.com); 775-884-3870; 287-1035

**Coach Kat:** [coachkat0809@hotmail.com](mailto:coachkat0809@hotmail.com)

**Coach Stefanie:** [ssignorella@charter.net](mailto:ssignorella@charter.net);

775-901-6747

**Meet Directors:** [meets@ddst.org](mailto:meets@ddst.org);

Linda Koontz, 775-782-7806

Lorna Johnston, 775-782-2382

**Billing & Treasurer:** Joe Stubnar

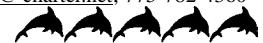
[billing@ddst.org](mailto:billing@ddst.org); 775-720-6703

**Parent Liaison:** Stacey von Schottenstein

[staceyvon@charter.net](mailto:staceyvon@charter.net); 775-267-0340

**Newsletter, Web, Officials:** Jim Morefield

[jdmore@charter.net](mailto:jdmore@charter.net); 775-782-4360



## Next Board Meeting

The next DDST Board of Directors meeting will be **Tuesday, April 24<sup>th</sup>, 2007, 6:00 pm, at Carson Valley Swim Center**. Parents are always welcome and encouraged to attend; meeting minutes are available from the Secretary.

**Regular meetings** of the DDST Board of Directors are on the **last Tuesday evening of each month right after practices** (winter in the Multipurpose Room; summer by the outdoor pool).

**Contact information** for all Board Members can be found on the DDST web site ([www.ddst.org](http://www.ddst.org)).



## Transitions

Welcome new swimmers Kevin Smithen, Jake VanBeuge, and a ton of new White Group swimmers! (see the next newsletter). **Welcome back** Allison Ansel, Julia Chappell, Savannah Chappell, Lindsey Johnston, and Taylor Sullivan. **Moving up: congratulations** to new Red Group members Taryn Baker, Seth Jezek, and Skye Kidd, and new Blue Group members Haley Fischmann and Logan Killion. **Come back soon** Becky Grabow and Chris Bergstrom, who are out the month for Track. **Happy April Birthdays** to Erica Chappell (4/3), Katie Patrick (4/5), and Evy Bertolone-Smith (4/21).

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



## Practice Schedules

**No Practices Friday April 20<sup>th</sup>.**

**Wednesday Race Night May 16<sup>th</sup>!**

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

### ANY Public School(s) IN Session

**Seniors:** M-F 2:45-5:00 pm  
**Pre Seniors:** M-F 2:45-4:30 pm  
**Blue:** M-Th 4:45-6:00, F 4:15-5:30 pm  
**Red:** M-Th 5:00-6:00 pm  
**White:** M & W 4:15-5:00, F 4:30-5:15  
**Summer Program:** M, W, F 4:30-5:30  
**Summer Guppies:** T, Th 4:00-4:30

### ALL Public Schools OUT of Session (except Summer Break & half-days)

(common break days; public holidays)

**except** Christmas, New Year, Labor Day  
**Seniors & Pre Seniors:** M-F 7-9 am  
**Blue:** M-F 7:00-9:00 am  
**Red:** M-Th 5:00-6:00 pm  
**White:** M & W 4:15-5:00, F 4:30-5:15

### Summer Break (starts 6/18/2007)

**Seniors & Pre Seniors:** M-F 6:45-9:00 am & M-W 4:00-5:30 pm  
**Blue:** M-F 4:00-5:30 pm  
**Red:** M-Th 4:30-5:30 pm  
**White:** M, W, F 4:00-4:45 pm  
**Summer Program:** M, W, F 3:30-4:30  
**Summer Guppies:** T, Th 4:00-4:30



## Next Newsletter

The next *Monthly* will appear about May 15<sup>th</sup>. **All submissions should be received by Monday, May 7<sup>th</sup>.** Questions, content requests, items of interest to the DDST membership, and **requests for e-mail subscriptions** are always welcome, and should be sent to the **newsletter editor, Jim Morefield, at [jdmore@charter.net](mailto:jdmore@charter.net) or 782-4360.** Items can also be left in our family folder, in the file box on the team table, by the trophy case in the pool lobby.

*A big thank you to this month's contributors, Coach Sarah Davenport and Callie Campbell-Parr, to Joe Stubnar for mailing data, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).*

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

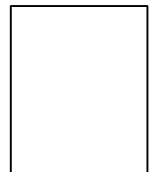


Douglas Dolphin Swim Team

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**Time-sensitive Swim Team news enclosed!**