

Dolphins' Monthly

DOUGLAS DOLFIN SWIM TEAM
(est. 1964)

www.ddst.org

August 2007

Mandatory Parents' Meeting Monday Sept. 10th

All DDST Parents are requested to attend a team meeting at the pool on Monday September 10th at 5:00 pm. This is an important meeting if you want your child to be successful, and to be part of a successful team. The coaches will discuss upcoming meets, swimmer goals and expectations, and other information. It will also be an opportunity for questions and communication among parents, coaches, and Board members. **If you are unable to come Sept. 10th, there will be a make-up meeting Thursday, Sept. 13th, same time and place.**



Ballots Due August 27th!

Support your all-volunteer Board of Directors! **Please ***VOTE***** and return your ballot by mail, or to the gray payment box by the trophy case in the pool lobby, by Monday August 27th. To inform your choices, information on each candidate was mailed with the ballot. (Ballots were mailed Friday, August 17th to year-round member families, in accordance with our by-laws. Please contact Jim Morefield [782-4360; jdmore@charter.net] immediately if you did not receive a blue ballot inside a gold sheet!)



Coach Stefanie's Swimmers Meeting Aug. 27th or 28th

Pre-comp, White, and Red Group swimmers, see Coach Stefanie's Corner inside for details!



Summer Registrations Expire Sept. 3rd!

Swimmers currently registered for summer season only, and who wish to continue beyond September 3rd, **MUST submit or mail a check for \$55, payable to DDST, as soon as possible.**

Note "2008 Registration" on the check, and either place in the gray payment box in the pool lobby, or mail to the return address on this newsletter. Registrations for 2008 will be submitted electronically beginning September 1st if payment has been received, and are valid for the rest of 2007 and all of 2008. Athletes may not practice or compete with DDST without current USA Swimming registration!

Continuing year-round athletes will have the 2008 fee added to their September billing, and will be registered electronically once paid – no form necessary! **NOTE:** If your swimmer(s) **DO NOT** intend to practice or compete after December 31st, 2007, notify the Billing Coordinator and the \$55 registration charge(s) will be waived.



Swimmers of the Month

Our August Swimmers of the Month are 12-up Dolphins **Chandra Matheson** and **Anna Jackson**, and 11-under Dolphins **Shelby Koontz** and **Annika Sikora**. The older swimmers were chosen for their attendance during the summer, and younger swimmers were chosen for their performance at the Novice Meet and the Zone-4 Championships. Chandra's and Shelby's favorite stroke is breaststroke, Anna's is backstroke, and Annika's is butterfly.

Congratulations Annika, Shelby, Anna, and Chandra! Keep up the great work!



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COACH

Sarah's Corner

All Senior and Pre-senior parents please attend the mandatory parents' meeting September 10th or 13th at 5:00 pm! See the announcement on page 1.

Seniors and Pre-seniors need to have their own equipment for practices. You can order this equipment from Norcal swim shop, online or using the forms in the Team Store folder.

With the school year starting again, all swimmers need to come to practice with a snack and a water bottle. It's unfair to expect any athlete to perform without the proper fuel to do so.



Autumn Freeze Meet Entries Open

Our annual **Autumn Freeze Meet** is open for entries until **Wednesday September 19th**. This 3-day meet (Sept. 28-30) is our first and major home meet of the new season, and draws teams from a wide area of western Nevada and northern California. Meet information sheets are available from the coaches, and links to the meet sheet and on-line entry submission are at www.ddst.org.



New 2007 State Times Posted

The **Fall 2007 Nevada State Championship qualifying and bonus time standards** have been released, and are available from the coaches or online from www.ddst.org. In general the qualifying times have been relaxed slightly. Swimmers making just one or two qualifying times will be allowed to swim up to three events total, if they also make the bonus times (which are easier) for those extra events. The Fall 2007 Nevada State Championships are in Carson City November 9-12 (Veterans Day weekend).



COACH

Kat's Corner

I just want to remind my swimmers that they are required to have their own gear ASAP. Any questions about specific gear will be answered at the parent meeting that I look forward to seeing all my parents at.



Team Store

A **catalog and order forms** are available in the file box at the Swim Center lobby, or on-line at www.ddst.org. **The NorCal equipment form should be sent or phoned directly to NorCal, or orders can be placed online.** (Check with your coach about the best fins to order. Team up with other parents to share shipping costs). **The smaller form for suits & caps should be turned in to the Store Manager (Linda Koontz, 775-782-7806 or blkoontz92@yahoo.com).**

Currently in stock: 7 sets of paddles, black, one size fits all, for \$5.25 each. They may be too small for large hands but are considerably cheaper than Strokemaker paddles at \$14.

Another team suit order will go out in early September if there are enough orders (7 or more). There are quite a few suits in stock too, so fill out a order slip in the team store folder and put it in Linda Koontz's folder. She will let you know if that size is in stock or if it needs to be ordered.



DDST Key Contacts

Board President: Rick Ansel
lansel@charter.net; 775-782-6902

Head Coach: Sarah Davenport
sgovanswm@aol.com; 775-884-3870; 287-1035

Coach Kat: coachkat0809@hotmail.com

Coach Stefanie: ssignorella@charter.net; 775-901-6747

Meet Directors: meets@ddst.org;
Lorna Johnston, 775-782-2382
Linda Koontz, 775-782-7806

Billing & Treasurer: Joe Stubnar
billing@ddst.org; 775-720-6703

Parent Liaison: Stacey von Schottenstein
staceyvon@charter.net; 775-267-0340

Newsletter, Web, Officials: Jim Morefield
jdmore@charter.net; 775-782-4360



COACH

Stefanie's Corner

Summer went by way too fast, but I'm looking forward to the Fall DDST season. I hope all swimmers had fun summers and memorable vacations with family. Now it's not only time to hit the books for back to school, it's time to hit the deck, too! I hope to see consistent attendance and hard work in the pool as we prepare for some great swim meets this season. To get focused on the upcoming season, swimmers please plan on joining Coach Stefanie and your teammates for a brief-but-important meeting:

White Group: Mon. Aug. 27, 4:15 pm.

Red Group: Mon. Aug. 27, 5:00 p.m.

Pre-Comp: Tues., Aug. 28, 4:15 p.m.

We will meet on the bleachers by the outdoor pool. Bring your towels, listening ears, questions, and team spirit to your scheduled meeting. Please **DON'T MISS** this!!

(P.S. Parents, you'll get your turn 9/10 or 9/13. See details in this newsletter.)



Thank You Twilight Meet Volunteers!

A big **THANK YOU!** to everyone who helped with our Twilight Meets. Parents **Christine Kessler** and **Karen Sullivan** stepped up and put a lot of energy into helping us coaches get organized at the last minute without anyone even asking them. The meets would have run a lot slower without their time and effort. Senior swimmers **Taylor Killion** and **Chandra Matheson** also helped out a lot.



DDST Non-profit Status Restored!

As of 7 July 2007, DDST is again a Public Charity under section 501(3)(c) of the Internal Revenue Code, with all the attendant privileges and obligations. **A big thank you to Lorna Johnston**, whose vigilant legwork kept us moving through that arduous process!



New Family Meet Management Policy Adopted

BACKGROUND

After nearly a year of thought and debate, the DDST Board of Directors has adopted a new policy regarding involvement of member families in hosting our 4 annual swim meets.

As you have probably already noticed, **the sport of competitive swimming demands a lot of parent involvement** to help athletes reach their goals. A big part of this is helping to host and staff swim meets, where athletes realize the fruits of their hard work, and compete against other swimmers from the region. The income from these competitions also funds about **40% of our annual budget**, without which a lot of other fundraising measures would be needed to keep DDST's programs running.

The previous policy was to charge families a quarterly "fundraising fee," which could be worked off by volunteering at meets or other fundraising activities. This policy was rarely enforced, and the team has instead relied on many good-hearted parent volunteers to run our swim meets.

Nevertheless, it is an ongoing struggle to find enough volunteers to run meets that are successful for the athletes and for the team. **It takes about 50 people to run each meet.** That means **every** DDST family is needed to participate. For this reason, the DDST Board of Directors adopted the following Family Meet Management Policy, as part of each family's membership agreement. Its expectations are about equivalent to the old policy, and the Board believes it will be simpler and more transparent to implement.

As always, the Board welcomes feedback and suggestions for ways to improve team operations. Key contacts are listed in every newsletter, and contacts for all Board members are at www.ddst.org.

NEW POLICY SUMMARY

Each member family must work 30 hours per year minimum in support of DDST hosted meets. A signup sheet will be posted prior to each meet at the team bulletin board, and each family will record time worked on their page in a binder at the meet. Watch the next newsletter for jobs available. (More than one family member may accrue hours at a meet. Families of Pre-competition swimmers, with no swimmers entering meets, may request a waiver.)

After each meet season, any family not meeting its obligation will be billed \$10 per hour not worked. (These funds will help maintain the high quality of our meets that teams from all over have come to expect. However, they are still no substitute for work on the deck!)

Families who exceed 30 hours of service per year will be entered into a special drawing to be held at the annual Awards banquet.

Each member family is also billed a \$15 meet management fee in the month prior to each DDST-hosted meet, to help cover the cost of food and supplies needed to run the meet.

Copies of the full policy may be obtained from the Meet Directors, and will soon be incorporated into the Team Handbook and posted at www.ddst.org.

Summer Twilight Meets

The Dolphins hosted four twilight meets this summer. Our first one was June 27, which was against ourselves. This meet was for our new and summer swimmers. It gives the swimmers a chance to get their feet wet and get a good feel for competition. After this meet we had a team pizza party and got to know the new faces. The second meet was versus Carson Tigersharks. We had over 20 Dolphins and 15 Tigershark swimmers facing off. All the new swimmers swam very well and had a great time. Our third meet was against Fallon Barracudas, who brought only 3 swimmers. We had over 20 swimmers again, and tried new events.

Junior Olympics

Taylor Killion swam her very first Junior Olympics July 19-22 in San Jose, CA, where over 1000 athletes competed. On Thursday Taylor swam the 1500 m free-style where two swimmers shared each lane. Taylor won her heat with a best time of 22:38.27 and placed 12th over all in her age group. Friday afternoon Taylor swam 50 backstroke in 38.56, which was also a season best. Sunday morning Taylor came back for the 100 backstroke and was off best time by .08 sec at 1:24.41. This was a great chance for Taylor to swim against some other very fast and talented swimmers, and she did an incredible job.

Meet Schedule Changes

The October meet in **Reno** has been moved **one weekend earlier, to October 20-21**. Also, an early heads-up that our December Candy Cane Sprint Meet in Minden *might* be moving one weekend later, to December 8-9. More information about this in the next newsletter!

Upcoming Meets

Online entries, meet sheets, updates:
www.ddst.org/meets2007.htm.

HOME MEET: Sept. 28-30, Douglas Dolphins Autumn Freeze Invitational, meet sheet www.pacswim.org/0907ddst.pdf (entries due online Wed. Sept. 19th or post-marked Mon. Sept. 17th). **All parents please be prepared to help out!**

October 20-21, Ted Dorsey Fall Classic, Reno, meet sheet www.pacswim.org/1007reno.pdf (pending; enter on-line or deliver by Wednesday October 10th, or post-mark by Monday October 8th).

November 9-12, Nevada State Championships, Carson City, meet sheet pending, see www.ddst.org or coaches for qualifying times and updates.

Novice Meet

Fifteen veteran and new summer Dolphins raced at our pool on Saturday, July 28th.

For the summer swimmers, **Lilly Borgzinner** improved her 50 freestyle and 50 backstroke by 8 sec from last summer, and tried 25 freestyle, 25 backstroke, and 50 breaststroke. **Ingrid Carlson** swam the 25 freestyle, 50 freestyle, and a very strong 25 backstroke. **Nicole Jackson**, 5, swam 25 freestyle and 25 backstroke for her very first meet. **Audrey Muller**, back for a second year, swam three 25s of freestyle, backstroke and breaststroke. **Elsa Schollmaier** improved her 25 freestyle and 25 backstroke by 7 sec from last summer, and tried 50 freestyle, 25 breaststroke, and 50 breaststroke. **Annika Sikora** at her first meet swam 50 freestyle, 50 backstroke, 25 breaststroke, and 25 butterfly, and looked like a pro. Her sister **Kira Sikora** swam 25s of each stroke, and is ready to swim her first IM.

For the summer boys, **Christopher Bleyer**, swam 25 freestyle, 50 freestyle, and 25 backstroke in a new B time of 26.12. **Josh Brown** improved his 25 freestyle and 50 freestyle from last summer. **Brin Hill** swam very well in his 25 freestyle and 25 breaststroke. **Isaiah Schat** looked very strong in 25 and 50 freestyle, 25 backstroke, and 25 butterfly.

For the veterans, **Briana Burns** improved 5 sec in 100 freestyle, 2 sec in 50 breaststroke, and swam very well in 2 new events, 25 butterfly and 100 IM.

Lindsey Johnston had a great meet with 100% improvement, dropping 2 sec in 50 freestyle and 4.4 sec in 50 breaststroke for new B times, and dropped 3 sec in 25 butterfly. **Shelby Koontz** also improved 100% in her first 9 year old meet, dropping 2 sec in 100 freestyle, 0.7 sec in 50 breaststroke, and 1.2 sec in 50 backstroke for her first Junior Olympic time of 38.80. Also improving 100% was **Paolo Burns**, 7, who dropped 6 sec in 50 freestyle, 15 sec in 100 freestyle, 6.7 sec in 25 butterfly, and 8.4 sec in 50 breaststroke for a new B time of 1:03.44 and a great meet. Good job to all the Dolphins!



From the Meet Directors

THANK YOU to all the parents and swimmers who stepped up and helped at our Novice meet. Brand new parents, experienced parents, and some awesome older swimmers volunteered their time. Because of an unfortunate computer problem, everyone had to work even harder than usual to help run the meet:

Computer: Lane Killion, Steve Sikora, Judy Maynor; **Marshall & Official:** Rick Ansel, Paul Johnston, Leslie Morefield; **Clerk of Course:** Margaret Jackson, Anna Burns, Lila Ansel; **Runner:** Callie Parr, Kat Hill; **Timing Judge:** Kat Matheson, Marco Hyman, Linda Koontz; **Head Timer:** Debra Muller; **Heat Winner Ribbons:** Barbara Sikora, Cameron Morefield, Sam Ansel; **Snack Bar, Hospitality, Helping Young Swimmers:** Sarah Davenport, Virginia Evans, Kyle Johnston, Cameron Morefield, Sam Ansel, Shaelin Morefield, Ben Syang, Chris Bergstrom, Molly Lahlum, Sarah Koontz, Anna Jackson, Chandra Matheson, Cassie Parr; **Set Up:** Josefina & Avelino Sigala, Rick Ansel, Jim, Leslie, Cameron, & Shaelin Morefield, Dana & Lane Killion, Becca Chappell, Linda, Sarah, & Shelby Koontz, Lorna Johnston.

Officials Corner

Q: At a swim meet, is it illegal to cross into another lane during a race?

(from Yuchen Jin, Senior Group)

A: No. The only lane rule a swimmer needs to worry about is that **you must start and finish the race in the same lane**. If you start in lane 5 but finish in lane 4, for example, you would be disqualified. **Otherwise, there is no penalty** (unless you also interfere with another swimmer – keep reading).

What if you do cross into another lane during your swim? As long as you (1) don't touch, or otherwise interfere with, the swimmer in that lane, (2) get back to your own lane before finishing, and (3) swim your stroke(s) legally, there should be no penalty other than a slow time! But if you do interfere with an-

other swimmer, then you could be disqualified, and the other swimmer could be offered an opportunity to re-swim their race in a different heat.

Sometimes, a swimmer will accidentally start in the wrong lane. The same rule applies: you must finish in the same lane, even if it was the wrong one. If you do, there is no penalty, but if you don't check carefully afterward, your time might go to the wrong swimmer!

Of course, it's always best to **check carefully before your race**, and be sure you are getting in the correct lane in the correct heat. You should also **check with the timers after each race**, even if you know you swam in the correct lane. Wait until the next heat begins, then ask to see your times. Make sure they are writing down your times next to your name, and not someone else's. This rarely happens, but is worth double-checking.

If the timers do have the wrong name, tell them and give them your correct name. Make sure they write it down! Also **immediately tell your coach about the problem**, so the Meet Referee can be informed. USA Swimming rules make it the timers' responsibility to be sure the correct swimmer is swimming in the correct lane. Whether it's the timers' fault or the swimmer's fault, though, the Referee needs to make sure that all race times go to the correct swimmers.

Questions may be submitted to this newsletter any time! Just leave your question in the Newsletter folder at the front of the file box at the pool lobby, or email or phone the Newsletter Editor (see key contacts on page 2.)



Bulletin Board Photos Needed!

Leslie Morefield has volunteered to start keeping our Team bulletin board updated, and is asking members to take pictures of fun activities at meets and other DDST events to include. Prints or CDs can be left in the Morefield's file folder at the pool lobby. Digital files (no more than 5 MB at a time may be emailed to the Newsletter Editor (see page 2) who will pass them along.



Zone-4 Championships

The Dolphins brought 32 swimmers to the Pacific Swimming Zone-4 championships, August 10-12 at the Idlewild pool in Reno, NV. Included were A-division high-point winner, **Kyle Johnston**, who dominated the 11-12 boys, B-division high-point winners **Ryan Dykes** and **Shawn Kessler**, and runner-up **Chandra Matheson**.

Starting with our youngest swimmers, **Julia Chappell**, 6, improved by 20 sec in her 50 freestyle, and swam very well in 25 freestyle and 50 backstroke. For the 7-8 age group, **Josh Brown** dropped 2 sec to 21.92 in 25 freestyle for a new B time. **Paolo Burns** improved in 5 of 9 events, including 3 sec faster in 50 breaststroke, and 2 sec in 25 breaststroke for a new B time of 29.56. **Isaiah Schat** swam 50 freestyle, 25 butterfly, and a strong 25 freestyle. **Josh Smithen** improved by 1 sec in 50 freestyle, 5 sec in 25 freestyle for a new B time of 22.93, and tried 4 new events.

In the 9-10 group, **Lily Borgzinner**, about to return to Sacramento for the school year, swam 5 events and improved 5 sec in her 50 backstroke. **Briana Burns** improved by huge amounts for new B times in 100 IM, 50 backstroke, and 50 freestyle (36.86), also swam faster in 50 and 100 breaststroke, and tried 3 new events. **Ingrid Carlson** swam 9 sec faster in 25 freestyle in just 2 weeks! **Savannah Chappell** had a great meet with 100% improvement, including 11 sec faster in 50 backstroke, 7 sec in 100 freestyle, and 6 sec in 25 butterfly. **Lindsey Johnston** swam 3 best times, including 50 freestyle and 25 butterfly from just 2 weeks earlier! **Shelby Koontz** swam new or improved times in 6 events, including 2 sec off 50 freestyle for a 32.23, and 3 new BB times in 100 breaststroke, 200 IM, and 200 freestyle with a 12 sec drop. **Annika Sikora** swam very strong in 5 new events, with new B times in 100 freestyle and 50 butterfly. **Kira Sikora** swam best times in all four 25s from the novice meet two weeks prior, including 5 sec off her 25

butterfly. **Josh Kessler**, on less than 2 weeks of practice, improved in 4 events including a 19 sec drop in 50 butterfly. **Kevin Smithen** swam very strong in 6 events, 4 of which were new, including the 200 freestyle.

For the 11-12 swimmers, **Erica Chappell** improved 100%, including 30 sec faster in 100 backstroke, 10 sec in 200 freestyle, and her first 500 freestyle in 7:18.86. **Shaelin Morefield** had an amazing meet for the few practices she attended this summer, including a 14 sec drop to 6:17.90 in 500 freestyle. **Kyle Johnston** swam 5 best times including a very strong 100 IM and 200 freestyle, to take home the 11-12 boys high-point trophy. Among **Shawn Kessler's** 9 events were huge improvements in 200 freestyle by 6 sec and 200 IM by 7.5 sec. **TJ Smithen** looked great in the water, with clean new strokes, and best times 2 sec in 200 freestyle and 1 sec in 100 backstroke.

Our 13-14 team included **Yuchen Jin** with a jaw-dropping meet, swimming 14 sec faster in 200 IM, 4 sec faster in 100 breaststroke, and a beautiful first 200 backstroke for a new BB time. **Mary Smithen**, just back from vacation, swam best times of 1:05.44 in 100 freestyle, 1:10.34 for a beautiful 100 butterfly, and her first 500 freestyle. **Cameron Morefield** also had an incredible meet for missing most the summer, improving 17 sec in 200 backstroke, 16 sec in 200 breaststroke, and 6 sec in 200 IM. **Ben Syang** swam 7 new best times, including a 3 sec drop in 100 backstroke, and looked very good in the water, with potential for great things in the coming season.

For the 15-up group, **Becca Chappell**, not quite 100% released from doctors, has been working hard to get back to best times, and scored with a huge 2.2 sec drop in 100 butterfly. **Virginia Evans** looked great in her butterfly, and showed big improvements from her last meet. **Anna Jackson** had a great meet also, improving in 5 events including 500 freestyle, 100 backstroke, and 50 freestyle, and looking great in her butterfly. **Chandra Matheson** swam very well in her first meet as a Dolphin, and looked

great in her freestyle and breaststroke events. **Paula Sigala** looked very quick in her 50 freestyle, breaking the 30 sec barrier with a new BB time of 29.82, and with more training will have a great season. **Whitney Simpson** swam best times in 50 breaststroke and 50 butterfly. **Ryan Dykes** swam a very fast meet dropping time in all but one event, including new BB times in 100 freestyle (59.50) and 50 freestyle (25.98), a 29.3 50 butterfly, and a high-point trophy. **Marco Hyman** looked very strong in the water, his butterfly events will be fast this next season, and with more consistent training he will also have great success with his other strokes.



Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

DDST TEAM SUIT, girls size 30 diamondback, worn twice only in meets. \$20 also includes cap and vintage State sweatshirt. Contact Gina, ginaski4vr@msn.com, 265-4615 (2)

Submit classified items to the Newsletter Editor, to run for 3 months unless otherwise requested. Please include **adult** contact information, and suggested price if applicable.



Next Board Meeting

The next DDST Board of Directors meeting will be **Tuesday, Sept. 4th, 2007, 6:00 pm, at Carson Valley Swim Center**. Parents are always encouraged to attend; meeting minutes are available from the Secretary. **This is the inaugural meeting of the new Board, and all member families present may cast a vote for the next President, Vice President, Secretary, and Treasurer.**

Regular meetings of the DDST Board of Directors have been moved to the **first 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).



Transitions

Welcome new swimmers from the summer team: Nicky Jackson, Abigail Lewis, Isaiah Schat, Annika Sikora, and Kira Sikora. **Moving up: congratulations** to new Pre-seniors Kyle Johnston, Shaelin Morefield, and Meagan Skill- ing, and new Senior Yuchen Jin.

Happy August Birthdays to Kaden Millard (8/5), Whitney Simpson (8/5), Coach Kat (8/9), Marcus Reyes (8/23). *(Please inform the Editor of any errors or omissions in this section, and we'll make it right!)*



Port-of-Subs Fundraiser

Congratulations to **Madison Harvey**, who sold the most coupon books (25) and won the prize of 4 movie tickets! Thank you to everyone who participated in our summer fundraiser, and to Minden Port-of-Subs for donating the coupon books!



Practice Schedules

School Out of Session Practice times on Labor Day Monday (Sept. 3rd)!

Check www.ddst.org for updates!

ANY Public School(s) IN Session (starting 8/27/2007)

Seniors: M-Th 2:45-5:30, F -4:30

Pre-seniors: M-Th 2:45-4:45, F -4:30

Blue: M-Th 4:45-6:00, F 4:30-5:30 pm

Red: M-Th 5:00-6:00 pm

White: M & W 4:00-4:45, F 4:30-5:15

Pre-competition: T & Th 4:00-4:45

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

(common break days; public holidays except Christmas & New Year days)

Blue, Pre-seniors, & Seniors:

M-F 7-9 am

Red: M-Th 3:30-4:30 pm

White: M, W, F 3:30-4:30

Pre-Competition: T & Th 3:30-4:30



Next Newsletter

The next *Monthly* will appear about September 15th. **All submissions should be received by Monday, September 10th.** Questions, content requests, items of interest to the DDST membership, address changes, 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 months' contributors, coaches Sarah Davenport, Kat Matheson, and Stefanie Signorella; Lorna Johnston, Linda Koontz, and Joe Stubnar, and to the mailing committee (Leslie, Cameron, and Shaelin Morefield).

Latest news online: www.ddst.org.

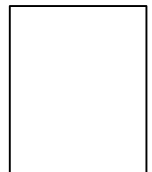


Douglas Dolphin Swim Team

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Time-sensitive Swim Team news enclosed!