

Dolphins' Monthly

DOUGLAS DOLPHINS SWIM TEAM
(since 1964 – our 45th year!)

www.ddst.org

April 2009

Molly Rae Lahlum

The Douglas Dolphins are mourning one of our own. After winning a 100 free-style race at a high school meet on April 7th, Molly collapsed and was hospitalized. After considerable progress in a valiant fight to recover, Molly passed away peacefully on April 23rd. She was 15. Molly's joy and enthusiasm swims on in so many she touched throughout our community and far beyond. See Molly's CaringBridge web page (caringbridge.org/visit/mollylahlum).

Our hearts and prayers go out to the Lahlum family, all of Molly's friends and teammates, and the entire community, in our time of sorrow and loss. We love you and miss you Molly. We will keep on swimming for you, and you will always be swimming with us! Rest in peace.



No Practices Wednesday May 6

Due to a re-scheduled High School meet in Minden on the afternoon of May 6th, there will be no Dolphins practices that day. Come support Molly's team mates and friends as they get back into the High School swimming season.



Meet Entries Due!

See May and June listings in the Upcoming Meets section on page 2!



Adopt a Block Before June 1st!

In the past 2 months you may have seen our 3 brand new, **full-height starting blocks** donated by Big George Ventures and a DDST family. Carson Valley Swim Center is the only pool in the region without a full set of high blocks (and the competitive advantage they provide).

While the 3 new blocks have been helping our swimmers practice and prepare for meets, **we need 5 more** like them to provide that same advantage to all who compete in meets hosted at CVSC, while avoiding rental and transportation costs from another facility. **We want to order 5 more blocks by June 15th**, so they can arrive in time for our High Country League Championships meet August 7-9.

Families or businesses who adopt a starting block will have a **name, logo, and/or dedication of their choice permanently attached** to the diagonal support post (see existing blocks) for the life of the block (typically at least 10-20 years). These blocks are in one of the highest-traffic areas of the pool. **Donors are also welcome to share a block** (and the available display space) with up to 3 other donors.

Through June 1st any donor may take advantage of the DDST member cost of \$1900 per block. Cost increases are possible after that date. **Please contact Jim Morefield (775-782-4360 or jdmore@charter.net)** with any questions, or to coordinate a shared block. **Donations are tax-deductible** as charitable contributions, and should be made payable to Douglas Dolphins Swim Team (or DDST) and marked "Adopt a Block Program." Donors will be contacted regarding display wishes and any sharing arrangements. Thank you for your support!



Swimmers of the Month

Andy Esparza is a very dedicated swimmer who puts a lot of hard work into practice. He has become a leader in White group and all the younger swimmers really look up to him. He always comes to practice with a positive attitude and I can count on him to be a lane leader. Andy has also become quite a good stroke and turn demonstrator. Andy is always learning and he is a very determined swimmer. Keep giving your best, Andy!

Shelby Koontz qualified for and participated in both Junior Olympics and Far Western Short Course Championships this spring. At JOs she dropped a monstrous 3.6 sec in 200 freestyle achieving a PRT (Pacific Recognition Time). Then at Far Westerns she improved in 6 swims, obtained another PRT in 100 IM, and set 2 new team records on her way to 4th place finishes in 50 & 100 freestyle finals. To Coach Kat's amazement this 10-year-old is just 0.4 sec away from breaking a minute in her 100 freestyle!

Shaelin Morefield swam 8 grueling test sets with Seniors & Pre-seniors the week of April 13-17th, and never backed down. She swam her heart out on every set, even though she had already made the senior cut. On Tuesday Shaelin swam 20x100 breaststroke holding 1:20-1:25, and on Friday she lead the team in the 20x100 butterfly. Kat and Sarah see great determination in Shaelin, she is fun to work with, and this long course season will be her best yet.



COACH

Kat's Corner

(coachkat0809 @ hotmail.com; 775-315-7701)

Yeah! We are swimming outside again. Good fresh air allows our swimmers to perform even better I think. **However I must stress the importance of sunscreen**, yet again. A new bottle or stick should be a part of your child's swim bag. The following is an excerpt from the Skin Cancer Foundation.

Q. Why are sunscreens important for our well being?

A. There is a dark side to the sun. The government has placed ultraviolet radiation (UVR) both from the sun and from tanning machines on its list of known human carcinogens. UVR produces DNA damage that may lead to mutations in genes involved in the development of skin cancer. Therefore, along with other sun safety strategies, sunscreens that absorb or block UVR serve an important protective function.

The US Environmental Protection Agency estimates that the sun causes 90 percent of non-melanoma skin cancers and 65 percent of melanomas. Each year, there are an estimated million or more new cases of basal and squamous cell carcinoma. The incidence of invasive melanoma, the most serious form of skin cancer, is estimated to be 59,940 this year according to the American Cancer Society.

**DDST Key Contacts**

Board President: Kathy Chappell
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Head Coach: Kat Matheson
coachkat0809 @ hotmail.com

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

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whitneysimpson @ hotmail.com

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

Billing & Treasurer: Joe Stubnar
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Parent Liaison: Karen Sullivan
ksulliva @ dcsd.k12.nv.us; 775-267-4035

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



COACH

Whitney's Corner

(whitneysimpson @ hotmail.com)

I would like to remind swimmers and parents about the **importance of wearing goggles in practice**. Each swimmer should have goggles with them at practice and should be wearing them during practice. Without goggles it is more difficult to swim and it keeps the swimmer from being efficient in the water, disrupting swim practice. There have been a few incidents this last month with swimmers misplacing their goggles or leaving them at home. **So parents**, please make sure your swimmers bring their goggles each day, and make sure you are aware when they have been misplaced so you can provide replacements. Thank you!

Once again I would like to remind Dolphins swimmers that they should not be playing in the pools before or after practice unless they pay for rec swimming at the front counter. Dolphins monthly dues only cover pool time during scheduled practices. The only time they can get into the pool other than paying for rec swimming is when they have direct contact with a swim coach during swim practice. This is a USA swimming rule due to insurance policies. Convenient swim passes may be purchased for pool use outside practice times.

Lastly, I have been very impressed with the White Group swimmers! They are looking very strong in the water and all of them have been working very hard! I am really looking forward to seeing their performances at the up-coming summer swim meets! All of you guys are doing amazing and keep giving your all in practice!

**Upcoming Meets**

Online entries, meet sheets, updates:
www.ddst.org/meets2009.htm.

Paper meet sheet copies: front of team file box by trophy case at pool lobby.

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

May 22-24, Carson Tigersharks Intermountain Classic (long course), meet sheet www.pacswim.org/0509cars.pdf (enter online or hand deliver by May 13th, or mail by May 11th).

June 6-7, Tahoe Swim Club, meet sheet www.pacswim.org/0609taho.pdf (enter ASAP online or hand deliver by May 27th, or mail by May 25th). **This meet often fills up early!**

June 6-7, San Jose CA, Pacific Swimming Junior+ (qualifying times apply, meet sheet pending, see Coach Sarah or Coach Kat for details).

June 19-21, Reno Gamble Invitational (long course), meet sheet www.pacswim.org/0609reno.pdf (enter online or hand deliver by June 10th, or mail by June 8th).

June 26-28, Bishop Swim Team, meet sheet www.pacswim.org/0609bst.pdf (pending; enter ASAP online or hand deliver by June 11th, or mail by June 9th). **This is a fun travel meet in the Bishop city park! This meet will fill up early!**

**Pool Use Outside Practice Times**

The Swim Team pays a monthly fee for our pool usage during practice times. It has come to our attention that some DDST swimmers are using the other pools and equipment at the Swim Center on their own, before and/or after practice. This is fine as long as they are old enough and meet other Swim Center requirements, and as long as they pay the regular admission fee.

If you want your swimmer to be able to use the pools or equipment outside their practice times, monthly or annual passes can be purchased at a discount in the Swim Center lobby, or your swimmer can carry the daily admission fee.

Also, please be aware that DDST swimmers are NOT under DDST coach supervision except during their scheduled practice times.



SAVE THE DATE! Awards Banquet May 17th

The annual DDST Awards Banquet is scheduled for Sunday evening, **May 17th, 5:00-7:00 pm** at Pa Wa Lu Middle School in Gardnerville. This is the time we celebrate our past successes, and get to brag about each swimmer! Watch your mail for an invitation and details, and be ready to dress and cook Hawaiian! (Contact Kathy Chappell if you can help organize!) Please don't let your swimmer(s) miss this fun-filled and rewarding evening!



SAVE THE DATE!

Next Home Meet August 7-9

The next Dolphins home meet is a big one – the High Country League Championships August 7-9, 2009. **Please mark your calendars now!** We will need the help of all Dolphins parents to make this a successful experience for the athletes. High Country Championships is a fun, inclusive, summer-ending meet for all the teams of our region. Newer and seasonal swimmers may enter without qualifying times, and the 11-up age groups have an opportunity (often the first) to experience a Trials & Finals format.



Next Board Meeting

The next DDST Board of Directors meeting is **Tuesday, May 5th 2009, 6:15 pm**, at our new location, Arrowhead Dental Center, in Minden Medical Center, 925 Ironwood Drive, suite 1103 (across highway 395 from Danny's Restaurant). Parents are always encouraged to attend; meeting minutes are available from the Secretary.

Regular meetings of the DDST Board of Directors are the **first Tuesday evening of each month at 6:15 pm**, at Arrowhead Dental Center in Minden. **Board Contact information:** www.ddst.org/boardmembers.htm.

Dolphins' Classified

ITEMS WANTED OR OFFERED

OFFERED

BLUE GROUP EQUIPMENT: TYR fins size 3-5, \$10. Linda Koontz, 782-7806, boblinfoontz@verizon.net (3)

OLD TEAM SUIT: TYR girls maxback size 26, royal blue, 100% polyester, in good shape, slightly used, \$10. Jim Morefield, jdmore@charter.net, 775-782-4360 (3)

RED TEAM T: shirt, "speed" theme with flames, youth size 14-16, in good shape, **free to good home!** Jim Morefield, jdmore@charter.net, 775-782-4360 (3)

HOODED TEAM SWEATSHIRT: gray, large logo on back, small logo on front, adult size small, great condition, **free to good home!** Jim Morefield, jdmore@charter.net, 775-782-4360 (3)

DOLPHINS NAVY WINDBREAKER, adult size small, white stripes on sleeves & logos front & back, **free to good home!** jdmore@charter.net, 775-782-4360 (2)

YOUR FREE AD HERE FOR 3 MONTHS, any swimming-related goods or services wanted, offered, or for sale, used or new. It really works! Contact the Newsletter Editor, jdmore@charter.net, 775-782-4360 (3)

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.



Fundraising

The Board of Directors has been receiving helpful feedback on the new fundraising policy recently announced, and we encourage more feedback prior to the May 5th Board meeting (visit www.ddst.org/boardmembers.htm or see Key Contacts). In meeting the full financial needs of the team, we are always trying to balance between those members who would prefer higher monthly dues in lieu of fundraising, and those who want – or need – the opportunity to fundraise to help cover those costs. As a 501(c)(3) non-profit, we also have to ensure that our fundraising activities conform to IRS and other requirements. We will be considering any further adjustments that might be needed at the May 5th meeting, and again we encourage parents to attend or provide prior feedback.

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Team Store

www.ddst.org/store.htm

Store Manager: **Pattie Dack**
775-267-4322, psdack@charter.net

NEW IN STOCK: Dolphins water bottles, \$3 each. **CLEARANCE PRICES ON ITEMS IN STOCK WHILE SUPPLIES LAST!** Limited sizes/colors remaining as we make room for new items. **DDST window decals \$3 – support your team!** Team zip-up sweat jackets, sweatshirts, T-shirts, sweat pants, swim caps, swim suits, towels, etc. Contact me to check on sizes. Visit the Team Store web site above or contact me for details and prices. **Check with your coach about optimal racing suit sizes.**

Equipment orders (see coach for required items): **Catalog and order forms** are available in the team file box in the Swim Center lobby or on the above web page. **The NorCal equipment form should be sent or phoned directly to NorCal, or orders can be placed online.** (Tip: team up with other parents to share shipping costs). **The smaller form for caps should be turned in to the Store Manager.**

Spring Junior Olympics Championships

(Abbreviations: IM=Individual Medley;
Times: FW=Far Western, PRT=Pacific
Recognition Time.)

Nomads or Popsicle People might have been better names than Dolphins at short-course JOs March 20-22. Once again our swimmers endured a weekend of freezing tent living. Our indoor pool comforts of home make swimming in top level outdoor California meets a challenge. Our 9 swimmers did rise to the challenge though. Almost everyone managed to improve times and some even improved 100%. This was quite a memorable meet for our swimmers. On Sunday morning we showed up to the pool bright and early to find it flooded, and the meet was delayed. Always an adventure!

Shelby Koontz (10) swam a full 7 events, dropping 4 sec in 200 freestyle to finish 5th with a new **PRT** of 2:17.78, and finishing 4th in 50 & 100 freestyle and 6th in 200 IM.

Shaelin Morefield (13) improved in 4 of 6 events, dropping 1.5 sec in 200 backstroke, 3.5 sec in 200 breaststroke for a new **FW** time of 2:38.27, and 3 sec in 400 IM for a 13th place finish.

Kyle Johnston (13) also improved in 4 of 6 events, including a huge 7 sec drop in 200 backstroke to 2:18.01, and 1 sec in 100 butterfly to 1:00.58, and 0.6 sec in 200 freestyle.

Taylor Killion (14) competed in 3 events, swimming 100 backstroke, 200 backstroke, and a strong 200 freestyle.

Cameron Morefield (14) swam a full 7 events and looked strongest in 200 IM, swimming right on best time at 2:14.85.

Haley Von Schottenstein (16) competed in 5 events and made fi-

nals placing in all 5, dropping 1 sec in 100 freestyle for a new **FW** time of 56.42, and placing 7th in 50 freestyle and 6th in 100 breaststroke.

Shawn Stubnar (16) swam 200 backstroke and 400 IM in his first JO competition, and swam right on best in 400 IM at 4:50.89.

Michelle Forman (17) competed in 6 events, made finals placing in 4, and improved in 4, including a 1 sec drop in the 100 split of 200 butterfly for a new **FW** time of 1:03.52, 0.6 sec in 50 freestyle for a new **FW** time of 26.20, and 10th place in 100 breaststroke.

Eric VanBeuge (17) had a great meet, placing in finals and improving in all 4 of his events, dropping 1 sec to break a minute and finish 7th in 100 backstroke with a new **FW** time of 59.43, also placing 7th in 200 backstroke and 200 butterfly, and dropping 1 sec to 51.20 in 100 freestyle.



Far Western Championships

(Abbreviations: IM=Individual Medley;
Times: JO=Junior Olympic;
PRT=Pacific Recognition Time.)

For short-course Far Westerns April 2-5, the weather was kinder to us, with gradual warming trend. By Sunday afternoon we were even looking for shade. This was a very long meet for good reason – on all but one day we had athletes who made finals! An added bonus for finals at this meet was the medals presentation, which was done by past Olympic champions. So our Dolphins were awarded by Dana Kirk, Tara Kirk, and Matt Grieviers. The hard work of our 6 Dolphins qualifiers was rewarded with a great weekend, competing with over 1300 top swimmers from as far away as Hawaii, Alabama, and Virginia.

Shelby Koontz (10) had a super meet, improving in 6 of 7 swims, dropping 2 sec in 100 IM for a new **PRT** of 1:12.83, and amazing her coach and team mates by breaking her own team records each time she swam 50 and 100 freestyle, first in prelims and again in finals. Shelby dropped a total of 2 sec in 100 freestyle to take 4th place in finals with a new **team record** of 1:00.42, and dropped 0.6 sec in 50 freestyle for another 4th place finish and new **team record** of 28.23.

Shaelin Morefield (13) swam 4 events, improving 1 sec to 1:02.56 in 100 butterfly, swimming right near best in 200 breaststroke, and close to best time in 200 butterfly on Sunday despite battling a virus.

Cameron Morefield (14) competed in 5 events, swimming right near best time in 100 butterfly at 1:00.69, and looking strong in 100 backstroke and 200 backstroke.

Haley Von Schottenstein (16) had a great meet, improving in 3 of 4 events, finishing 5th in 100 freestyle finals to break her own **team record** with a new **PRT** of 24.52, and taking advantage of a second chance in a 100 butterfly swim-off to break a minute, dropping 0.6 sec to 59.56 and breaking a long-standing **team record** in the process.

Michelle Forman (17) also had an excellent meet with huge drops in 6 of 8 swims, improving 8 sec in 400 IM, another 8 sec to place 8th in 200 backstroke finals at 2:20.28, 3 sec in 200 breaststroke, and 2 sec for a 6th place finish in 100 butterfly finals at 1:01.45.

Eric VanBeuge (17) showed amazing improvement in his 2 backstroke events from just 2 weeks earlier at JOs, dropping 1 sec to 58.41 in 100 backstroke, and 2+ sec to 2:06.30 in 200 backstroke, with a return to place 6th in 200 backstroke finals.



Folsom Long Course Meet

(Abbreviations: IM=Individual Medley; Times: PC-X=Pacific Swimming Standards; JO=Junior Olympic; FW=Far Western, PRT=Pacific Recognition Time.)

Overcoming a number of difficult circumstances, coaches, parents, and 21 Dolphins swimmers pulled together for a successful meet to open the long course (50 meter) season in Folsom, California, April 24-26. It was a warm and beautiful spring weekend, and a great facility to spread out in, relax, and do some fast swimming! Being our first long-course meet since at least last year, our entry times were converted (=estimated!) from best short course times (25 yard), so almost all of our swims were either best long-course times or new long-course times.

Our 7-8 girls included **Sarah Hyatt** in her first long-course meet, swimming 50m freestyle, a faster 50m backstroke, her first 100m breaststroke, and a new **PC-B** time of 1:07.28 in 50m breaststroke. **Hayley Killion**, also new to long-course competition, swam faster in all her events including 50m & 100m freestyle and a new **PC-B** time of 1:10.27 in 50m breaststroke, and tried her first 100 breaststroke. **Taylor Sullivan** had a fast meet with 100% improvement, taking 1st place in 50m breaststroke with a new **PRT** of 51.23, placing 3rd in 3 other events including a new **PC-A** time in 100m freestyle, and swimming her first 100 breaststroke and 200 IM.

For the 9-10 girls, **Savannah Chappell** swam a super-fast 50m freestyle in a new **PC-A** time of 37.25, and also swam faster in

200m freestyle, 100m backstroke, and 100m breaststroke, all in **PC-A** times. **Emily Dack** had a great meet, improving 100% in 7 events including 50m of all strokes, 100m freestyle and backstroke, and swimming her first 200 freestyle. **Kaela Forvilly** also had a super meet with 100% improvement in 7 events, placing 5th in her first 200 IM with a new **PC-A** time, 8th in 100m backstroke with a new **JO** time of 1:33.33, achieving another **JO** time of 43.36 in 50m backstroke, and swimming her first 100 breaststroke. **Shelby Koontz** had a fantastic meet too, placing 2nd in all 7 of her events with **PRT** in 6 of them, including a new **PRT** of 36.63 in 50m butterfly, and a faster 200m freestyle time.

Our 11-12 swimmers included **Marlena Ford** in her first long-course meet (and 2nd meet ever), swimming 4 sec faster (converted) in 50m freestyle and a new **PC-B** time of 1:55.27 in her first 100 breaststroke. **Andrew Brockhage** also had a great first long-course meet with huge improvements in 7 events including 50m backstroke, 50m breaststroke, and 50m & 100m butterfly. **Adam Dack** also swam faster in 7 of 8 events, including huge drops on 50m butterfly, 200m freestyle, and 50m freestyle where he achieved a new **PC-B** time of 40.65. **Logan Killion** swam faster too in 4 of 5 events, including 200m IM and new **PC-A** times of 34.86 in 50m freestyle and 1:19.51 in 100m freestyle. **Dylan Matheson** competed in 4 events in his very first long-course meet and looked great, swimming much faster in 50m butterfly, 50m freestyle, and 100m breaststroke.

For the 13-14 group, **Erica Chappell** swam 5 events in one day including her first mile in competi-

tion, swimming a new **PC-A** time of 22:19.13 in 1500m freestyle, and also holding **PC-A** times in 50m & 400m freestyle and 200m backstroke. **Eli Cruz**, newly arrived from southern California, swam her first meet as a Dolphin with 100% improvement in her 3 events, swimming **PC-A** times in 50m freestyle, 100m butterfly, and 200m IM. **Shaelin Morefield** swam right near best times in most of her 8 events, finishing with **JO** times in 100m butterfly and 200m IM, and **PC-A** times in the rest. **Cameron Morefield** swam 7 events, finishing near best times in 50m freestyle and 400m freestyle, and finishing with **JO** times in 200m backstroke and 100m butterfly.

The 15-16 girls included **Sarah Koontz** took on 9 grueling events and came up with some huge improvements, placing 8th in 400m freestyle with a **PC-A** time of 5:07.70, and 2nd in 1500m freestyle with a **PC-A** time of 20:30.15. **Paula Sigala** also swam 7 long events, all near best times, finishing 3rd in 1500m freestyle with a **PC-A** time of 21:12.51, and also swimming **PC-A** times in 5 other events. **Haley Von Schottenstein** competed in 5 events, finishing in 6th place in 50m freestyle and 100m butterfly, and 8th in 100m breaststroke, all with **JO** times.

For the 17-18 girls, **Michelle Forman** swam 5 events, finishing in 5th place in 50m freestyle and 100m butterfly with **JO** times, and swimming **FW** times of 3:05.08 in 200m breaststroke and 5:47.75 in 400m IM. **Chandra Matheson** competed in 6 events, finishing near best time in 200m IM, and with **PC-A** times in all of her swims.



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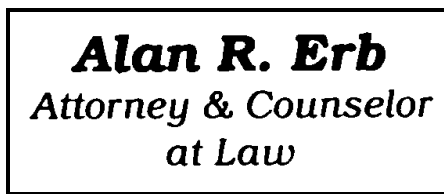
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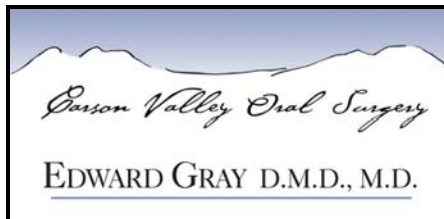
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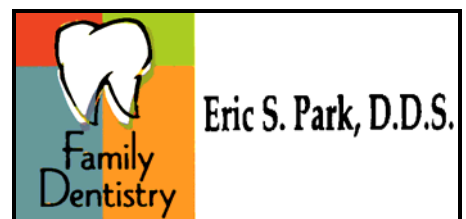
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Tips of the Month

Tip of the Month comes from the Speedo Tip of the Week feature, in the Swimmers section of www.usaswimming.org.

Jerry Adams, head coach of the Schenectady Swim Club in Schenectady, NY, and the 2005 Adirondack Age Group Coach of the Year, offers some advice on race planning:

I always feel more confident in how an athlete will swim when they go into a race with a race plan. Learning the importance of race planning and developing the ability to execute a plan can help you to race closer to your true potential.

Race planning can be as simple as learning how to negative split a 400 meter freestyle. It can be as simple as trying to negative split or build each stroke during an IM. No matter what you're racing, there's always a way to swim it efficiently and fast.

Race planning also involves visualizing the race as often as you like before you race it in the water. If you can get yourself to see the race – see yourself attacking turns, see yourself carrying the speed from the walls into your breakout, see yourself sprinting to the finish – you'll go into a race with the confidence that you can get it done.

Remember that you can't win a 200-meter freestyle in the first 30 meters, but you can certainly lose it there. Staying relaxed early on in most races can not only help you to be a great finisher of

racers, but it might also get you out a bit faster without using too much energy.

Try to stick with the plan to the end. As you learn what works for you and what doesn't, you can always work with your coach to change the way you swim your races. In planning for any race, you need to figure out how fast you can go without fatiguing early and also figure out where the point is that you can begin to go all-out and still finish with some speed.

If you continue to finish a race with too much left in the tank, maybe, instead of just going out faster, you should try to start sprinting 10 yards earlier. Maybe in your 200 IM, you can relax early in the backstroke and work on building to a sprint at the end of the backstroke.

There are skills that you can develop in practice every day to help you execute race plans better. When you focus on building swims at practice, you are practicing race planning. When you negative split swims, you are practicing race planning.

Go into a race with a plan, and execute it.

Bonnie Moss, special correspondent for *Splash Magazine*, with Olympian Katie Hoff's perspective on Distance Per Stroke (DPS) in Breaststroke:

Long, strong strokes are fast and efficient, something Yetter and Hoff take to heart. "During the 400 IM, I try to think about being smooth and relaxed," Hoff says.

If you have an efficient distance per stroke, you're using every ounce of energy to carry yourself forward. In breaststroke, for example, Hoff aims for a tight in-line body position while completing the kick. Yetter says when focusing on DPS, it's important to subtract the negatives, meaning that instead of adding elements of power to your stroke, you should take out any resistance.

A drill to increase DPS: 2 pullouts underwater + 2 full strokes on the surface + 2 more pullouts underwater (6 total strokes), per 25. This drill forces you to get the most out of each pull.



Transitions

Welcome new swimmers Eli Cruz, Sophia Cruz, Brendyn Hoag, Anne Lancaster, Janosch Lancaster, and Brittany Seward. **Moving up: congratulations to new White Dolphin** Hayley Killion, **new Red Dolphin** Lena Ford and **new Blue Dolphins** Amanda Castro and Jessie Jin. **Farewell & good luck** to Kira Costarella, Garrett Dressler, Sasha Littrell, and Scout Pope – we'll miss you! Molly Lahlum, we love & miss you.

Happy May Birthdays to Chloe Cutter (5/03), Austin Dickey & Andy Esparza (5/07), Jordan Knowles (5/11), Veronica Lawson-Vilches (5/13), Amanda Castro (5/17), Logan Killion (5/21), Chris Bergstrom (5/24), and Kyle Johnston (5/27).

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



Practice Schedules

Check www.ddst.org for updates.

NO PRACTICES Wed. May 6th.

ANY Public School(s) IN Session

Seniors: M-Th 2:30-4:45, F 2:45-4:30,
T & Th 5:00-6:00 pm (dryland)

Pre-seniors: M-F 2:45 -4:30,
T & Th 5:00-6:00 pm (dryland)

Blue: M-Th 4:45-6:00, F 4:15-5:30 pm

Red: M-Th 5:10-6:10 pm, W 4:30-5:00

White: M-Th 4:15-5:00 pm

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

ALL Public Schools OUT of Session

(common break days; public holidays
except Winter Break)

Blue, Pre-seniors, & Seniors:

M-F 7:00-9:00 am

Red: M-Th 5:00-6:00 pm, W 4:30-5:00

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

Pre-competition: T & Th 4:30-5:00



Next Newsletter

The next *Monthly* will appear about May 20th. **All submissions should be received by Wednesday, May 13th.**

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, Jim Morefield, at jdmore@charter.net or 782-4360.** Items can also be left in our family folder, in the team file box by the trophy case at the pool lobby.

A big thank you to this month's contributors, coaches Kat Matheson, Whitney Simpson, & Sarah Davenport; Joe Stubnar; and to the mailing committee, Shaelin, Cameron, and Leslie Morefield.

Latest news online: www.ddst.org.

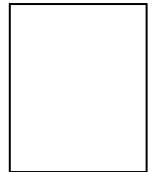


Douglas Dolphins Swim Team

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Time-sensitive Swim Team news enclosed!