

DOLPHIN TALES

Team Happenings - Born to Swim. Here to Win.



A MESSAGE FROM NACIM

Coach Nacim Bouferrache

As we bid farewell to the excitement of the short course season, it's time to shift gears and dive into the challenges and opportunities that the long course season brings. I want to take this opportunity to share some insights and inspiration as we embark on this journey together.

Firstly, let's discuss the difference between short course and long course seasons. Short course racing demands quick turns and explosive speed, while long course tests endurance and technique over greater distances. Transitioning between the two can be a challenge, but it's also an incredible opportunity for growth.

As we start fresh with the long course season, it's crucial to remember that every race, every stroke, is a chance to build upon the foundation we've laid in short course.

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A message from Nacim continued:

Whether you soared to new heights or faced setbacks in the previous season, each experience is a stepping stone toward becoming a better swimmer.

It's easy to let one bad season define your entire year, but champions rise above setbacks. Use any disappointments from the short course season as fuel to propel you forward. Remember, it's not about how you start, but how you finish.

Now is the time to sit down with your coaches and chart a course for success in the long course season. Set ambitious yet achievable goals that push you out of your comfort zone and inspire you to reach new heights. Your coaches are here to support you every stroke of the way, so don't hesitate to communicate your aspirations and concerns.

In the coming months, we'll face challenges, setbacks, and triumphs together. But through it all, remember the words of Michael Phelps: "You can't put a limit on anything. The more you dream, the farther you get." So dream big, work hard, and let's make this long course season one to remember.

“Without goals, training has no direction.”

Natalie Coughlin, Olympic Medalist



CHARLIE CHATTER

Coach Charlie

I want to take a moment to celebrate each and every one of you. Being a swimmer isn't easy – it requires an extraordinary level of dedication. Rain or shine, you show up day in and day out, pushing through the yards, even when it's dark, cold, and wet.

But remember, you're not alone in this journey. Lean on your swim community when the going gets tough. Your teammates are your greatest source of support and inspiration.

Your hard work doesn't go unnoticed. Stay open to feedback and be coachable. Seek out the advice of your coaches, both before and after your races. Take their feedback to heart and apply it during practices and meets.

It may not always feel natural at first, but with persistence, you'll find your stride. Remember, practice makes perfect.

Keep pushing yourselves, stay positive, and never underestimate the power of your determination.



POOLSIDE WITH HEATHER

Coach Heather

Swimming Nutrition

Whether we are competing for trials or simply coming to practice once or twice a week, swimming is a sport that asks a lot from us. Balance between school, homework, practices/meets, and social life can be challenging. Fueling our bodies well makes life much easier. Here are some things to remember so we have the energy we need for our muscles and our brains...

Hydration:

When weather is crummy and viruses are at their peak, drinking WATER throughout our day gives our immune systems constant reviving and helps us pass 'waste' from persistent white blood cells wars. WATER gives our muscle cells the ability to regenerate/repair, and that helps us grow stronger in our sport. WATER also keeps our brain cells plump and happy, helping us stay alert and positive in our thoughts. ****Drink & refill water bottles throughout the day****, and have that water bottle handy during/after practice! Coconut water can be an excellent recovery drink, after hard practices and meets (or when you're sick). It is filled with electrolytes and natural sugars, much better for the body than sports drinks.

... Poolside with Heather continued:

Fueling:

When you are a growing athlete, getting enough protein, carbs, and veg/fruit can be a lot of work! Parents and kids of all ages need to be aware of this, and team up in making healthy choices. Eat the right kind of carbs (i.e. whole grain, beans, lentils, rice) and lean proteins (tofu, nuts, poultry, fish), combined with as many veggies and fruit as you can.

****Making sure kids have a healthy, low sugar, carb-rich snack before practice**** can make a huge difference on how well they feel and perform. Apples and bananas are great if you have 30" before practice. Also try whole grain crackers or pretzels, or some low sugar yogurt.

Below are some links to help you find out how much you as a swimmer want to eat over the course of a day, depending upon how and for what you are training. These websites are excellent resources for all kinds of info about healthy sports for young athletes.

[USA Swimming - why balanced nutrition?](#)

[TrueSport - meal planning & prep](#)

Be proud of yourself for making healthy nutrition key. And not just the day before a meet, but continually throughout training. Keeping your body fueled with healthy food and hydrated will allow you to build muscle, keep your brain sharp, help you sleep well, and maintain positive mental energy. As young athletes, paying attention to what you feed your body, mind, and spirit makes a huge difference for achieving your goals in and out of the pool.



SWIMMER SPOTLIGHT

Meet Ekam Sardar - Age 9

What group do you swim with?

Red group – West Side

How long have you been on the swim team?

1 year and 2 months

What is your favorite swim event, and why?

100 IM - Individual Medley, because it makes you practice all strokes and master them. I love being able to swim at this event

Do you have a future goal you'd like to share?

I hope and pray to make it to the US Olympic swim team and to win an International Chess championship.

What do you like most about swimming?

It's a great exercise, it's super fun to swim with friends and I love competing in swim meets against other swimmers/clubs.

What are your hobbies outside the pool?

I love doing math, chess, playing Roblox and basketball.

What is your favorite movie or book?

Percy Jackson is my favorite book series.

...continued feature on Ekam Sardar

Who are your role models?

Michael Phelps for swimming and Magnus Carlsen for Chess and my parents for always reminding me to enjoy everything I do and to never give up.

What advice would you offer younger teammates?

Focus on technique first and then speed. Always enjoy and have fun at the swim meets no matter if you win or lose.



SWIMMER SPOTLIGHT

Meet Allie Hayes - Age 17

What group do you swim with?

Green Westside

How long have you been on the swim team?

I've been swimming with the Dolphins for 3 years.

What is your favorite swim event, and why?

200 Back

What do you like most about swimming?

I enjoy working hard but also love to socialize with my friends.

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...continued feature on Ally Hayes

Who are your role models?

My parents

What advice would you offer your younger teammates?

Don't be afraid to work hard and push yourself.
Surround yourself with people that do the same.

TEAM HIGHLIGHTS

These highlights were taken from the responses to the survey sent out. Feel like a highlight was missed? Look out for future survey's where we request season highlights for inclusion in the next team newsletter. Highlights can be swimming and non-swimming related. We're happy to celebrate all sorts of highlights but we rely on your submission of these highlights in order to include them. You can also contact Erika directly with highlights @ e_whyte@hotmail.com.

GREEN SQUAD

Gavin Barkley: Helped Jesuit HS win a State Championship in February. He was a member of a relay and made finals in an individual event.

David Barkley: Helped Jesuit HS win a State Championship in February. He made finals in an individual event. David also qualified for sectionals and swam many personal bests at the Federal Way sectionals meet.

Tyson Elliott: Was a member of the Nelson High School relay team that broke two district records at the Mt. Hood Conference District Championship meet -- the 200 Free and 400 Free Relays. He also achieved all best times at the Senior Sectionals meet in Federal Way.

Cadence Johnston: Best time in 100 free 51.95 and 50 free 24.06 UNLV 2024 Commit Sunset High School Varsity Swimmer all four years 2024 Team Captain and MVP 3rd in HS State in both 50 free and 100 free. [Read More Here.](#)

WHITE GROUP

Ella Togioka: Won the 25 breast and 50 free at the CYO All Star Meet.

RED & BLUE SQUAD

It was a big deal to have ~10 swimmers from Red and Blue squads participate in their FIRST ever swim meet! Our home meet in January had a wonderfully large group of Red and Blue squad, and the energy was fabulous! The coaches were so excited to see everyone race, and so proud to witness each one of the swimmers accomplish being there and doing it, it was thrilling!



TENTATIVE LONG COURSE MEET SCHEDULE

*CHECK TEAM WEBSITE FOR LATEST INFO
YOU MUST LOGIN TO SEE MEET SCHEDULE.
SCHEDULES ARE SUBJECT TO CHANGE DUE
TO A VARIETY OF REASONS. IF YOU ARE
UNSURE, CHECK WITH YOUR COACH ON
WHAT MEETS YOU SHOULD ATTEND.*

April 19-21st: MAC Long Course Invite, Portland

May 3-5th: AAA May Long Course Invite, Albany

May 3-5th: THSC Spring Invite, Beaverton

May 15-18th: Southern California Invite, Irvine, CA

May 24-27th: Cactus Classic, Scottsdale, AZ

June 7-19th: THSC Summer Classic, Irvine, OR

June 15-23rd: Olympic Trials, Indianapolis, IN

July 11-14th: Summer Sectionals, Gresham

July 13-14th: LC OSI 10&U Championships, TBD, OR

July 18-21st: LC OSI 11 & Over Championships, TBD, OR

July 23-27th: Summer National Championships, Irvine, CA

July 24-28th: Futures Championships, Sacramento, CA

HAPPY BIRTHDAY TO YOU!

JANUARY:

Sydney Little, Lila Sabblah, Benjamin Dusicka, Daniel Roy, Skylar Thompson, Grace Jamieson, Harrison Hugill, Juniper Kennedy

FEBRUARY:

Kioki Pierce, Catherine Jacobs, Juliana Thompson, Charlotte Wang, Zoey Wutschke, Mason Hopper

MARCH:

Apoorv Patil, Gabriela Beltran, Emily Rauchholz, Audrey Hakes, Lio Vianello, Coach Charlie, Kayla Chapman

APRIL:

Louis Mueller, Andrew Eubanks, Reyansh Chakraborty, Jasmine Huang

MAY:

Hazel Lu, Anthony Casuga, Gabriella Casuga, Paxton Tomczyk, David Barkley, Addie Swanson, Keshav Karumbunathan, Cadence Johnston, James Rubenstein, Elise Gerber, Allison Graham

JUNE:

Coach Robert, George Birkland, Lola Rodenas Diez, Julia Iwanow, Amelia Cardoza, Karol Iwanow

JULY:

Layla Torres, Noah Wang, Allie Hayes, Ella Togioka, Trinity Lazarus

AUGUST:

Tyson Elliott, Kaien Tan, KOHTAROH TATAMI, Emily Friend, Benjamin Wornath, Adam Pechanec, Maddie Meckes, Kasper Johnston

FREQUENTLY ASKED QUESTIONS

How do I order Dolphin team merchandise?

See the link under the “helpful links” section or our team website. If you have questions, please contact our team merchandise coordinator, Chao Liu @ tdpmerchandise@gmail.com.

How can parents get more involved?

There are many ways, chat with your child’s coach and they can direct you to the right person based on how you’re interested in helping.

I thought we were going to have “squad parents” to help create social activities for each and help welcome new parents?

This is a great idea, but we need parents to fill this role and we’ve had limited interest from parents in filling this role per group. We would love our parents to help us keep a strong and connected community by planning some squad activities away from the pool.

What should I bring to a swim meet?

Pack essentials such as your swimsuit, goggles, cap, towels, snacks, water bottle, extra clothes, sunscreen, and any necessary team apparel (such as team caps or shirts). It’s also a good idea to bring a folding chair, blanket, or something comfortable to sit on during the meet.

Swim meets are long. How can I make them more interesting?

Swimmers: Swim meets are a great time to bond with your teammates. Parents, encourage your swimmers to sit with their teammates. Swimmers, stay off your phones and play games and converse with your teammates between your races.

Parents: Beyond a book, a podcast, or getting some work done - there are many ways you can help at a swim meet. Beyond being a timer, you can also be trained as a swim meet official - serving a valuable and necessary role, while giving you a chance to meet other swim parents.

CONTACT INFORMATION

COACHES:

Nacim: nazfly74@gmail.com

Charlie: ellertsc@gmail.com

Heather Davis: indianaburns@gmail.com

Anton: goswifam@yahoo.com

Robert: robert.ellertson@gmail.com

MEMBERSHIP QUESTIONS?

Mary: dolphinswimmingpdx@gmail.com

WANT TO LEARN ABOUT OFFICIATING?

Fumy: fyoshino@gmail.com

HELPFUL LINKS

[USA SWIMMING](#)

[OREGON SWIMMING](#)

[MEET MOBILE](#)

[SWIM TIME STANDARDS](#)

[DOLPHIN TEAM WEBSITE](#)

[ORDER DOLPHIN MERCHANDISE](#) (ordering from this link gets the team a rebate)

TEAM FACTS

CLUB FOUNDED: 2003

CLUB OWNER: Nacim Bouferrache (Bu-for-a-chi)

CURRENT NUMBER OF SWIMMERS: 87

REMINDERS/REQUESTS

Parents:

- Would you like to take over creating this newsletter in September for the coming swim season? It’s easy but impactful and we’ll provide you a template. Contact Erika Thompson.

Swimmers:

- If you leave your mesh bag in the closet at the West Hills pool, please hang it on a hook. Do not throw it on the ground.
- Reminder: Keep the locker room clean and floors dry. Thank you!

APRIL 2024

SCENES FROM THE POOL



**MORE PICS @ TDPS.SWIM
ON INSTAGRAM**

LAST SPLASH!

PHOTO COURTESY KARRIE LU (HAZEL'S MOM)



COMMUNITY SUPPORT

Let's Carpool:

Would you be interested in carpooling from Jesuit to West Hills next school year? If so, please reach out to Laxmi (Keshav's mom) @ laxmikarumbu@gmail.com.

Want to carpool to Mt. Hood this summer? Let the coaches know you're looking for a carpool to join and they can help connect you with another swimmer that will also be out at Mt. Hood practicing this summer.

Extra Equipment?

Has your child outgrown their fins, Dolphin merchandise, or upgraded their equipment? Would you like to pass it along to another swimmer to use? Let the coaches know and they can offer it up to our new members or other swimmers on the team.