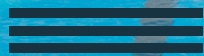


AZ DOLPHINS NEWSLETTER APRIL 2024



==UPCOMING== MEETS

April 19-21

PSC Spring Invite

Phoenix Swim Club
3901 E Stanford Dr,
Paradise Valley, AZ
85253

REG Deadline: 4/11

May 17-19

PSC May Cray

Phoenix Swim Club
3901 E Stanford Dr,
Paradise Valley, AZ
85253

REG Deadline: 5/3

LONG COURSE SEASON



From April - early August, we transition to Long Course Season. This means competitions will be held in 50 meters instead of 25 yards. So there will be less turns in each event and you can expect your swimmer's times to be slower than in short course.



HOT

The AZ long course season can be brutally hot. Here are some tips to keep our swimmers and families cool and beat the heat!

HOT

- LOTS of water
- Sunscreen
- Healthy snacks
- Cooling towels
- Misting fans
- Frozen fruit (watermelon)

HOT

- Canopy/pop up tents
- Personal/portable fans (battery operated)
- Hats for those not swimming

COACHES' CORNER



NEWEST DOLPHIN

Welcome our newest little dolphin - Coach Thalia & family welcomed Baby Boy Hazel Grey Thongprayoon Ryals Tate on 3/13/24

NEW CUTS



STATE CUTS

Abby Bayer 200 Back Senior State
Maddie Linser 1000 Free
Samuel Nagy 200 Breast 13/14, 200 IM 13/14, 200 Back 13/14
Alania Padilla 1000 Free 13/14
Lukas Pechacek 200 IM Senior State
Murilo Ribeiro 50 Free 11/12
Oliver Sanchez 50 Back & 50 Fly
Elijah Wagenfehr 200 Free Senior State, 500 Free Senior State

FUTURES CUT

Adrian Zolnierczyk 100 fly
(first futures cut)

WINTER JUNIOR NATIONALS CUT

Ella Schoenfelder 50 free
(first Jr Nationals Cut)

PLANNING AHEAD



LONG COURSE SCHEDULE



The long course meet schedule is posted on the AZ Dolphins website - **please pay careful attention**, as some meets require qualifying times to participate, only certain days for specific age groups, & some are prelims/finals.

<https://www.gomotionapp.com/team/aztv/page/events#/team-events/upcoming>

SAVE THE DATES

For those of you starting to plan your summer, you may want to keep these dates in mind

- PSC May Cray - 5/17-5/19
- Sun Devil Open 5/17-5/19
- MAC Speedo Invite 5/24-5/27
- MAC Narwhal 6/14-6/16
- YWSF Last Chance 6/21-6/23

Summer Championship Meets

- Senior States 6/27-6/30
- Sectionals 7/11-14
- Regionals 7/12-7/14
- Age Group States 7/18-21 (Flagstaff, AZ) **co-hosted by AZ Dolphins**



In one hour, swimming burns about 40% more calories than biking and 30% more than running!

SENIOR STATES RECAP



6TH PLACE FINISH

The AZ Dolphins came in 6th overall with 18 swimmers competing. Great job Dolphins on a successful meet!



GOLD MEDALISTS

Women's 200 Free Relay:
Delaney Barbee, Kelly Chang,
Julia Schoenfelder, & Ella
Schoenfelder

Delaney Barbee 50 Free

SILVER MEDALISTS

Delaney Barbee 100 Free

BRONZE MEDALISTS

Women's 400 Free Relay:
Delaney Barbee, Mariana
Salazar, Aryana Smith-
Petersen, & Kelly Chang

Participants: Joel Arnold, Delaney Barbee, Max Castillo, Kelly Chang, Brady Chavarria, Kayla Clark, Zac Clark, Mason Espy, Camden Hart, Lukas Pechacek, Ashlyn Popham, Matthew Robichaud, Mariana Salazar, Ella Schoenfelder, Julia Schoenfelder, Aryana Smith-Petersen, Caleb Whitehorse, Adrian Zolnierczyk

AGE GROUP STATES RECAP



==5TH PLACE== FINISH

The AZ Dolphins came in 5th overall with 27 swimmers participating - significantly less swimmers than the top teams. Congrats Dolphins!



GOLD MEDALISTS

Abby Bayer 200 Back
Alania Padilla 1650 Free, 200 Free, & 500 Free

SILVER MEDALISTS

Abby Bayer 50 Back & 500 Free
Nathan Kastanes 100 Back
Alania Padilla 100 Free & 1000 Free
Samuel Nagy 200 IM
Murilo Ribeiro 100 Breast & 100 Free

12 & U Girls 400 Free Relay:
Abby Bayer, Alania Padilla,
Hayden Fleming, & Maddie Linser

10& U Boys 200 Medley Relay:
Nathan Kastanes, Murilo Ribeiro,
Robert Gibbs, & Thomas McCormick

BRONZE MEDALISTS

Abby Bayer 1650 Free, 1000 Free
Nathan Kastanes 50 Back
Samuel Nagy 50 Back, 100 Back, & 200 Breast
Alania Padilla 50 Free
Lukas Pechacek 400 IM
Murilo Ribeiro 200 Free & 50 Free

Relays

12&U Boys 400 Free:
Sebastian Barraugh, Samuel Nagy, Oliver Saagim, & Murilo Ribeiro

12&U Girls 200 Medley:
Abby Bayer
Layla Stein
Alania Padilla
Hayden Fleming

12&U Girls 400 Medley:
Alania Padilla
Abby Bayer
Maddie Linser
Hayden Fleming

10&U Boys 200 Free
Thomas McCormick, Nathan Kastanes, Oliver Sanchez, & Murilo Ribeiro

HIGH POINT

Abby Bayer 3rd Place 11-12 Girls
Alania Padilla 2nd Place 11-12 Girls

Participants: Sebastian Barraugh, Abby Bayer, Karen Chang, Samantha Fausto, Hayden Fleming, Gabry Gamboa, Robert Gibbs, Griffin Jaquish, Annika Jones, Katelynn Kastanes, Nathan Kastanes, Maddie Linser, Thomas McCormick, Samuel Nagy, April Nowak, Alania Padilla, Lukas Pechacek, Murilo Ribiero, William Robichaud, Oliver Saagim, Daniela Salazar, Natalia Salazar, Oliver Sanchez, Layla Stein, Josie Vaughn, Elijah Wagenfehr, Meng Wu

8 & UNDER CHAMPS RECAP



PARTICIPANTS

Alexia Altomare,
Enzo Altomare,
Khloe Hinkle,
Hunter McCormick,
& Parker Sanchez



GOLD MEDALISTS

Alexia Enzomare 25 Free, 50
Back, 25 Back, & 50 Free

BRONZE MEDALISTS

Enzo Altomare 25 Free & 50
Free
Khloe Hinkle 100 Free

SECTIONALS RECAP

= 17TH PLACE = FINISH

Held in our hometown of Phoenix, our AZ Dolphins came in 17th overall with 11 swimmers competing.



GOLD MEDALISTS

Women's 200 Free Relay:
Delaney Barbee, Kelly Chang,
Julia Schoenfelder, & Ella
Schoenfelder

SILVER MEDALISTS

Delaney Barbee 50 Free

Participants: Delaney Barbee, Kelly Chang, Zac Clark, Camden Hart, Matthew Robichaud, Mariana Salazar, Ella Schoenfelder, Julia Schoenfelder, Aryana Smith-Petersen, & Adrian Zolnierczyk

SWAGR RECAP South West Age Group Regionals



GOLD MEDALISTS

Hayden Fleming 50 Free
Layla Stein 1650 Free

Girls 12 & U 200 Free
Relay:
Alania Padilla, Layla Stein,
Maddie Linser, & Hayden
Fleming

SILVER MEDALISTS

Sebastian Barraugh 200 Fly
Hayden Fleming 200 Free,
500 Free, 100 Free
Samuel Nagy 100 Back, 50
Free, 100 IM
Alania Padilla 100 Free
Murilo Ribeiro 200 Free & 50
Breast

12&U Girls 400 Free Relay:
Alania Padilla, Maddie Linser,
Layla Stein, & Hayden Fleming

BRONZE MEDALISTS

Maddie Linser 200 Back
Samuel Nagy 200 Free,
200 IM, & 200 Back
Alania Padilla 500 Free
Murilo Ribeiro 100 Free
Layla Stein 50 Back



7TH PLACE FINISH

The AZ Dolphins came in 7th overall out of 68 teams from 9 states with 12 swimmers - all Dolphins made it to finals (Top 10)! Once again we had less swimmers than the top teams and we came in first out of AZ teams competing! Way to go Dolphins!



Participants: Sebastian Barraugh, Hayden Fleming, Samantha Fausto, Katelynn Kastanes, Nathan Kastanes, Maddie Linser, Thomas McCormick, Samuel Nagy, Alania Padilla, Lukas Pechacek, Murilo Ribeiro, & Layla Stein

Important Links



[East Valley Sports Team Store](#)

25% off for AZ Dolphins

[AZ Dolphins Team Store](#) (Hoodies, Shirts & Team Merch)

[USA Swimming Time Standards](#)

[Sectionals Time Standards](#)

[Arizona Swimming State "A" & Regional "B" Cuts](#)

