

Arizona Dolphins Newsletter

December
2025

As we near the end of another incredible year, our swimmers continue to show dedication, grit, and team spirit—both in and out of the pool. December brings not only festive cheer but also the final stretch of training before we take a well-earned holiday break. Let's keep pushing through these last practices, celebrating the progress we've made and the goals we've achieved together.

Wishing all our athletes and families a warm, joyful Christmas season filled with rest, fun, and maybe even a few snow-day dryland workouts! Thank you for making this year such a memorable one.

Go team, and happy holidays!

Upcoming Events

Neptune Holiday Fest

4th-7th December
(REG Deadline: PASSED)

Christmas Party

17th December 5:00-8:00pm @ The Center on Main
(REG Deadline: 12th December)

Neptune Christmas Bonus

20th-21st December
(REG Deadline: 4th December)

***Christmas Break:**

22nd December-1st January
(Back at practice on the 2nd Jan)

Reminders:

- Don't forget the towels, parkas and shoes for practices as well as meets. It's getting cold!!
- Label EVERYTHING. Holiday magic is great, but not when it's the reason three goggles, two water bottles, and a parka disappear into the lost-and-found abyss.
- Hydration still matters in December. Hot cocoa does not count (sadly).
- Pack extra snacks, always.
- Celebrate effort, not just times. Everyone's tired this time of year- so kindness goes a long way.
- Enjoy the sparkle. Holiday meets, team spirit, and kids joy don't last forever — soak it in.

NEW CUTS JSC FALL INVITE

Regionals (B).

Sawyer Knight-	50 FREE (33.77 Y)
Brody Hentschel-	50 FREE (23.54Y)
	200 FREE (2:00.62Y)
	100 FREE (52.36Y)
	100 BACK (1:04.12Y)
	100 FLY (1:06.28Y)
Louis Juntunen-	100 BACK (1:06.11Y)
	200 IM (2:35.86Y)
Lilli McNanny-	50 FREE (31.74Y)
Tanner Showman-	200 BACK (2:31.95Y)
	200 BREAST (2:55.95Y)
	200 FLY (2:31.14Y)
	200 IM (2:25.09Y)
Timmy Showman-	200 BREAST (2:34.61Y)
	50 FREE (23.82Y)

States (A).

Robert Gibbs-	200 FREE (2:20.59 Y)
	100 IM (1:14.91 Y)

Splashing into the holiday season



Important links

[Arizona Swimming Time Standards](#)

[Arizona Dolphins Parent Information](#)

[Safe Sport Parent information](#)

