

Arizona Dolphins Newsletter



Nov 2025



With temperatures starting to cool down, make sure to bring those parkas and warm wear. Even though it can warm up during the day, meets with an early start are often chilly for your swimmer. Bring plenty of towels and warm clothes to layer to keep your swimmer nice and cozy.



Upcoming Meets

JSC November Invite
11/14-11/16
Valley of the Sun J
12701 N Scottsdale Rd
Scottsdale, AZ 85254
Reg Deadline: passed

Neptune Holiday Fest
12/4-12/7
ASU - Mona Plummer Aquatic Center
601 S College Ave
Tempe, AZ 85281
Reg Deadline: 11/13
*Must have qualifying entry times

Friendly reminder - please make sure that parents and swimmers are picking up after themselves at meets and leaving it as clean or cleaner than you found it. Be respectful of team property and others' tents. Remember that these are people's personal items they are allowing the team to use and we want to be respectful of that.



Congrats Dolphins!

Senior Gregory Virga has committed to Saint Michael's College in Colchester, VT.



Senior Austin Hargreaves has committed to Seton Hall in South Orange, NJ.

Let's GO!

Fun Swim Fact:

The samurai, or bushi, found swimming an essential part of their training. Given Japan's geographic structure, surrounded by water, battles often occurred near or in bodies of water. This demanded the samurai to be skilled swimmers, capable of engaging opponents in water.

Dynamic Dolphins



New Cuts

JSC Sprintacular

Cooper Conlee - 50 Fly (A), 50 Breast (A)

Victoria Espy - 100 IM (B)

Hayden Fleming - 50 Back (A), 50 Free (Sr A), 100 Back (A)

Teagan Joelson - 200 Free (13/14 A, Sr A & Sr Zones),
50 Back (13/14 A), 100 Back (Sr A), 100 Free (Sr A),
50 Free (Sr A), 50 Fly (13/14 A & Sr A)

Nathan Kastanes - 100 IM (A), 50 Fly (A), 50 Breast (A),
100 Free (A)

Maddie Linser - 50 Fly (A)

Hunter McCormick - 50 Back (B)

Thomas McCormick - 100 Fly (A)

April Nowak - 50 Fly (B)

Oliver Saagim - 100 Free (13/14 A)

Oliver Sanchez - 50 Back (A)

Parker Sanchez - 200 Free (B), 50 Breast (B), 100 Free (B)

Aryana Smith-Peterson - 50 Fly (A)

Layla Stein - 200 Free (13/14 A), 100 Free (Sr A),
50 Free (Sr A), 50 Fly (Sr A)

Josie Vaughn - 50 Back (A)

New Cuts

SAC Pumpkin Patch Splash

Connor Boulware - 100 IM (B), 50 Free (B)

Blake DuMond - 100 Breast (B)

Colston Duce- Romero - 200 IM (B), 100 Back (B)

Victoria Espy - 1000 Free (B), 500 Free (B)

Robert Gibbs - 100 Back (B)

Jack Glazer - 50 Breast (B)

Khloe Hinkle - 100 Free (B), 200 Free (B), 50 Back (B)

Molly Holmes - 200 IM (B)

Teagan Joelson - 1000 Free (A, 13/14 A & Sr Zones)

Annika Jones - 1000 Free (A), 100 Back (A)

Maddie Linser - 1000 Free (Sr A & Sr Zones)

Hunter McCormick - 100 Free (B)

Samuel Nagy - 100 Back (Sr A), 500 Free (13/14 A)

Oliver Saagim - 1000 Free (A & 13/14 A), 100 Back (13/14 A),
200 Free (13/14 A), 100 Fly (13/14 A)

Oliver Sanchez - 1000 Free (A), 200 IM (A), 500 Free (A)

Parker Sanchez - 100 IM (B)

Tanner Showman - 100 Breast (B)

Timmy Showman - 100 Back (B)

Layla Stein - 1000 Free (Sr A & Sr Zones), 200 Free (Sr Zones)

Josie Vaughn - 200 IM (B)

Important Links

[USA Swimming Time Standards](#)

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

[Senior Zones Cuts](#)

