

# AZ Dolphins Newsletter

OCTOBER  
2025



## Welcome New Owner - Justin Slade

Learn more about the new owner of the AZ Dolphins on page 3 of this month's newsletter. The excellent staff you know and trust will continue leading your swimmers in the water.



## reminders

Check the website for the updated Meet Schedule [HERE](#)

## upcoming events

- Oct. 11-12 JSC Sprintacular
- Oct. 24-26: SAC Pumpkin Patch Splash
- Nov. 16-18: JSC Fall Invite



# Upcoming Meets

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## JSC Sprintacular

Oct. 11-12<sup>th</sup>

Valley of the Sun J

12701 N Scottsdale Rd, Scottsdale, AZ

85254

Reg Deadline: Passed

hello  
FALL

## SAC Pumpkin Patch Splash

Oct. 24-26<sup>th</sup>

Cactus Aquatic Center

7202 E Cactus Rd,  
Scottsdale, AZ 85260

Reg Deadline: 10/11

## JSC Fall Invite

Nov. 14-16<sup>th</sup>

Valley of the Sun J

12701 N Scottsdale Rd, Scottsdale,  
AZ 85254

Reg Deadline: 11/1



# Justin Slade

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Justin Slade has coached competitive club swimming since graduating from Arizona State University (B.S. '96, M.S. '99) in 1999. Over the past 26 years, he has helped build five different programs from the ground up, and he is extremely excited about contributing to the Arizona Dolphins Swim Team's continued success at the community, state, and national levels.

Justin has been involved with swimming since the age of six. Growing up in South Africa, he developed a lifelong love for the sport as an Age Group swimmer. His own swimming accomplishments include being a finalist at South African Nationals for three consecutive years, competing as a member of the Transvaal provincial team, and contributing to a 200 Freestyle Relay that set the South African National Record in 1991.

In 1992, Justin moved to the United States to pursue collegiate swimming. As a freshman at California State University–Bakersfield, he earned Academic All-American honors while helping the Roadrunners capture the 1993 NCAA Division II National Championship. Transferring to Arizona State University the following year, he became a three-year letter winner and Pac-10 finalist under renowned coach Ernie Maglischo.

While completing his Master's degree in Sports Psychology, Justin began coaching in 1998. Many of Justin's former swimmers have earned athletic scholarships and competed for elite NCAA Division I, II, and III programs including Stanford, Arizona, Princeton, Auburn, ASU, Air Force Academy, Drury, and more.

Today, Justin lives in Tucson with his wife Amy, daughter Mallory, and their lively household of three dogs and nine cats. Currently, Justin and Amy are the founders and owners of Aquabear Swim Club. His lifelong love of the sport, combined with decades of coaching and leadership experience, continues to shape his mission: to help young athletes grow as swimmers and as people, while fostering excellence at every level of competition.

# Coaches' Corner



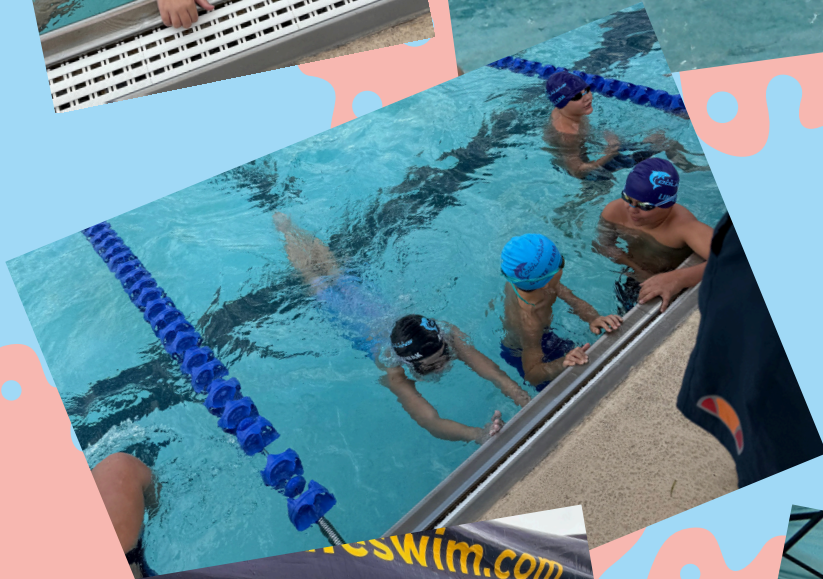
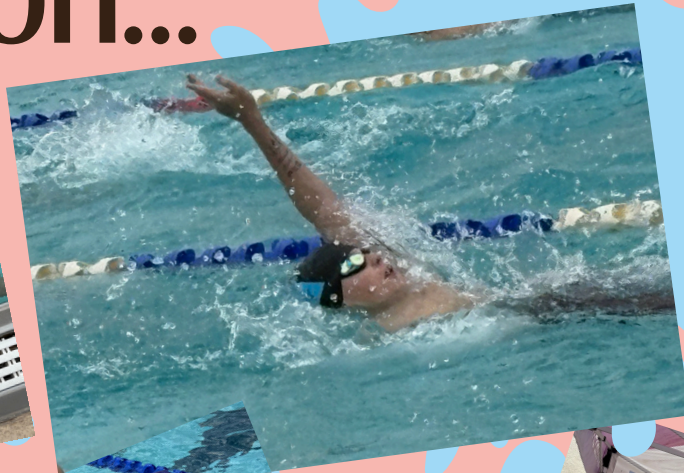
## Meet Expectations:

As we are entering a new season with plenty of opportunities to race approaching soon, we feel it is important to discuss some expectations we have as coaches for the team. We are not here to police everyone, however, there are certain actions we have learned over our years of coaching and competing that we find to be paramount when it comes to developing individual athletes as well as creating a great team environment. Please review these with your swimmers.

- Warm up and cool down before/after races: Extremely important if we want to race to our full potential. Warmups allow us to race at the best level we can and cooling down following each race gives us the ability to move to our next race fully ready to go. We want to develop good habits on race day and having a proper warm up and cool down at every meet is a great habit to create.
- Talk to your coaches. Come talk to your coach before and after every race to discuss any strategies before the race and to talk about how the race went afterwards. Learning from races is one of the best things we can do as swimmers to help us get better. As coaches, we love coaching you! We want to help you all get better and we care about your swimming. Please come talk to us about how awesome your race was and what we can learn from it.
- Support your teammates: Being a great teammate is one of the best things we can try to be as swimmers. Having the support and cheering with a team behind you makes you feel amazing. We all want to have the team cheering us on, so let's make sure we all work together to support each other.
- Sportsmanship and conduct: Always show respect to our teammates, other teams' swimmers, coaches, officials, and parents. When we wear Arizona Dolphins gear, we are representing the entire team. We want to be known as a great team that people want to join, so we should be conducting ourselves in that manner. Wish people luck before races, shake their hand after races, thank the officials for being there, and be thankful for our parents for driving everyone around and being our biggest cheerleading squad. No matter how your race goes, always show gratitude and respect towards our competition so everyone knows the Arizona Dolphins are a great fun team that people love being a part of.



# Dolphins making a splash in short course season...



# New Cuts

## Herculean



Sebastian Barraugh – 100 Free (A), 50 Back (Sr A)

Samson Brainard – 200 Breast (A), 200 Free (B)

Dom Brown – 100 Free (A), 50 Breast (A), 100 Back (Sr A), 200 Back (A, Sr A)

Cooper Conlee – 500 Free (A)

Hayden Fleming – 100 Free (Sr A), 100 Fly (A), 200 Free (Sr Zones)

Jack Glazer – 100 Fly (B), 200 IM (B)

Sam Glazer – 200 Back (B)

Teagan Joelson – 100 Back (13/14 A), 100 Fly (A)

Annika Jones – 50 Free (A)

Nathan Kastanes – 50 Free (A), 100 Fly (A), 100 Breast (A)

Jordan Miller – 200 Breast (B), 50 Fly (B), 100 Breast (B), 200 Free (B)

Samuel Nagy – 50 Back (Sr A), 200 Breast (Sr A)

**Aalijah Pitman – 100 Free (A – 1st STATE TIME!),** 50 Breast (A), 100 IM (A), 100 Back (A), 50 Fly (B), 100 Breast (A), 200 Free (A)

Oliver Saagim – 400 IM (13/14 A)

Oliver Sanchez – 100 Free (A), 200 Breast (A), 50 Free (A), 100 Breast (A)

Parker Sanchez – 100 Breast (B)

Layla Stein – 50 Back (13/14 A), 100 Back (13/14 A)

Paisley Teodoro – 50 Breast (B), 100 Breast (B), 200 Free (B)

Josie Vaughn – 50 Breast (B), 200 Breast (B), 50 Free (A), 50 Fly (A), 100 Breast (B)

**Maddie White – 100 Back (B – 1st Regional Time!),** 50 Free (B), 100 Fly (B)



# New Cuts



## SAC Swimtember Invite

Julia Aldag – 100 Back (A & Sr A), 100 Breast (Sectionals), 200 Breast (Sr Zones & Sectionals), 500 Free (Sectionals)

**Connor Boulware – 200 Free (A – 1st STATE!), 100 Fly (A), 50 Back (B)**

Cooper Conlee – 100 Breast (A)

Blake DuMond – 50 Breast (B)

Colston Duce-Romero – 100 Free (B), 50 Back (B), 100 Breast (B), 50 Breast (B), 50 Free (B), 50 Fly (B)

**Samantha Espy – 100 Breast (B – 1st REGIONAL!)**

Gabry Gamboa – 50 Back (A)

Jack Glazer – 50 Breast (B)

**Sam Glazer – 50 Fly (A – 1st STATE!)**

Brody Hentschel – 100 Free (B), 100 Breast (B), 200 IM (B), 100 Back (B), 50 Free (B)

Khloe Hinkle – 50 Breast (B), 100 IM (B)

Molly Holmes – 50 Fly (B), 100 Fly (B)

Maddie Linser – 100 Free (A), 200 IM (A), 200 Free (A & Sr Zones), 500 Free (Sr Zones)

Keira McCracken – 100 Free (B – 1st REGIONAL!), 50 Free (B)

Jordan Miller – 200 IM (B)

Samuel Nagy – 100 Fly (13/14 A)

Aalijah Pitman – 200 IM (A), 100 Fly (B)

Parker Sanchez – 50 Free (B)

Tanner Showman – 100 Free (A), 200 Free (A), 50 Free (A)

Layla Stein – 100 Free (Sr Zones), 50 Free (Sr Zones), 100 Fly (13/14 A & Sr A)