

ARIZONA DOLPHINS NEWSLETTER

APRIL 2025



WELCOME TO APRIL DOLPHINS! WE WRAP UP CHAMPIONSHIP SEASON THIS MONTH. SUMMER IS ALMOST HERE AND IT IS TIME TO START PREPARING FOR SOME HOT LONG COURSE MEETS!

SENIOR ZONES

APRIL 2-APRIL 5

ST. GEORGE, UT

GOOD LUCK TO OUR SENIORS!

FAR WESTERN

APRIL 2-6

PLEASANTON, CA

GO GET 'EM AGE GROUPERS!

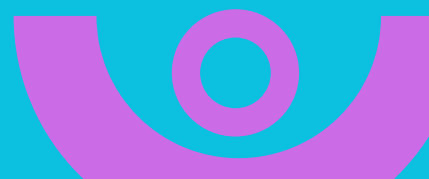
NEPTUNE APRIL INVITE

APRIL 12-13

FIRST LONG COURSE MEET OF THE SEASON
CHANDLER HIGH SCHOOL

350 N. ARIZONA AVE. CHANDLER, AZ 85224

REG DEADLINE: 4/3



LONG COURSE BEGINS



SUMMER MEET SCHEDULE IS POSTED ON THE DOLPHINS WEBSITE [HERE](#)

TIPS FOR SWIMMERS

MAKE SURE TO GET AN UPDATED BACKSTROKE FLAG COUNT EVERY TIME YOU RACE – FLAG DISTANCE CHANGES FROM YARDS TO METERS; DONT'ASSUME THE FLAG COUNT IS THE SAME AS YOUR SHORT COURSE YARDS COUNT

LONG COURSE MEETS MAY REQUIRE QUALIFYING TIMES

BE AWARE THAT THE SPEEDO INVITE, SUN DEVIL OPEN, AND MAC NARWHAL REQUIRE MINIMUM QUALIFYING TIMES TO PARTICIPATE – SEE MEET FLYERS FOR DETAILS



COACHES' CORNER

THE TOP TEN QUESTIONS EVERY SWIMMING PARENT WANTS TO KNOW BY WAYNE GOLDSMITH AND HELEN MORRIS

CHECK OUT THE ARTICLE [HERE](#) FOR GREAT INFO ABOUT SWIMMER ATTENDANCE AND RESULTS, HOW TO BEST SUPPORT YOUR CHILD AS A SWIMMER, AND MANY OTHER ANSWERS

GOOD LUCK COACH CAMERON!!!



COACH CAMERON HAS ENLISTED IN THE UNITED STATES ARMY AS A COMBAT MEDIC AND HEADS OFF TO BOOT CAMP THIS MONTH. HIS LAST DAY WITH THE DOLPHINS WILL BE APRIL 11TH. HE HAS MADE A SIGNIFICANT IMPACT WITH OUR GOLD AND SILVER GROUPS AT THE ANTHEM POOL AND HE WILL BE GREATLY MISSED! WE ARE PROUD OF YOU AND YOUR WILLINGNESS TO SERVE OUR COUNTRY!

HELP YOUR FELLOW DOLPHINS

JOIN US IN SUPPORTING THE SAAGIM FAMILY
THROUGH THEIR GO FUND ME PAGE [HERE](#)

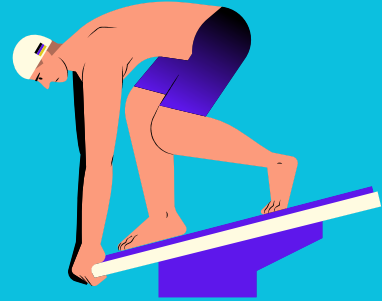


FUNDRAISING CAPS

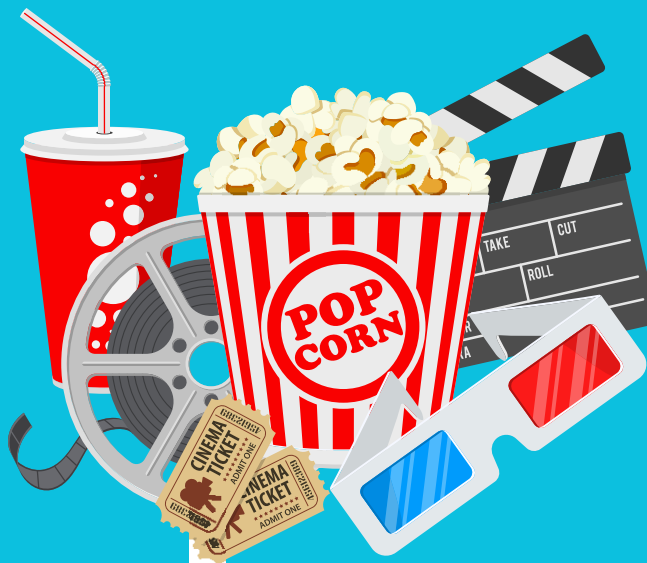
COACH PAUL WILL BE DESIGNING A
CUSTOM PURPLE CAP. CAPS WILL BE
\$20 EACH AND ALL PROCEEDS WILL
BENEFIT THE SAAGIM FAMILY.
MORE DETAILS TO COME...

TEAM CLINIC AND FAMILY MOVIE NIGHT

SAVE THE DATE FRIDAY APRIL 25TH



THE AZ DOLPHINS WILL HOST A
STARTS AND TURNS CLINIC,
FOLLOWED BY A FAMILY MOVIE
NIGHT WITH CONCESSIONS –
POPCORN, CANDY, AND
DRINKS...MORE DETAILS TO COME
SOON!



dazzling DOLPHINS



LILLIAN MO

LILLI COMPETED AT THE INDOOR NATIONALS FOR TRACK AND WAS THE TOP ARIZONA ATHLETE IN THE MIDDLE SCHOOL MILE! WAY TO GO LILLI!



KELLY CHANG

KELLY WAS SELECTED TO COMPETE FOR TEAM USA IN DRAGON BOATING! THIS IS A TEAM SPORT WITH 20 PADDLERS PER BOAT. SHE WAS PLACED 6TH OVERALL AT SELECTION CAMP. SHE WILL BE COMPETING IN GERMANY FOR THE 2025 WORLD CHAMPIONSHIPS!!!

Age Group States recap

HIGH POINT WINNERS

JULIA ALDAG – TIE 1ST PLACE 11-12 GIRLS



SAMMY NAGY – 3RD PLACE 11-12 BOYS



Age Group States recap



GOLD MEDALISTS

**JULIA ALDAG – 100 BREAST, 400 IM, 50 FREE,
100 IM, 100 FREE, 200 IM**

**SAMUEL NAGY – 400 IM, 200 BREAST, 200
BACK, 200 IM**

**BOYS 11/12 200 FREESTYLE RELAY
OLIVER SAAGIM, TANNER SHOWMAN,
THOMAS MCCORMICK AND SAMUEL NAGY**

***CLEAN SWEEP FOR THE 11/12 GIRLS RELAYS
(200 FREE, 400 FREE, 200 MEDLEY, 400 MEDLEY):
JULIA ALDAG, HAYDEN FLEMING, MADDIE LINER
AND LAYLA STEIN**





Age Group States recap



SILVER MEDALISTS

KYLA HINKLE – 50 BREAST

MADDIE LINER – 100 IM

SAMUEL NAGY – 100 BACK

OLIVER SAAGIM – 50 BACK

BOYS 11/12 200 MEDLEY RELAY

**NATHAN KASTANES, SAMUEL NAGY,
OLIVER SAAGIM AND TANNER SHOWMAN**

BRONZE MEDALISTS

ABBY BAYER – 400 IM

HAYDEN FLEMING – 200 FREE, 50 FREE, 100 FREE

ALANIA PADILLA – 200 FREE

SAMUEL NAGY – 200 FREE

OLIVER SAAGIM – 50 FREE, 200 BACK, 50 BREAST

BOYS 11/12 400 MEDLEY RELAY

**NATHAN KASTANES, OLIVER SAAGIM,
SAMUEL NAGY AND TANNER SHOWMAN**

Age Group States recap

PARTICIPANTS

JULIA ALDAG	THOMAS MCCORMICK
SEBASTIAN BARRAUGH	SAMUEL NAGY
ABBY BAYER	ALANIA PADILLA
HAYDEN FLEMING	MURILO RIBEIRO
GABRY GAMBOA	OLIVER SAAGIM
KYLA HINKLE	OLIVER SANCHEZ
ANNIKA JONES	PARKER SANCHEZ
NATHAN KASTANES	TANNER SHOWMAN
EPHRAIM LINER	TIMMY SHOWMAN
MADDIE LINER	LAYLA STEIN
HUNTER MCCORMICK	

TEAM FINISH: 8TH PLACE OUT OF 35 TEAMS

Age Group States recap



Age Group States recap



Age Group States

NEW CUTS

JULIA ALDAG – 100 BREAST (SR ZONES)

ABBY BAYER – 100 BACK (SR ZONES)

**HAYDEN FLEMING– 200 FREE (13/14 A),
100 FREE (13/14 A & SR ZONES)**

NATHAN KASTANES – 1650 FREE (A), 1000 FREE (A)

SAMUEL NAGY – 200 BACK (SR A)

OLIVER SAAGIM – 200 BACK (13/14 A)

**LAYLA STEIN – 1650 FREE (13/14 A & SR A),
100 FREE (13/14 A)**

DOLPHIN FAN CLUB





8 & Under Champs

MEDALISTS

GOLD MEDALIST:

ALEXIA ALTOMARE – 25 BREAST

SILVER MEDALIST:

ALEXIA ALTOMARE – 25 FREE, 25 BACK

BRONZE MEDALIST:

ALEXIA ALTOMARE – 25 FLY

KHLOE HINKLE – 50 BACK

NEW CUTS

KHLOE HINKLE – 50 BACK (B)



GREAT JOB



IMPORTANT LINKS

[East Valley Sports Team
Store](#)

25% off for AZ Dolphins

[AZ Dolphins Team
Store](#)

(Hoodies, Shirts & Team Merch)

[USA Swimming Time
Standards](#)

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

[Far Western Cuts](#)

[Senior Zones Cuts](#)

**Fun Fact: An Olympic-sized pool can hold
up to 850,000 gallons of water.**

