



AZ Dolphins Newsletter

August 2025



MEET THE NEW **COACH NIGHT**

Fri 8/8

**Anthem Community Center
Downstairs Fitness Studio**

New Dolphins on Deck!

Welcome new Dolphins!
We are excited to have
you as part of the team!

Please see our Parent
Resources on the
Dolphins website and
learn how to register for
swim meets by watching
a video [HERE](#)

Back to School!
Good luck to all our
Dolphins as they had
back to the
classroom and we
know it will be a
great year!

All sites are on a
Team Break until
Aug. 11th, as we settle
into the school year.

Welcome our new Head Coach - Daniel Morse



Please welcome Daniel Morse as our new Head Coach!

A native of Rhode Island; Dan swam competitively with the Kent County YMCA and Bishop Hendricken high school before finishing his swimming career as a four-year athlete and captain at Keene State College in Keene, New Hampshire.

As a coach, he most recently worked in Germany with the OneFlow Aquatics top team and junior top team. With the team he assisted in preparing athletes for the 2021 Tokyo and 2024 Paris Olympic cycles, as well as coaching at multiple World and European Championships.

In addition, he served as Head Coach for a German national champion as well as junior national medalists.

In the U.S., he coached the Sedona Swordfish, Sedona Masters, and Sedona Red Rock High School, earning recognition as Arizona Interscholastic Athletics Coach of the Year in 2018.

Earlier in his career with the Carson Tigersharks, he guided athletes to standout performances at the Junior Olympics, Far Westerns, and state championships.

At the collegiate level, he served as Assistant Coach at Keene State College, where he helped recruit and develop NCAA Division III All-Americans.

His open water coaching includes training a World Junior Championships medalist and supporting athletes at international World Cup events with Greenwood Swimming.

Dan is known for his athlete-centered approach, technical expertise, and proven success at every level of the sport.

Outside of the pool Dan enjoys a number of outdoor activities such as ultimate frisbee, snowboarding and hiking.

Upcoming Meets

We are headed back to short course season - the full season meet schedule is available now [HERE](#)



Swim Neptune Herculean Meet

Sept. 5-7th

*Will either be at Kino or Skyline

There is conflicting info on flyer vs website

Reg Deadline: Aug. 22nd

SAC Swimtember

Sept. 26-28th

Cactus Aquatic Center

7202 E Cactus Rd, Scottsdale, AZ 85260

Reg Deadline: Sept. 13th

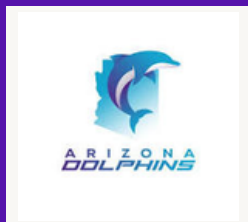
JSC October Sprintacular

Oct. 3-4th

Valley of the Sun J

12701 N Scottsdale Rd, Scottsdale, AZ 85254

Reg Deadline: Sept. 20th



THANK YOU to our officials!



Nick Kastanes, Luis Chavarria, & Mike Padilla

We want to express our appreciation for our AZ Dolphins officials - thank you for your countless hours spent poolside and making it possible for our kids to compete. We appreciate the time, sweat, and dedication you bring to each meet!



Regionals Recap

Our AZ Dolphins came in 3rd Place out of 17 Teams - great work Dolphins!

Participants

Danica Aldag
Sebastian Barraugh
Connor Boulware
Eric Boulware
Cain Brainard
Sam Brainard
Dominic Brown

Brady Chavarria
Cooper Conlee
Blake DuMond
Colston Duce-Romero
Victoria Espy
Gabry Gamboa
Jack Glazer

Sam Glazer
Max Hayner
Nathan Kastanes
Ephraim Linser
Hunter McCormick
Thomas McCormick
Jordan Miller

Oliver Sanchez
Parker Sanchez
Tanner Showman
Timmy Showman
Allison Wu
Meng Wu
Maddy Ybarra

Medalists

Gold:

Danica Aldag - 400IM & 200 IM
Sam Brainard - 200 Breast
Dominic Brown - 100 Back
Gabry Gamboa - 100 Back
Thomas McCormick - 100 Free
Oliver Sanchez - 400 Free

13/14 Boys 400 Free Relay -

Sebastian Barraugh, Cain Brainard,
Dominic Brown, Tanner Showman

11/12 Boys 200 Free & 200 Medley

Relay - Colston Duce-Romero,
Nathan Kastanes, Thomas McCormick,
Oliver Sanchez

Silver:

Sebastian Barraugh - 200 Back
Eric Boulware - 50 Back
Cain Brainard - 50 Fly
Dominic Brown - 100 Free
Cooper Conlee - 100 Fly
Colston Duce-Romero - 100 Free
Thomas McCormick - 50 Breast
Meng Wu - 50 Breast, 100 Breast, 200 Breast
Maddy Ybarra - 100 Breast, 200 Breast

Bronze:

Connor Boulware - 200 Fly, 100 Fly
Eric Boulware - 100 Back, 100 Free, 400 Free
Cooper Conlee - 50 Fly
Colston Duce-Romero - 100 Back
Nathan Kastanes - 50 Free, 100 Free, 200 Breast
Thomas McCormick - 100 Breast, 400 Free, 200 IM
Tanner Showman - 200 Free



Regionals Recap



Age Group States Recap

Our AZ Dolphins came in 6th out of 31 teams

Only 21 swimmers - Small but mighty strike again!

Participants

Julia Aldag
Sebastian Barraugh
Abby Bayer
Cain Brainard
Sam Brainard
Dom Brown
Cooper Conlee
Colston Duce-Romero
Hayden Fleming
Gabry Gamboa
Max Hayner

Nathan Kastanes
Maddie Linser
Thomas McCormick
Samuel Nagy
Alania Padilla
Oliver Saagim
Tanner Showman
Layla Stein
Josie Vaughn
Meng Wu

Medalists

Gold:

Julia Aldag - 50 Free & 200 IM
Maddie Linser - 200 Back, 100 Free & 100 Back
Samuel Nagy - 200 Back, 200 Breast & 100 Breast
Oliver Saagim - 50 Back
Layla Stein - 200 Free, 50 Fly & 50 Free
13/14 Girls 400 Free Relay - Julia Aldag, Abby Bayer, Hayden Fleming, Alania Padilla

Bronze:

Julia Aldag - 100 Fly
Abby Bayer - 200 Back
Cain Brainard - 100 Breast
Samuel Nagy - 200 IM
Oliver Saagim - 100 Back
13/14 Mixed 200 Medley Relay - Dom Brown, Cain Brainard, Julia Aldag, Hayden Fleming
11/12 Girls 200 Medley and 200 Free Relay - Maddie Linser, Meng Wu, Layla Stein, Josie Vaughn
11/12 Girls 400 Free Relay - Cooper Conlee, Maddie Linser, Layla Stein, Josie Vaughn
11/12 Boys 200 Medley Relay - Nathan Kastanes, Samuel Nagy, Oliver Saagim, Colston Duce-Romero

Silver:

Julia Aldag - 100 Free & 50 Fly
Abby Bayer - 400 IM, 100 Back & 200 IM
Cain Brainard - 50 Breast
Maddie Linser - 200 Free & 200 IM
Samuel Nagy - 400 IM & 100 Back
Oliver Saagim - 200 Back
Layla Stein - 100 Fly, 100 Free & 400 Free
13/14 Girls - 800 Free Relay - Julia Aldag, Abby Bayer, Hayden Fleming, Alania Padilla
13/14 Girls - 200 Free Relay - Julia Aldag, Abby Bayer, Hayden Fleming, Alania Padilla
13/14 Girls - 400 Medley Relay - Abby Bayer, Julia Aldag, Alania Padilla, Hayden Fleming
11/12 Boys - 200 Free Relay - Colston Duce-Romero, Thomas McCormick, Samuel Nagy, Oliver Saagim

High Point Winners



Julia Aldag - 13/14 Girls - 1st Place

Abby Bayer - 13/14 Girls - 3rd Place

Layla Stein - 11/12 Girls - 1st Place

Maddie Linser - 11/12 Girls - 2nd Place

Samuel Nagy - 11/12 Boys - 3rd Place

Five of the 18 High Point Awards went to AZ Dolphins!



States Recap



New Cuts

Regionals Meet

Sebastian Barraugh - 400 IM (B)	Ephraim Linser - 100 Breast (B)
Eric Boulware - 100 Free (Sr Zones)	Thomas McCormick - 50 Breast (A), 100 Free (A),
Cain Brainard - 400 Free (B)	100 Breast (A)
Dominic Brown - 100 Free (A), 100 Back (A)	Oliver Sanchez - 50 Free (A), 400 Free (A)
Cooper Conlee - 50 Fly (A - <u>1st STATE cut!</u>)	Parker Sanchez - 50 Free (B)
Colston Duce-Romero - 100 Free (A)	Tanner Showman - 100 Back (B), 100 Fly (B)
Gabry Gamboa - 100 Back (A & Sr A)	Timmy Showman - 200 Breast (B)
Sam Glazer - 800 Free (B)	Meng Wu - 200 Free (B)
Max Hayner - 100 Back (B)	
Nathan Kastanes - 50 Free (A), 100 Free (A), 200 Breast (B)	

Age Group States

Abby Bayer - 200 Free (Sr A & Sr Zones)
Dom Brown - 100 Back (A)
Nathan Kastanes - 200 Free (A)
Maddie Linser - 200 Free (Sr A), 100 Back (Sr Zones)
Layla Stein - 200 Free (13/14 A, Sr A, Sr Zones)

Fun Swim Fact: The butterfly stroke is the youngest competitive stroke, added to the Olympics in 1956.

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](#)

[Senior Zones Cuts](#)