

MARCH 2025 NEWSLETTER

ARIZONA *Dolphins*

Championship season is half way done...but we aren't finished yet. Let's go Dolphins - as our swimmers give it their all at the upcoming meets.

AGE GROUP STATES 3/6-3/9

Oro Valley Aquatic Center
23 W Calle Concordia
Oro Valley, AZ 85704
Reg Deadline: passed



8 & UNDER CHAMPS 3/15-3/16

Phoenix Swim Club
3901 E. Stanford Drive
Paradise Valley, AZ 85253
Reg Deadline: 3/6/25

ON DECK

SENIOR ZONES 4/2-4/5 St. George, UT
FAR WEST 4/3-4/6 Pleasanton, CA



COACHES'

Corner



I heard a story while at National Select camp, actually. I heard this story three times, from three speakers. It goes like this, a swimmer made the Olympic team, but their coach was not on the staff. So, they are with coaches who they don't necessarily know. The first problem always starts at camp, three weeks prior to the games. The swimmer is given a workout by their home coach and doesn't understand why they're doing it. In one iteration, they went to the Olympic staff and asked what the workout was that day. These are some of the best coaches the country has to offer, so they make due and they figure out a workout for this ELITE swimmer. All seems well and good; until they arrive in Paris. In all three speakers' stories, the swimmer arrives 20 minutes before their race and has no idea what to do to warm up. All stories culminate the same way, a rough swim, at the biggest meet of their lives.

Now this story really stuck with me, probably in part to hearing it three separate times. However, the point being made to us coaches, was to prepare your swimmers to survive a meet without you. That goes for coaches and parents as well. The kids need to learn to be self sufficient, they all have been told countless times how to warm up for their races, to check in before and after for quick race strategy and advice, and to pack their own towels!

No one likes to fall on their face, but as parents and coaches we can't hold their hand through their time as a swimmer. If they fail, we are there to pick them up and help them get ready for the next one. Hopefully each time they falter, they move closer to self sufficiency. The earlier we can teach them these skills the less likely they end up panic stricken and unprepared at a State, Zone, Future, or Olympic meet.

Notes on what to do:

Make swimmers pack their own bag: 2 towels, 2 suits, 2 caps, all the racing suits you own.

Pack their own snacks.

Be on time for meet warm up.

Ask coach questions at practice: "Why this drill?" "How much should I breathe?"

Cheer for your teammates, make sure you know whats going on with the meet.

Check yourself in for distance events.

Paul Root
Head Coach, Arizona Dolphins

FIN-TASTIC

Dolphins

MJ BURLEY



Congratulations to Senior, MJ Burley, for committing to Wabash College in Crawfordsville, IN. Your hard work has been recognized and it's great to see it pay off!

LOST DUTCHMAN

Recap



LOST DUTCHMAN

Recap

NEW CUTS:

Abby Bayer - 500 Free (A & Sr A),
200 Breast (Sr A)

Max Castillo - 100 Back (A)

Brady Chavarria - 100 Breast (A)

Blake DuMond - 100 Free (B), 50 Free (B)

Carter Goldthorpe - 50 Free (A)

Kyla Hinkle - 100 Back (A)

Griffin Jaquish - 100 Back (A), 200 Back (A)

Maddie Linser - 100 Fly (13/14 A), 100 Back (Sr A)

Laleeta Pal - 100 Breast (A)

Tanner Showman - 50 Back (A), 100 IM (A), 100 Fly (A), 50
Breast (A)

Layla Stein - 200 Breast (13/14 A), 50 Free (13/14 A)

Paisley Teodoro - 50 Back (B), 100 Free (B), 100 Fly (B), 50
Free (B)

Greg Virga - 200 Fly (A), 200 Breast (A)

Matthias Virgilio - 50 Fly (B)

HIGH POINT WINNERS:

Adrian Z. 15&O Men - 3rd place

Julia A. 11-12 Girls - 1st place

Layla S. 11-12 Girls - 2nd place

Sammy N. 11-12 Boys - 3rd place



WAY TO GO!!!!

REGIONALS

Recap

Virtual Champions

(of all 3 Regionals)

Lauren Buck - 100 Back

Carter Goldthorpe - 100 Free &
100 IM

Kyla Hinkle - 100 Breast

Thomas McCormick - 200 Breast

Oliver Sanchez - 400 IM

Tanner Showman - 100 Breast &
100 Back



REGIONALS

Recap

Gold Medalists



Lauren Buck - 100 Back & 100 Fly

MJ Burley - 200 IM

Gabry Gamboa - 100 Back

Carter Goldthorpe - 100 Free & 100 IM

Kyla Hinkle - 100 Free & 100 Breast

Griffin Jaquish - 500 Free

Nathan Kastanes - 200 Free & 200 IM

Thomas McCormick - 200 Breast

Murilo Ribeiro - 50 Back

Oliver Sanchez - 400 IM

Tanner Showman - 100 Breast & 100 Back

Maddy Ybarra - 200 Breast

Boys 12/u 200 Free Relay - Oliver Sanchez, Nathan Kastanes, Tanner Showman, Carter Goldthorpe

Boys 12/u 200 Medley Relay - Nathan Kastanes, Murilo Ribeiro, Tanner Showman, Thomas McCormick

Boys 18/u 200 Medley Relay - Eric Boulware, MJ Burley, Brady Chavarria, Griffin Jaquish

REGIONALS

Recap

Silver Medalists

Danica Aldag - 500 Free

Sebastian Barraugh - 200 Back & 50 Free

Connor Boulware - 200 Back & 200 Fly

Eric Boulware - 100 Back

Sam Glazer - 1000 Free

Kyla Hinkle - 200 IM & 200 Free

Griffin Jaquish - 100 Free & 200 Free

Lillian Mo - 200 IM

Aalijah Pitman - 50 Breast

Murilo Ribeiro - 100 Back

Timmy Showman - 100 Fly

Maddy Ybarra - 100 Breast



REGIONALS

Recap



Bronze Medalists

Danica Aldag - 400 IM

Sebastian Barraugh - 200 Free

Eric Boulware - 200 Back

Lauren Buck - 100 Free

MJ Burley - 100 Free, 100 Breast & 200 Free

Brady Chavarria - 50 Free

Robert Gibbs - 200 Back

Griffin Jaquish - 100 Back

Nathan Kastanes - 200 Breast

Emma Piecuch - 500 Free

Murilo Ribeiro - 50 Fly

Timmy Showman - 100 Breast & 500 Free

Josie Vaughn - 100 Free & 200 Free

Meng Wu - 50 Breast

REGIONALS

Recap



REGIONALS

Recap



REGIONALS

New Cuts

Sebastian Barraugh - 200 Back (A), 50 Free (A)

Lauren Buck - 100 Free (Sr Zones), 100 Back (A),
100 Fly (A), 50 Free (Sr Zones)

Connor Boulware - 200 Back (B), 200 Fly (B), 100 Fly (B)

Eric Boulware - 200 Back (1st State Time!), 100 Back (A)

MJ Burley - 100 Free (Sr Zones)

Victoria Espy - 50 Breast (B), 100 Free (B),
100 Breast (B), 200 Free (B), 200 Breast (B)

Gabry Gamboa - 100 Back (A)

Carter Goldthorpe - 100 Free (A), 100 IM (A)

Kyla Hinkle - 100 Free (A), 100 Breast (A), 200 Free (A)

Griffin Jaquish - 100 Free (Sr Zones)

Nathan Kastanes - 200 Free (A)

Jocelyn Larivee - 50 Free (B), 50 Back (B), 100 Free (B)

Thomas McCormick - 200 Breast (A)

April Nowak - 100 Back (B)

Murilo Ribeiro - 50 Back (A), 100 Back (A)

Oliver Sanchez - 400 IM (A)

Tanner Showman - 100 Breast (A), 100 Back (A)

Timmy Showman - 100 Fly (A)

Rylinn Thompson - 50 Free (B)

Josie Vaughn - 100 Free (A)

Meng Wu - 50 Breast (A)

SENIOR STATES RECAP



Senior State New Cuts:

MJ Burley - 400 IM (A), 200 IM (A)

Max Castillo - 200 Back (A), 200 Fly (Sr Zones), 100 Fly (Sr Zones)

Ava Commer - 100 Fly (A)

Alania Padilla - 1650 Free (Sr Zones), 1000 Free (Sr Zones)

Greg Virga - 100 Fly (Sr Zones), 200 IM (A & Sr Zones)



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