

# AZ Dolphins

## FEBRUARY 2024 NEWSLETTER

This month we start to wrap up regular short course season with our last short course swim meet before heading into championship meets. Our Dolphins have worked hard all season long and it is time to see the fruits of their labor! We are so proud of all our Dolphins for their hard work.

### FEB. MEETS

### PHOENIX

### WINTER INVITE

This is a prelims/finals meet - a great meet to get those cuts for Regionals and States and to have the opportunity to swim in finals before the championship meets. See [flyer HERE](#) for more details.

Feb. 23-25th

151 W. Moon Valley Drive

Phoenix, AZ 85023

Reg Deadline: Feb 10th

Feb. 16-19th

3901 E. Stanford Dr.

Paradise Valley, AZ 85253

Reg Deadline: Feb 8th

### REGIONALS

This meet is for swimmers who have earned one or more 'B' cuts per the AZ time standards (see link at the end of newsletter). The 13&Over will have prelims/finals, while 12 & under will have timed finals only.





Fun Swim Fact: Benjamin Franklin invented swim fins to help move through the water more efficiently



# Dolphins on the Move

## AZ ALL-STARS

8 of our AZ Dolphins were selected to represent Arizona Swimming to compete in the All-Start Meet against the San Diego Imperial All-Stars in January. The kids showed up and put their best fins forward. Congratulations again to all who made it! Thanks for representing the Dolphins well and making us proud!



## ATLANTA

The AZ Dolphins had the opportunity to travel to Atlanta to compete in the Dynamo Eastern classic. There was lots of fast swimming and a whole lot of fun! The kids even got to see some of Michael Phelps' pool records! The team was able to visit the Georgia Aquarium, eat at a Michelin Star restaurant, Antico Pizza @ Battery Park, and what better way to bond than a team photo session while exploring the Atlanta Braves' stomping grounds.





# Coaches' Corner



Please welcome our newest coach to the Verrado site, Tayla Lovemore!

She comes to us via South Africa, Florida and most recently, South Carolina. Her fascinating bio is available on our website [HERE](#)



Here are a few fun facts about our new coach:

**Favorite Swim Event:** 100 Butterfly

**Favorite Swim Memory:** Winning gold in the 50 butterfly at the 2019 World University Games and breaking the African and South African records while doing so

**First Impression of AZ:** It's DRY! LOL. But truly wonderful. The mountains are absolutely breathtaking. Looking forward to hiking in the winter and kayaking in the summer.

**Hobbies outside of swim:** hiking, kayaking, gardening, home DIY projects, weightlifting and surfing

**Favorite thing about South Africa:** Her crazy family!

**Favorite swim team traditions:** Hardest worker of the week (she had it at FSU and is hoping to incorporate it here soon)

**Why she wanted to coach the Arizona Dolphins:** She has always loved Arizona. She came here a while back for recruiting trips and absolutely loved Phoenix. As for the Arizona Dolphins, after good conversations with Paul, it seemed like the culture and work environment was healthy, but most importantly what sparked her true interest with the club, was the ability to experiment and get creative with coaching.

**Goals for this team:**

1. Building a well-structured environment for a healthy work ethic amongst our swimmers.
2. Getting the swimmers to fully trust and commit to this new training.
3. Try to get as many PBs in the bag as possible - just want everyone to see the work that we will do is paying off!

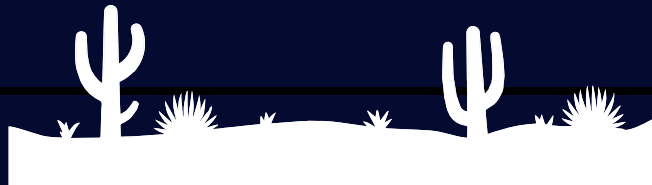




# Coming Soon...to a pool near you!



## Championship Meets are almost here!



Regional Championships Feb. 23-25th "B" Time Standards  
Swim Neptune Moon Valley

Senior State Championships Feb. 29- March 3rd "A" Time Standard  
Mesa Aquatic Club - MAC

Age Group State Championships March 7-10th 14&U with "A" Time Standard  
Oro Valley, AZ

NEW this year - For any 12&U swimmer, if you have at least one state cut, you are eligible to enter all the 50's in which you have a valid time

Please note swimmers are only allowed to enter a maximum of 6 individual events at this meet

8 & Under Championships March 16-17th

AZ Dolphins @ Anthem Community Center

This year's theme is "The Warped Tour"

All 8 & Under swimmers are eligible to participate. Swimmers can enter NT for 25s; must have a valid USA Swimming time for all 50's and above.

Four Corner Speedo Sectionals March 21-24th

Phoenix Swim Club

Southwestern Age Group Regionals SWAGR March 22-25th

Clovis, CA





# Collegiate Swimming



Congratulations to Julia and Ella Schoenfelder on their commitment to Whitworth University to swim and study!



## TEAM BONDING



Our Dolphins were able to attend the ASU vs GCU meet this past month and take in some college swimming. We enjoyed a great meet and grabbed some lunch at the infamous Chuckwagon in Tempe. Thanks to all who made it out to watch the Duel in the Desert!





# Let's Celebrate GREAT!



## NEW QUALIFYING TIMES

### All Stars

Abby Bayer - 200 Back 13/14 (A)

### Dynamo Eastern Classic

Karen Chang - 100 Fly (A)

Hayden Fleming - 50 Breast (A)

Maddie Linser - 50 Fly (A)

Sammy Nagy - 50 Back (State Record), 100 Breast (State Record and 13/14 - A), 100 Back (State Record)

Aryana Smith-Peterson - 100 Fly (Sectionals)

Layla Stein - 200 Free (11/12 - A)

### SAC Winter Invite

Sebastian Barraugh- 1000 Free (A), 50 Breast (A)

Hayden Fleming- 1000 Free (A)

Jack Glazer - 50 Free (B)

Sam Glazer - 50 Free (B), 100 Free (B)

Kyla Hinkle - 50 Free (B)

Molly Holmes - 50 Back (B), 50 Free (B)

Annika Jones - 100 Free (A)

Nathan Kastanes - 50 Back (11/12-A), 50 Fly (A)

Thomas McCormick - 500 Free (A)

Griffin Jaquish - 200 Back (B)

Bella Moreno - 50 Fly (B), 100 Back (B)

April Nowak - 50 Breast (A)

Alania Padilla - 100 Free (Sr A)

Layla Stein - 50 Fly (11/12 - A)

Rylinn Thompson - 50 Breast (B), 100 Free (B)

Josie Vaughn - 50 Back (A), 200 Free (A),

100 Free (A), 100 Back (A)

Lauren Buck - 100 Fly (B)

Max Castillo - 200 Free (A)

Justin Kennedy - 100 Fly (B)

Adriano Perez - 200 Free (B)

Jonathan Robichaud - 400 IM (B)

Ari Rodriguez - 200 Free (B)

Elijah Wagenfehr - 400 IM (A), 200 breast (B)

Talon Newton - 100 back (B)

Zac Clark - 200 IM (A)





## Practice Schedules

### East Valley Sports Team Store

25% off for AZ Dolphins

### AZ Dolphins Team Store

(Hoodies, Shirts & Team Merch)

### Arizona Swimming State "A" & Regional "B" Cuts

### USA Swimming Time Standards

### SWAGR Time Standards

### Sectionals Time Standards

