



Champion  
**SHIP**  
Season

**AZ DOLPHINS**

**MARCH 2024**



# March Madness Meets



See Meet Flyers for Warm Ups and Start Times

**Age Group State  
Championships  
March 7-10th  
Oro Valley, AZ**

**8 & Under  
Championships  
March 16-17th  
Anthem, AZ**

**SWAGR  
March 22-25th  
Clovis, CA**

**Speedo Sectionals  
March 21-24  
Phoenix, AZ**

# ARIZONA DOLPHINS

## Phoenix Winter Invite



**CONGRATS DOLPHINS  
ON A 3RD PLACE TEAM  
FINISH!**



We had some fast swims this past month - Everyone should be proud for the hard work you've put in this season! Remember that swimming is a journey and something can be learned from every race.

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# 8 & Under Championships



## March 16 - 17th

**Reg. Deadline: March 8th**

This meet is hosted by the Arizona Dolphins at the Anthem Community Center and we need YOUR help to make it happen! Even if your child is not swimming we can use your help - great way for your kids to get those volunteer hours in!

We need:

Timers, Snack Bar Workers,  
Announcer, Snack Donations,  
and MORE!



Please sign up at

<https://www.signupgenius.com/go/904084AA5A92DA3F85-48073042-8andunder>



# Coaches' Corner

## Top 50 Rate of Repeat in USA Swimming

### Extract:

The likelihood of a swimmer to regain a top 50 national ranking after reaching that level as a 10 and under athlete as expressed by historical data; classes of 2019, 2021, 2022 (2020 was left out as race data was limited due to COVID.) shows that across these classes there is an 6% rate of success on the women's side and a 13.3% rate of success on the men's side. This data suggests that early success in swimming is not a good predictor of continued success. Furthermore, it suggests that swimming is a very accessible sport for athletes to begin later in relation to other disciplines.

### The Data:

3 races were studied, 50 free, 500 free, 200 Individual Medley. These races were selected for their accessibility, and representation of different training methodology. Race results were pulled from both the USA Swimming times database, as well as the swimcloud data database to avoid missing some AAU or outside results from states with large "rec" league presence; Texas, Florida, Maryland, etc. Times were then compared to the same data set from the years 2011-2022 at 1 year intervals to find the "top of the age group" for each studied class.

# Coaches' Corner

## The Study:

The study consisted of cross referencing the names on each class list at the given year for 10u (2011,2013,2014) 11-12, (2013,2015,2016) and 15-18 (2019,2021,2022) names were checked across all 3 events to account for change in race focus. Women repeated at a rate of 6% overall in all events and classes. Men repeated at a rate of 13.3% across all classes.

## Additional Findings:

These additional findings would require further study, however, they were anecdotally pertinent to this study. Rate of repetition from 10U to 11-12 was 37% and from 11-12 to 13-14 was 24%.

When compared to the 15-18 data 13-14 had the highest rate of repetition at 18%. 11-12 had the lowest with 5.5%. 50 freestyle had the highest rate of repetition across men and women in each age group.

**Fun Swim Fact: Breakstroke is the oldest known form of the swimming strokes - who knew!**



# Feb. New Cuts!

Enzo Altomare - 50 Back (B)  
Joel Arnold - 1650 Free (B), 200 Breast (A)

Delaney Barbee - 400 IM (A)  
Abby Bayer - 1650 Free (13/14 A & 1st Senior A)

Max Castillo - 200 Fly (A)  
Brady Chavarria - 100 Back (B), 200 Breast (1st - Sr A)

Zac Clark - 200 Fly (A)  
Samantha Fausto - 200 Fly (1st Senior A), 200 IM (A), 200 Back (A), 400 IM (A)

Gabry Gamboa - 100 Free (A)  
Robert Gibbs - 200 Free (A), 200 IM (A), 100 IM (A)

Jack Glazer - 100 Fly (B), 50 Fly (B)  
Sam Glazer - 50 Fly (B)  
Max Hayner - 50 Free (B), 50 Back (B)

Kyla Hinkle - 100 Fly (B)  
Griffin Jaquish - 100 Back (1st A), 100 Fly (B), 500 Free (B), 100 Breast (B), 50 Free (A)

Annika Jones - 500 Free (A), 400 IM (A)  
Katelynn Kastanes - 100 Back (1st Senior A)

Nathan Kastanes - 50 Breast (A), 100 Breast (A)  
Maddie Linser - 200 IM (A), 50 Free (A)

Thomas McCormick - 50 Breast (A), 100 Breast (A)

Kash Moore - 50 Back (1st B ever)  
Alania Padilla - 100 Back (13/14 A)  
Lukas Pechacek - 100 Fly (Senior A)  
Aalijah Pitman - 100 Free (1st B ever), 50 Free (B)

Murilo Ribeiro - 500 Free (A)  
William Robichaud - 50 Free (1st - 13/14 A)

Oliver Sanchez - 200 Free (A), 50 Free (A), 100 Fly (A)

Tanner Showman - 50 Fly (B)  
Timmy Showman - 100 Back (B)  
Aryana Smith-Peterson - 50 Free (Sectionals), 400 IM (A)

Layla Stein - 1650 Free (A), 1000 Free (A), 400 IM (A), 200 Back (A)

Rylinn Thompson - 50 Back (B)  
Elijah Wagenfehr - 1650 Free (A & Senior A), 200 Breast (A), 200 Fly (A)

Caleb Whitehorse - 200 Fly (A), 200 Free (A), 100 Fly (A)

Luke Withrow - 500 Free (B)  
Meng Wu - 50 Free (A), 100 Free (A)  
Adrian Zolnierczyk - 100 Free (Sectionals), 100 Back (Sectionals)

# Regional Award Winners



**Team took 3rd Place  
- congrats to ALL our  
Dolphins!**

## **GOLD MEDAL RELAYS**

**10/u Boys 200 Free Relay  
Team - Murilo Ribeiro,  
Thomas McCormick, Nathan  
Kastanes, Robert Gibbs**  
**14/u Boys 200 Free Relay  
Team - Griffin Jaquish,  
William Robichaud, Jonathan  
Robichaud, Timmy Showman**  
**18/u Girls 200 Free Relay  
Team - Lauren Buck, Taylor  
Grader, Natalie Hamlin, Zoey  
Utecht**  
**18/u Girls 200 Medley Relay  
Team - Lauren Buck, Natalia  
Salazar, Zoey Utecht, Taylor  
Grader**

**Virtual Champions (fastest  
time in all 3 Regional  
Championships)**

**Joel Arnold - 200 Breast  
Nathan Kastanes - 100  
Breast**

**Murilo Ribeiro - 500 Free  
William Robichaud - 50 Free  
Aryana Smith-Peterson -  
400 IM**



# Regional Award Winners



## Silver Medalists

Delaney Barbee - 400 IM  
Ellie Burgett - 50 Back  
MJ Burley - 200 IM  
Samantha Fausto - 200 Back  
Robert Gibbs - 200 IM  
Jack Glazer - 100 Fly  
Annika Jones - 400 IM, 100 Fly  
Thomas McCormick - 50  
Breast  
Oliver Sanchez - 50 Free, 50 Fly  
Layla Stein - 200 Back  
Caleb Whitehorse - 100 Fly  
Meng Wu - 50 Free

## Gold Medalists

Robert Gibbs - 200 Free, 100 IM  
Griffin Jaquish - 200 Back  
Nathan Kastanes - 50 Breast  
Oliver Sanchez - 50 Back, 100 Fly  
Layla Stein - 400 IM  
Caleb Whitehorse - 200 Fly, 200 Free

## Bronze Medalists

Lauren Buck - 50 Free  
Ellie Burgett - 200 Free  
Griffin Jaquish - 100 Back, 50 Free  
Annika Jones - 500 Free, 200 IM  
Jonathan Robichaud - 200 Back  
William Robichaud - 200 Fly, 100 Fly  
Tanner Showman - 100 Free  
Caleb Whitehorse - 100 Free  
Meng Wu - 50 Back

Congrats to our Dolphins who added some new hardware at Regionals!

# Senior States

**Congrats to our Senior States  
Participants and medal winners!**

**Gold Medalists**  
50 Free Delaney  
Barbee

**Silver Medalist**  
100 Free  
Delaney Barbee

**Bronze Medalists**  
400 Free Relay  
Delaney Barbee, Kelly Chang,  
Mariana Salazar, & Aryana Smith-  
Petersen

**200 Free Relay**  
Delaney Barbee,  
Kelly Chang, Julia  
Schoenfelder, & Ella  
Schoenfelder



**Senior State Participants:**

Joel Arnold, Delaney Barbee, Max Castillo, Kelly  
Chang, Brady Chavarria, Kayla Clark, Zac Clark,  
Mason Espy, Camden Hart, Lukas Pechacek  
Ashlyn Popham, Matthew Robichaud,  
Mariana Salazar, Ella Schoenfelder  
Julia Schoenfelder, Aryana Smith-Petersen  
Caleb Whitehorse, & Adrian Zolnierczyk

# IMPORTANT LINKS

[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](#)