



# Arizona Dolphins January Newsletter

Time to get back into the swing of things!!



## Making a splash

After a joyful Christmas break filled with family time, rest, and celebration, it's time to slip back into the water and rediscover that familiar rhythm. Getting swimmers back in the pool is all about easing in, shaking off the holiday cobwebs, and reconnecting with the love of the sport. The first few laps may feel different, but muscle memory quickly returns, confidence builds, and the water starts to feel like home again. With refreshed minds, renewed energy, and goals set for the season ahead, this return marks a fresh start—where hard work meets holiday cheer, and every stroke moves us forward together.

### Upcoming Events:

- Back to Practice on the 2<sup>nd</sup> January!
- Bob Platt Memorial Invite: 23<sup>rd</sup> -25<sup>th</sup> January  
(REGISTRATION DEADLINE: 10th Jan)
- RIO Lost Dutchman Invite: 13<sup>th</sup> -16<sup>th</sup> February  
(REGISTRATION DEADLINE: 31<sup>st</sup> Jan)





# Staying Warm



Here are some practical and swimmer-approved tips for staying warm during winter training:

## Before training

- Layer up: Wear warm, loose layers to the pool and keep them on as long as possible before getting in.
- Stay dry: Avoid sitting around in damp gear—cold + wet equals chilly fast.
- Warm drinks: Sip on warm water or tea before practice to raise body temperature.
- Activate your body: Light movement or stretching before getting in helps generate heat.
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## During training

- Keep moving: Continuous swimming helps maintain body heat—avoid long breaks if possible.
- Wear extras if allowed: Neoprene caps, double caps, or earplugs can make a big difference.
- Focus on breathing: Controlled breathing helps regulate body temperature and comfort.
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## After training

- Dry off quickly: Have a towel and robe ready to get dry immediately.
- Change fast: Get out of wet swimmers and into warm clothes as soon as possible.
- Fuel up: Eat something warm and nourishing post-swim to help your body recover and reheat.
- Head protection matters: A beanie or hood helps retain heat once you leave the pool.

Winter swimming builds resilience—stay warm, stay consistent, and enjoy the challenge!





## Important Links

ARIZONA SWIMMING TIME STANDARDS

ARIZONA DOLPHINS PARENT INFORMATION

SAFE SPORT PARENT INFORMATION

