

SRA Dolphins Newsletter



Piney Creek Heat @ SRA
June 1st

Meet Date: Saturday, June 1st

Meet Opponent: Piney Creek Heat

Meet Location: Stroh Ranch Pool - Creekside Recreation Center

19301 J Morgan Blvd, Parker, CO 80134

please DO NOT park in the rec center parking lot!

Meet Details

WARM-UP SCHEDULE –6:40 – 7:20am

6:40 – 6:50 – Ages 11-12, relay meeting after warm up @ 6:50am

6:50 – 7:00 – Ages 9-10, relay meeting after warm up @ 7:00am

7:00 – 7:10 – Ages 13-14 & 15-18, relay meeting after warm up @ 7:10am

7:10 – 7:20 – Ages 8&U, relay meeting after warm up @ 7:20am

6&U – no warmup recommended

7:30 - TEAM MEETING

8:00 - MEET START



Our first Dual Swim Meet vs Piney Creek Heat at Stroh Pool. Note: **This meet will start at 8:00am!**

It is recommended that you arrive at **6:30am** to check in your swimmer and check in for volunteer work.

Experienced swim team families know it is almost impossible to arrive at a swim meet Too Early – so come early and avoid the potential stress of a later than expected arrival due to an unforeseen delay.

As you arrive at the meet, **please look for our check-in table.** Here you will need to check-in your swimmers, as well as yourself if you are scheduled to volunteer that day. It is important that you check-in as it notifies us that your swimmer is present for relays and that your volunteer position is covered.

MEET ENTRIES

Meet entries are sent by email and also posted on our website. To find them go to the “Events” tab and then click on the event name (scroll to the bottom for forms/documents). Please check the entry list ***carefully***. Your swimmer should be entered in the correct events. If not, please email Coach Morgan at coaches@strohranchdolphins.org. We should be able to correct errors if we provide notification prior to Friday at 2pm.

After the first meet we will have current times in the team database, and it will be much easier to make better informed decisions about relay participation. Typically, the fastest swimmers are selected to swim relays (i.e. for free relays – four fastest are on the “A” team, next four fastest are on the “B” team ..and so on).

~ ANNOUNCEMENTS ~

CONCESSIONS: Cash and Venmo

- Freshly Brewed Coffee
- Breakfast Burritos
- Donuts
- Various Snacks
- Beverages
- Lunch will be available

DELAYED ARRIVALS & SCRATCHES

If you find that your swimmer cannot participate in the meet email Coach Morgan at (coaches@strohranchdolphins.org). Email will be checked from the time entries are posted and again starting about 5 am.

IF YOU ARE GOING TO BE DELAYED,
CALL OR TEXT COACH MORGAN
303-589-3397

SPORTSMANSHIP REMINDER

Hello Dolphin Families,

We are looking forward to a fun and exciting start to our new season. One goal we would encourage you discuss with your swimmers is **Sportsmanship**. We want **good sportsmanship** to be a priority for our team this season. We want to show it to not only to the team we are competing against but also to our own swimmers and team members. It can be anything from a simple handshake after finishing a race to encouraging a swimmer that is nervous before their first race. To encourage this amongst everyone Parents, Coaches, & Swimmers we have a couple of surprises in store during our meets. We will be on the lookout for anyone who is exhibiting **Good Sportsmanship** and **Leadership**. Please encourage this with your swimmers as we encourage everyone to be involved and lead by example. We are looking forward to a great season.

GO DOLPHINS!

APPAREL NOTE:

If you haven't picked up your apparel, grab it at the check in table! Team caps and All Star caps are also available for purchase for \$15. Cash or check only. Make checks payable to Dolphin Aquatics.

MEET SCHEDULE

Date	Location	Opposing Team	Theme
June 1	Stroh Ranch Pool	Piney Creek Heat	Pajama Day
June 8	Clarke Farms Pool	Clarke Farms Tsunamis	Disney
June 15	Stroh Ranch Pool	Tallyn's Reach Tigersharks	Superheroes
June 22	Wheatlands Pool	Wheatlands Sharks	Color Wars (by age group)
June 29	Cook Creek Pool	Cook Creek	Patriotic/USA

CHECKING IN ON TIME

While it is tempting to arrive at the meet 5 minutes before your warmup time, it is much better to arrive in the pool parking lot around 6:20 am, as it will take some time to get into the pool area, check in, and find a spot in the area of the pool to setup in. **Check in will begin at 6:30am** this week prior to the **team meeting at 7:30**, so make sure you check in so we know you are present and don't have to find a replacement.

Arriving early does require that everyone gets up earlier, but it is much less stressful and easier in the long run. We want to ensure your swimmer has enough time to warm up and focus on swimming their best. Plus...the coaches are assured you are there for the medley relays. You'll notice the experienced swimming families will arrive early for meets. Look for board members in **GREY** shirts if you have any questions!



SRA Dolphins Cheer

Fly, Back. Breast, Free
We're Stroh Ranch/Anthology
(Medium Volume)

Fly, Back. Breast, Free
We're Stroh Ranch/Anthology
(Louder Volume)

Fly, Back. Breast, Free
We're Stroh Ranch/Anthology
(Even Louder Volume)

Goooooooooooo Dolphins!
(Super Loud)

**MEET ENTRIES FOR THE SECOND MEET VS
CLARK FARMS TSUNAMIS ARE DUE BY
JUNE 3rd AT 11:59 PM**

VOLUNTEER COMMITMENT

Just a reminder that it takes everyone on the team to make our organization successful. This means that we require families to fulfill their volunteer requirements. Each family is asked to complete 4 volunteer sessions during the regular dual meet season.

What am I Swimming?

The Meet Program (also called a heat sheet) provides information about the swimmer's events during the meet and their seed times for those events. It also provides the event, heat, and lane information for each race. The event is the race your swimmer will be swimming. Each event has a number – girls being the even numbers and boys being odd. There are 90 events per meet. There are heats because there are typically more swimmers than lanes. If that is the case, they will have multiple heats. Finally, a lane is the specific area where the swimmer is assigned to swim. Make sure to bring a sharpie to write all of your child's events on their arm. Example: if your swimmer was swimming Event #20 (9-10 girls 50 Free), Heat 4, Lane 3 it would look something like this:

E (Event)	H (Heat)	L (Lane)
20	4	3

Heat sheets for each meet are available for viewing on the website by Friday evening. To find them go to the "Events" tab and then click on the event name – please print a copy and bring it with you!

FIRST CALL/LAST CALL

The heating area will have a board set-up displaying what event number they are announcing for first and last call. When they are first calling your child's event, your swimmer should start heading over to the heating area to be added to the queue. If swimmers arrive promptly to the heating area on first call, they are less likely to miss their event. The last call means it is the last chance for swimmers to check in for that race and they should get to the heating area immediately.

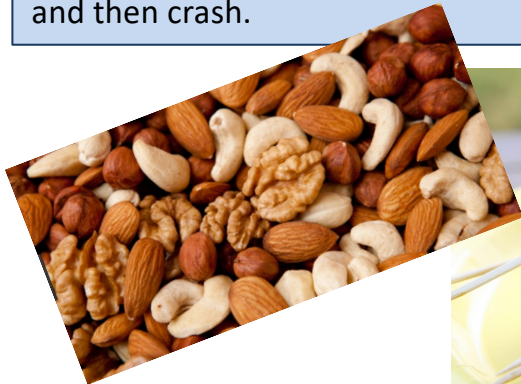
Meet Program

Meet programs will be available on the “Events” page Friday afternoon/early evening prior to each meet. Please take the time to review the Meet Program carefully as soon as they are posted to ensure your swimmer(s) is in the correct events. Any errors should be directed to the coaches ASAP. Please be sure to **also print and bring a copy** of the Meet Program with you as they will not be available at the meet.



MEET NUTRITION

Meet nutrition is always a big factor for doing well at swim meets! Eating healthy snacks before your race can help you perform better. So grab the Gatorade, Power Bars, water, nuts, or fruit instead of candy, chips, or a soda. Healthy snacks have the nutrients your body needs so you don't go on a sugar high and then crash.



BE PREPARED

Being prepared is one of the key points in a swim meet that runs smoothly! Below is a list of items that you should bring to EVERY meet.

- ☐ Swimsuit
- ☐ Goggles & Spare Goggles
- ☐ Sunscreen
- ☐ Towels
- ☐ Swim Caps
- ☐ Sweats, Shirts, & Pants
- ☐ Umbrella for Shade
- ☐ Water/Sports Drinks
- ☐ Flip Flops/Sandals
- ☐ Blankets
- ☐ Lawn Chairs
- ☐ Lip Balm
- ☐ Sunglasses
- ☐ Snacks/Lunch/Money for Concessions
- ☐ Sharpie to write event/heat/lane on swimmer's arm
- ☐ Camera
- ☐ MEET PROGRAM
- ☐ And most important...**LOTS OF TEAM SPIRIT!!**



~ IMPORTANT INFO ~

FIRST MEET OF THE SEASON

Meets include a lot of swimmers from each team. Add in parents and siblings and there will be quite a crowd on Saturday morning.

Meets normally start about 8AM and end at 1:30-2:00PM and there are 90 events. If there are a few bumps along the way, please be patient as there are many volunteers in roles that may be new to them.

Most importantly, arrive early!



DAY OF THE MEET

Please try and sit in the same area as the Team. Normally there will be a designated area for us to set up our tents or weather shelters. This makes it much easier to find swimmers missing from heating, or replacement swimmers for relays (there are often freestyle relay scratches during the meet, so if swimmers are not in a relay, they are automatically an alternate).

It is always chilly first thing in the morning, so we suggest warm clothing or sleeping bags and 2-3 towels per swimmer.

ORDER OF EVENTS

The order of events at meets are - 200 free (older age groups), 12 heats of medley relays, then sprint freestyles - youngest to oldest age groups, backstroke events, breaststroke events, 100 frees, IM events , and finally freestyle relays.

SPONSORS

We appreciate their support throughout our swim season.



MAGGI PRITCHARD

