

SRA Dolphins

Newsletter #1



Cook Creek @ SRA
Cherokee Trail High School
May 31st

Meet Details

Meet Date: Saturday May 31st

Meet Opponent: Cook Creek Wahoos

Meet Location: Cherokee Trail High School

25901 East Arapahoe Rd. Aurora, CO 80016



WARM-UP SCHEDULE –6:20 – 6:50am

6:20 – 6:28 – Ages 13-18, relay meeting after warm up @ 6:28am

6:28 – 6:35 – Ages 11-12, relay meeting after warm up @ 6:35am

6:25 – 6:42 – Ages 9-10, relay meeting after warm up @ 6:42am

6:43 – 6:50 – Ages 7&8, relay meeting after warm up @ 6:50am

6&U – warmup optional

6:55 - TEAM MEETING (inside – meet @ diving boards)

7:30 - MEET START





Parking

There is parking in the parking lot on the south side of the pool. Entry from S Newbern Ct off E Arapahoe Rd. Please refer to the photo.



Meet Details



Our first Dual Swim Meet vs Cook Creek Wahoos at Cherokee Trail High School

Note: **This meet will start at 7:30am!**

It is recommended that you arrive at **6:00am** 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 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 Kevin at coaches@strohranchdolphins.org. We should be able to correct errors if we provide notification prior to Friday at 2pm.

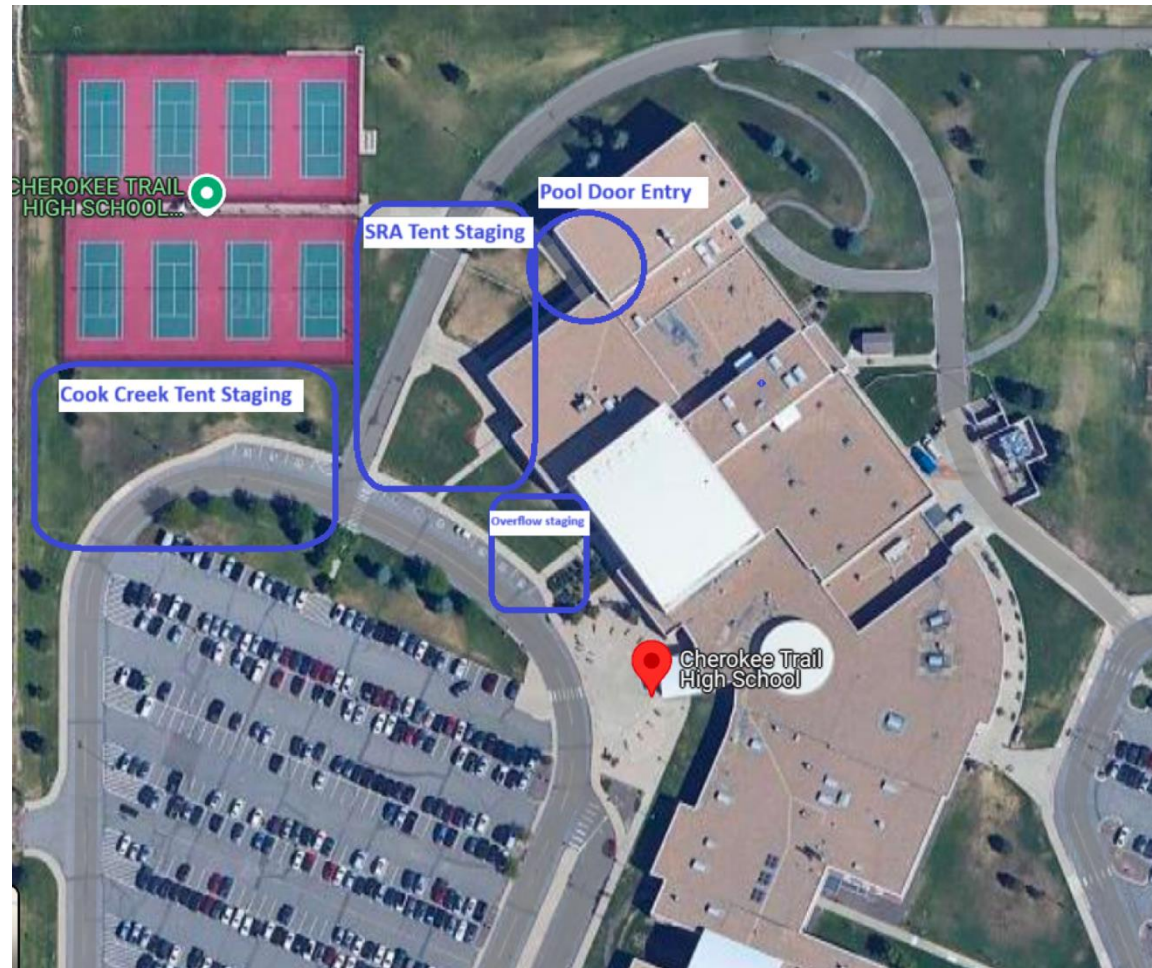
After the first meet we will have current times in the team database, and it will be much easier to make better informed decisions about relay participation. Typically, the fastest swimmers are selected to swim relays (i.e. for free relays – four fastest are on the “A” team, next four fastest are on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



Entry & Setup

Entry to the pool is solely through the front door facing the parking lot, next to the tennis court side of the school. Please refer to the photo.

There is no setup inside the pool area. All families should set up in the grass areas outside of the doors. Please review the staging areas for each team below. **NOTE: the school has stated very boldly that we cannot use stakes in the grass to secure tents. Please bring sandbags only!** Also, *please limit your time on the pool deck to cheering on your swimmers while they are in the pool to prevent overcrowding.*



~ ANNOUNCEMENTS ~

CONCESSIONS: Cash and Venmo

- Coffee truck (Eliza's Lattes & Literature)
- Breakfast Burritos
- Donuts
- Various Snacks
- Beverages
- Pizza at lunch time



DELAYED ARRIVALS & SCRATCHES

If you find that your swimmer cannot participate in the meet email Coach Kevin 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 KEVIN
720-272-3149

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 concessions!
Team caps (\$10) and All Star caps (\$15) are also available for purchase.



MEET SCHEDULE

Date	Location	Opposing Team	Theme
May 31	Cherokee Trail High School	Cook Creek Wahoos	Pajama Day
June 7	Southshore Pool	Southshore Sharks	Disney
June 14	Stroh Ranch Pool	Tallyn's Reach Tigersharks	Superheroes
June 21	Cherokee Trail High School	Clarke Farms Tsunamis	Color Wars (by age group)
June 28	Smoky Hill Pool	Smoky Hill Sharks	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 6:00 am, as it will take some time to get into the pool area, check in, and find a spot to setup in.

Check in will begin at 6:00am this week prior to the **team meeting at 6:55**, 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 **NAVY BLUE** 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
SOUTHSHORE SHARKS ARE DUE BY
JUNE 2nd 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! For combined events, we have merged two heats together to allow the meet to move quicker. The first heat that is combined will swim with the later heat.

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 7:30AM 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.



Spirit Nights

Date	Location	Time	Address
Tues. May 27th	Culver's	5pm-8pm	18561 Mainstreet, Parker, CO 80134
Sat. May 31st	Raising Cane's Chicken Fingers	12pm-9pm	18200 Cottonwood Dr., Parker, CO 80134
Sat. June 14th	Artisan Pizza	2pm-8:30pm	12311 Pine Bluffs Way #107, Parker, CO 80134
Sat. June 21st	Texas Roadhouse	11am-5pm	11205 S Parker Rd., Parker, CO 80134
Tues. July 1st	Urban Air	3pm-7pm	15400 E Briarwood Cir., Aurora, CO 80016





JOIN OUR FUNDRAISER AT RAISING CANE'S!

**Mention the fundraiser at the register
and Cane's will donate 15% of sales to:**

SRA - Dolphins Swim Team

DATE & TIME:

May 31, 2025 from 12:00 PM - 09:00 PM

LOCATION:

**18200 Cottonwood Drive, Parker, CO 80138
+1 303-841-1207**



**You must mention SRA Dolphins
Swim Team at the time of payment at
the Restaurant or apply code
RCFUND96 to online/app orders.**





Sponsors

We appreciate their support throughout our swim season



Summit Smiles Dental

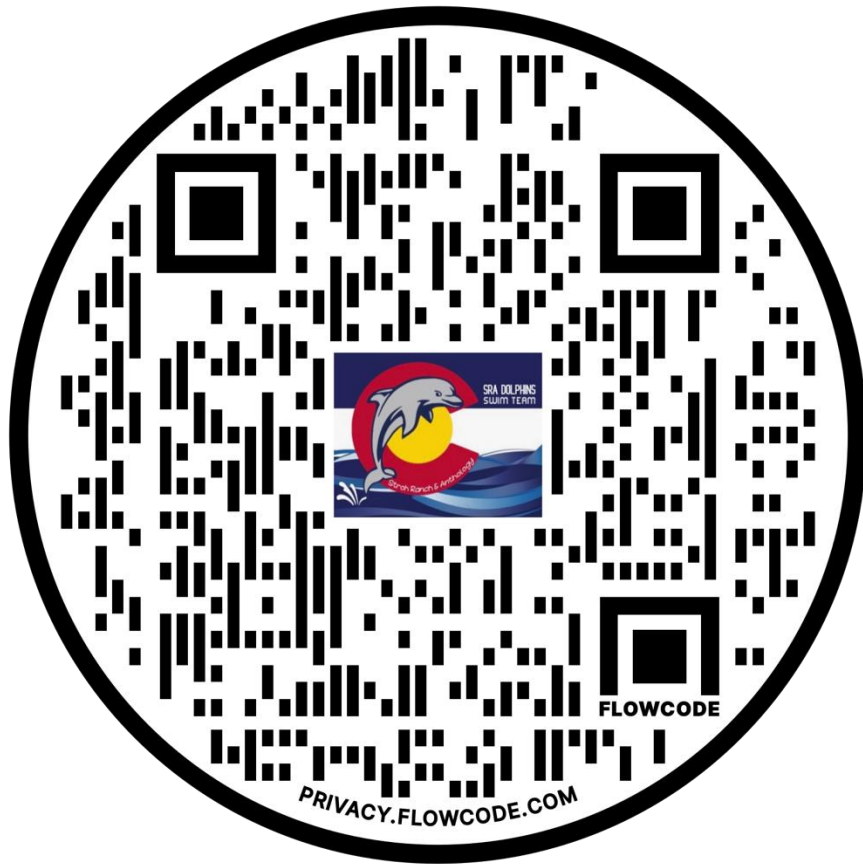


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