

SRA Dolphins Newsletter



SRA @ Clarke Farms
June 8th

Meet Date: Saturday, June 8th

Meet Opponent: Clarke Farms Tsunamis

Meet Location: Clarke Farms Pool
17301 Clarke Farms Drive
Parker, CO 80134

Meet Details

**** Please park in the school parking lot first, and then anywhere up and down Clarke Farms Drive. Please do not park in residential home parking.**

WARM-UP SCHEDULE – 7:25-7:50am

7:00 - TEAM MEETING

7:10 - Relay meetings

7:25 – 7:33 – ages 11-12, 13-14 & 15-18

7:34 – 7:42 – ages 9-10

7:42 – 7:50 – ages 8 & under

6& under – no warmup recommended

7:30 – timers/stroke&turn/officials meeting

8:00 - MEET START



Our second dual Swim Meet vs Clarke Farms Tsunamis at Clarke Farms Pool. Note: **This meet will start at 8:00 am!**

It is recommended that you arrive at **6:45am** to check in your swimmer and check in for volunteer work. Team meeting is at **7:00am!**

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.

It is suggested that you set up tents outside the pool on the west side of the pool area or in front of pool building/entry area. No tents inside the pool area.

MEET ENTRIES

Meet entries are 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:

- Breakfast Burritos
- Freshly Brewed Coffee
- Various Snacks
- Beverages

Lunch (hot dogs & hamburgers) will also 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!

Clarke Farms are requesting to please write event/heat/lane numbers on swimmer's arms and last name on back shoulder area.

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 6:45am** this week prior to the **team meeting at 7:00**, 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 THIRD MEET VS
TALLYN'S REACH ARE DUE BY
JUNE 10th 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.

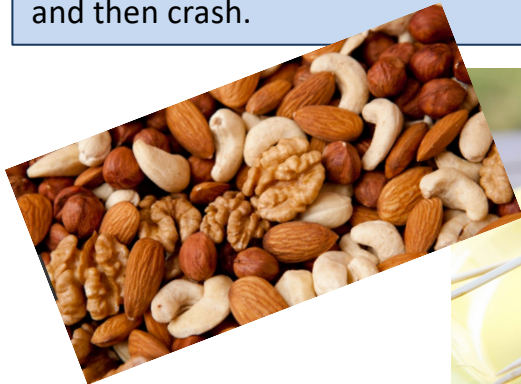
Meet Program

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!!**



6/1 Piney Creek Heat @ SRA Meet Results

Combined Team Scores

Combined Team Scores - Through Event 90

1. SRA Dolphins – 590
2. Piney Creek Heat – 305

Scores - Girls

Girls - Team Rankings - Through Event 90

1. SRA Dolphins – 286
2. Piney Creek Heat – 163

Scores - Boys

Boys - Team Rankings - Through Event 90

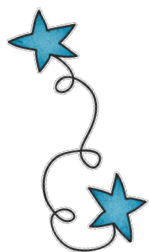
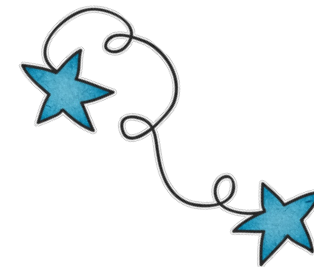
1. SRA Dolphins – 304
2. Piney Creek Heat – 142

A detailed report of each event and swimmers time was emailed last Saturday and is available on the Events page of the website for that specific meet. After the day of the meet, you must use the “Past & Archived” tab to find the Event page for that meet.



All Star Qualifiers

6/1 Piney Creek Heat @ SRA



Joshua Adams (16) M
2:45.66 Y AS24 F 200 IM

Tyler Augistini (14) M
1:17.65 Y AS24 F 100 Breast
2:52.23 Y AS24 F 200 IM

Sebastian Castro Dombi (14) M
1:21.25 Y AS24 F 100 Breast

Gwyn Gramer (9) F
1:27.73 Y AS24 F 100 Free

Teddy Gramer (8) M
26.89 Y AS24 F 25 Fly

Jackson Hill (15) M
24.73 Y AS24 F 50 Free
1:58.49 Y AS24 F 200 Free
57.27 Y AS24 F 100 Back

Connor Hinz (10) M
41.59 Y AS24 F 50 Back
40.13 Y AS24 F 50 Fly
1:27.19 Y AS24 F 100 IM

Gracie Joebchen (15) F
26.82 Y AS24 F 50 Free
1:13.87 Y AS24 F 100 Breast
1:04.79 Y AS24 F 100 Fly

Cole Katsoff (16) M
23.89 Y AS24 F 50 Free
53.28 Y AS24 F 100 Free
59.99 Y AS24 F 100 Fly

Abby Keller (17) F
59.72 Y AS24 F 100 Free
2:07.98 Y AS24 F 200 Free
1:07.40 Y AS24 F 100 Fly

Bella Lane (16) F
25.93 Y AS24 F 50 Free
57.25 Y AS24 F 100 Free
1:01.92 Y AS24 F 100 Back

Carson MacBrayne (11) M
39.21 Y AS24 F 50 Fly

Trista Myers (9) F
34.04 Y AS24 F 50 free
37.30 Y AS24 F 50 Back
38.71 Y AS24 F 50 Fly

Matthew Oconnor (17) M
25.94 Y AS24 F 50 Free
58.83 Y AS24 F 100 Free
1:06.16 Y AS24 F 100 Back

Genevieve Oslick (15) F
2:08.21 Y AS24 F 200 Free
1:04.85 Y AS24 F 100 Back
2:25.60 Y AS24 F 200 IM

Azalea Place (12) F
29.99 Y AS24 F 50 Free
35.62 Y AS24 F 50 Back
34.99 Y AS24 F 50 Fly

Jack Rollenhagen (9) M
1:15.34 Y AS24 F 100 Free
39.64 Y AS24 F 50 Back
37.04 Y AS24 F 50 Fly

Julie Rollenhagen (12) F
1:07.68 Y AS24 F 100 Free
38.89 Y AS24 F 50 Breast
34.85 Y AS24 F 50 Fly

Maggie Rollenhagen (13) F
2:22.47 Y AS24 F 200 Free
1:23.60 Y AS24 F 100 Breast
1:16.95 Y AS24 F 100 Fly

Parker Sampson (8) M
41.51 Y AS24 F 50 Free
21.78 Y AS24 F 25 Breast
1:39.23 Y AS24 F 100 IM

Michael Sanchez (17) M
23.75 Y AS24 F 50 Free
52.16 Y AS24 F 100 Free

Logan Snodgrass (7) M
23.66 Y AS23 F 25 Back

Eric Vandeloo (10) M
46.81 Y AS24 F 50 Back
49.80 Y AS24 F 50 Breast

Jami Ward (18) F
1:17.92 Y AS24 F 100 Back

Tessa Waterman (16) F
27.11 Y AS24 F 50 Free
1:11.01 Y AS23 F 100 Back

Julian Witters (16) M
25.24 Y AS23 F 50 Free
1:17.53 Y AS24 F 100 Breast
2:32.00 Y AS24 F 200 IM

Julian Witters (17) M
25.25 Y AS24 F 50 Free
57.33 Y AS24 F 100 Free

Quinnly Worford (7) F
19.46 Y AS24 F 25 Free
45.01 Y AS24 F 50 Free
23.34 Y AS24 F 25 Back

Jason Yun (11) M
1:09.21 Y AS24 F 100 Free
37.09 Y AS24 F 50 Breast
1:17.01 Y AS24 F 100 IM



2024 TEAM RECORD BREAKER

Congrats to Jackson Hill for his new record at the last meet:

Male 15-18 100 Back

57.27 ** Jackson Hill at

6/1/2024 Piney Creek Heat @SRA



SPONSORS

We appreciate their support throughout our swim season.



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