

SRA Dolphins Newsletter #4



Clarke Farms Tsunamis @ SRA
Cherokee Trail High School
June 21st

Meet Date: Saturday June 21st

Meet Opponent: Clarke Farms Tsunamis

Meet Location: Cherokee Trail High School

25901 East Arapahoe Rd. Aurora, CO 80016

SWIMMERS



WARM-UP SCHEDULE – 6:20 – 6:50am

6:20 – 6:30 – Ages 13-14 and 15-18 - All Lanes

6:30 – 6:40 – Ages 9-10 - All Lanes

6:40 – 6:50 – Ages 8 & Under - Lanes 1-3 (6 & Under Warmup Optional)

Ages 11-12 - Lanes 4-

6:50 - TEAM MEETING (inside – meet @ diving boards)

6:55 - ALL RELAY MEETINGS (after Team Meeting)

7:20 - EVENTS 1-14 - Swimmers Report to Heating

7:30 - MEET START

8:00 - Non-Relay Swimmers start watching heating (Events 15-18)



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VOLUNTEERS



VOLUNTEER TIMELINE

7:00 - OFFICIANT MEETING: BOTH SHIFTS (School Side of Diving Well)

7:10 - TIMERS MEETING: BOTH SHIFTS (School Side of Pool Behind Coaches Seating)

7:15 - HEATING VOLUNTEERS MEETING: BOTH SHIFTS (Bleachers in front of Diving Well)

7:20 - FIRST SHIFT VOLUNTEERS: You need to be In Place before the National Anthem

7:25 - NATIONAL ANTHEM

7:30 - MEET START

**10:00 - 10:30 @ EVENT 45 -
SECOND SHIFT VOLUNTEER START**

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.



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 4th Dual Swim Meet vs Clarke Farms Tsunamis 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 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 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).



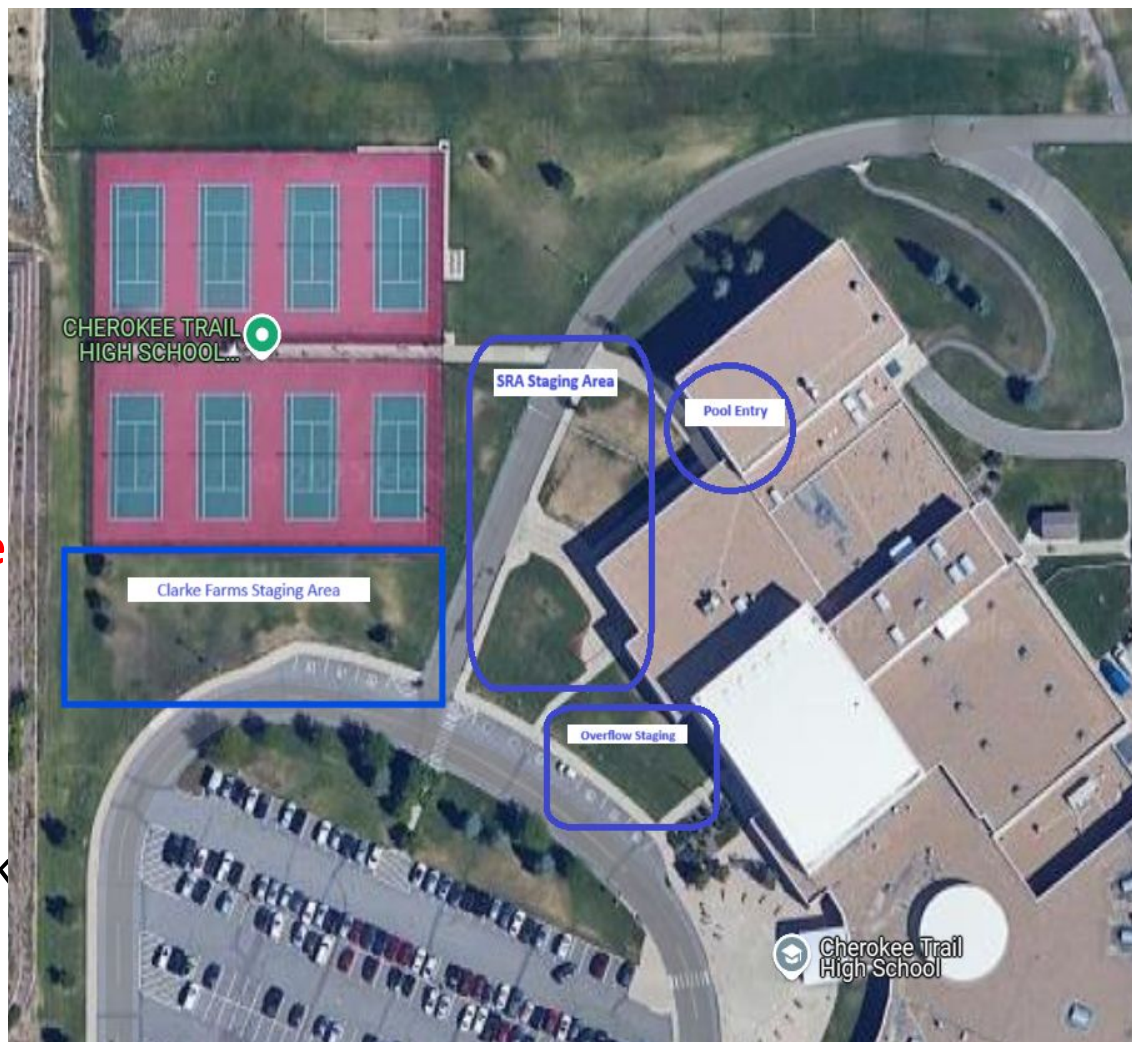
ENTRY & SETUP

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!**

Additionally, restrooms for families are located inside the school through the outside doors or from the south pool deck. Families are prohibited to use the locker rooms, those are strictly for swimmers only.

Also, please limit your time on the pool deck to cheering on your swimmers while they are in the pool to prevent overcrowding. Heating will be taking up more space this meet, so there will be less room for families than our first meet - all families need to set up outside of the pool.



~ ANNOUNCEMENTS ~

CONCESSIONS: Cash and Venmo

- Coffee truck (Perk Up Truck)
- 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 asap 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, it will be available 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 | Fallyn's Reach Tigersharks | Wild West |
| June 21 | Cherokee Trail High School | Clarke Farms Tsunamis | Tie-Dye |
| 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 FIFTH MEET VS
SMOKY HILL SHARKS ARE DUE BY
JUNE 23rd AT 11:59 PM**

When do I go to Heating?

In the Meet Program, there is a section where you can see an estimated Time of Race. Please have your child go to heating at least 30 minutes prior to that time to see if they are heating their event. See this example (time circled in red).

Event 21 Boys 11-12 50 Yard Freestyle

MHSL2025: 25.28 6/9/2018 Antonio J. Goris
32.25 AS25

Lane Name Age Team Seed Time

Heat 1 of 3 Finals Starts at 08:54 AM

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 ["Newsletter" page](#) 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 (AKA Heat Sheet)

Meet programs will be available on the [“Newsletter” 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 (AKA Heat Sheet)
- ☐ And most important...**LOTS OF TEAM SPIRIT!!**





6/14 Tallyn's Reach Tigersharks @ SRA Meet Results

Combined Team Scores

Combined Team Scores - Through Event 90

1. SRA Dolphins - 531
2. Tallyn's Reach Tigersharks - 448

Scores - Girls

Girls - Team Rankings - Through Event 90

3. SRA Dolphins - 274
4. Tallyn's Reach Tigersharks - 220

Scores - Boys

Boys - Team Rankings - Through Event 90

5. SRA Dolphins - 257
6. Tallyn's Reach Tigersharks - 228

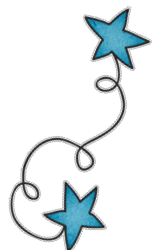
A detailed report of each event and swimmers time was emailed last weekend and is available on the Reports page of the website.





All Star Qualifiers 6/14

Tallyn's Reach Tigersharks @ SRA



Tyler Augustini (15) M

1:12.13 Y AS25 F 100 Breast

Hazel M Christensen (12) F

33.56 Y AS25 F 50 Fly

1:14.98 Y AS25 100 IM

Scarlett H Christensen (10) F

48.64 Y AS25 F 50 Breast

36.18 Y AS25 F 50 Free

1:27.63 Y AS25 F 100 Free

Meredith C Conyers (8)

21.77 Y AS25 F 25 Back

Oly R Culotta (7) M

2:15.79 Y AS25 F 100 IM

28.91 Y AS25 F 25 Breast

John D Fertig (14) M

1:11.64 Y AS25 F 100 Back

1:13.97 Y AS25 F 100 Fly

Meghan C Gonzales (13) F

1:18.63 Y AS25 F 100 Back

Luke J Gorsuch (10) M

45.83 Y AS25 F 50 Back

Gwyn C Gramer (10) F

39.93 Y AS25 F 50 Fly

39.03 Y AS25 F 50 Back

1:19.07 Y AS25 F 100 Free

Elodie N Hash (13) F

29.59 Y AS25 F 50 Free

1:16.21 Y AS25 F 100 Back

Jackson Hill (16) M

56.86 Y AS25 F 100 Back

2:09.09 Y AS25 F 200 IM

1:58.28 Y AS25 F 200 Free

Connor L Hinz (11) M

36.61 Y AS25 F 50 Fly

1:12.69 Y AS25 F 100 Free

Gracie E Joebchen (16) F

26.46 Y AS25 F 50 Free

1:11.51 Y AS25 F 100 Breast

1:02.94 Y AS25 F 100 Fly

Anna Kate K Johnson (10) F

44.40 Y AS25 F 50 Back

34.92 Y AS25 F 50 Free

1:22.20 Y AS25 F 100 Free

Cole Katsoff (16) M

50.18 Y AS25 F 100 Free

2:16.04 Y AS25 F 200 IM

56.93 Y AS25 F 100 Fly

Abby F Keller (18) F

27.22 Y AS25 F 50 Free

59.55 Y AS25 F 100 Free

1:06.24 Y AS25 F 100 Fly

Ben A Krett (8) M

2:05.07 Y AS25 F 100 IM

24.25 Y AS25 F 25 Back

Charlize L Luevano (10) F

44.43 Y AS25 F 50 Fly

36.46 Y AS25 F 50 Free

1:30.96 Y AS25 100 IM

Henry D Luevano (8) M

41.50 Y AS25 F 50 Free

21.66 Y AS25 F 25 Back

19.06 Y AS25 F 25 Free

Trista C Myers (10) F

40.72 Y AS25 F 50 Breast

33.79 Y AS25 F 50 Fly

35.22 Y AS25 F 50 Back

Genevieve G Oslick (16) F

27.21 Y AS25 F 50 Free

1:04.93 Y AS25 F 100 Back

2:28.41 Y AS25 F 200 IM

Kennedy L Rippey (8) F

43.29 Y AS25 F 50 Free

2:02.49 Y AS25 F 100 IM

Jack V Rollenhagen (10) M

44.25 Y AS25 F 50 Breast

1:24.05 Y AS25 F 100 IM

35.01 Y AS25 F 50 Fly

Julie A Rollenhagen (13) F

29.18 Y AS25 F 50 Free

Maggie L Rollenhagen (14) F

1:03.05 Y AS25 F 100 Free

29.03 Y AS25 F 50 Free

1:21.09 Y AS25 F 100 Breast

Jaxon G Ruderman (14) M

1:20.12 Y AS25 F 100 Back

28.28 Y AS25 F 50 Free

Alyssa B Sanniola (8) F

23.68 Y AS25 F 25 Back

Hudson J Schamber (10) M

36.57 Y AS25 F 50 Free

1:23.68 Y AS25 F 100 Free

45.07 Y AS25 F 50 Breast

Camden Q Thomas (15) M

2:08.68 Y AS25 F 200 Free

Sawyer K Thomas (15) M

1:08.11 Y AS25 F 100 Back

2:04.73 Y AS25 F 200 Free

Julian Witters (18) M

55.61 Y AS25 F 100 Free

1:03.62 Y AS25 F 100 Fly

Quinnly Worford (8) F

1:42.59 Y AS25 F 100 IM

21.18 Y AS25 F 25 Fly

18.09 Y AS25 F 25 Free





2025 TEAM RECORD BREAKERS

Congrats to Gracie Joebchen and Jackson Hill for their new records at the last meet:

Female 15-18 100 Breast

1:11.51 ** Gracie Joebchen at 6/14/2025 Tallyn's Reach @SRA

1:11.72 – Summer A. Edwards 6/17/2017

Male 15-18 100 Back

56.86 ** Jackson Hill at 6/14/2025 Tallyn's Reach @SRA

56.92 – Jackson Hill 6/22/2024





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-8:30p m | 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 |





SPIRIT NIGHT

Saturday June 21st from 11am - 5pm



**Join us at Texas Roadhouse for
a spirit night benefiting the
Stroh Ranch Anthology Swim Team!**

11205 South Parker Rd, Parker, CO 80134



SPONSORS

We appreciate their support throughout our swim season



Summit Smiles Dental

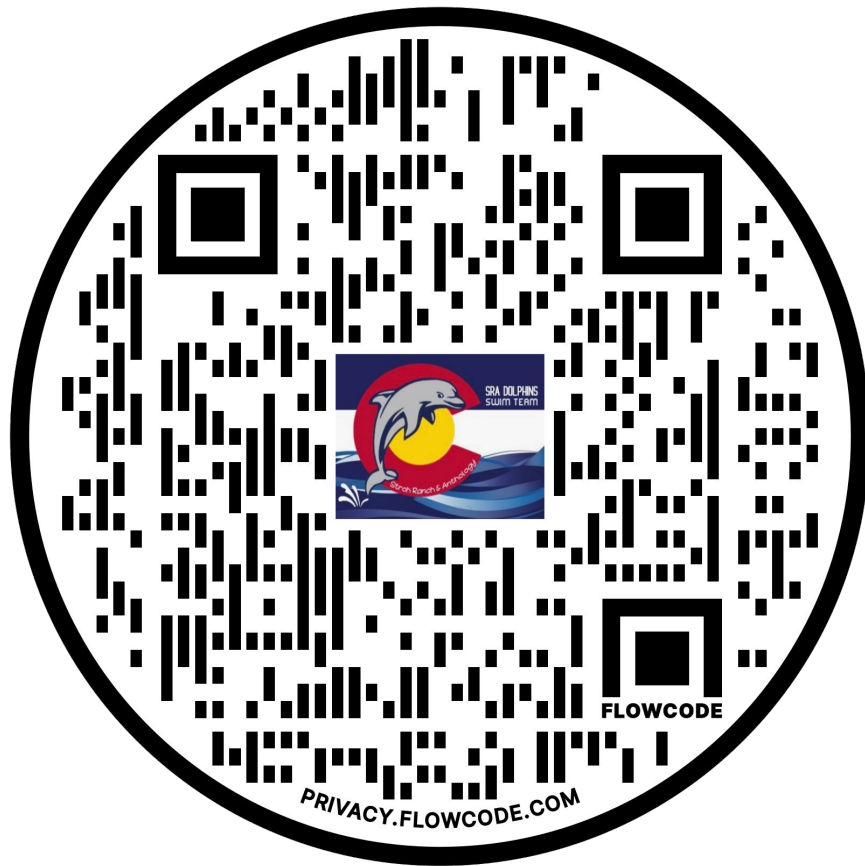


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