

# SRA Dolphins Newsletter #5



SRA @ Smoky Hill Sharks  
June 28th

**Meet Date:** Saturday June 28th

**Meet Opponent:** Smoky Hill Sharks

**Meet Location:** Smoky Hill Pool

**5405 S. Telluride Street, Centennial, CO 80015**

# SWIMMERS



## **WARM-UP SCHEDULE – 6:20 – 6:50am**

**6:25 – 6:37 – 11+ Swimmers (Relay Mtg after warmups)**

- Lanes 1-3: Ages 11-12
- Lanes 4-6: 13-14 & 15-18

**6:30: 10 & Under Relay Meeting**

**6:37 – 6:47 – 10 & Under Swimmers (Relay Mtg before warmups)**

- Lanes 1-2: 8 & Unders (6 & Under optional)
- Lanes 3-6: 9-10

**6:47 - TEAM MEETING**

**6:55 - EVENTS 1-14 - Swimmers Report to Heating**

**7:00 - MEET START**

**7:30 - Non-Relay Swimmers start watching heating (Events 15-18)**



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# VOLUNTEERS



## **VOLUNTEER TIMELINE**

**6:40 - OFFICIANT MEETING: BOTH SHIFTS**

**6:40 - TIMERS MEETING: BOTH SHIFTS**

**6:50 - HEATING VOLUNTEERS MEETING: BOTH SHIFTS**

**6:53 - FIRST SHIFT VOLUNTEERS: You need to be In Place before the National Anthem**

**6:55 - NATIONAL ANTHEM**

**7:00 - MEET START**

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

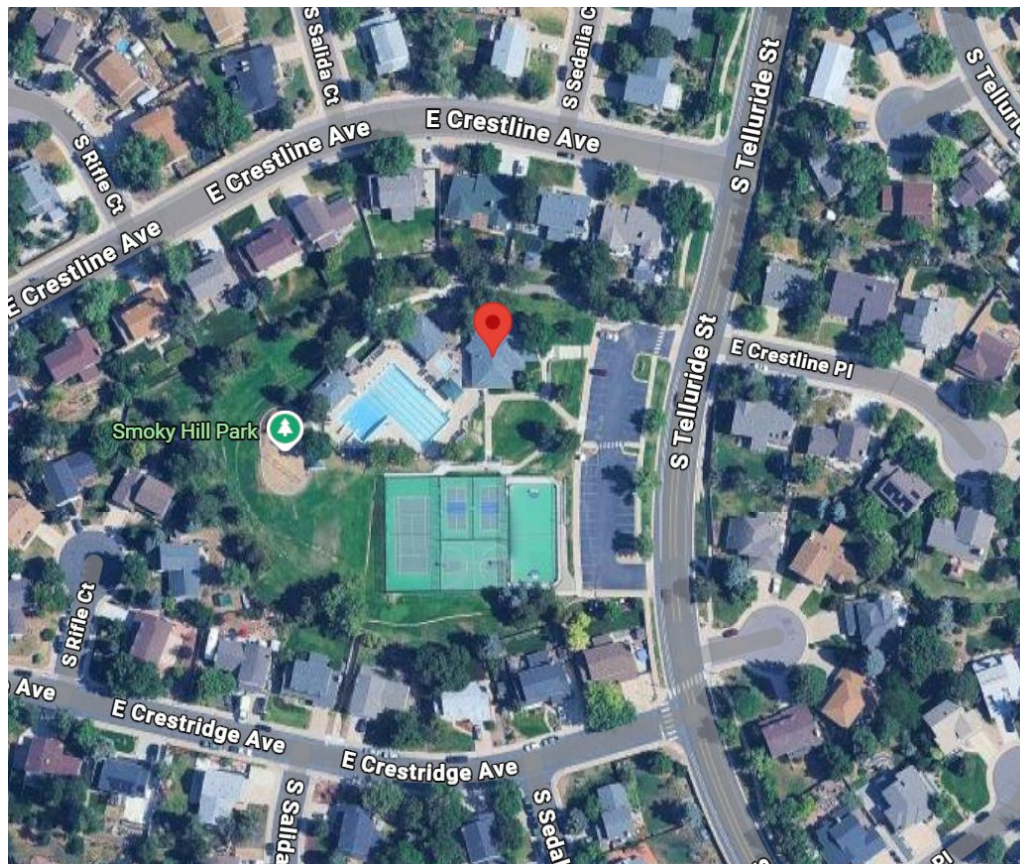
### **VOLUNTEER COMMITMENT**

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

Drive North on Parker Road, then after Arapahoe Road, take a right (heading East) on Orchard Road. Drive past Buckley Road and take your first left (heading North) on Telluride Street. Head up the hill, past the 1st pool. Smoky Hill Pool is the 2nd pool on the left side (west) of the street. The parking lot is small, but there is ample street parking.



# Meet Details



Our 5th Dual Swim Meet vs. Smoky Hill Sharks at Smoky Hill Pool

Note: **This meet will start at 7:00am!**

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](mailto:coaches@strohranchdolphins.org). We should be able to correct errors if we provide notification prior to Friday at 2pm.

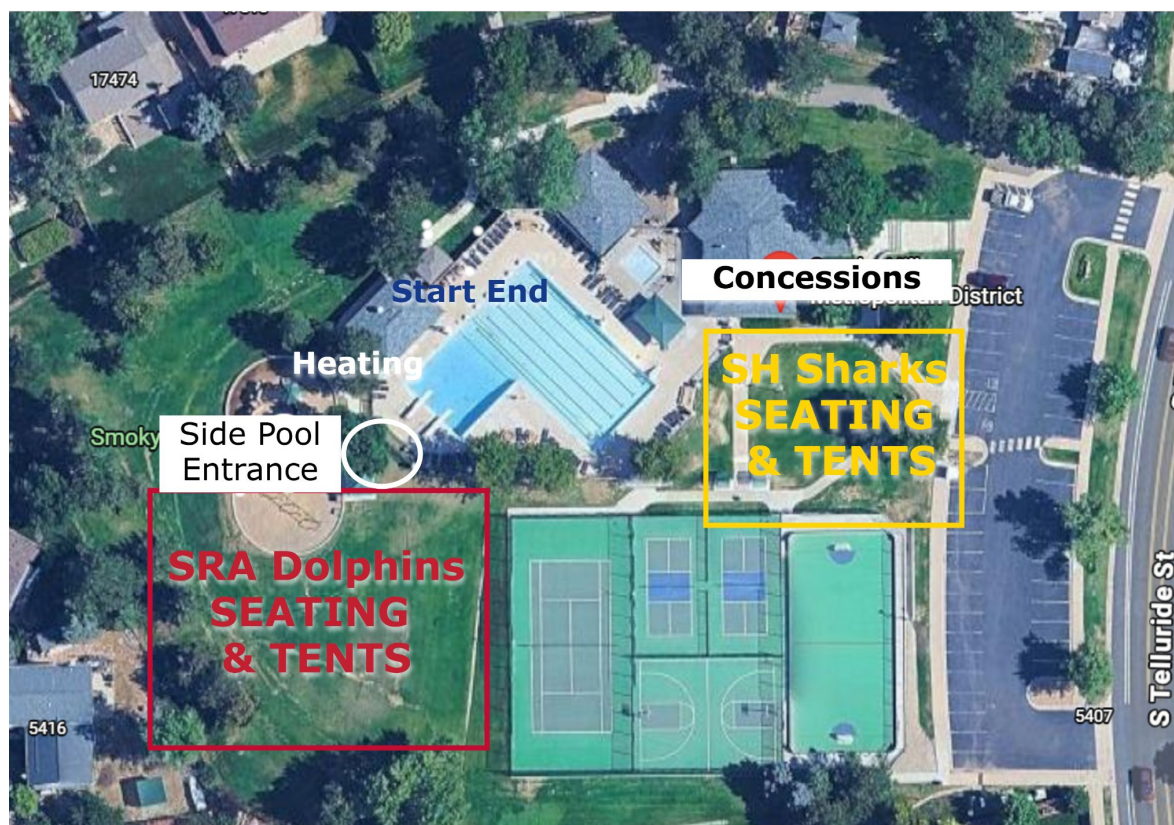
After the first meet we will have current times in the team database, and it will be much easier to make better informed decisions about relay participation. Typically, the fastest swimmers are selected to swim relays (i.e. for free relays – four fastest are on the “A” team, next four fastest are on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





# ENTRY & SETUP

We encourage you to bring tents and camp chairs to the meet. Smoky Hill Sharks will be set up in the open space on the grass at the entrance of the pool near the parking lot. SRA should set up your tents and chairs on the grassy area on the west of the tennis courts (there is a side pool entrance we can use). See map below.



***Also, please do not use the baby pool, tennis/sports courts or hockey rink. They are closed during the meet. Also, Please DO NOT bring dogs or pets to the meet - they are not allowed on property.***

# ~ ANNOUNCEMENTS ~

## CONCESSIONS: **Cash and Venmo**

- Coffee
- Breakfast Burritos
- Muffins, Fruit, etc.
- Various Snacks
- Beverages
- Hot Dogs & Nachos at lunch time
- Kona Ice will be available 8a-1pm



## DELAYED ARRIVALS & SCRATCHES

If you find that your swimmer cannot participate in the meet, email Coach Kevin asap at ([coaches@strohranchdolphins.org](mailto: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!

## SWIM CAPS AT MEET:

Team caps (\$10) and All Star caps (\$15) will be available for purchase at this meet. Find the caps at volunteer check in or near the side entrance to the pool (near SRA tent city).



## MEET SCHEDULE

Date	Location	Opposing Team	Theme
<del>May 31</del>	<del>Cherokee Trail High School</del>	<del>Cook Creek Wahoos</del>	<del>Pajama Day</del>
<del>June 7</del>	<del>Southshore Pool</del>	<del>Southshore Sharks</del>	<del>Disney</del>
<del>June 14</del>	<del>Stroh Ranch Pool</del>	<del>Fallyn's Reach Tigersharks</del>	<del>Wild West</del>
<del>June 21</del>	<del>Cherokee Trail High School</del>	<del>Clarke Farms Tsunamis</del>	<del>Tie Dye</del>
<b>June 28</b>	<b>Smoky Hill Pool</b>	<b>Smoky Hill Sharks</b>	<b>Patriotic/USA</b>

## 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 6:47**, 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 PRELIMS ARE DUE BY  
JUNE 30th 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!!**





# 6/21 Clarke Farms @ SRA Meet Results

## Combined Team Scores

Combined Team Scores - Through Event 90

1. SRA Dolphins - 568
2. Clarke Farms Tsunamis - 370

## Scores - Girls

Girls - Team Rankings - Through Event 90

3. SRA Dolphins - 316
4. Clarke Farms Tsunamis - 149

## Scores - Boys

Boys - Team Rankings - Through Event 90

5. SRA Dolphins - 252
6. Clarke Farms Tsunamis - 221

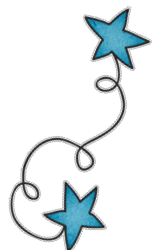
A detailed report of each event and swimmers time was emailed last weekend and is available on the Reports page of the website.





# All Star Qualifiers 6/21

## Clarke Farms Tsunamis @ SRA

**Katelyn Augustini (10) F**

48.45 Y AS25 F 50 Breast

**Cooper Bushaw (13) M**

29.12 Y AS25 F 50 Free

**Hazel Christiansen (12) F**

33.30 Y AS25 F 50 Fly

**Scarlett H Christensen (10) F**

43.04 Y AS25 F 50 Back

**Meredith C Conyers (8)**

23.70 Y AS25 F 25 Back

20.62 Y AS25 F 25 Free

**Oly R Culotta (7) M**

2:17.84 Y AS25 F 100 IM

**Elodie N Hash (13) F**

28.69 Y AS25 F 50 Free

1:28.41 Y AS25 F 100 Breast

**Jackson Hill (16) M**

54.37 Y AS25 F 100 Back

2:04.26 Y AS25 F 200 IM

1:04.36 Y AS25 F 100 Breast

**Connor L Hinz (11) M**

35.67 Y AS25 F 50 Fly

32.06 Y AS25 F 50 Free

**Eli Karban (8) M**

24.60 Y AS25 F 25 Back

**Cole Katsoff (16) M**

22.57 Y AS25 F 50 Free

48.35 Y AS25 F 100 Free

55.36 Y AS25 F 100 Fly

**Abby F Keller (18) F**

26.78 Y AS25 F 50 Free

58.61 Y AS25 F 100 Free

1:07.42 Y AS25 F 100 Back

**Ben A Krett (8) M**

45.90 Y AS25 F 50 Free

20.74 Y AS25 F 25 Free

**Talyn Louthan (17) F**

1:16.85 Y AS25 F 100 Back

**Charlize L Luevano (10) F**

44.53 Y AS25 F 50 Fly

34.34 Y AS25 F 50 Free

42.13 Y AS25 50 Back

**Henry D Luevano (8) M**

1:40.29 Y AS25 F 5100 IM

21.23 Y AS25 F 25 Back

17.76 Y AS25 F 25 Free

**Ellie Palmberg(8) F**

23.52 Y AS25 F 25 Back

**Azalea Place (13) F**

29.50 Y AS25 F 50 Free

**Michael Plumley (14) M**

2:56.74 Y AS25 F 200 IM

**Jack Rollenhagen (10) M**

36.01 Y AS25 F 50 Back

34.71 Y AS25 F 50 Fly

1:22.15 Y AS25 F 100 IM

**Julie A Rollenhagen (13) F**

2:20.64 Y AS25 F 200 Free

2:36.74 Y AS25 F 200 IM

1:14.48 Y AS25 F 100 Fly

**Maggie L Rollenhagen (14) F**

1:17.73 Y AS25 F 100 Fly

1:05.15 Y AS25 F 100 Free

2:23.93 Y AS25 F 200 Free

**Jaxon G Ruderman (14) M**

1:12.98 Y AS25 F 100 Fly

**Alyssa B Sanniola (8) F**

23.67 Y AS25 F 25 Back

**Hudson J Schamber (10) M**

44.06 Y AS25 F 50 Fly

1:33.37 Y AS25 F 100 IM

1:22.67 Y AS25 F 100 Free

**Camden Q Thomas (15) M**

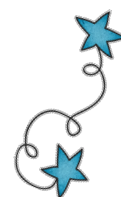
1:07.93 Y AS25 F 100 Back

**Quinnly Worford (8) F**

21.81 Y AS25 F 25 Back

20.52 Y AS25 F 25 Fly

25.98 Y AS25 F 25 Breast







# 2025 TEAM RECORD BREAKERS

**Congrats to Cole Katsof and Jackson Hill for their new records at the last meet:**

Male 15-18 100 Free

**48.35 \*\* Cole Katsof at 6/21/2025 Clarke Farms @SRA**

48.38 – Cole Katsof 5/31/2025

Male 15-18 100 Back

**54.37 \*\* Jackson Hill at 6/21/2025 Clarke Farms @SRA**

56.86– Jackson Hill 6/14/2025

Male 15-18 100 Breast

**1:04.36 \*\* Jackson Hill at 6/21/2025 Clarke Farms @SRA**

1:05.16– Zach Sertic 6/04/2011

Male 15-18 100 Fly

**55.36 \*\* Cole Katsof at 6/21/2025 Clarke Farms @SRA**

55.67 – Cole Katsof 5/31/2025

Male 15-18 200 IM

**2:04.26 \*\* Jackson Hill at 6/21/2025 Clarke Farms @SRA**

2:07.22– Jake Given 6/07/2014





# SPIRIT NIGHTS

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



# Spirit night



## 20%

of the proceeds  
are donated back to  
your organization

**Stroh Ranch Anthology Swim Team**

**July 1, 2025 // 3PM - 7PM**

Exclusive Spirit Night pricing:

**\$25.99 Platinum Attractions**

**\$20.99 Ultimate Attractions**

**\$16.99 Deluxe Attractions**

Tickets available at the front desk. Must mention Spirit Night at time of purchase. Urban Air socks not included.

**15400 E Briarwood Circle // Aurora, CO 80016  
(720) 466-7834**



**let'em fly**



# SPONSORS

*We appreciate their support throughout our swim season*



**Summit Smiles Dental**



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Donut Sponsor



Thank you to King Soopers for being our Donut Sponsor this season! Special Thanks to the following Locations:

County Line & Holly

Stroh Ranch

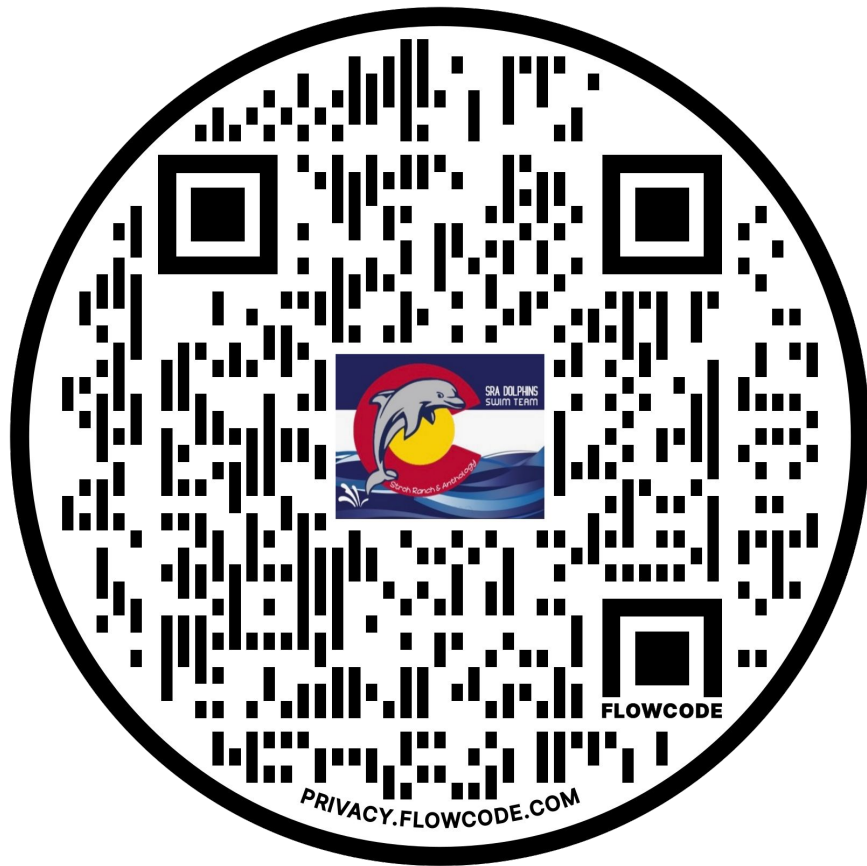
Lincoln & Jordan

Greenwood Village





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