

SRA Dolphins Newsletter



Championships
July 13, 2024

Meet Date: Saturday, July 13th

Championships

Meet Location: Clarke Farms Pool

17301 Clarke Farms Dr, Parker, CO 80134

Meet Details

Parking will be permitted in the school parking lot and anywhere up and down Clarke Farms Drive. Ideally, it is best to fill the school parking lot first and then park along Clarke Farms Drive. Please do not block driveways in the residential areas - be considerate to the neighbors.

6:45 am – swimmer and volunteer check in

7:00 – 7:25am – WARM UP

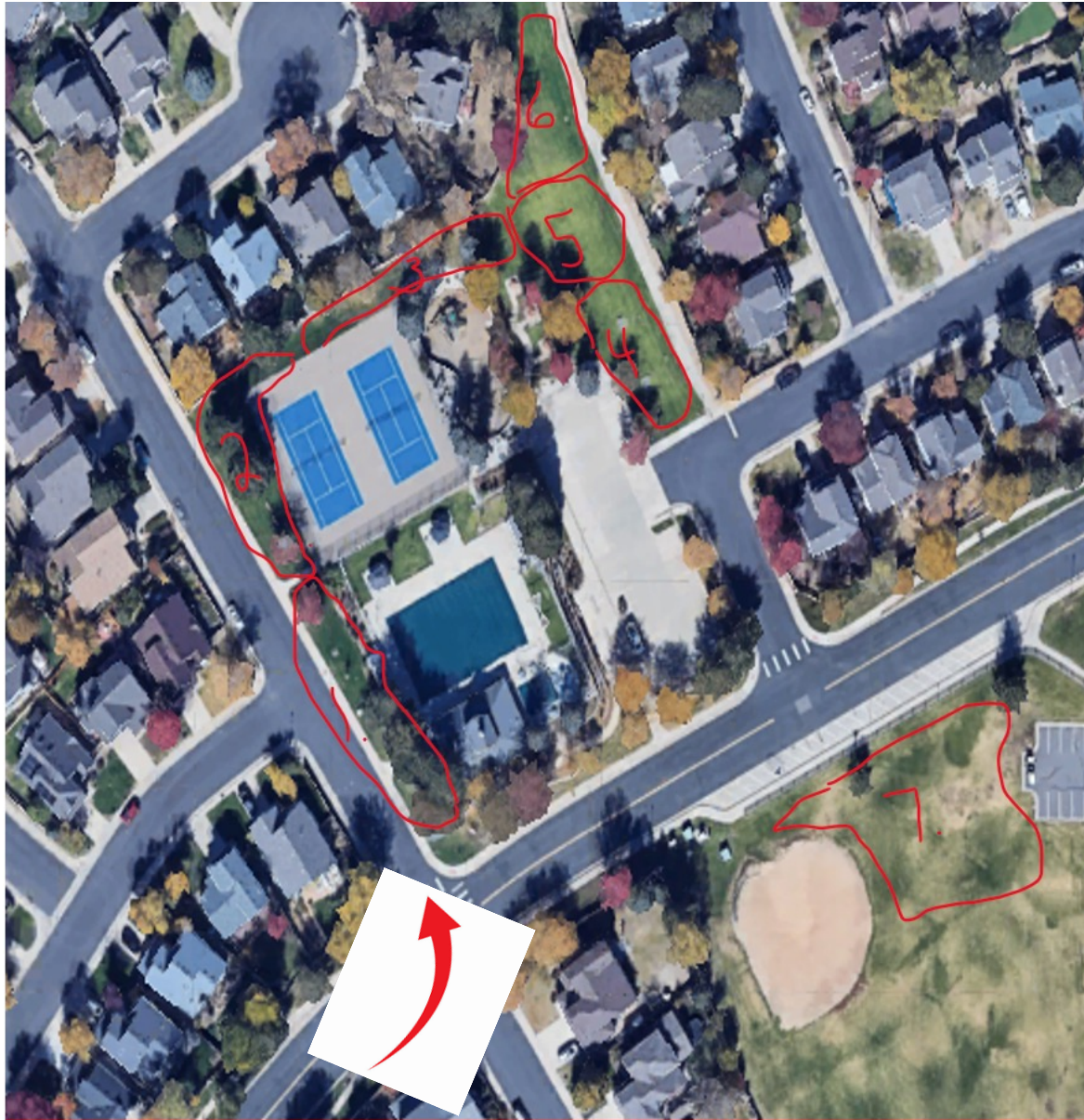
**** relay meetings follow warm up**

7:30am - TEAM MEETING

8:00am - MEET START



Clarke Farms Pool – team seating information



Stroh seating

1. **Stroh**
2. Piney
3. Wheatlands
4. Cook
5. Clarke
6. Tallyn's
7. Overflow across the street at the baseball field– use with caution as children will need to cross Clarke Farms Drive. If you do use this area, please be sure you use the cross walk at the corner of Lamar Drive and Clarke Farms drive for safety's sake -

~ ANNOUNCEMENTS ~

CONCESSIONS: cash and venmo ONLY

- Freshly Brewed Coffee
- Breakfast Burritos
- Donuts
- Various Snacks
- Beverages
- Lunch will be available (hamburgers & hotdogs)

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:

Team caps and All Star caps are available for purchase for \$15. Cash or check only. Make checks payable to Dolphin Aquatics.

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)

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.

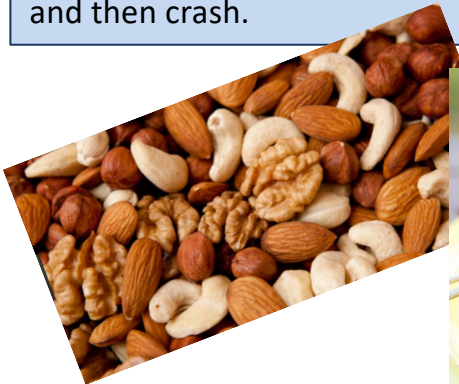
Meet Program

Meet programs will be emailed to you 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!!**



Championship details

We are counting on virtually all who swam in prelims to be available to swim relays on Sat at Championships. Please make sure to check the relay document the coaches sent out yesterday. We WILL be swimming up swimmers from younger age groups to fill spots in relays in older age groups to maximize team points. This is another key element in truly "Swimming as a Team" and possibly capturing the A Division team title. In a championship meet like this it's difficult to predict which team is the strongest based on dual meet records.

Looking Ahead : ALL STARS

We have 50 plus All Stars on the roster. It would be both beneficial and rewarding to see another 10 or more make cuts at prelims or Championships. The AS meet is about individual achievement; no relays - no team points. In many respects it's close to a USA Swimming meet like the Silver State Championships. Practices for AS qualifiers will be M-Th at Anthology 7:30-8:45AM. Coaches Kevin and Morgan

END OF SEASON PARTY!

Sunday July 14th



LET'S
PARTY



Creekside Rec Center Park
5-7pm food and awards
(outside of the gate – bring chairs
and lawn games)

Pool in Stroh
7-9 pm pool party with DJ

THANK YOU TO OUR END OF SEASON PARTY SPONSORS!



SPONSORS

We appreciate their support throughout our swim season.

