

# SRA Dolphins Newsletter



Prelims  
July 9 & 10, 2024

# PRACTICE SCHEDULE

## **Week of July 8-12**

- Monday July 8 – normal practice times
- Tuesday July 9 – prelim meet at Tallyn's reach, Stroh 6am and 6:45am canceled. All other practices run as scheduled.
- Wednesday July 10 – prelim meet at Piney Creek – all practices canceled
- Thursday July 11 – normal practice times
- Friday July 12 – no practice
- Saturday July 13 – Championship Meet at Clarke Farms

## **Week of July 15-20**

- All Star Qualifiers only
- Anthology 7:30-8:45AM

# PRELIMS

## Meet Details

### *Tuesday July 9<sup>th</sup>*

Location: Tallyn's Reach Pool – @8am for ages for ages 9-10 & 11-12.

**24900 E Park Crescent Drive, Aurora, CO 80016**

Team meeting: 7:10am

Warm up: 11/12 - 7:20-7:32am, 9/10 – 7:32-7:45am, lanes 1-3

Meet starts: 8:00am – no relays at this meet

### *Wednesday July 10<sup>th</sup>*

Location: Piney Creek Pool – @8am 6&Under, 7-8, 13-14 & 15-18.

**5800 S Joplin Way, Centennial, CO 80015**

Team meeting: 7:10am

Warm up: 13/14 & 15/18 - 7:20-7:32am, 8&U – 7:32-7:45am, lanes 5-8

Meet starts: 8:00am – no relays at this meet

- If your child is participating in prelims, championships and/or all stars, **ADDITIONAL** volunteer commitments are required as these are optional meets after the regular season. **Meets this large cannot run without volunteers.**
- Also, please note that there will be concessions at both prelim events!

# CHAMPIONSHIPS – info from coaches

**Sat 7/13/24 @ Clarke Farms @ 8AM MHSL Division A Championship Meet for the top 16 qualifiers (and two alternates/event) in each individual event and 2 relay teams per age group selected based on fastest times during the season (updated for prelim meet swims). See the discussion on Championship Relays below. More info on this meet will be sent later this week.**

## Important Considerations for Prelims and Championships

- We consider anyone who is swimming in Prelims to be a candidate for relays at the Championship meet unless you have advised us differently. We only have 93 swimmers entered in Prelims (normally we have 120-140) so it will take almost everyone in Prelims to fill out the relay teams at Championships.
- However - if you know you are not going to attend the Championship Meet, and you did not attach a note to your prelim entry to that effect, please take time to reply to [Coaches@StrohRanchDolphins.org](mailto:Coaches@StrohRanchDolphins.org) and let us know you are not planning to attend so we can remove your swimmer from relay consideration.
- Similarly, if you know that you will only attend Championships if your swimmer qualifies for the meet (including alternates) then send us an email now; please know swimmers do not need to be an individual event qualifier to swim relays so we are counting non-individual event swimmers to be present for relays otherwise we will not be able to enter relay teams in some age groups. From a Team standpoint it's important to have as many relays as possible, ideally two per age group, as relays count double points (40 points for 1st down to 10 points for 12th place). Given this, it is very probable that we will have "swim-up" swimmers (younger swimmers swimming in older age groups) to fill out the relays.
- We will publish a relay list as soon as we have completed relay entries - which may be as early as Thursday evening but should not be later than Friday at noon. Please know once you have committed for a relay if you change your mind and don't swim the consequence will likely be a scratch of that team from the meet.

## ~ ANNOUNCEMENTS ~

**CONCESSIONS:** open at 7:15am,  
**venmo accepted**

- Freshly Brewed Coffee
- Breakfast Burritos
- Donuts
- Various Snacks
- Beverages
- Lunch will be available

### **DELAYED ARRIVALS & SCRATCHES**

If you find that your swimmer cannot participate in the meet email Coach Morgan 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 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.



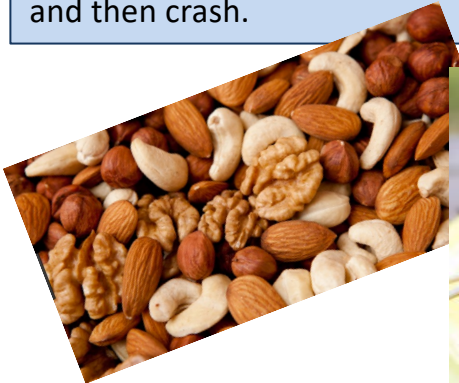
## Meet Program

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!!**



## 6/29 SRA @ Cook Creek Wahoos Meet Results

### Combined Team Scores

Combined Team Scores - Through Event 90

1. Cook Creek Wahoos – 605.50
2. SRA Dolphins – 368.50

### Scores - Girls

Girls - Team Rankings - Through Event 90

1. Cook Creek Wahoos – 305
2. SRA Dolphins – 184

### Scores - Boys

Boys - Team Rankings - Through Event 90

1. Cook Creek Wahoos – 300.50
2. SRA Dolphins – 184.50

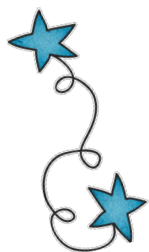
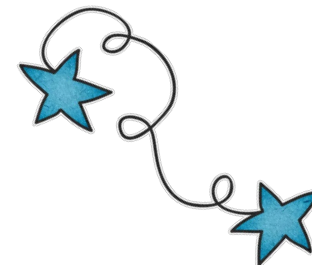
A detailed report of each event and swimmers time was emailed last Sunday and is available on the results page of the website for that specific meet. After the day of the meet, you must use the “Past & Archived” tab to find the Event page for that meet.





# All Star Qualifiers

## 6/29 SRA @ Cook Creek Wahoos



### **Joshua Adams (16) M**

25.93 Y AS24 F 50 Free  
59.71 Y AS24 F 100 Free  
1:19.27 Y AS24 F 100 Breast

### **Sebastian Castro Dombi (14) M**

2:58.42 Y AS24 F 200 IM

### **Hazel Christensen (11) F**

37.01 Y AS24 F 50 Back

### **Dempsey Ellis (10) M**

48.13 Y AS24 F 50 Fly

### **Gwyn Gramer (9) F**

1:33.68 Y AS24 F 100 IM

### **Teddy Gramer (8) M**

2:11.78 Y AS24 F 100 IM

### **Jackson Hill (15) M**

1:59.65 Y AS35 F 200 Free  
2:10.02 Y AS24 F 200 IM  
57.69 Y AS24 F 100 Back

### **Brynley Hubbell (10) F**

41.95 Y AS24 F 50 Back  
39.10 Y AS24 F 50 Fly  
1:29.16 Y AS24 F 100 IM

### **Ella Joebchen (10) F**

1:30.27 Y AS24 F 100 Free

### **Gracie Joebchen (15) F**

26.18 Y AS24 F 50 Free  
1:02.74 Y AS24 F 100 Fly

### **Eli Karban (7) M**

2:23.46 Y AS24 F 100 IM

### **Abby Keller (17) F**

27.18 Y AS24 F 50 Free  
57.00 Y AS24 F 100 Free  
2:05.82 Y AS24 F 200 Free

### **Bella Lane (16) F**

25.86 Y AS24 F 50 Free  
55.44 Y AS24 F 100 Free  
1:02.10 Y AS24 F 100 Back

### **Talyn Louthan (16) F**

2:44.83 Y AS24 F 200 IM

### **Matthew Oconnor (17) M**

25.02 Y AS24 F 50 Free  
57.19 Y AS24 F 100 Free  
1:12.39 Y AS24 F 100 Breast

### **Azalea Place (12) F**

29.55 Y AS24 F 50 Free  
33.60 Y AS24 F 50 Fly  
1:19.33 Y AS24 F 100 IM

### **Evan Simmons (9) M**

52.61 Y AS24 F 50 Breast

### **Abby Wagenknecht (8) F**

23.70 Y AS24 F 25 Back  
23.51 Y AS24 F 25 Fly

### **Jami Ward (18) F**

1:14.69 Y AS25 F 100 Fly

### **Julian Witters (17) M**

24.69 Y AS23 F 50 Free  
54.99 Y AS24 F 100 Free  
1:02.79 Y AS24 F 100 Fly

### **Audrey Wolfe (12) F**

1:10.10 Y AS24 F 100 Free

### **Quinnly Worford (7) F**

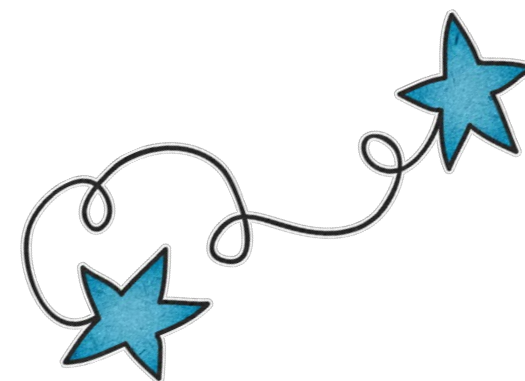
19.68 Y AS24 F 25 Free  
44.22 Y AS24 F 50 Free  
1:58.28 Y AS24 F 100 IM

### **Jason Yun (11) M**

31.12 Y AS24 F 50 Free  
1:06.07 Y AS24 F 100 Free  
34.97 Y AS24 F 50 Fly

### **Rhea Zutshi (10) F**

1:29.34 Y AS24 F 100 Free  
44.92 Y AS24 F 50 Back



# 2024 TEAM RECORD BREAKERS

Congrats to Bella E. Lane and Gracie Joebchen for their new records at the last meet:

Female 15-18 100 Free

**55.44 \*\* Bella E. Lane at 6/29/2024 SRA @ Cook Creek**

Female 15-18 100 Fly

**1:02.74 \*\* Gracie Joebchen at 6/29/2024 SRA @ Cook Creek**



# SPONSORS

We appreciate their support throughout our swim season.

