

SRA Dolphins

Newsletter #7



PRELIMS @ Tallyn's Reach
July 9th

Meet Details

Meet Date: Wednesday July 9th

Meet Opponent: PRELIMS (9-10 & 11-12)

Meet Location: Tallyn's Reach Tigersharks Pool

24900 E Park Crescent Dr., Aurora, CO 80016

WARM-UP SCHEDULE – 7:20-7:50am

7:20 – 7:35 – Ages 11-12, lanes 1-3

7:35 – 7:50 – Ages 9-10, lanes 1-3

7:50 - TEAM MEETING

8:00 - MEET START



Sat 7/12/25 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). If a swimmer qualifies for championships and they do not plan on swimming they need to let Coach Kevin know ASAP to scratch them. More info on this meet will be sent later this week.



Parking & Setup

Parking: You can park in the upper parking lot by the clubhouse, the lower parking lot by the pool, or on the streets surrounding the clubhouse and pool, being careful of homes and driveways. If you park on East Glasgow Drive, please be sure to only park on the northside of the street. There is also parking at Black Forest Hills Elementary on East Glasgow Drive.

Visiting Team Set up: Visiting teams can set up on the grassy areas outside the pool. There is a gate at the back of the pool to access the grassy area. The large gazebo behind the west side of the pool might be rented, please keep some distance from that area in case it is in use. The baby pool and splash park will be closed for the duration of the meet.



~ ANNOUNCEMENTS ~

CONCESSIONS: Cash and Credit **Cards accepted**

- Coffee
- Breakfast Burritos
- Donuts
- Various Snacks
- Beverages
- Hamburger/hotdog lunch



IF YOU ARE GOING TO BE DELAYED,
CALL OR TEXT COACH KEVIN
720-272-3149

DELAYED ARRIVALS & SCRATCHES

If you find that your swimmer cannot participate in the meet email Coach Kevin at (coaches@strohranchdolphins.org). Email will be checked from the time entries are posted and again starting about 5 am.

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 (\$10) and All Star caps (\$15) are also available for purchase at practice on Thursday.

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 All-STARS ARE DUE BY
JULY 13th 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. If your swimmer is swimming at prelims this requires additional volunteer shifts.

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! 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

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!!**





6/28 SRA @ Smoky Hill Sharks Meet Results

Combined Team Scores

Combined Team Scores - Through Event 90

1. SRA Dolphins - 495
2. Smoky Hill Sharks - 481

Scores - Girls

Girls - Team Rankings - Through Event 90

1. SRA Dolphins - 303
2. Smoky Hill Sharks - 191

Scores - Boys

Boys - Team Rankings - Through Event 90

1. Smoky Hill Sharks - 290
2. SRA Dolphins - 192

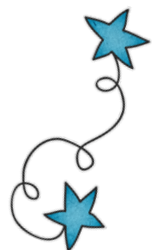
A detailed report of each event and swimmers time was emailed last weekend and is available on the Events page of the website for that specific meet.





All Star Qualifiers 6/28

SRA @ Smoky Hill Sharks



Tyler Augustini (15) M

1:19.86 Y AS25 F 100 Breast
1:23.53 Y AS25 F 100 Back

Hazel M Christensen (12) F

37.72 Y AS25 F 50 Fly
1:23.96 Y AS25 F 100 IM

Maverick K Christensen (14) M

1:38.53 Y AS25 F 100 Free
45.01 Y AS25 F 50 Fly

Oly R Culotta (7) M

46.16 Y AS25 F 50 Free

Haley A Curry (17) F

32.36 Y AS25 F 50 Free

John D Fertig (14) M

1:20.55 Y AS25 F 100 Back
1:10.78 Y AS25 F 100 Free
31.82 Y AS25 F 50 Free

Meghan C Gonzales (13) F

3:15.01 Y AS25 F 200 IM

Gracee A Grisham (16) F

1:27.07 Y AS25 F 100 Back

Jackson Hill (16) M

1:03.61 Y AS25 F 100 Back
26.45 Y AS25 F 50 Free
2:23.00 Y AS25 F 200 IM

Connor L Hinz (11) M

47.55 Y AS25 F 50 Breast
1:27.84 Y AS25 F 100 IM

Gracie E Joebchen (16) F

28.88 Y AS25 F 50 Free
1:10.94 Y AS25 F 100 Fly
1:03.69 Y AS25 F 100 Free

Anna Kate K Johnson (10) F

1:42.90 Y AS25 F 100 IM
49.14 Y AS25 F 50 Breast
38.68 Y AS25 F 50 Free

Eli J Karban (8) M

25.54 Y AS25 F 25 Back
22.92 Y AS25 F 25 Free

Abby F Keller (18) F

29.62 Y AS25 F 50 Free
1:14.06 Y AS25 F 100 Back
1:13.08 Y AS25 F 100 Fly

Ben A Krett (8) M

2:22.11 Y AS25 F 100 IM
30.17 Y AS25 F 25 Fly

Talyn Louthan (17) F

1:26.25 Y AS25 F 100 Back

Charlize L Luevano (10) F

39.53 Y AS25 F 50 Free
46.92 Y AS25 F 50 Back

Alyssa B Sanniola (8) F

26.34 Y AS25 F 25 Back

Hudson J Schamber (10) M

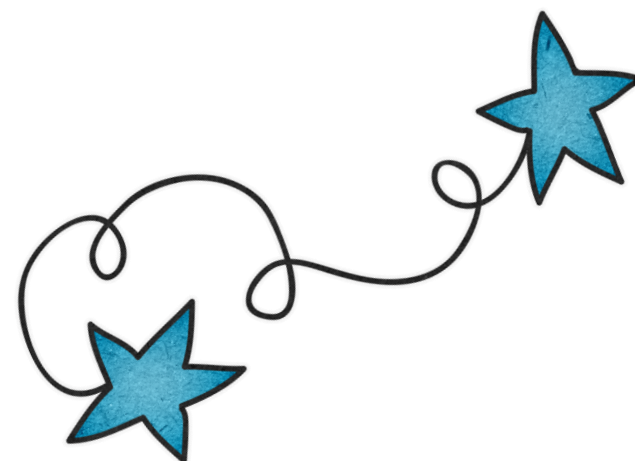
49.17 Y AS25 F 50 Fly
47.56 Y AS25 F 50 Back
48.80 Y AS25 F 50 Breast

Julian Witters (18) M

27.00 Y AS25 F 50 Free
1:01.60 Y AS25 F 100 Free
1:09.96 Y AS25 F 100 Fly

Quinnly Worford (8) F

1:54.42 Y AS25 F 100 IM
20.49 Y AS25 F 25 Fly
47.62 Y AS25 F 50 Free





Spirit Nights

Thank you to Culvers, Cane's, Artisan Pizza, Texas Roadhouse, and Urban Air for giving back to our swim team through spirit nights!

Thank you to our families for participating in spirit nights! They not only build community but allow us to make money for the team, which means more fun at the end of the year party for our swimmers!





Sponsors

We appreciate their support throughout our swim season



Summit Smiles Dental

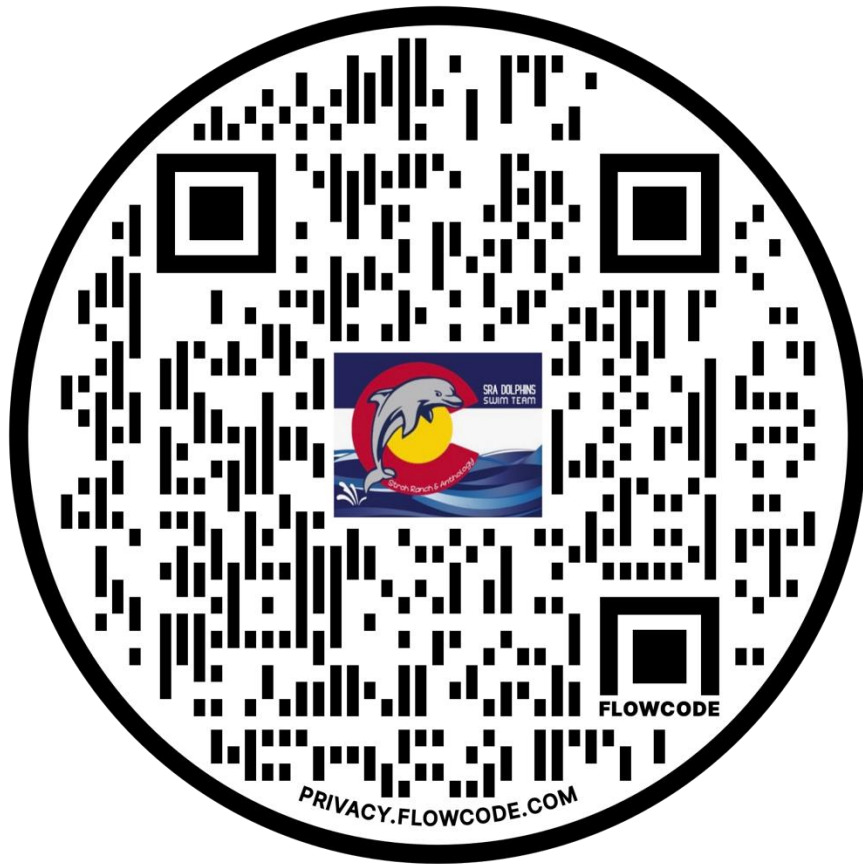


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