

SRA Dolphins

Newsletter #8



Championships @ Cook Creek
July 12th

Meet Details

Meet Date: Saturday July 12th
MHSL Championships

Meet Location: Cook Creek Pool

8711 Lone Tree Pkwy, Lone Tree, CO 80124

WARM-UP SCHEDULE – 6:50 – 7:20am

6:50 – 7:05 – Ages 11-12, 13-14 & 15-18, lanes 1-4

7:05 – 7:20 – Ages 8&U & 9-10, lanes 1-4

7:20 - TEAM MEETING (relay meeting after)

8:00 - MEET START





Meet Details

The championship meet will be at the Cook Creek Pool.

Note: **This meet will start at 8:00am!**

It is recommended that you arrive by **6:30am** so your swimmer can be ready for warmups at 6:50am. Swimmer and volunteer check in will start at **7:00am**.

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.

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.



Parking



THE HUB parking lot has been reserved for our championship meet so you MAY park in that lot for this event only.

Guests can park in the Cook Creek Pool lot as well as the entire Hub parking lot. Parking is also allowed along Lone Tree Parkway.

Please adhere to all city street signs and markings.

Guests should be careful and considerate when parking on neighborhood streets. Do not block driveways/hydrants.



Setup

***Please note the recreation pool will be closed.

We appreciate your help reminding swimmers not to enter the recreation pool.***



Team tent assignments will be sent by Cook Creek on Friday. The pool gate will open at 6 a.m. for entry. Guests may borrow our pool chairs, but they must be returned to their original location after the meet. The fixed awnings near the rec pool are open for anyone's use as well. Spectators are NOT permitted at the start end of the pool or near the scoring or coach's tents.



Parent Relay

One of our division's traditions is to host a parent relay. This year, we will have a 200 yard freestyle relay. Similar to the coaches relay, each swimmer will race 25 yards (freestyle). Parents must start in the water at the shallow end of the pool. This entertaining race takes place after the coaches relay.

If you are interested in being part of the parent relay, please send an email to: communications@strohranchdolphins.org by Friday at noon as we would like to have a team of parents pre-assigned to this event. Participating parents must report to heating by event 88.

It is important that parents remember this event is about our children. Disrespectful, unsportsmanship-like behavior will NOT be welcome or tolerated. Although competitive, it is important parents set a positive example for the youth swimmers.



Timing App

Cook Creek have a new timing system through TimeDrops. As part of the system, there is a free app that parents can download. The app acts similar to a “live” scoreboard. “Unofficial” results are immediately loaded into there, and it makes the meet VERY easy to follow along.

For those familiar with meet mobile, this system definitely gives it a run for its money!! Use the below QR code to download the app and use code: SWIM (7946) to gain access during the meet. QR codes will also be posted around on the pool deck.



~ ANNOUNCEMENTS ~

CONCESSIONS: Cash and Venmo

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



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!

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. If your swimmer is swimming at championships 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!!**



END OF SEASON PARTY!

Sunday July 13th



**Creekside Rec Center Park
5:30-7pm food and awards
(outside of the gate – bring chairs
and lawn games)**

**Pool in Stroh
7-9 pm pool party with DJ**



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



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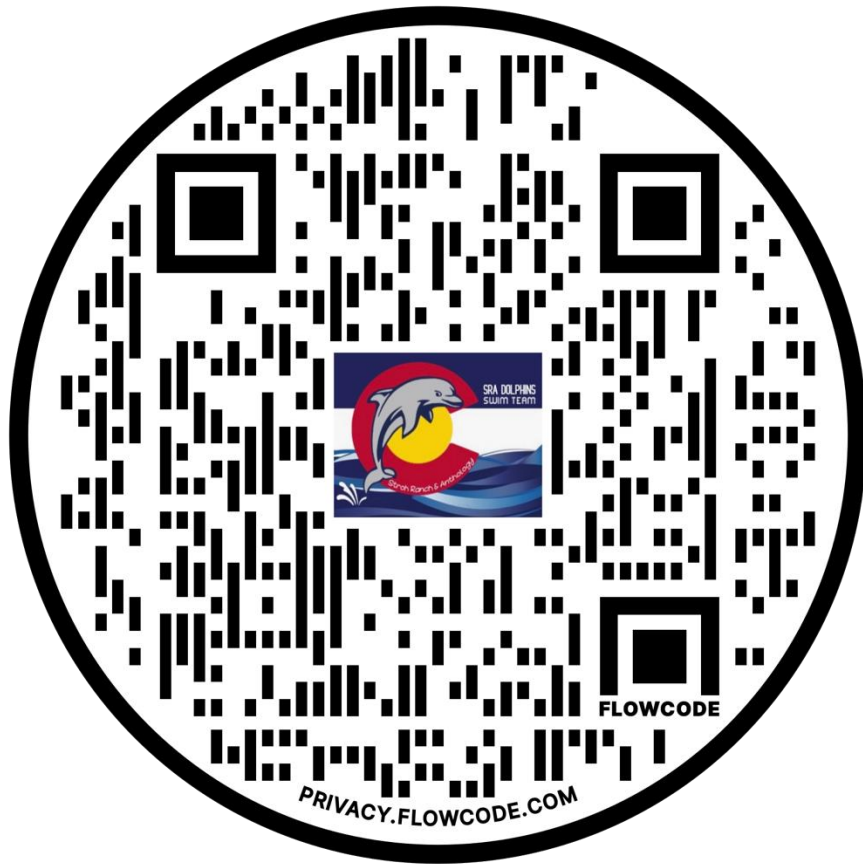


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