

# SRA Dolphins

## Newsletter #9



All-Star Meet  
July 19<sup>th</sup>

**Meet Date: Saturday July 19th**

**All-Star Meet**

**Meet Location: Lifetime Centennial**

**5000 E Dry Creek Rd, Centennial, CO 80122**

# Meet Details

**WARM-UP : 7:00-7:15am**

***7:00 – 7:15 – All Ages, lanes 5&6***

***7:15 - TEAM MEETING***

***7:45-7:55 – one way starts, Div A lanes 1&2***

***8:00 - MEET START***





## IMPORTANT INFORMATION

- \* **Please do not arrive at the facility before 6:15 AM**
- \* **No specific assigned areas for each team to set up camp, but there will be areas for each division inside the fenced area. Any space outside the fence is available for any team.**
- \* **Parking:** Please park in the WEST end of the parking lot (toward the tennis courts and pool. No spaces will be reserved for Coaches or Parent Delegates.
- \* **Entrance (waiver required):** ***All families must enter through the front gate of the outdoor pool. Every adult needs to sign a waiver [\(HERE\)](#). The waiver can be printed and brought to the entrance on the day of the meet.***
- \* **Seating:** Make use of the pre-existing umbrellas for shade, as well as share tents/easy ups that are brought in. If a larger tent is used, please place them in the grassy area to the West end of the pool behind the slides. All walkways must be kept clear. All seating is first come/first serve. For safety numbers, please be mindful of how many guests you invite. **\*\*Please DO NOT use sharpie on the swimmers backs for names or any other reason\*\***  
The chair cushions are new, and this prevents them from being marked.
- \* **Coach Set Up:** All coaches will set up along the South side of the pool, starting with Division A near the blocks, then Division B, C, and D respectively.
- \* **Check In:** There will be tables for volunteer check-in right outside the door of the outdoor pool.
- \* **Concessions:** The indoor and outdoor Cafe will be open during the meet and will have breakfast options in the morning.
- \* **Miscellaneous Information:** The outdoor rec area of the pool and the hot tub will be CLOSED. Please keep swimmers and children out of these areas. The indoor rec pool and indoor hot tub will be CLOSED to All Stars swimmers. There will be no warmup/cool down lanes during the meet.
- \* **Small side coolers/bags with drinks and snacks are welcome, however please refrain from bringing restaurant food and large rolling coolers are prohibited!**
- \* **1st shift volunteers need to be in position no later than 7:55 am.**
- \* **Meet starts at 8:00am.**



# Setup



# ~ ANNOUNCEMENTS ~

## CONCESSIONS:

**\*Café will be open early with breakfast options:**

- **Coffee**
- **Iced tea**
- **Muffins**
- **Fruits**
- **Regular café menu**

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](mailto: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!







# 7/12 Championship Results

## Combined Team Scores

### Combined Team Scores

1. Southshore Sharks – 3,137
2. Cook Creek Wahoos – 3,001.5
3. Smoky Hill Sharks – 2510
4. Tallyn's Tiger Sharks – 2203
5. Clarke Farms Tsunamis – 2096.5
6. Stroh Ranch Anthology Dolphins – 1908

## Scores - Girls

### Girls - Team Rankings

1. Southshore Sharks – 1,722
2. Cook Creek Wahoos – 1,631
3. Smoky Hill Sharks – 1,230
4. Stroh Ranch Anthology Dolphins – 1,169
5. Tallyn's Tiger Sharks – 1,120
6. Clarke Farms Tsunamis – 703

## Scores - Boys

### Boys - Team Rankings

1. Southshore Sharks – 1,415
2. Clarke Farms Tsunamis – 1,393.5
3. Cook Creek Wahoos – 1,370.5
4. Smoky Hill Sharks – 1,280
5. Tallyn's Tiger Sharks – 1,083
6. Stroh Ranch Anthology Dolphins – 739



# 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)



## 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.

## 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. Please make sure you volunteer at the All-Star Meet.

## 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.

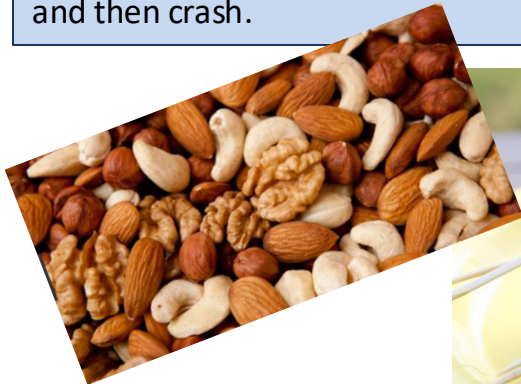
## Meet Program

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.

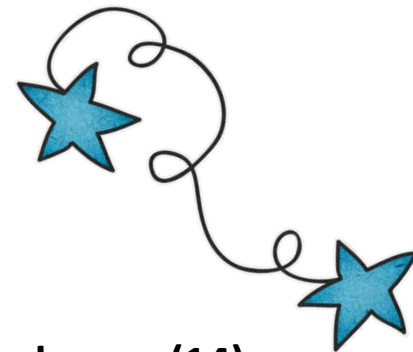
- ☐ Swimsuit
- ☐ Goggles & Spare Goggles
- ☐ Sunscreen
- ☐ Towels
- ☐ Swim Caps
- ☐ Sweats, Shirts, & Pants
- ☐ Umbrella for Shade
- ☐ Water/Sports Drinks
- ☐ Flip Flops/Sandals
- ☐ Blankets
- ☐ Lawn Chairs
- ☐ Lip Balm
- ☐ Sunglasses
- ☐ Snacks/Lunch/Money for Concessions
- ☐ Sharpie to write event/heat/lane on swimmer's arm
- ☐ Camera
- ☐ MEET PROGRAM
- ☐ And most important...**LOTS OF TEAM SPIRIT!!**







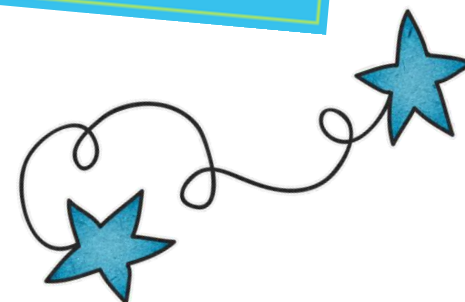
# All Star Qualifiers 2025



Katelyn Augustini (10)  
Ty Augustini (15)  
Cooper Bushaw (13)  
Hazel Christensen (12)  
Maverick Christensen (14)  
Scarlett Christensen (10)  
Meredith Conyers (8)  
Oly Culotta (7)  
Anushree Deora (12)  
Meghan Gonzales (13)  
Abigail Gorsuch (12)  
Luke Gorsuch (10)  
Gwyn Gramer (10)  
Teddy Gramer (9)  
Gracee Grisham (16)  
John Fertig (14)  
Elodie Hash (13)  
Jackson Hill (16)  
Connor Hinz (11)  
Brynley Hubbell (11)

Gracie Joeebchen (16)  
Anna Kate Johnson (10)  
Elizabeth Johnson (16)  
Eli Karban (8)  
Cole Katsoff (17)  
Abby Keller (18)  
Ben Krett (8)  
Lucy Kugler (8)  
Talyn Louthan (17)  
Charlize Luevano (10)  
Henry Luevano (8)  
Theoren Myers (12)  
Trista Myers (10)  
Genevieve Oslick (16)  
Ellie Palmberg (8)  
Azalea Place (13)  
Michael Plumley (14)  
Kennedy Rippy (8)  
Jack Rollenhagen (10)  
Julie Rollenhagen (13)

Maggie Rollenhagen (14)  
Jaxon Ruderman (14)  
Hudson Schamber (10)  
Alyssa Sanniola (8)  
Camden Thomas (15)  
Sawyer Thomas (15)  
George Ulfers (7)  
Julian Witters (18)  
Audrey Wolfe (13)  
Quinnly Worford (8)





# Sponsors

*We appreciate their support throughout our swim season*



**Summit Smiles Dental**

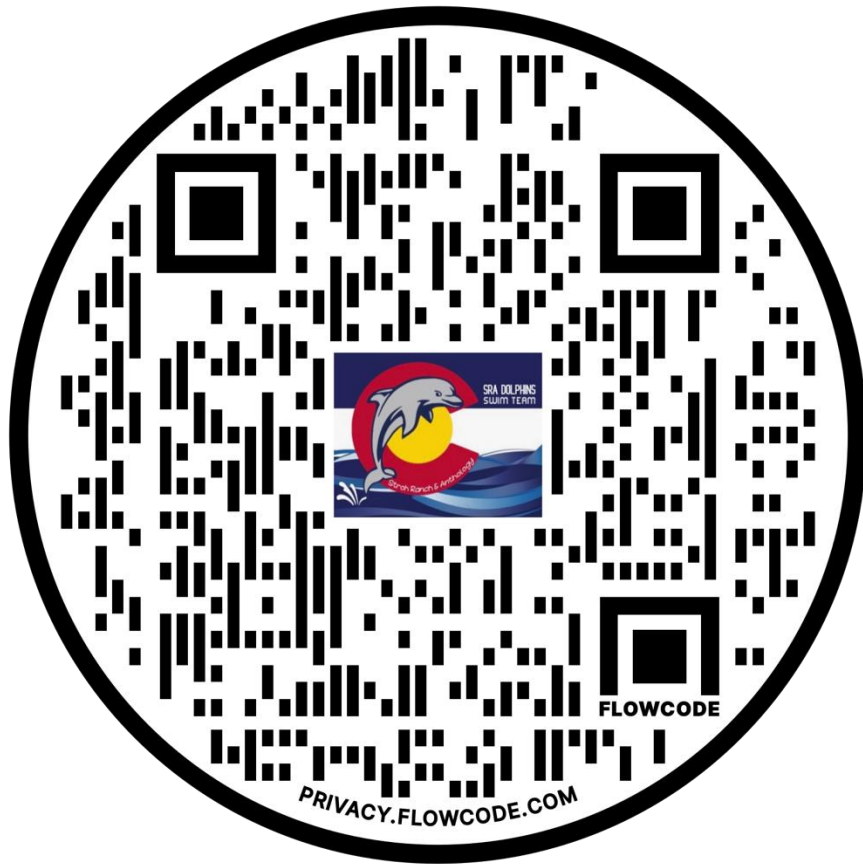


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BOW WOW®**





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