

# SRA Dolphins Newsletter



All Star Meet  
July 20<sup>th</sup>

# ALL STAR MEET

## Meet Details

Meet Date: **Saturday, July 20<sup>th</sup>**

Meet Location: **Lifetime Centennial**

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

- They have received authorization to open an entrance gate to the pool deck.
- Please bring a printed and signed waiver (1 per family, all adults must sign)
- Gate will be open starting at 6:15am
- The gate is located at the North/East corner of the pool (directly right as you are facing the front door to the facility)
- If you are a Lifetime member, please enter at the front door and scan your card or app

**WARM-UP: 7:15am – 7:30am lanes 1&2**

7:15-7:23am - 11/12, 13/14, 15/18

7:24-7:30am – 8&under, 9/10

**TEAM MEETING: after warmups**

**8:00am MEET START**

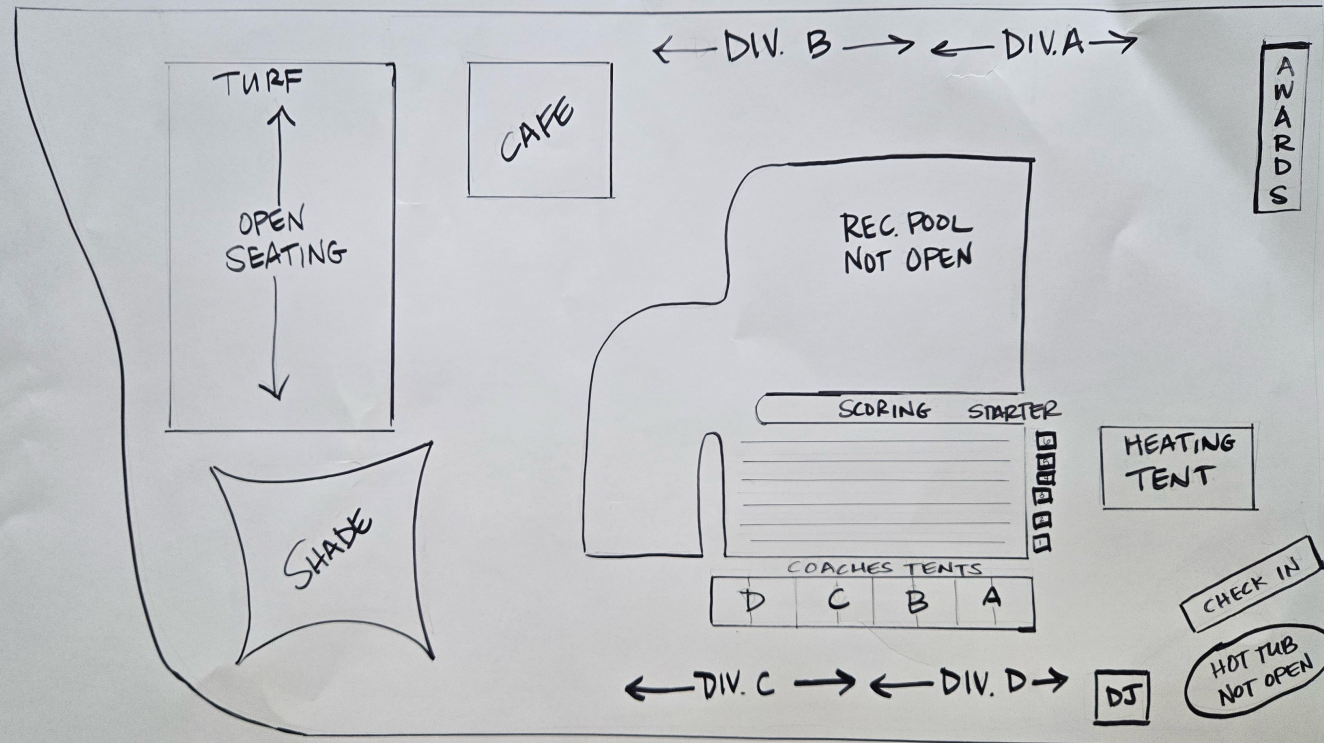


## **IMPORTANT INFORMATION**

- \* **Please do not arrive at the facility before 6:15 AM**
- \* **Warm-ups will begin @ 7:15AM- 7:30AM with times strictly enforced.**
- \* **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.**
- \* **The lounge chairs are new; they are susceptible to damage from ink from sharpie markers. Please be considerate when using them.**
- \* **Hot tub area is closed to use.**
  
- \* **There will be no swimmer check-in at All Stars.**
- \* **There will be a coach's meeting at 7am to give final instructions and hand out t-shirts.**
- \* **They will be reserving a few lanes in the pool directly inside for warm up / cool down throughout the meet. However, every swimmer MUST be accompanied by an adult and ONLY the reserved lanes may be used.**
  
- \* **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.**

# WELCOME TO LIFETIME CENTENNIAL

PARKING LOT



## MHSL ALL STAR MEET

This is a map of the pool deck- please group together in teams and divisions. We are in Division A. Also, coaches, as there is limited space we ask that you share shade tents, please bring folding camp chairs for your tent space as well. Tents must be set back 6 ft from the edge of the pool for safety/rescue purposes. And 2 tents per division in the row against the pool (additional can be set up behind the front row).



## ~ ANNOUNCEMENTS ~

### CONCESSIONS:

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

- **no meat breakfast burritos \$7.99**
- **pancake combo plate with bacon and bottled water \$12**
- **Coffee, iced tea, muffins, fruits, etc. as well as regular café menu**

### 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!**

# 7/13 Championship Results

## Combined Team Scores

### Combined Team Scores

1. Wheatland Sharks – 3,030
2. Cook Creek Wahoos – 2,814
3. Tallyn's Tiger Sharks – 2558.5
4. Stroh Ranch Anthology Dolphins – 2289.5
5. Clarke Farms Tsunamis – 1872.5
6. Piney Creek Heat – 1653.5

## Scores - Girls

### Girls - Team Rankings

1. Cook Creek Wahoos – 1,514
2. Tallyn's Tiger Sharks – 1,496
3. Wheatland Sharks – 1,401
4. Stroh Ranch Anthology Dolphins – 1,333.5
5. Piney Creek Heat – 847.5
6. Clarke Farms Tsunamis – 773

## Scores - Boys

### Boys - Team Rankings

1. Wheatland Sharks – 1,629
2. Cook Creek Wahoos – 1,300
3. Clarke Farms Tsunamis – 1,099.5
4. Tallyn's Tiger Sharks – 1,062.5
5. Stroh Ranch Anthology Dolphins - 956
6. Piney Creek Heat – 806



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

## 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

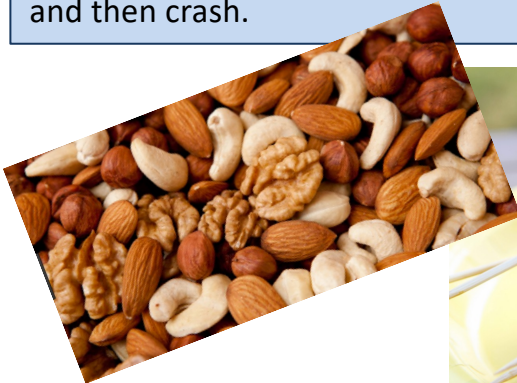


Meet programs will be available on the [www.mhsl.com](http://www.mhsl.com) website Friday afternoon/early evening. Please take the time to review the Meet Program carefully as soon as they are posted to ensure your swimmer(s) is in the correct events. Any errors should be directed to the coaches ASAP. 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 2024

Joshua Adams (16) M  
Tyler Augustini (14) M  
Sebastian Castro Dombi (14)  
Hazel Christensen (11) F  
Louie Culotta (8) M  
Dempsey Ellis (10) M  
Meghan Gonzales (12) F  
Gwyn Gramer (9) F  
Teddy Gramer (8) M  
Jackson Hill (15) M  
Connor Hinz (10) M  
Brynley Hubbell (10) F  
Ella Joebchen (10) F  
Gracie Joebchen (15) F  
Eli Karban (6) M  
Cole Katsoff (15) M

Abby Keller (16) F  
Bella Lane (16) F  
Tyler Logan (14) M  
Talyn Louthan (16) F  
Henry Luevano (7) F  
Carson MacBrayne (11) M  
Theoren Myers (11) M  
Trista Myers (9) F  
Matthew Oconnor (17) M  
Genevieve Oslick (15) F  
Oliver Pagett (8) M  
Azalea Place (12) F  
Jack Rollenhagen (9) M  
Julie Rollenhagen (12) F  
Maggie Rollenhagen (13) F  
Parker Sampson (8) M

Michael Sanchez (17) M  
Evan Simmons (9) M  
Jamison Simmons (9) M  
Stratton Simmons (12) M  
Teagan Simmons (10) M  
Eric Vandeloo (10) M  
Abby Wagenknecht (8) F  
Jami Ward (18) F  
Tessa Waterman (16) F  
Julian Witters (17) M  
Audrey Wolfe (12) F  
Quinnly Worford (7) F  
Jana Yassine (13) F  
Jason Yun (11) M  
Rhea Zutshi (10) F



# 2024 TEAM RECORD BREAKERS

(in alphabetical order by first name)

**Bella E. Lane**

**Cole E. Katsoff**

**Gracie Joebchen**

**Jack V. Rollenhagen**

**Jackson Hill**



# 2024 RECORD BREAKER

## Bella E. Lane

Female 15-18 50 Free

**28.84 \*\* Bella E. Lane at 6/8/2024 SRA @ Clarke Farms**

**28.51 \*\* Bella E. Lane at 7/9/2024 MHSL Division A  
Championships Prelims**

Female 15-18 100 Free

**56.34 \*\* Bella E. Lane at 6/15/2024 Tallyn's Reach @ SRA**

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

**1:01.80 \*\* Bella E. Lane at 7/9/2024 Division A  
Championships Prelims**

Female 15-18 100 Back

**1:08.28 \*\* Bella E. Lane at 7/9/2024 Division A  
Championships Prelims**

**CONGRATULATIONS BELLA!**



# 2024 RECORD BREAKER

## Cole E. Katsoff

Male 15-18 50 Free

**26.00 \*\* Cole P. Katsoff at 6/8/2024 SRA @ Clarke Farms**

**25.70 \*\* Cole E. Katsoff at 7/9/2024 MHSL Division A Championships Prelims**

**CONGRATULATIONS COLE!**





# 2024 RECORD BREAKER

# Gracie Joebchen

Female 15-18 100 Fly

**1:04.28 \*\* Gracie Joebchen at 6/15/2024 Tallyn's**

**Reach @ SRA**

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

**CONGRATULATIONS GRACIE!**



# 2024 RECORD BREAKER

# Jack V. Rollenhagen

Male 9-10 50 Back

**40.36 \*\* Jack V. Rollenhagen at 7/9/2024 MHSL Division A Championships Prelims**

**CONGRATULATIONS JACK!**



# 2024 RECORD BREAKER

# Jackson Hill

Male 15-18 100 Back

**57.27 \*\* Jackson Hill at 6/1/2024 Piney Creek Heat @SRA**

**CONGRATULATIONS JACKSON!**





# GRADUATED SENIOR

# MADDIE D'ENTREMONT

## ***Swimming Accomplishments:***

- Summer Swim Team - Started as a 6 & under swimmer & participated for the last 14 summers
- Ponderosa Women's Swim & Dive Team - swam all four years with final year as a Team Captain & Varsity swimmer

## ***Academic Accomplishments:***

- Magna Cum Laude
- National Honors Society - Vice President

## ***Varsity Lettered in:***

- Athletics: Swimming & Basketball
- Activities
- Academics

**Maddie will be attending CU Boulder this fall and pursuing a double major in Integrative Physiology & Spanish.**





# GRADUATED SENIOR

## JAMISON WARD

### ***Swimming Accomplishments:***

- Summer swimming with Stroh Ranch since age 5
- Finished 1st at All Stars in the 200 IM at age 13
- Ponderosa Girls Swim & Dive 4-time state qualifier & Team Captain

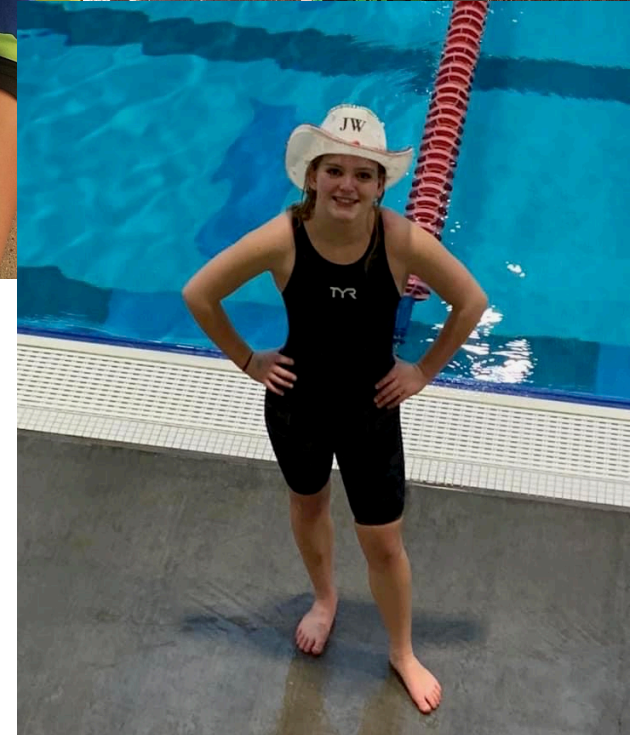
### ***Academic Accomplishments:***

- Summa Cum Laude
- National Honor Society

### ***Varsity Lettered in:***

- Swimming
- Managing
- Theatre
- Academics

**Jami will be attending Belmont University in the fall in Nashville majoring in Publishing.**



# **2024 AWARD WINNERS**

## **MOST IMPROVED SWIMMERS**

**6&U Boy: George Ulfers**

**6&U Girl: Isabelle Martinez**

**7/8 Boy: Henry Luvano**

**7/8 Girl: Alyssa Sanniola**

**9/10 Boy: Hudson Schamber**

**9/10 Girl: Ida Free**

**11/12 Boy: Dylan Everhard**

**11/12 Girl: Amelia Ellis**

**13&over Boy: Daniel Johnson**

**13&over Girl: AshLynn Lafferty**





# 2024 Coaches Team





# 2024 SRA Board with Coach Morgan and Coach Kevin





# SRA Dolphins



**Thank you all for a  
great season!**

**See you next summer!**

# SPONSORS

We appreciate their support throughout our swim season.

