

Welcome to the 2019 SRA Dolphins Summer Swim Season!!!



Volume 1, May 30th, 2019

Board Members

2019 Swim Season

Marty Palma.....	President
Nick Ward.....	Parent Rep
Tiffany Grizzle.....	Parent Rep
Christine Rumler.....	Treasurer
Traci Ward.....	Apparel
Jinah Devereaux.....	Apparel
Katie Jones.....	Concessions
Stacia Buck.....	Events
Alison Gordon.....	Events
Rachel Karban.....	Volunteer Coordinator
Leah McCullar.....	Volunteer Coordinator
Krissy Behne.....	Scoring
Leah Meyer.....	Scoring
Patty Palma.....	Clerk
Darci Mills.....	Clerk



Coach Morgan

Coaching Staff

2019 Swim Season



Coach Kevin

Morgan Edwards.....	Head Coach
Kevin Oslick.....	Assistant Head Coach
Lisa Harr.....	Guppy Coach
Chelsea Linton.....	Assistant Coach
Christian Linton.....	Assistant Coach
Courtney Linton.....	Assistant Coach
Logan Devereaux.....	Assistant Coach
Lauren Van Fleet.....	Assistant Coach
Olivia Warnick.....	Assistant Coach
Maylin Pollack.....	Assistant Coach
Sophia Palma.....	Assistant Coach

Junior Coaches

2019 Swim Season

Paige Liedell

Ashley Van Fleet

Emily Jones

Ben Jones

Jami Ward

Tyler Sreenen

Erik Gordon

Emily Gordon

Jacob Devereaux

Sosie Buck

Hailey Townley

Katie Lindig

Jacob Diederich

Victoria Holck

Matthew O'Connor

Practice Information

2019 Regular Season Practice Schedule

All regular season practices are Monday through Thursday and run May 29th through July 5th unless otherwise noted.

Early Morning Practice Schedule

6:00-6:45 AM - Stroh Ranch - Intermediate and Advanced Abilities*

6:45-7:45 AM - Stroh Ranch - Intermediate and Advanced Abilities*

- If you wish to attend these practices for the first time, please check with Coach Morgan.

Mid-Morning Practice Schedule

7:00-8:00 AM - Anthology - All Ages and Abilities Welcome

8:00-9:00 AM - Anthology - All Ages and Abilities Welcome

Evening Practice Schedule

5:30-6:30 PM - Stroh Ranch (indoor pool) - 8 & Under Swimmers Only

4:30-5:15 PM Tuesday/Thursday Only - Stroh Ranch (indoor pool) - Guppy Group Only (See details Below)

8:00-9:00 PM - Anthology - Intermediate and Advanced Abilities

Guppy Group Practice Schedule (6 practices over 3 weeks)

4:30-5:15 PM Tuesday/Thursday Only - Stroh Ranch (indoor pool) - Guppy Group Only on the following dates:

- Tuesday, May 28
- Thursday, May 30
- Tuesday, June 4
- Thursday, June 6
- Tuesday, June 11
- Thursday, June 13

If the swimmer has progressed enough by the end of practices on June 13, they can start to practice with the regular team practices and compete in the last two dual meets on June 22 and June 29.

How to Enter Meet Entries

For those of you that are new, meet entries are where you tell us what events your swimmer wants to swim at the upcoming meet. They are always **due the Monday night prior to the meet** as we enter them into the system on Tuesday morning.

Everyone should fill out a meet entry, even if you are not planning on attending. There is an option available to let us know you are not attending and help us know that you just didn't forget to enter. It is critical to remember to get these in on time. It is a lot of work for the coaches to track down all the swimmers that didn't respond. Also, we need them in on time so we can get reports posted to the website so you can verify the entries are correct before we send them off to the host team.

The process is simple. Click the “Events” tab and then select the “edit commitment” button for that meet. You will be brought to a page that will allow you **to commit or not commit** your child to the meet. If you have more than one child swimming you will see them listed on this page.

Here are the steps if you are **NOT GOING**:

Click on the Member Names (they default to Not Committed). Then click on the signup record pull-down and select “no”. If no, just click on the (save changes) button to save the changes. If you have more than one child, repeat the same task as listed above.

Here are the steps if you **ARE GOING**:

Click on the Signup Record pull-down and select YES. Once yes is selected, you will see the events your child MAY be eligible to swim. You will also see the best times inserted into the Entry Time field and highlighted in yellow. Check the checkbox to the left of the name for those events you would like to swim. Once you have finished, click “save changes” button in the lower right. Repeat the process for additional swimmers. You will notice that Coach Approval column will indicate *Pending* after you submit.

Please pay careful attention to the following:

- Maximum individual event entry is 3 events
- Also in notes section please indicate if you are available for the Medley Relay, Freestyle Relay, Both Relays or NO relays and if you will be arriving late or leaving early.

Your coach or team administrator will review your declaration and APPROVE or REJECT your request and once they submit the final choices you will be able to review by signing in and clicking on the Edit Commitment button for any events listed on our team website.

Look at the Coach Approval column for the events that you have been confirmed to swim.

Swimmers are allowed to enter up to 3 individual events and can swim in two relays. For relays, you simply let us know if your swimmer is available to swim on the form and the coaches will setup the relay teams when they do entries. It is acceptable for younger swimmers or new swimmers to swim less than 3 individual events if they so choose.

Meet Details

Meet Date: Saturday, June 1, 2019

Meet Opponent: Holly Park Sharks

Meet Location: Holly Park Pool

Warm Up: 7:25 am – 7:50 am

Individual age groups will warm up in short sessions. Swimmers in the 6 & U group do not need to warm up unless you are ages 5-6 and swim in the 8 & U relays. Then your swimmer is encouraged to warm-up with the 7-8 group as well as attend the relay meeting at 7:15.

SCHEDULE:

7:10 – Team Meeting

7:15 – Relay meetings for all age groups

Warm-up Groups:

7:25-7:31

ages 13-14 – Coach Christian

ages 15-18 – Coach Morgan

7:31-7:37

ages 11-12 – Coaches Logan, Lauren, & Olivia

7:37-7:43

ages 9-10 – Coaches Chelsea, & Courtney

7:43-7:50

ages 5-8 – Coaches Kevin, Maylin, & Sophia

7:30 – Officials Meeting (at Starters tent)

7:45 – Timers Meeting (by diving board)

8:00 - Meet Starts



PARKING:

Holly Park Pool is located at 6651 S Krameria Way, Centennial, CO 80111. It's on the northwest corner of Krameria and Arapahoe. If you are going west on Arapahoe, past Quebec, take the second right onto Krameria Way; pool is on the left. There is ample seating around the pool. Parents may park in the West or East parking lot. There is also parking along Krameria Way, however please **pay special attention** to No Parking signs along certain stretches of Krameria as well as in the parking lot along the north side of the fence.

Our first Dual Swim Meet vs Holly Park Sharks at the Holly Park Pool.

As you arrive at the meet, please look for our check-in table. Here you will need to check-in your swimmers, as well as yourself if you are scheduled to volunteer that day. It is important to check-in as it notifies us that your swimmer is present for relays and that your volunteer position is covered.

Families can set up on the west side of the pool. There is plenty of room for tents and chairs on the grass. Holly Park will have a concession stand with breakfast, lunch, and snack items available throughout the day.

MEET ENTRIES

Meet entries are 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 Morgan at coaches@strohranchdolphins.org. We should be able to correct errors if we provide notification prior to Friday at 2pm.

In some cases in order to complete relays we have moved swimmers up an age group (note: no 6&U relays). Typically, we will do this at almost every meet in order to maximize the number of relays we swim as a team. This “move-up” is allowed under league rules under some circumstances. If you indicated relay availability and did not get assigned to a relay team, we will attempt to work you in at future meets.

After this first meet, all swimmers, especially those new to the team, will have current times in the team database and it will be much easier to make better informed decisions about relay participation. Typically the fastest swimmers are selected to swim relays (i.e. for free relays – Four fastest are on the “A” team, next four fastest are on the “B” team ..and so on). However, we do make an effort to allow for participation by all swimmers who are interested in relays on the “C”, “D”, and in some age groups the “E” teams as long as the meet timeline allows.

pajamas.
all day.

DELAYED ARRIVALS & SCRATCHES

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

- Nick, Tiffany & Marty

APPAREL NOTE:

Please stop by the apparel tent marked with a Dolphins sign to pick up your team t-shirts and any apparel you ordered. We hope to have caps available but are waiting on shipment details. Payments for shirts and caps can be cash or check.

MEET SCHEDULE

Date	Location	Opposing Team	Theme
June 1	Holly Park Pool	Holly Park Sharks	Pajama Day
June 8	Stroh Ranch Pool	Cook Creek Wahoos	Luau/Hawaiian
June 15	Highlands Ranch North	Highlands Ranch North Seahawks	
June 22	Anthology Pool	Wheatlands Sharks	Super Hero
June 29	Piney Creek	Piney Creek Heat	

SPIRIT NIGHT FRIDAY JUNE 7TH - SAVE THE DATE!!!!

On Friday evening, June 7th we will be holding a Spirit Night at the Stroh Ranch pool to prepare for our first home meet. Plan on coming out and help decorate posters, chalk the sidewalks, listen to music and eat some pizza!! More details to come!



CHECKING IN ON TIME

While it is tempting to arrive at the meet 5 minutes before your warm up time, it is much better to arrive in the pool parking lot approximately 30 minutes beforehand as it will take some time to get into the pool area, check in, and find a spot in the area of the pool to setup in. If you are in a relay, you should be checked in by 7:00 am so we know you are present and don't have to find a replacement.

Arriving early does require that everyone gets up earlier, but it is much less stressful and easier in the long run. We want to ensure your swimmer has enough time to warm up and focus on swimming their best. Plus...the coaches are assured you are there for the medley relays. You'll notice the experienced swimming families will arrive early for meets. Look for board members in blue shirts if you have any questions!

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)

Goooooooooo Dolphins!
(Super Loud)



**MEET ENTRIES FOR THE NEXT MEET ARE DUE BY
MONDAY, JUNE 3RD 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. Each family is asked to complete 4 volunteer sessions during the regular dual meet season. You can sign up under the Job Signup link under the Events tab.

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

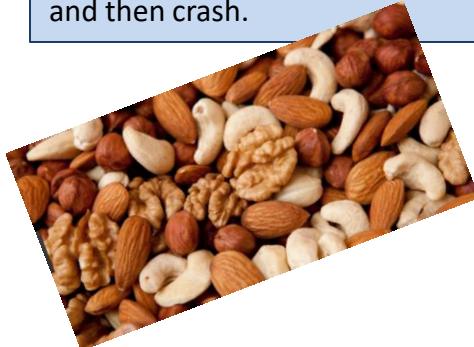
The heating area will have a board set-up displaying what event number they are announcing for first and last call. When they are first calling your child's event, your swimmer should start heading over to the heating area to be added to the queue. If swimmers arrive promptly to the heating area on first 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.

Check 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.

- Swim Suit
- Goggles & Spare goggles
- Sunscreen
- Lots of Towels
- Swim Caps
- Sweats, Shirts, & Par
- Umbrella for Shade
- Water/Sports Drinks
- Flip Flops/Sandals/Pool Shoes
- Blankets
- Lawn Chairs
- Lip Balm
- Sun Glasses
- 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!!



Sponsors

Please be sure to visit our sponsors at their place of business. We appreciate their support throughout our swim season!



Rumler Rebar, Inc.



MI SPORTS
your one stop swim shop

