

SRA Dolphins Newsletter



June 22, 2019
Meet #4
vs Wheatlands Sharks

SPIRIT NIGHT

Friday, June 21st @ 5:30pm

Join us at the Anthology pool
Friday night starting at 5:30pm!

Sidewalk Chalk!



Pizza!

Music!



Make Posters!

Swimmer Spotlights:



Tessa Jeltema

Tessa, age 5, began the season swimming in the 6&U age group but has since shifted to 8&U events in the last couple of meets to in order to attempt to qualify for All Stars. She enjoys the challenge of "swimming up" and typically places in the top 3 in these 8&U swims in our dual meets.

Tessa's most noteworthy swimming achievement comes from swimming in USA Swimming sanctioned meets with her club team. In fact, she is the **number one ranked 5 year old in the nation** in the 50 backstroke (LCM) according to USA Swimming Event Rank Search.

Congrats, Tessa! Keep up the good work!

Congrats to the following 8&U swimmers, who are All Star qualifiers:

Evan Whelan -8,
Mallory Paradise -8

Elliott Glick -8
Jillian Yates -8

Marin Seid -7

This group of 8 & Unders have All Star times in all or almost all of the 8&U events.
So awesome!!

Meet Date: Saturday, June 22, 2019
Meet Opponent: Wheatlands Sharks
Meet Location: Anthology Pool
Meet Theme: NEON/80s
Warm Up: 6:40 am – 7:20 am

Meet Details

Individual age groups will warm up per the below. 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 as they need to attend the relay organizing meeting.

WARM-UP SCHEDULE – 6:35-7:15

6:40-6:50 ages 11-12, Coaches Lauren and Olivia
Relay meeting at 6:50

6:50-7:00 ages 9-10, Coaches Chelsea and Sophia
Relay meeting at 7:00

7:00-7:10 ages 8&U, Coaches Kevin and Maylin
Relay meeting at 7:10

7:10-7:20 ages 13-14, Coach Christian
ages 15-18, Coach Morgan
Relay meeting at 7:20

7:30 TEAM MEETING

8:00 MEET START



THIS MEET STARTS AT 8:00!!

DIRECTONS & PARKING:

Anthology Pool located on Keyser Creek Ave in the Anthology subdivision. All parking will be on the streets surrounding the pool. **NO PARKING IN POOL PARKING LOT** – it is reserved for a party that day! Please observe parking laws (away from fire hydrants and intersections) to avoid being ticketed! Also be aware of construction in the areas surrounding the pool.

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

SEATING:

Seating is available inside the pool gates, as there is ample open space. The baby pool is **closed** during the meet. Please advise parents and swimmers to keep away from this area.

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 the Meet Program being distributed (typically Thursday evening or Friday Morning).

Guppy Graduates

A big congratulations to our 2019 Guppy Group for completing their 3 week session!

Many thanks to **Coach Lisa, Coach Sophia, & Jr Coaches Jami & Sosie** for getting them ready to be the next future stars of the team.



Announcements:

VOLUNTEER SHIFTS

A big THANK YOU to those that have been getting their volunteer shifts in for the regular season. We appreciate you so much!

As a reminder, if your swimmer attends Prelims, Championships, and/or the All-Star meet we will need your help filling volunteer positions for these days. These are in addition to the four shifts during regular season. Thanks in advance! 😊

CONCESSIONS

Concessions will be available again with breakfast burritos in the morning and the grill fired up closer to lunchtime.

APPAREL

All Star caps are available for purchase for \$10. Look for the tent with the Dolphins sign!

****CONCESSIONS****

We will have full concessions available at the meet including breakfast burritos from GoodTimes! YUM!

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 the Meet Program being distributed (typically Thursday evening or Friday Morning).

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.

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



MEET SCHEDULE

Date	Location	Opposing Team	Theme
June 1	Holly Park Pool	Holly Park Sharks	Pajama Day
June 8	Stroh Ranch Pool	Cook Creek Waheos	Luau / Hawaiian
June 15	HR Seahawks North	HR Seahawks North Seahawks	SRA Gear
June 22	Anthology Pool	Wheatlands Sharks	80s / Neon
June 29	Piney Creek	Piney Creek Heat	SRA Gear
July 6	NO MEET WEEKEND		
July 9-10	Anthology/Cherokee Trail HS	PRELIMS	
July 13	Piney Creek	CHAMPIONSHIPS	
July 20	Butterfield	ALL STAR MEET	

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 prior to 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 6:30 am** so we know you are present and don't have to find a replacement.



PLEASE READ...PRELIMS/FINALS INFO

The Prelims/Finals Division Championship Meet is conducted over 3 days between all the teams in our division. Two days of Preliminaries broken up by age groups and then Finals for the top 16 + 2 alternates for each event based on the Prelims results. The schedule is as follows:

- **Tuesday, July 9** - Prelims for 7/8, 11/12 & 15/18 year olds @ [Anthology](#)
- **Wednesday, July 10** - Prelims for 6&U, 9/10, & 13/14 year olds @ [Cherokee Trail High School](#)
- **Saturday, July 13** - Finals for top 16 + 2 alternates for each event @ [Piney Creek](#)

All swimmers on the team, regardless of ability, are encouraged to participate as this is one last opportunity to achieve a Personal Best time or qualify for All-Stars. Swimmers may select up to 3 individual events. Relays swim during the Finals session on Saturday (not at the Prelim sessions during the week). Relay teams will be selected and communicated at a later date after Prelims have concluded.

Note, if your child participates in this meet you are expected to volunteer. This is above and beyond the 12 hour commitment for our regular season dual meets, and this includes Volunteer Opt-Out families, Guppy Only Families, and Board Members. As the prelim meets are held during the week, it takes everyone's help to make them work. However, Job signup for these meets will be split out into separate events from this main one for each prelim day to make it less confusing. So please signup for jobs under those specific events but also sign your child up to swim their prelims events. Volunteer sign-ups are listed individually under the Events tab. They are showing but not available for sign-up quite yet.

Entries for Prelims are due Monday, July 1st: [Events Tab](#)

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 PINEY CREEK ARE DUE BY:
MONDAY, JUNE 24TH 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.

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.

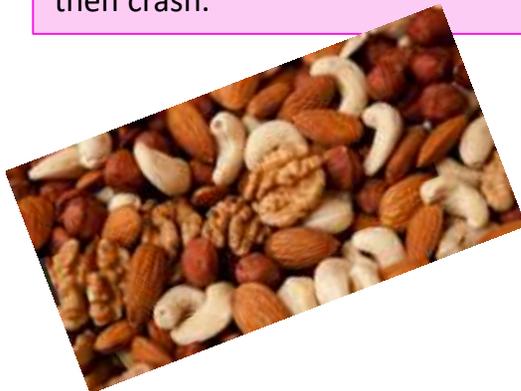
Meet Program

Meet programs will be available on the “Events” page Friday morning/early afternoon 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, & Pajamas
- 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!!



6/15 Highlands Ranch Seahawks Meet Results

Combined Team Scores

Combined Team Scores - Through Event 90

1. HR Seahawks - 486
2. SRA Dolphins - 464

Scores - Girls

Girls - Team Rankings - Through Event 90

1. SRA Dolphins – 275
2. HR Seahawks - 222

Scores - Boys

Boys - Team Rankings - Through Event 90

1. HR Seahawks- 264
2. SRA Dolphins - 189

A detailed report of each event and swimmers time is available on the Events page of the website for that specific meet. After the day of the meet, you must use the “Past & Archived” tab to find the Event page for that meet.

Great meet, Dolphins!



Check out Coach Morgan's kickboard he brought to practice earlier this week. This was his kickboard when he was a kid. Very cool!



All Star Qualifiers

6/15 HR Seahawks

**Carly Behrendt (17) F**

28.88 Y AS19 F 50 Free

Logan Devereaux (17) M

1:59.30 Y AS19 F 200 Free

59.52 Y AS19 F 100 Fly

2:09.92 Y AS19 F 200 IM

Jake Diede (14) M

1:02.14 Y AS19 F 100 Free

1:12.07 Y AS19 F 100 Back

Caleb Greenfield (11) M

36.20 Y AS19 F 50 Breast

35.42 Y AS19 F 50 Fly

1:17.25 Y AS19 F 100 IM

Cade Heiden (11) M

31.15 Y AS19 F 50 Free

37.15 Y AS19 F 50 Back

35.66 Y AS19 F 50 Fly

Shae Heiden (9) F

41.39 Y AS19 F 50 Back

1:29.89 Y AS19 F 100 IM

Jackson Hill (10) M

40.28 Y AS19 F 50 Back

1:36.67 Y AS19 F 100 IM

Luke Holck (11) M

38.46 Y AS19 F 50 Fly

1:24.99 Y AS19 F 100 IM

Victoria Holck (13) F

2:14.93 Y AS19 F 200 Free

1:08.53 Y AS19 F 100 Fly

2:28.77 Y AS19 F 200 IM

Mia Jeltema (11) F

28.60 Y AS19 F 50 Free

35.64 Y AS19 F 50 Breast

1:10.78 Y AS19 F 100 IM

Gracie Joebchen (10) F

33.19 Y AS19 F 50 Free

37.23 Y AS19 F 50 Fly

Abby Keller (12) F

37.79 Y AS19 F 50 Back

Courtney Linton (18) F

26.09 Y AS19 F 50 Free

1:01.93 Y AS19 F 100 Free

1:09.21 Y AS19 F 100 Fly

Genevieve Oslick (10) F

1:16.28 Y AS19 F 100 Free

39.50 Y AS19 F 50 Back

Mallory Paradise (8) F

17.13 Y AS19 F 25 Free

24.90 Y AS19 F 25 Breast

19.74 Y AS19 F 25 Fly

Maylin Pollack (16) F

28.86 Y AS19 F 50 Free

1:03.75 Y AS19 F 100 Free

1:09.30 Y AS19 F 100 Back

Samantha Smith (11) F

35.22 Y AS19 F 50 Back

40.33 Y AS19 F 50 Breast

34.60 Y AS19 F 50 Fly

Tyler Sreenen (14) M

2:12.06 Y AS19 F 200 Free

1:06.37 Y AS19 F 100 Fly

2:26.53 Y AS19 F 200 IM

Ashley Van Fleet (13) F

29.95 Y AS19 F 50 Free

Lauren Van Fleet (16) F

26.61 Y AS19 F 50 Free

1:04.57 Y AS19 F 100 Back

1:18.86 Y AS19 F 100 Breast

Jami Ward (13) F

1:17.04 Y AS19 F 100 Back

1:24.92 Y AS19 F 100 Breast

Evan Whalen (8) M

21.77 Y AS19 F 25 Back

21.18 Y AS19 F 25 Fly

Sponsors

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



Rumler Rebar, Inc.

