

## Week Recap

Last week was a bit hectic with the El Dorado pool being too hot and the Union Mine pool having an issue on Monday but everything seems to have settled down. The El Dorado pool temperature has dropped to 84 degrees and all practices will be held as normally scheduled this week.

## Coaches Corner

By Alan Rosenfeld

I am looking forward to this week for a couple of reasons. Firstly, everything should be back to normal from a pool perspective so that will be a nice change going into the last part of the season. We have our Boys Versus Girls meet this weekend which promises to be a fun event as it is every year. Everyone gets the opportunity to swim every race so five individual events each. If you don't want to swim something specific please let me know and I will remove you from that event.

The Junior Dolphins also get the opportunity to swim a 25 across the pool which is always great to see.

At the conclusion of the meet we will have coaches and parent relays where all parents and coaches are encouraged to participate. I will be sending out an email a little later in the week with more information about signups for that event.

There is a Boat Regatta at the conclusion of the parent and coaches relay event and the rules are added to the second page of the digest.

That evening we will have our annual Dolphin Dance which this year will be located at the Organ Room and the surrounding grass area at the El Dorado Fair Grounds. Stay tuned for more updates about Boys Versus Girls and other upcoming Dolphin events.

## Board Bulletin

### Folder Update:

Certificates for best times from the Arden Manor meet will be in your folders by Tuesday of this week. Please check your folders for things your buddies have left your over the course of the season.

### Swim-A-Thon

We have already had most of our coach for a day workouts last week. Congratulations on everyone that participated and I expect next year we will have some large numbers

### Union Mine Pool Update:

The Union Mine pool has had some problems this year. Everything has been checked and cleared by the county health inspectors, but if anyone has any specific questions or concerns and would like to speak to the YMCA about it you can email Patrick at [pmaridon@ymcasuperiorcal.org](mailto:pmaridon@ymcasuperiorcal.org)

### Auction Donation Items:

If you have any items to donate for the auction at the dolphin dance please let Emma Musgrove know at [emusgrove@yahoo.co.uk](mailto:emusgrove@yahoo.co.uk)

## Birthdays of Note

The Dry Diggins Dolphins would like to wish a very happy birthday to the following swimmers and coaches this week:

David Lewin  
Jackson Barnes  
Justin Jumper  
Aiden Bennett

# Boat Regatta Rules and Regulations

1. **BOATS MUST BE MADE OF CARDBOARD ONLY!** There are only two participants allowed per boat. This can be a team of one parent and one child, two siblings, or any combination of two from our dolphin team family, you choose. The boat may be sealed with tape, caulk, or glue.
2. Wax coated cardboard and concrete column tubing is not allowed.
3. Boats may not contain any floating device. (No rubber rafts, inner tubes, balloons, etc.)
4. If the boat has a cockpit, it must be big enough to escape from if the boat capsizes.
5. The boats dimensions must be no larger than 8ft. x 4ft. x 4ft.
6. The boat must have sides (no rafts) and both contestants have to fit inside.
7. No latex paints allowed as they will leak into the pool.
8. Boat paddles may be provided.
9. No one may interfere with the progress of any contestant.