

Dry Diggins Digest

Issue 1
April 30, 2018

Coaches Corner

By Alan Rosenfeld

Welcome Dolphin Families to the first week of our 52nd season. I am very excited to see you all on deck and in the water. This first week is a great time to start to get to know your fellow swimmers and start making friends that will last the entire season.

The first week or two of practice will be a bit crowded because so many swimmers are excited to get back in the pool. This is totally normal and we ask that you please be patient as we settle in. There will also be a short feeling out period and swimmers may be moving around a lot in terms of lane assignments as we figure out where they will learn best.

2018 Coaching Team

Head Coach: Alan Rosenfeld

Email: alanrosenfeld1234@yahoo.com

Assistant Coach: Dominic Aguilera

Assistant Coach: Nihna Atkins

Assistant Coach: Hanna Bush

Assistant Coach: Shelby Ganzert

Assistant Coach: Rachel Gray

Assistant Coach: Violet Maguire

Assistant Coach: Gemma Meadows

Assistant Coach: Emily Moore

Assistant Coach: Keefe Pesko

Birthdays of Note

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

Connor Pence

Jana Hudak

Practice Schedule

Monday – Thursday

6 & Under 5:00 – 5:30

7 – 8 5:30 – 6:10

9 – 10 6:10 – 7:00

11-12 7:00 – 8:00

13 and up 7:00 – 8:20

Friday

7 – 8 5:00 – 5:45

9 – 10 5:45 – 6:45

11 & Up 6:45 – 7:45

Board Bulletin

Please keep an eye out for team emails over the course of the season. This is one of the best ways we have to contact you and will be sending out important information you can have everything you need to know about job signups, meet signups, or other team events.

Team suits and other dolphin swimming gear are ordered through Alpha Aquatics. You can find them going through this [link](#). We suggest getting one suit for meets and buying another non-dolphin suit for practice to help prolong the life of your racing suit. Other dolphin gear like shirts and other apparel can be bought on deck and at home meets.

After your children have finished practice please remember to check your surrounding area for all your personal belongings and trash.

Practice Tips and Equipment

Suit-Make sure it is tight enough to handle diving

Goggles-Make a huge difference in kids being able to keep their heads in the water. Coaches can help the swimmers tighten or loosen to make them fit better but the swimmers should start to learn to fix goggles on their own as the season progresses

Practice Cap-Any cap is fine for swimmers with long hair or ones that get cold easily. One excellent way to help the coaches learn your swimmers name is by writing it clearly on the side of the cap.

Towel-If swimmers want to dry off after practice towels are useful.

Useful Tips-Make sure you label everything. Kids will leave things behind and if they are not labeled it is difficult to get them back to their rightful owner. Use a black sharpie and you may need to reapply the name a few times over the course of the season.