

## Coaches Corner

By Alan Rosenfeld

It was a fun week of practice with the swimmers that swam the most laps at the swim-a-thon getting to be coach for a day during the week. It was a nice break from the normal routine but everything will return to normal on Tuesday when we get back. Next week marks two weeks until the end of the season and that means that it is time to start to focus on the details and get ready for the last meet of the season against Auburn and champs to following weekend.

The Olympic trials will end this Sunday in Omaha and I hope that everyone has gotten a chance to see at least some of the races. There are many great lessons and stories that come from trials and we will be discussing some of them come next week in practice.

We will not have practice on Friday July 1<sup>st</sup> and Monday July 4<sup>th</sup> for the holiday. I hope everyone has a great holiday and stays safe.

## Quotes of the Week

5 year old to coach Cameron "I turned 5."

Coach Cameron "When's your birthday?"

5 year old "...I have a pool."

## Birthdays of Note

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

Mikayla Chandler

David Lewin

Aiden Bennett

## Board Bulletin

### Ribbons from Roseville meet

We had some issues with the ribbons from the Roseville meet I am going to print out new ribbons and they should be in your files by the middle of next week. Please let me know if you saw any issues with the results that I can fix before I reprint all the ribbons.

### Touch the Wall

You can get tickets for Touch the Wall, a documentary about Missy Franklin and her Olympic journey, by following this [link](#) or going to the team website and following the link there. In order to get the movie here to Placerville we need about 70 more people to preorder tickets by July 5<sup>th</sup>. It is a fantastic movie and a fun team bonding experience right before champs. If we get enough people interested the screening will be at the Regal 8 in Placerville on July 13<sup>th</sup> at 6:30 PM.

### Champs T-Shirt Designs

Thank you everyone that submitted a T-shirt design for champs. We had many fantastic entries and it was very difficult to pick only one that will be on the champ's shirt this year. Champs T-Shirts will be distributed at the champs rally on Thursday July 14<sup>th</sup>.

### Boat Regatta

The boat regatta will happen after the Auburn meet next weekend. Please check out page 2 for rules.

# 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.