

Season Recap

The end of the Dolphin season is always a bittersweet moment for me. I like it because it is the culmination of all the hard work that everyone has put in during the summer and my opportunity to acknowledge the people that made the season such a success. Of course the end of the season also means that I need to say goodbye to all the people I have coached and worked with sometimes for the last time.

The ten graduating seniors this year all were a big part of the dolphin family and we will all miss their enthusiasm and dolphin spirit next year. Good luck to Dominic, Jackie, Kaitlyn, Catherine, Elise, Hanna, Jenn, Jana, Grace, and Violet as they move on to the next chapter of their lives.

The season itself was another great success, undefeated during the dual meets by a combined score of 8,589 to 4,526 dispatching the Sugar Bears, the Tiger Sharks, the Blue Marlins, the Pirates, and the Robalos. Over those five meets, our swimmers got well over 1000 best times and maintained a positive attitude going into championships on July 21st. During the championship meet, dolphin swimmers went another 287 best times and successfully brought our winning streak to seven consecutive years with a victory over Orangevale by a score of 1,749.5 to 1,455.5. During the championship meet the 9-10 boys and girls, 11-12 girls, 13-14 girls, and 15-18 girls won their respective age groups and paced our team to victory.

Meet of Champions Information

Meet of Champions will be held on August 4th and 5th. If you are interested in attending, you will need to register on their website by following this [link](#) and following the instructions on the website. This will add you to the MOC system. Then you need to go to the dolphin website and register for meet of champions on our site just like you would for a regular meet.

What is Meet of Champions?

Meet of Champions is a swim meet that brings all of the top swimmers in the Sacramento area to one meet at the conclusion of the season to compete against the top competition in the area.

How to I qualify?

There are two ways to qualify for meet of champions. First, achieving the time cuts for an individual event which can be found by following this [link](#) and second by getting at top ten finish at a league championship meet. If you fill any of these criteria you are eligible to compete at the meet. If you have one event you are also allowed to sign up for one bonus event.

When are practices for MOC?

Practice for Meet of Champions will be from 8-10 AM at Union Mine beginning Tuesday 7/24/18.

8-9:15 for 11 and ups

9:15-10 for 10 and unders.

Birthdays of Note

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

Owen Cox

Meredith Little

Madison Warden

Savannah Warden

Hanna Bush

Destiny Ogden

Ashley Tetlow

Awards Winners

6 and Under

Most improved –Vanessa Terrell and Cameron Gray

High Point—Josilyn Cobb and Easton Frazer

Dolphin Award—Shannon Heibel and Abram Guth

Coach's Award—Janie Thomas and Gavin Gabbard

7-8

Most Improved—Kaidyn Corsini-Seivert and Van Warren

High Point—Mikayla Chandler and LJ Garel

Dolphin Award—Meredith Little and Jacob White

Coach's Award—Sophia Thomas and Travis Gabbard

9-10

Most Improved—Sarah Paturel and Ray Cerruti

High Point—Emma Frazer and Brayden Thayer

Dolphin Award—Heidi Schneider and Cole Pratt

Coach's Award—Ashley Tetlow and Trey Hamby

11-12

Most Improved—Savannah Warden and Michael Ogden

High Point— Hollyn Krieger and Sawyer Freer

Dolphin Award—Olivia Chandler and Theo Meadows

Coach's Award—Amelia Maciel and Nolan Maciel

13-14

Most Improved—Rachel McCarty and Blake Johnson

High Point—Meslissa Cantwell and Chris Bishop

Dolphin Award—Lauren Chandler and DJ Kraus

Coach's Award—Skyler Velasquez and James Bath

15-18

Most Improved—Tressa Fryer

High Point—Catherine Bishop and Jack Savino

Dolphin Award—Gemma Meadows and Karson Leos

Coach's Award—Grace Salvestrin