

Dry Diggins Digest

Issue 11
July 10, 2016

Meet Recap

Our final meet of the season against Auburn was again a dolphin victory as we defeated the Robalos 1,667 to 1,173. We had over 130 swimmers get best times and a 40% best time rate over the entire meet. This late in the season that is fantastic. Our DQ percentage continues to drop with only 6% this week. The goal will be to not get any DQ's at champs. The boat regatta ended the afternoon and was a fantastic event and the boat of Jason Benedetto and Zach Aldrich achieved victory.

Coach's Corner

By Alan Rosenfeld

This week is the final week of the season and we will have fun activities during and after practice this week to help build up enthusiasm and dolphin spirit in preparation for our fifth league title in a row.

Monday we will be designing posters that can be hung on tents at champs. Each age group and gender has their own poster to design and I am looking forward to seeing whose poster will showcase the most dolphin spirit and pride.

On Tuesday, the theme will be silly sock day. Bring your silliest socks to practice and swim some of the practice in them if you wish.

On Wednesday the theme will be dress like a coach day. Dress like your favorite coach and come to practice.

Thursday is twin day along with the Champs rally at El Dorado High School. This occurs at 7:00 PM and that is where champs t-shirts are given out and cars are painted in preparation for champs on Saturday.

Friday morning will be a blue out where we will have hair paint and nail polish to get you all decked out for champs on Saturday. Practice will be a day of fun games and relays along with turn work and dives.

Board Bulletin

All of the champ's entries need to be submitted by Monday at 4:30 PM to Orangevale. After that time nothing can be added to the meet so please make sure you have signed in to the meet by tonight so Alan can make sure everything is seeded properly. Every group has been seeded so you can log onto the website and see what you are swimming at champs.

The Champs Rally will be at El Dorado High School at 7 PM on Thursday July 14th. This is a great event where you get your champs gear and get inspired for champs.

The end of the year awards ceremony will be held Sunday July 17 at 6 PM in the El Dorado High School gym. This is where end of the year awards like high point, coach's award, most improved, and dolphin award are handed out along with medals for everyone that participated this season.

Schedule for champs week spirit days

Monday-Posters

Tuesday-Silly Socks

Wednesday-Dress like a coach

Thursday-Twin Day and Champs rally at 7PM at EDHS

Friday-Blue Out

Birthdays of Note

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

Finn Hornsby

Lauren Dorrough

Schedule for Thursday Evening Practice

8 and under- 5:00-5:30

9-12- 5:30-6:15

13 and up- 6:15-7:00

Champs rally starts at 7

Quotes of the Week

Coach Wyatt "My birthday is in November so I have to wait a whole year for my birthday."

Alyssa Cason *before backstroke* "I'm nervous."

Coach Emily "What's wrong?"

Alyssa "...I'm better than everyone else and I feel sorry for them."

Swimmer of the Week

6 and Under

Charlotte Metropolis

Daniel Parsons

7-8

Pearl Cooney

Finn Hornsby

9-10

Alora Koutnik

Sam Cleveland

11-12

Melissa Cantwell

Owen Cox

13-14

Corrine Guth

Charlotte Walker

Josh Taylor

15-18

Mason Biegel