

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.

This year is especially difficult because four members of the coaching staff are moving on after this summer to continue on with their careers outside of coaching Dolphins. Coach Gina, Coach Megan, Coach Shelby, and Coach Sean will all be leaving after this year to continue their lives outside of the dolphin family. We will miss them dearly, but I know that they will find great success as they continue on with their careers.

The season itself was another great success, undefeated during the dual meets by a combined score of 8,196.5 to 4,894.5 dispatching the Sugar Bears, the Tiger Sharks, the Blue Marlins, the Pirates, and the Robalos. Over those five weeks, our swimmers got well over a 1000 best times and maintained a positive attitude going into championships on July 15. During the championship meet, despite the heat and 8 hour meet day dolphin swimmers went another 233 best times and successfully defended our championship streak another year over Orangevale by a score of 1503.5 to 1,343. During the championship meet the 6 and under girls, 7-8 girls, 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.

One major highlight of the season for me personally was the 9-10 boys quest to break the 100 freestyle relay record set in 2013 by Mark Barsotti, Trevor Parsons, Jayson Benedetto, and Daniel Owen. This 1:02.45 was a major goal for the boys and after a close call

during the Auburn meet the team of Wyatt Dodge, Cole Pratt, Sam Cleveland, and Cruz Lopez got it done at champs with a new dolphin record of 1:02.40.

Meet of Champions Information

Meet of Champions will be held on July 29th and 30st. 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 7/18/17.

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:

Lauren Dorrrough

Jelani Freitas

Koa Stevens

Braxton Thornburgh

Lillian Infante

Carson Murphy

Seamus Carroll

Owen Cox

Meredith Little

Awards Winners

6 and Under

Most improved –Naomi Pace and Easton Frazer

High Point—Carly Pratt

Dolphin Award—Paisleigh Watson and Easton Frazer

Coach’s Award—Leah McKenna and James Thomas

7-8

Most Improved—Ashley Tetlow and Ethan Schneider

High Point—Emily Murphy and Finn Hornsby

Dolphin Award—Maya Musgrove and Benny Dodge

Coach’s Award—Meredith Little and Emma Johnson and Dennis Warden

9-10

Most Improved—Allison Cantwell and Lincoln Garel

High Point—Emma Frazer and Cole Pratt

Dolphin Award—Avery Hornsby and Cruz Lopez

Coach’s Award—Alice Ripley and Alexis Kendler and Wyatt Dodge

11-12

Most Improved—Betsy Yost and Felix Manuel

High Point— Hollyn Krieger and Aedan Burge

Dolphin Award—Melissa Cantwell and Chris Bishop

Coach’s Award—Abigail Cleveland and Blake Johnson

13-14

Most Improved—Amanda Kendler and James Bath

High Point—Lilly Cox and Jayson Benedetto

Dolphin Award—Jordan Freer and Logan Durrough

Coach’s Award—Tessa Bush and Stone Hokanson

15-18

Most Improved—Tera Nicita and Nick Watkins

High Point—Catherine Bishop and Keefe Pesko

Dolphin Award—Hanna Bush and Mason Beigel

Coach’s Award—Nihna Atkins and Karson Leos