

Season Recap

The Dry Diggins Dolphins completed our sixth consecutive undefeated championship season beating the Orangevale Tiger Sharks 1,638.5 to 1,378.5. The 9-10 girls 100 freestyle relay team of Linden Krieger, Avery Hornsby, Betsy Yost, and Hollyn Krieger set a new league record of 1:02.00.

Congratulations on another excellent season and I hope I will see you all next year for our seventh consecutive championship.

Coach's Corner

By Alan Rosenfeld

Thank you all for an excellent year. I am always amazed by how many people come together each year to make this team what it is. I remember coming to this team three years ago and being blown away with how friendly and welcoming everyone was and that dolphin family spirit has only continued to grow. At the end of the year everyone is pretty drained from the season, but I am always looking forward to next year and the new challenges that will await us.

If you are interested in continuing to swim for the next two week meet of champions is going to be held in Woodland this year on July 30th and 31st.

Meet of Champions Information

Meet of Champions will be held on July 30th and 31st. If you are interested in attending, you will need to register on their website by following this [link](#). 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.
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:

Koa Stevens
Braxton Thornburgh
Phillip Taylor
Carson Murphy
Lillian Infante
Jacob Roberts
Meredith Little
Owen Cox
Madison Warden
Savannah Warden

Quotes of the Week

Ethan Schneider “John Henry!”

John Henry Pittenger, “I’m not John Henry anymore. I’m Michael Phelps.”

Brad Cason “My dream is for my sister to be made out of candy so I can eat her.”

Awards Winners

6 and Under

Most improved –Leah Alkema and Ethan Schnieder

High Point—Meredith Little and John Henry Pittenger

Dolphin Award—Mikayla Chandler and Travis Butera

Coach’s Award—Penelope Sowa and Gaige Popejoy

7-8

Most Improved—Kaelin McKenna and Evan Koutnik

High Point—Emma Frazier and Cole Pratt

Dolphin Award—Heidi Schneider and Koa Stevens

Coach’s Award—Sage Warren and John Cleveland

9-10

Most Improved—Savannah Warden and Wyatt Dodge

High Point—Linden Krieger and Cruz Pearl

Dolphin Award—Olivia Stanton and Sawyer Freer

Coach’s Award—Abbey Beasley/Lillian Infante and Jack Hopson

11-12

Most Improved—Melissa Cantwell and Will Beyers

High Point—Ella Doescher and Jason Benedetto

Dolphin Award—Eriah Griffith and Trevor Parsons

Coach’s Award—Emily Foletta and Chris Bishop

13-14

Most Improved—Corrine Guth

High Point—Nihna Atkins and Logan Durrough

Dolphin Award—Haley Kline and Karson Leos

Coach’s Award—Quinn Carroll and Josh Taylor

15-18

Most Improved—Jennifer Evans and Isaac Bumgartner

High Point—Hanna Bush and Marcus Holifield-Helm

Dolphin Award—Catherine Bishop and Cameron Neeley

Coach’s Award—Annika Morkowski and Keefe Pesko