

Dry Diggins Digest

Issue 2
May 8, 2016

Coaches Corner

By Alan Rosenfeld

I would like to wish everyone a happy Mother's Day and hope that everyone had a wonderful weekend.

The first week of the season was a great success and I am already looking forward to a great rest of the season. Remember that the practice schedule changes this week and practices will be held at an earlier time.

We are beginning to work on breaststroke and butterfly this week. These are more technical strokes and may be more difficult for the newer swimmers to grasp. We as coaches will remind them of this but kids might be frustrated at first because they are not grasping the concepts as quickly.

Thank you all for great first week and please don't hesitate to contact me if you have any questions at: alanrosenfeld1234@yahoo.com

Birthdays of Note

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

Audrey Lewin

Vinny Young

Walden Schafer

Logan Roberts

Coach Bio of the Week

Coach Cameron has only been swimming for three years. He now has a 57.99 on his 100 backstroke making him close to setting the El Dorado High School record. He will be attending Santa Cruz in the fall to study electrical engineering.

Quotes of the Week

6 year old when asked to kick faster: "I am engaging my sugar boost"

9-10 swimmer to another: "You have so many teeth!"

Practice Schedule

Monday-Thursday

6 & Under 4:45-5:15

7 - 8 5:15 - 5:50

9 - 10 5:50 - 6:55

11-12 6:55 - 8:00

13 and ups 7:30 - 8:30

Friday

7 - 8 5:00 - 5:45

9 - 10 5:45 - 6:45

11 & Ups 6:45 - 7:45

Board Bulletin

Please remember that personalized cap orders can be turned in on Monday.

After your children have finished practice please remember to check your surrounding area for all your personal belongings and trash. I have picked up quite a few things already so if you are missing something like a sweatshirt, umbrella, or helmet ect. Just let me know and I will point you to the lost and found.

Swim lessons are being offered this year. If you want to learn to swim or merely perfect some aspect of your stroke swim lessons are a great way to make that happen. Sign up instructions are on the website.