

# Dry Diggins Digest

Issue 2  
May 14, 2017

## Coaches Corner

By Alan Rosenfeld

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

We have already had two weeks of practice and with the official conclusion of the high school season practice times change yet again and will stay the same for the rest of the month.

We will be working on breaststroke this week.

This is a technical stroke which is sometimes very difficult to grasp for beginning. We as coaches will remind the swimmers of this but swimmers can be easily frustrated by a lack of progress. As parents you can also help them understand that it is a process and to stay patient.

Thank you for being patient with the pool situation on Monday and Tuesday. Everything should be resolved and we should be all set to go the rest of the season.

## Birthdays of Note

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

Cruz Lopez

Charlotte Walker

Jia Dickson

Dylan Thomas

## Quotes of the Week

"I can do this...." 5 seconds later "....I can't do this" (Rainy in reference to streamlining all the way across the pool)

## Practice Schedule

### Monday – Friday

6 & Under	4:00 – 4:30
7 – 8	4:30 – 5:15
9 – 10	5:15 – 6:15
11 – 12	6:15 – 7:15
13 & Ups	7:15 – 8:15

## Board Bulletin

Signups for meets and jobs are now live on the website. Please visit and sign in or out for meets as well as signing up for jobs. We can't run meets without volunteers and it is very helpful to have swimmers signed either in or out so I can figure out how to put the meets together.

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 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.